

# TCHOUPITOULAS

## *Smothered Chicken*

CATEGORY: ENTRÉE | YIELD: 10 SERVINGS



### INGREDIENTS:

CWD #	Item Description	QTY	Notes
503311	Hormel Flash 180 Sous Vide Chicken Breast	10 each	thaw
735014	Gold Medal Flour	2 cups	
39887	Chef's Magic Cajun Seasoning	3 Tbsp.	
734494	Vegetable Oil	2 Tbsp	small diced small diced small diced minced
780287	Yellow Jumbo Onions	2 cups	
780258	Green Bell Peppers	1 cup	
780225	Celery	1 cup	
180377	Garlic Cloves	4 ea	
39887	Chef's Magic Cajun Seasoning	2 Tbsp	
	White Wine	½ cup	minced
43970	SunSource Petit Diced Tomatoes in Juice	2 cups	
43061	Majors Superb Chicken Gravy Mix	4 oz	
	Warm Water	1 qt	
66438	Butter	2 Tbsp	
780287	Onion	¼ cup	minced
39888	Parsley Flakes	1 Tbsp	
50090	Long Grain Wild Rice	2 cups	
	Warm Water	2 ¾ cups	

### PREPARATION:

*\*Note: This battered chicken product performs best when fully slacked under refrigeration in the manufacturer's package.*

1. Preheat oven to 350 degrees F and Deep Fat Fryer to 350 degrees F.
2. Prepare the Rice: melt butter in a 1-gallon saucepot over medium low heat. Add the minced onion and cook gently until onion is soft and translucent, about 4 minutes. Add the rice and stir to coat with the butter. Add the warm water and stir to distribute the rice. Bring to a boil, stir once to redistribute, and cover. Cook in the oven for 17 minutes. Allow the rice to rest for 5 minutes before transferring to a container. Add the parsley flakes and fluff with a fork. Hold warm for service.
3. Prepare the Sauce: Make chicken gravy according to manufacturer instructions using 4 oz of gravy mix and 1 quart of water. Set aside. Meanwhile, heat oil in a saucepot over medium heat. Add the onions, bell peppers, and celery. Cook for 3-5 minutes until the vegetables release most of their moisture and start to take on a little color. Add the garlic and cook for 30 seconds. Add the diced tomatoes and cook until the pot is almost dry. Add the wine and cook until the wine is completely evaporated. Add the chicken gravy and bring to a low simmer. Remove from heat and hold warm for service.
4. Prepare the Chicken: Combine the flour and Cajun seasoning in a ½ hotel pan and set aside. Remove the chicken from the packaging in another ½ hotel pan make sure each piece of chicken is evenly coated in the batter it is packed. Dredge chicken breast in the seasoned flour, knocking off any excess flour. Lower a fryer basket and carefully drop the chicken breast into the oil using your hands or a pair of tongs. Cook only 2-3 chicken breasts in each basket. Cook for exactly 3 minutes giving the fryer basket a gentle shake.
5. Meanwhile, put 1 cup of rice on the bottom of a warm plate. Top with the cooked chicken breast. Ladle 2 oz of sauce over ¾ of the breast and serve.



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