

SAVORY BAKED CHICKEN (THIGHS)

Yield 100

Portion 4 Ounces

Calories	Carbohydrates	Protein	Fat	Cholesterol	Sodium	Calcium
310 cal	2 g	38 g	16 g	135 mg	667 mg	22 mg

Ingredient

CHICKEN,THIGHS,BNLS/SKNLS,RAW
 SOY SAUCE
 WORCESTERSHIRE SAUCE
 CHICKEN BROTH
 GARLIC POWDER
 PEPPER,BLACK,GROUND
 COOKING SPRAY,NONSTICK
 PARSLEY,FRESH,BUNCH,CHOPPED

Weight

31-1/4 lbs
 1-7/8 lbs
 1-5/8 lbs
 1 oz
 2/3 oz
 1-1/2 oz
 1 oz

Measure

3 cup
 3 cup
 3 cup
 3-1/3 tbsp
 3 tbsp
 3 tbsp
 1/2 cup

Issue

1-1/8 oz

Method

- 1 Wash chicken thoroughly under cold running water. Drain well. Remove excess fat. Place chicken in roasting pans.
- 2 Combine soy sauce, Worcestershire sauce, chicken broth, garlic powder and pepper; mix well.
- 3 Pour marinade over chicken in each pan; cover. CCP: Marinate under refrigeration at 41 F. or lower for 45 minutes.
- 4 Place chicken thighs on lightly sprayed sheet pans. Lightly spray chicken with cooking spray. Discard remaining marinade.
- 5 Using a convection oven, bake 12-14 minutes at 325 F. on high fan, closed vent. CCP: Internal temperature must reach 165 F. or higher for 15 seconds.
- 6 Transfer chicken to steam table pans. Sprinkle with parsley. CCP: Hold for service at 140 F. or higher.