

# Chicken Fried Chicken, Mashed Potatoes, Gravy

Recipe group	Additional name			Diet factors	Portions	Portion size
-					25	17.40 oz

  

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
1	1.875 gal		9 lb 6.00 oz	0%	9 lb 6.00 oz Potatoes, russet, flesh and skin, raw <i>Peeled and cut into 1" pieces</i>	<b>MAKE THE MASHED POTATOES</b>  Slice the potatoes into 1-inch pieces and place in a large pot. Fill the pot with water, 2 inches above the potatoes. Bring to a simmer over high heat, turn the heat to medium low, and simmer.
2						After about 20 minutes, check the potatoes. When a knife or fork slides easily in and out of the potato chunks with little-to-no resistance, drain them and set aside to dry slightly.
3	~ 1 1/2 pt		1 lb 9.35 oz	0%	1 lb 9.35 oz Vegan sour cream	In a large bowl, mash the potatoes with the sour cream until smooth. Season with salt and pepper to taste and mix until thoroughly combined. Set aside.
			0.00 lb	0%	0.00 lb Salt, kosher, Diamond Crystal <i>To taste</i>	
			0.00 lb	0%	0.00 lb Spices, pepper, black <i>To taste</i>	
4						<b>PREPARE THE FRIED CHICKEN</b>  Set a large pan (cast-iron is recommended) over medium-low heat and add 1 ½ - 2 inches of oil.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
5					9 lb 6.00 oz Hungry Planet Chicken™	0% 9 lb 6.00 oz Divide the thawed Hungry Planet Chicken into 6 oz portions. Form the chicken into ¾" thick, irregular-shaped patties. Place on a parchment-lined baking sheet and refrigerate.
6	3 1/8 qt				3 lb 9.32 oz Wheat flour, white, all-purpose, enriched	In one bowl, mix together the flour, baking powder, baking soda, salt, black pepper, garlic powder, and onion powder. Measure out ¼ C of the flour mixture per 2 cups of flour used and set aside for the gravy.
	~ 1/4 cup				0 lb 2.20 oz Leavening agents, baking powder, low-sodium	
	~ 2 tbsp				0 lb 1.01 oz Leavening agents, baking soda	
	6 1/4 tsp				0 lb 0.61 oz Salt, kosher, Diamond Crystal	
	6 1/4 tsp				0 lb 0.50 oz Spices, pepper, black	
	6 1/4 tsp				0 lb 0.48 oz Spices, garlic powder	
	6 1/4 tsp				0 lb 0.48 oz Spices, onion powder	
7	~ 1 5/8 qt				3 lb 5.57 oz Soy milk (all flavors), unsweetened, with added cal <i>Plain, unsweetened</i>	In another bowl, add the plant-based milk and stir in the lemon juice and (optional) hot sauce.
	6 1/4 tbsp				0 lb 3.24 oz Lemon juice, raw	
	6 1/4 tbsp				0 lb 3.13 oz Hot sauce	
8						Coat the chicken in the flour mixture and dredge in the milk mixture. Return the chicken to the flour mixture, coat completely, and press the coating into the chicken. Place on the baking sheet and repeat the breading process with the rest of the chicken cutlets.

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9						When the oil temperature reaches 350°F, gently lay a few chicken cutlets in the pan, taking care not to overcrowd the pan. Fry, flipping once, until both sides are golden brown. Remove and set aside to cool on paper towels (chicken can keep warm in a 200°F oven while you fry the rest of the chicken).

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10						<b>MAKE THE GRAVY</b> If the frying oil has had a chance to cool, drain it from the pan, reserving the same amount of oil as the flour mixture that was set aside. If the oil is still hot, carefully transfer the oil to be reserved (using a heat-proof measuring cup) to another pan.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
11						Warm the reserved oil over medium heat and add the reserved breading flour. Stir to form a roux and cook, stirring constantly, for 1 minute.

	Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
12	3 1/8 qt				6 lb 4.00 oz Vegetable stock	Slowly whisk in the vegetable stock until the mixture is smooth. Whisk in the plant-based milk. Return to a simmer and cook for 1-2 minutes, until it reaches the desired consistency. Season with salt and pepper. Taste and adjust, as desired (some flavorful add-ins include vinegar for acidity, nutritional yeast for umami, and/or sugar to give the gravy a subtle, balanced sweetness).
	~ 1 1/2 pt				1 lb 10.79 oz Soy milk (all flavors), unsweetened, with added cal <i>Plain, unsweetened</i>	
					0.00 lb 0% 0.00 lb Salt, kosher, Diamond Crystal <i>To taste</i>	
					0.00 lb 0% 0.00 lb Spices, pepper, black <i>To taste</i>	

Capacity measure	EP	Trim loss	AP	Name of ingredient	Methods
13 ~ 1 1/2 pt	0 lb 5.29 oz	0%	0 lb 5.29 oz	Chives, raw <i>Finely chopped</i>	<b>PLATE THE DISH</b> Place the fried chicken on plates along with a dollop of mashed potatoes and a drizzle of gravy. Sprinkle with chives and serve warm.

**WEIGHTS**

	Raw	Cooking loss	Cooked	Loss when served	Final
Total weight	36 lb 3.98 oz	25 %	27 lb 2.99 oz	0 %	27 lb 2.99 oz
Size of portion	23.20 oz		17.40 oz		17.40 oz

**NUTRITION INFORMATION**

supply / 100 g

Energy nutritives	% of energy	Calories	Minerals	Vitamins
<b>Total fat</b>	<b>5.86 g</b>	<b>32.25 %</b>	160.70 kcal	Salt 0.74 g
Saturated	0.70 g	3.85 %	672.35 kJ	Salt 0.74 %
Monounsaturated	0.92 g	5.06 %	0.67 MJ	Sodium 298.16 mg
Polyunsaturated	2.76 g	15.19 %		Phosphorus 75.85 mg
Trans	0.00 g	0.00 %		Potassium 335.09 mg
Cholesterol	0.00 mg			Iron 1.66 mg
Linolenic acid	0.07 g			Calcium 68.88 mg
Alpha-linolenic acid	0.27 mg			Zinc 0.21 mg
<b>Total Carbohydrate</b>	<b>19.34 g</b>	<b>48.89 %</b>		Magnesium 14.98 mg
Sugars	0.38 g	-0.06 %		Iodine 0.00 µg
Sugar	0.00 g			Selenium 4.67 µg
Lactose	0.00 g			Copper 0.07 mg
<b>Fiber</b>	<b>1.92 g</b>	<b>2.28 %</b>		
Organic acids	0.00 g	0.00 %		
Sugar alcohol	0.00 g	0.00 %		
Starch	5.47 g	13.83 %		
<b>Protein</b>	<b>7.91 g</b>	<b>20.00 %</b>		
<b>Alcohol</b>	<b>0.00 g</b>	<b>0.00 %</b>		
				<b>Others</b>
				Water 36.31 g