

**“Roast” Breaded Chicken Cutlets**

Yield: 4 cutlets- 3 ounces each

**Ingredients:**

Chicken cutlets 2 each- (approx.3 ounces each)

All purpose batter 40 ounces

Seasoned Panko mix 60 ounces

Canola oil for frying 3 ounces

**Procedure:**

Step 1: Trim the cutlets. Weigh them. Determine if the tenders should be removed or left intact based upon yield. Butterfly cut the cutlets and proceed to slice 3 ounce thin cutlets. Pound the cutlets to ¼ inch thickness between plastic wrap sheets.

Step 2: Coat the 4 slices of chicken with the batter in a mixing bowl

Step 3: Remove the cutlets from the batter and lay onto seasoned panko mix in a stainless steel pan. Toss more panko mix onto the cutlet.

Step 4: Put in the deep fryer for 7 minutes and/or the temperature reaches 165°.

Step 5: put in the hot box. Hold at 135 °

Step 6: 1) 1 cutlet = Salad: sliced into 7 pieces. Sandwich: sliced into 2 pieces

**Hot Hold at 135°**

Cost Analysis

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| --- | --- | --- | --- | --- | --- |
| Ingredient: | unit | Price per case | Price per pound | Cost per ounce | Cost per recipe |
| Chicken cutlets | 12 ounces | $179.76 | $3.69 | $0.23 | $2.76 |
| All purpose batter | 4 ounces | $4.33 |  | $0.03 | $0.12 |
| Seasoned Panko mix | 6 ounces | $21.00 | $0.84 | $0.13 | $0.78 |
| Canola oil for frying | 3 ounces | $26.50 | $0.76 | $0.05 | $0.15 |
|  |  |  |  | total | $3.81 |

Note: $0.95 per chicken cutlet

Yield: 4 cutlets- 3 ounces each

Serve 2 cutlets per sandwich, 1 cutlet per salad

Equipment needed: Griddle, spatula, thermometer, sheet pan, wire rack