

Recipe Name: Cornish Hen Stew with Lemon Grass and Chilies

Recipe Category: Dinner Entrée

Portion Size: 1 Cornish hen

Ingredients: Yields: 50 servings

Ingredients	Notes:
50 Cornish Hens, cut into halves	
2 tablespoons salt	
2 tablespoons garlic powder	
3 teaspoons ground black pepper	
3 cups olive oil	
3 quarts low sodium chicken stock or water	
1 gallon water	
2 cups shallots, minced	Washed, trimmed, peeled and minced.
1 tablespoon ground ginger	
2 quarts, kohlrabi or turnips	Washed, trimmed, peeled and diced.
1 cup Asian fish sauce	
2 tablespoons lime zest	
2 cups fresh cilantro	Washed, trimmed and chopped
10 dried red chilies	

Directions:

Steps:	Directions:	Critical Control Point /Quality Assurance
1	Season hen with salt and black pepper. Add oil to large stock pot and heat to medium high. Cook hens in batches. turning once until browned. Repeat with remaining hens. Remove in keep warm.	
2	In the same stock pot, add chiles, shallots, garlic, ginger, lemon grass and turmeric to the pot and cook until fragrant, about 1 minute. Add the water, broth and kohlrabi. Return hens to pot and bring to boil. Cover and reduce heat. Simmer until the hen is cooked and tender. About 20 minutes. Add fish sauce, scallions, lime zest and cilantro. To serve, the ladle a half a hen and broth into a bowl. Remove chilies. Garnish with cilantro.	Cook until internal temperature reaches 165°F

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: TO SERVE: REMOVE BONES AND SKIN. CUT INTO CORRECT PARTICLE SIZE. MIXED CONSISTENCY FOOD: IF DOES NOT TOLERATE MIXED CONSISTENCY SERVE PUREE VERSION.

Soft & Bite Size: (aka Bite size) **Food particle size ½ inch (~width of standard fork)** Food must be moist. Cut foods with a knife to a ½" particle size after cooking. Moisten with broth as needed.

Chopped: **Food particle size ¼ inch (~ ½ width of standard fork)** Food must be moist. Chop foods with a knife to 1/4" particle size after cooking. 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 after cooking. 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. 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.

Serve ½ cup puree hen meat ½ cup puree vegetable separately.

Therapeutic Modified Diets:

Lowfat: Omit skin.

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

Bland/Anti Reflux: Serve plain hen steamed in broth.

Liberal House Renal: Omit salt and fish sauce. Use SF stock or water

No Added Salt: Omit fish sauce.

2 Gram Sodium: Omit salt and fish sauce. Use SF stock or water

Gluten Free: Use GF stock and GF fish sauce. Prepare 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
X			X			

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