



Mango Chicken

This recipe was provided by Chef **Vishwa Mohan** from **AMS Food Services**

Yield: 50 servings

Serving Size: 250 ml

Ingredients

- 8 kg Chicken Breast or thighs, boneless, skinless*
- 2 bunches Cilantro
- 125 ml garlic, minced**
- 640 ml honey
- 1.6 kg mango chunks, frozen
- 250 ml canola oil
- 80 g (180 ml) Cumin, Whole Seed
- 320 ml apple cider vinegar
- 160 g (360 ml) Ginger, Fresh
- 320 g (900 ml) onion, chopped
- 5 Habanero***
- Salt & Pepper to taste

*Or use whole chickens and shred meat

**May want to omit for elementary-aged students

*** Chef recommends doubling or tripling garlic, the amount listed is conservative for younger taste buds.

Method

Step 1 (Day before cooking)

Heat oil in a pot and add cumin to crackle.

Step 2

Add onion dices, garlic and ginger. Sauté till onion sweats completely but does not get color.

Step 3

Add mango chunks, cilantro and habanero and cook till mango start to mush.

Step 4

Remove from the heat and cool.

Step 5

Add the mango mix in vitamix and add honey, vinegar, salt and pepper and blend till very smooth.

Step 6

Marinate the chicken in the mango habanero sauce overnight.

Step 7 (Day of cooking)

Give strong grill marks and cook in the oven at 350° F until internal temp reaches 74° C

Step 8

Rest for 10 min and slice for taco.

Instant Pressure Cooker Option: Place chicken breasts in the cooker with 1 cup chicken stock. Set the timer for 10 minutes at high pressure. Check internal temp with instant read thermometer to ensure chicken's internal temp is safe. If using whole chickens, cook for 7 min/lb.



- Cook chicken breasts/thighs until internal temperature reaches 74° C for a minimum of 15 sec. Whole chicken should reach 82° C.
- Cooling: Cool from 60° C to 20° C within 2 hours, and 20° C to 4° C within 4 hours. If not achieved, throw out.
- Cold Holding: When cooled to 4° C, cover and store at 4° C. If more than 4° C for 2 hours, throw out.
- Reheating: Reheat to 74° C in less than 2 hours. If reheating takes more than 2 hours, throw out.