

# Chicken Tetrazzini

Meat/Meat Alternate-Vegetable-Grains/Breads

Main Dishes

D-42

| Ingredients                                 | 50 Servings |                 | 100 Servings |               | Directions                                                                                                                                                                                                        |
|---------------------------------------------|-------------|-----------------|--------------|---------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                             | Weight      | Measure         | Weight       | Measure       |                                                                                                                                                                                                                   |
| Water                                       |             | 3 gal           |              | 6 gal         | 1. Boil water and salt in a steam-jacketed kettle or stock pot. Add spaghetti. Cook until firm-tender, 8 minutes. Drain and hold in cold water. Set aside.                                                        |
| Salt                                        |             | 2 tsp           |              | 1 Tbsp 1 tsp  |                                                                                                                                                                                                                   |
| Enriched spaghetti, broken into thirds      | 2 lb 6 oz   | 1 qt 3 ¾ cups   | 4 lb 12 oz   | 3 qt 3 ½ cups |                                                                                                                                                                                                                   |
| Vegetable oil                               |             | ¼ cup           |              | ½ cup         | 2. In a steam-jacketed kettle or large sauce pan, heat the vegetable oil. Add the vegetable mix or frozen vegetables, mushrooms, and pimientos (optional). Sauté vegetables 5 minutes or until tender. Set aside. |
| Vegetable mix:                              |             |                 |              |               |                                                                                                                                                                                                                   |
| *Fresh onions, diced                        | 1 lb        | 2 ⅔ cups        | 2 lb         | 1 qt 1 ⅓ cups |                                                                                                                                                                                                                   |
| *Fresh carrots, diced                       | 1 lb        | 1 qt            | 2 lb         | 2 qt          |                                                                                                                                                                                                                   |
| *Fresh celery, diced                        | 8 oz        | 2 cups          | 1 lb         | 1 qt          |                                                                                                                                                                                                                   |
| *Fresh green peppers, diced                 | 4 oz        | ¾ cup 2 Tbsp    | 8 oz         | 1 ¾ cups      |                                                                                                                                                                                                                   |
| OR                                          | OR          | OR              | OR           | OR            |                                                                                                                                                                                                                   |
| Frozen mixed vegetables                     | 2 lb 8 oz   | 1 qt 3 ½ cups   | 5 lb         | 3 qt 3 cups   |                                                                                                                                                                                                                   |
| *Fresh mushrooms, sliced                    | 1 lb 4 oz   | 2 qt            | 2 lb 8 oz    | 1 gal         |                                                                                                                                                                                                                   |
| OR                                          | OR          | OR              | OR           | OR            |                                                                                                                                                                                                                   |
| Canned sliced mushrooms, drained            | 10 oz       | 1 ¾ cups 2 Tbsp | 1 lb 4 oz    | 3 ¾ cups      |                                                                                                                                                                                                                   |
| Canned pimientos, diced, drained (optional) | 8 oz        | 1 cup           | 1 lb         | 2 cups        |                                                                                                                                                                                                                   |
| Margarine or butter                         | 12 oz       | 1 ½ cups        | 1 lb 8 oz    | 3 cups        | 3. Melt the margarine or butter in a steam-jacketed kettle or stock pot. Add flour and cook for 5 minutes.                                                                                                        |
| Enriched all-purpose flour                  | 8 oz        | 1 ¾ cups 2 Tbsp | 1 lb         | 3 ¾ cups      |                                                                                                                                                                                                                   |
| Lowfat 1% milk, hot                         |             | 3 qt 3 cups     |              | 1 gal 3 ½ qt  | 4. Slowly add the milk to the flour mixture. Simmer, stirring frequently, until the mixture is thickened. Add chicken stock, pepper, onion salt, and garlic. Simmer for 5 minutes.                                |
| Chicken stock, non-MSG, hot                 |             | 2 qt 1 cup      |              | 1 gal 2 cups  |                                                                                                                                                                                                                   |
| Ground black or white pepper                |             | 1 tsp           |              | 2 tsp         |                                                                                                                                                                                                                   |
| Onion salt                                  |             | 2 tsp           |              | 1 Tbsp 1 tsp  |                                                                                                                                                                                                                   |
| Granulated garlic                           |             | 2 tsp           |              | 1 Tbsp 1 tsp  |                                                                                                                                                                                                                   |

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|---------------------------------------------|-----------|---------------|------------|------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|
| *Cooked chicken, diced (see Special Tip)    | 6 lb 4 oz |               | 12 lb 8 oz |            | 5. In each steamtable pan (12" x 20" x 2 ½"), combine 3 lb 12 oz (3 qt) of cooked spaghetti, 3 lb 2 oz of cooked diced chicken, 1 qt of cooked vegetables, and 2 qt 1 cup of sauce. For 50 servings, use 2 pans. For 100 servings, use 4 pans. |      |
| Grated Parmesan cheese                      | 6 oz      | 2 cups 2 Tbsp | 12 oz      | 1 qt ¼ cup | 6. Sprinkle 3 oz (¾ cup 2 Tbsp) of Parmesan cheese on top of each pan.                                                                                                                                                                         |      |
|                                             |           |               |            |            | 7. Bake until golden brown:<br>Conventional oven: 350° F for 30 minutes<br>Convection oven: 325° F for 35 minutes<br>CCP: Heat to 165° F or higher for at least 15 seconds.                                                                    |      |
|                                             |           |               |            |            | 8. CCP: Hold for hot service at 135° F or higher.<br><br>Cut each pan 5 x 5 (25 pieces per pan).                                                                                                                                               |      |

Comments:  
\*See Marketing Guide.

| Marketing Guide for Selected Items       |             |              |
|------------------------------------------|-------------|--------------|
| Food as Purchased for                    | 50 Servings | 100 Servinas |
| Mature onions                            | 1 lb 3 oz   | 2 lb 6 oz    |
| Carrots                                  | 1 lb 4 oz   | 2 lb 8 oz    |
| Celery                                   | 10 oz       | 1 lb 4 oz    |
| Green peppers                            | 5 oz        | 10 oz        |
| Mushrooms                                | 1 lb 5 oz   | 2 lb 10 oz   |
| Chicken, whole, without neck and giblets | 17 lb 6 oz  | 34 lb 12 oz  |
| Turkey, whole, without neck and giblets  | 13 lb 5 oz  | 26 lb 10 oz  |

OR

| SERVING:                                                                                                  | YIELD:                           | VOLUME:                                |
|-----------------------------------------------------------------------------------------------------------|----------------------------------|----------------------------------------|
| 1 piece provides 2 oz equivalent meat/meat alternate, ⅓ cup of vegetable, and ½ serving of grains/breads. | <b>50 Servings:</b> about 30 lb  | <b>50 Servings:</b> 2 steamtable pans  |
|                                                                                                           | <b>100 Servings:</b> about 60 lb | <b>100 Servings:</b> 4 steamtable pans |

Tested 2004

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Special Tip:  
\*Cooked turkey can be substituted for chicken.

| Nutrients Per Serving |         |               |         |               |         |
|-----------------------|---------|---------------|---------|---------------|---------|
| Calories              | 313     | Saturated Fat | 3.61 g  | Iron          | 1.88 mg |
| Protein               | 23.54 g | Cholesterol   | 56 mg   | Calcium       | 156 mg  |
| Carbohydrate          | 24.27 g | Vitamin A     | 2490 IU | Sodium        | 355 mg  |
| Total Fat             | 13.13 g | Vitamin C     | 3.4 mg  | Dietary Fiber | 1.6 g   |