

Recipe Name: Apple Spiced Chicken
Recipe Category: Dinner Entrée
Portion Size: 3 oz. boneless (5 oz. with bone)
Ingredients: **Yields:** 8 servings

Ingredients	Notes:
2 (2 1/2-3 pound) whole chickens, quartered	
1/4 cup cooking oil	
1/4 cup apple jelly	
2 tablespoons lemon juice	
1 teaspoon ground allspice	

Directions:

Steps:	Directions:	Critical Control Point / Quality Assurance
1	Place the chicken in broiler pan, skin side down.	
2	Broil 5 to 6 inches from heat about 20 minutes or until lightly browned.	
3	Turn; broil 15 to 20 minutes or until done.	Cook until internal temperature reaches 165 degrees F.
4	Meanwhile, for glaze, melt jelly then stir in lemon juice and allspice.	
5	Brush chicken with half the glaze; broil 1 to 2 minutes more.	
6	Remove to platter. Brush with remaining glaze.	

Time Temperature Sensitive food. *Food safety Standards: hold food for service at an internal temperature above 140° F. Do not mix old product with new. Cool leftover product quickly (within 4 hours) to below 41° F. Follow proper cooling procedures. Store leftovers in a tightly sealed, labeled and dated container. Use leftover within 72 hours if stored in refrigerator or 30 days if stored in the freezer. Reheat leftover product quickly (within 2 hours) to 165 degrees F for 15 seconds. Reheat left over product only once; discard if not used. Cold holding at 41°F or colder or using time alone (less than four hours). Always wash hands and wash and sanitize counter tops utensils and containers between steps when working with raw poultry.*

Texture Modified Diets:

Soft & Bite Size: (aka Bite size) **Food particle size 1/2 inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a 1/2" particle size. No bones. Moisten with broth as needed.

Chopped: **Food particle size 1/4 inch (~ 1/2 width of standard fork)** Food must be moist. No bones. Chop foods with a knife to 1/4" particle size. Moisten with broth as needed.

Minced and Moist:(aka Minced/Mechanical Soft/Ground) **Food particle size 1/8-inch (fits through prongs of standard fork)** Food must be moist. Use a food processor to grind food particles into 1/8 inch. No bones. Moisten with broth as needed.

Pureed: Smooth and cohesive. Use a food processor to puree to a smooth consistency. Foods are processed by grinding and then pureeing them. No bones. May add broth or sauce to puree. Do not add to much liquid. Puree should still hold its shape. Must not be firm or sticky. Puree foods while still hot. Appearance should be smooth like pudding.

Therapeutic Modified Diets:

Low-fat: No changes needed.

Diabetic/No added Sugar/No Conc. Sweets/Calorie Controlled: No changes needed

Bland/Anti Reflux: Omit lemon juice and all spice.

Liberal House Renal: No changes needed.

No Added Salt: No changes needed.

2 Gram Sodium: No changes needed.

Gluten Free: No changes needed. Prepare foods separately to prevent cross contamination.

Allergy Alerts: When an "X" is present, this indicates the allergen is present. Always read all food labels to ensure allergens are not present.

Wheat	Milk	Eggs	Fish Shellfish	Soy	Peanuts/Nuts	Other

Key: SF= Salt Free D= Diet or Sugarfree LF = Lowfat FF = Fat Free GF = Gluten Free