

## Grilled Chicken Procedure



Name	Portion Size
Chicken Breast	

1. Place thawed chicken breasts directly onto a well oiled 350-375 degree flat top. Cook chicken separate from preparing guests meals.
2. Allow to cook for 4-5 minutes and flip over once a golden color has developed and the sides of chicken breast have begun to turn white.
3. Cook on the other side an additional 3-4 minutes until an internal temperature of 165 degrees is reached. Remove from the grill and allow to cool on a speed rack.
4. Once cooled store in plastic cambros, seal with lid, label and date. Shelf life is 5 days.

### Quality Tip

Do not overcook chicken or it will become tough and chewy.

### Food Safety Tip

Do not cross contaminate raw chicken with items used to touch ready to eat foods.

### Profit Tip

If a breast looks abnormally small set it aside and use it for chicken salad.