

## Tandoori Chicken

**Recipe HACCP Process: #2 Same Day Service**

**Serving Size: 3.5 oz**

**Yield: 50**

**Source: JSI Back to Basics: Indian Fare Recipe**

### Ingredients:

Ingredient Name	Measurements
Chicken, drumstick, meat and skin	15 lbs.
Salt	3 Tbsp. + 1 tsp.
Lemon juice	2 1/8 cup + 1 1/2 Tbsp.
Yogurt, plain, low-fat	3 qt. + 1 1/4 cup
Garlic, raw, minced	13 1/3 cloves
Ginger root raw, minced	16 2/3 slices (1-inch diameter)
Garam masala	1/2 cup + 2 Tbsp.
Paprika	1/3 cup + 4 tsp.
Chili powder	3 Tbsp. + 1 tsp.
Turmeric, ground	3 Tbsp. + 1 tsp.

*\*Note: Choose USDA foods whenever available to save on cost. Note yield, crediting, and nutritionals may change if substituted.*

### Instructions:

1. Cut a slit into each drumstick so the marinade can infuse through the meat.
2. In a large bowl, combine all other ingredients and mix until smooth.
3. Spread yogurt mixture over the raw chicken, cover, and refrigerate for 4-6 hours.
4. Preheat oven to 425° F. Place parchment paper on large hotel pans and arrange chicken on the pans (do not overcrowd). Discard excess marinade.

5. Cook for 15 minutes then reduce the oven temperature to 375° F and cook for another 15-20 minutes or until you reach an internal temperature of 165° F.
6. Heat to 165° F or higher for at least 15 seconds.
7. Hold for hot service at 135° F or higher.

#### Nutritional Analysis:

Nutrients	Nutrients Per Serving
Calories	270 kcal
Total Fat	13.74 g
Saturated fat	4.04 g
Trans Fat	0.06 g
Cholesterol	128.67 mg
Sodium	674.43 mg
Total Carbohydrate	7.11 g
Dietary Fiber	0.79 g
Total Sugars	4.97 g
Protein	28.40 g

#### Meal Component Information:

Meal Components	Amount
Meat/Meat Alternate	2.5 oz

*\*Note: For schools with access to Mosaic, these recipes are also available to import from the Community recipe section by searching the recipe name or using the search term of "John C. Stalker" as the district.*