

Bruschetta Chicken







Recipe Rating	
Total Time	55 Minutes
Cooking Time	30 min. if Hot
Total Labour	25 Minutes
Knife Skills	Basic

Equipment
Chef's knife/Peeler/Cutting Board
Spoon/ Spatula
Mixing Bowl or Pan
½ size- 2" deep production pans
Bulk Retherm Cart (or regular oven) or Tray Service Retherm Cart

Nutrition Facts Valeur nutritive	
Per 1 serv (123g) / par 1 serv (123g)	
Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories	110
Fat / Lipides	3.5g 6%
Saturated / satures	1g
+ Trans / trans	0g 4%
Cholesterol / Cholesterol	40mg
Sodium / Sodium	90mg 4%
Carbohydrate / Glucides	3g 1%
Fibre / Fibres	less than 1g 4%
Sugars / Sucres	2g
Protein / Proteines	16g
Vitamin A / Vitamine A	1%
Vitamin C / Vitamine C	15%
Calcium / Calcium	2%
Iron / Fer	6%

	25 Portions		50 Portions	
	Metric	Standard	Metric	Standard
Tomatoes, Fresh, Roma, Diced	1.7 Kg	3.8 Lbs	3.4 Kg	7.6 Lbs
Garlic, Fresh, Minced	36 gm	1.3 oz	72 gm	2.6 oz
Basil, Fresh	20 gm	0.7 oz	40 gm	1.4 oz
Salt	3.7 mL	2/3 tsp	7.4 mL	1 1/3 tsp
White Pepper	2.5 mL	½ tsp	5 mL	1 tsp
Balsamic Vinegar	12 mL	2.5 Tbsp	24 mL	0.8 fl oz
Chicken, Cooked Breast Strips	1.25 Kg	2.8 Lbs	2.5 Kg	5.6 Lbs
Olive Oil, Extra Virgin	45 mL	1.5 fl oz	90 mL	3 fl oz

Method	
	<p>1. Wash and dice tomatoes and basil.</p> <p>Note: the chicken can be substituted with other suitable proteins, such as fish.</p>
	<p>2. In a bowl, combine tomatoes, garlic, basil, salt, white pepper and balsamic vinegar. Cover with plastic wrap and put in the refrigerator overnight.</p>
	<p>3. Bulk: Portion 50gm of chicken in small mounds in ½ size- 2" deep production pans, leaving some room between each portion (use a ring mold if desired). Add 70gm of bruschetta mix on top of each portion of chicken for service.</p> <p>Cold Plating: on each plate, portion 50gm of chicken in small mounds (use a ring mold if desired). Add 70gm of bruschetta mix on top of chicken for service.</p>
	<p>4. Serve hot or cold (as desired).</p> <p>If serving Hot, place into Multigen (bulk) covered with plastic and foil, or on hot side of retherm covered (tray retherm).</p>
<p>Garnish: Finely chopped basil</p>	
<p>Food Accompany: Basmati Rice or Rice Pilaf</p>	