



Title: Chicken Tagine with Fresh Apricots

Recipe Code No:

Category: Entrée

Cooking Process: #2 Same Day Service

90 Servings			Directions
Ingredients	Weight	Measure	
Chicken, fully cooked, diced	11 lb 4 oz		<ol style="list-style-type: none"> 1. Day prior to service: thaw diced chicken in refrigerator. CCP: Hold at or below 41° F. 2. Weigh then rinse the apricots, onions, and carrots under running water. Dice apricots, onions, and carrots into ½-inch pieces. <i>Note: May substitute canned apricot halves for fresh apricots; drain and dice.</i> 3. Heat a tilt skillet or kettle over medium heat. Add oil. Once oil is shimmering, add onion and carrot. Cook for ~10 minutes or until onion becomes translucent. 4. Add cinnamon, ginger, cumin, paprika, salt, black pepper, and red pepper flakes. Add chicken and toss to coat in spices. Cook about 1 minute or until fragrant. Do not cook for longer, as spices will burn. 5. Add broth, chickpeas, and diced apricots to skillet. Bring to a boil, then reduce to a simmer and cover. Simmer about 15-20 minutes. CCP: Cook to an internal temperature of 165° F, CCP: No bare hand contact with ready-to-eat food.
Apricots, fresh, diced, EP		3 qt	
Onion, fresh, diced, EP		2 ½ qt	
Carrot, diced, EP		1 ½ qt	
Garlic, granulated		2 Tbsp	
Oil, canola		1/3 cup	
Cinnamon, ground		¼ cup + 2 Tbsp	
Ginger, ground		¼ cup + 2 Tbsp	
Cumin, ground		3 Tbsp	
Paprika		1 Tbsp	

90 Servings			
Ingredients	Weight	Measure	Directions
Salt		2 Tbsp	6. While tagine is cooking, prepared steamed brown rice according to recipe. 7. Transfer 2 gallons (8 lb) to two 2-inch full size steam table pans. CCP: Hold and serve at 135°F or above. 8. Rinse cilantro under running water. Dry well and rough chop into ¾ inch pieces. 9. Just prior to service, sprinkle each pan with ¼ cup freshly chopped cilantro. 10. Using a #6 scoop, serve 2/3 cup chicken tagine mixture over brown rice using ½ cup for grades K-8 or 1 cup for grades 9-12.
Red Pepper flakes		1 Tbsp	
Pepper, black		2 tsp	
Chicken broth		1 gal + 2 cups	
Honey		¼ cup	
Chickpeas, canned, drained, rinsed		2 (#10) cans	
Cilantro, fresh, chopped		½ cup	

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Meal Components: 1/2 cup chicken mixture provides 1/4 cup total vegetable (1/8 cup other vegetable, 1/8 cup legume vegetable), 1/8 cup fruit, 2 oz eq meat/meat alternate. 1/2 cup steamed brown rice for grade K-8 provides 1 oz eq WGR grain; 1 cup steamed brown rice for grade 9-12 provides 2 oz eq WR grain.

Notes:

*See Marketing Guide for purchasing information on foods that will change during preparation or when a variation of the ingredient is available.

Marketing Guide Food as Purchased for	90 Servings
Onions, Mature, fresh, <i>All sizes, Whole</i>	3 lb 7 oz
Carrots, fresh, <i>Without tops</i>	2 lb 7 oz
Apricots, fresh <i>Medium (3 approx.- 3/8-inch diameter), Whole</i>	4 lb 5 oz
Cilantro, fresh	1.6 oz

Serving

2/3 cup (#6 scoop which is approximately 5.8 oz), chicken mixture portioned over 1/2 cup brown rice (K-5) or 1 cup brown rice (6-12).

Nutrients Per Serving*

Calories	155	kcal	Sat Fat	<1	g
Protein	15	g	Chol	43	mg
Carb	14	g	Sodium	292	mg
Total Fat	4	g	Dietary Fiber	3	g

*The nutrients above do not include the steamed brown rice.