



“Chicken Garlic & Herb”

Yields: about 60-64 portions

Need to feed a crowd? Here is my rendition of a large batch chicken recipe worthy of any High Holy Day! This recipe could be very versatile. Simply adjust the flavor profile to your desired combination. Or reduce the quantity of chicken & ingredients to make a smaller batch. This recipe can be used as a guide. It has approximations of a few components that may need modification. This recipe really has the cooks in mind that prepare for the body. LW, it will be a helpful suggestion & offer useful methods to increase efficiency. Please, utilize the concept & use it to your advantage!

Ingredients

32 large chicken breasts (or 60 chicken breast cutlets)
About 12 cloves of garlic (or 2 bulbs)
2 Boxes of chicken stock
½ cups lemon juice or vinegar
1 stick of butter (optional)
AP flour (as needed, about ½ to 1 cup)
Olive oil as needed
½ cup white wine
3 bay leaves (optional)
About 6 Sprigs thyme
2 tbsp each of fresh herbs (rosemary and parsley)
1 bag of ice (5 lbs)
Garnish 3 onions, halved and sliced + remaining garlic (thinly sliced)

Spices- combine about 3 tbsp each of onion powder, garlic powder & poultry spice (blend all the components except the salt & pepper to make a rub (Add the salt & pepper gradually. Taste it in between additions to make it suitable to your palate—about 2 tbsp or so). Careful not to make it too salty!

Tools Needed- a chef’s knife & a filet knife (if available), a cutting board, a blender (immersion, bullet or traditional) 3 to 4 steam table pans, plastic wrap & foil, 3-4 extra-large zip lock bags, 2-3 sheet pans or additional full sized steam table pans, a medium sized pot, a whisk, a mesh strainer, 2 tongs (1 to handle the raw meat, the other for the cooked meat), a large sheet or 2, 2 small bowls & 2 small spoons, paper towels as needed



Station Prep (Get Ready Before Beginning)

- Make the spice rub. *Note- any excess can be stored for another day (do not contaminate it)*
- Clean your sinks & the surrounding areas. Prepare a trash bag or bring the trash can nearby.
- Put the large zip bags on a sheet pan & place it near the sink area.
- Curl the tops of the bags down. Spread it open by putting your hands inside & pushing it out on both sides. While doing so, make sure that the bottom is pressed down from the inside & expanded wide. This will prevent getting chicken juices on the zipper part. It will also help to keep the bag stable & allow you to fill it as you go without the bag falling over.
- Place your cutting board & filet or boning knife nearby the sink area

Maintain Good Food Safety Practices (Tips for Success)

- **Maintain proper handwashing**- Hot water, soap, & a 20 second scrub
- **Tidy in between tasks**- Disinfecting wipes & antibacterial dish soap helps make this easier
- **Cool Properly**- To help avoid harmful pathogenic growth... Hot food should reach room temperature within the first 2 hours of cooling (about 70°F). Once at room temp, the food should be chilled to 41°F or below within the next 4 hours.
- **Work in batches**: Avoid time temperature abuse & potential food spoilage
Fabricating this amount of chicken may take a while. Keep in mind that you may be putting someone's health at risk with improper food handling. With this said, be mindful to maintain clean hands in between tasks. Cleaned & sanitized surfaces & tools are also a necessity!
- **How to clean chicken in batches**- Do not worry, you have got this! A good rule of thumb is to work with a quantity that is doable within a 30-minute period. For instance, if you purchased 9 packs of chicken breasts to accommodate this dish, work with about 2 or 3 packs at a time.

Tips to Avoid Cross Contamination at Home

- Be careful not to drip the contaminated raw poultry liquid every. Remember to try to contain what you are doing to minimize splashing. You want to prevent spreading germs throughout the kitchen. Only work on the raw poultry during this process. To do this, try to have all things on hand before beginning (1 Corinthians 14:40). It is essential that you avoid & or minimize cross-contamination. This is especially important while handling raw poultry, raw fish, raw eggs, or raw meats.



- Once done with all the chicken, discard the raw scraps & thoroughly wash your hands (using antibacterial soap & lathering for about 20 seconds in very warm water). Also, thoroughly wash & sanitize the sink & all work areas where you handled the uncooked poultry. Remember, to put the dirty tools aside & thoroughly clean them before using again. Safety first!

Step One – Prepare the Rub & the Marinade

- **Make the spice rub.** *Note- any excess can be stored for another day (do not contaminate it)*
- **Clean your sinks & the surrounding areas.** Prepare a trash bag or bring the trash can nearby.
- Place your meat cutting board & filet or boning knife nearby the sink area.

Make the marinade

- **To a blender-** add about 2 cups of stock, ¼ cup lemon juice, ¼ cup olive oil, about 6-8 peeled garlic cloves, about 2 tbsp of the seasoning mix & 1 tbsp each of the rosemary & parsley. Be sure to remove the leaves from the stems of the fresh thyme. Add about 3 sprigs of thyme to the blender.
- Puree until the garlic & herbs are in small pieces. No straining needed
- Reserve 2-3 sprigs fresh thyme for the sauce. Chop the remaining fresh herbs & set aside for garnish.

Chicken Fabrication (Work in Batches)

- Let us do this!
- As you work with one package, Keep the other 2 chicken packs on ice. Do this simply by filling a steam table pan halfway with ice & placing the other 2 packs on top. To avoid a slippery pan on the counter, put a few paper towels underneath it. In the meantime, the remaining chicken should still be in the fridge.
- In one sink, fill it halfway with cold water & add about ¼ cup of vinegar or lemon juice.
- Leave the opposite sink clean & empty.
- First, empty a pack into the vacant sin. Rinse it on a low stream with cold water.
- Transfer the rinsed chicken into the sink containing the vinegar or lemon water. Let it soak for a few minutes or so.
- Using the nearby cutting board, begin trimming the excess fat & gristle from the chicken breasts.



- Remove one piece of breast at a time & put it on the cutting board. Pat it dry with pre pulled paper towels if needed. I like to have about 6 or so paper towels already torn prior to handling the raw chicken. Just place them in an area near your workstation that is not close to the raw poultry. Yet, it should be within your reach.
- Carefully place your palm on top to stabilize it. Try to evenly split the breasts in half by slicing across the center of each breast. This should be a horizontal cut resulting in two pieces of meat somewhat even in thickness. As this is done, place them in the zip bag.
- Continue to fill until the bag(s) is 2/3rds full.
- Repeat this process until all the chicken has been cleaned, trimmed & split in half.

Refresh the ice between batches. Clean your hands each time. Wipe down the counters and clean your knife and board in between batches as well. Refresh the sink filled with the lemon or vinegar water too.

- **Remember, you are working in batches.** So, when the first round is completed, wash your hands again. Pour over about 1 cup of the marinade into each bag. Seal it tightly & squish the marinade bag around to coat the cleaned & fileted chicken. Continue this process until all the meat has been dealt with. Then, load the sealed bags into the fridge. Marinate it overnight or at least 3 hours prior to cooking.

Time to Batch Cook the Chicken

- On a sheet pan, place one layer of chicken breasts flat, nice side up and pat them dry. This can be done with one of the tongs.
- Pat the top surface of the chicken cutlets dry.
- Season them generously on the top side. Brown the chicken using the olive oil.
- With a large sauté skillet or griddle, sear the top side to all the chicken breasts.
- Use two or more large pans if possible. This will make faster work of it.
- Preheat your skillets on medium high heat. High heat will promote quick browning. We are not looking to fully cook the chicken but to brown it quickly without burning it (sear it).
- Season the opposite side of the chicken while the 1st side browns. Cook it until the edges look golden & the sides begin to turn opaque.



- Preheat the oven to 350°F. Have 2 or 3 steam table pans available for the partially cooked chicken. **Yes, this approach may seem tedious. But it will result in chicken that is tender, juicy & nicely browned on top.** If this is too much work, simply swap the boneless chicken with bone in. Instead of doing this browning process, cook it on sheet pans in your oven. Or bake it directly in the steam table pans. It is up to you! However, in doing the hard work ahead, the process I am suggesting has a great reward and higher results for moist chicken breast.
- Now, continue batch searing one side of all the chicken until this process is complete.

Note: *This method is great to do ahead. If properly cooled in a single layer, the chicken could be shingled & stored directly in the full-sized steam table pans. It could then be wrapped, refrigerated & stored until it is time to bake. Remember, boneless chicken should be cooked to an internal temperature of 165°F. It should also be reheated & held at this temperature as well.*

Brown the Aromatics

- Using a clean pair of the tongs, line up the chicken breasts into the full-sized steam table pans.
- Wipe out the dark remnants & add a drizzle of olive oil to the same skillets from the chicken. Brown the onions & sliced garlic until golden. Season with a pinch of the spice mix. Remove the browned aromatics & set this aside until later.

Deglaze the Pan & Make an Au Jus

- Using the same skillet, deglaze it with about ½ cup of white wine (optional) or ¼ cup of lemon juice. Set this aside.
- To a pot, add the butter. Make substitutions if desired, but butter is flavor. In this large volume recipe, the amount of butter is minimal.
- Melt the butter & add about 1 cup of flour.
- Mix this to form a paste. If it is very thick, add olive oil to loosen it slightly. Stir the mix & allow the roux to cook for about one minute on medium low heat.
- Whisk in the remaining chicken stock and the deglazed wine or lemon liquid.
- Allow the sauce to come to a boil, whisking frequently.
- Thin out the sauce if it is too thick. The goal is to form a thin sauce with a little viscosity. It should thinly coat the back of a spoon.
- Add a couple of whole garlic cloves, 2-3 sprigs of thyme & the bay leaves season it to taste.
- Simmer the sauce on medium low heat for about 8 to 10 minutes.



- Taste & adjust the flavor of the au jus. Once it is to your liking, stain the sauce & evenly distribute it over the pans of chicken.

Finish the Chicken in The Oven

- Cover the pans with foil & begin baking the chicken until it is nearly done.
- Once the chicken reaches an internal temperature of about 145°F, uncover it. Allow it to continue to cook for about 10 minutes or until done (165°F internally).

