



Green for Go Local

Ingredients in **green** =
locally grown or produced



Chicken



Potatoes



Milk



Butter



Flour



Thyme

Roast Chicken with Mashed Potatoes

By Jenny & Rosie

Yield: 50 × 12 oz (375 mL) Elementary School servings

Ingredients

For Chicken:

22 lb (10 kg) Whole **chickens** (or 50 pc/8 kg bone-in drumsticks/thighs)
2 Tbsp (30 mL) Salt

For Mashed Potatoes:

16 lb (7.25 kg) **Potatoes**, peeled and cut into 1-inch pieces
1 cup (250 mL) **Butter**
8 cups (2 L) **Milk**
¼ cup (60 mL) Salt

For Gravy:

1 cup (250 mL) **Flour**
½ tsp (2 mL) Ground black pepper
1 tsp (5 mL) Dried **thyme** or poultry seasoning
4 cups (1 L) Water

Directions

Note: Wash all produce well.

1. The night before, sprinkle 2 Tbsp (30 mL) salt over chicken pieces or whole chickens and toss or rub to coat. Refrigerate overnight.
2. Preheat oven to 400°F (200°C).
3. **If cooking whole chickens**, place in hotel pans and cook for 20 minutes per pound until an internal temp of 180°F (82°C) is reached. If the skin is browning too much, cover loosely with foil while cooking. Let sit until cool enough to handle, then strip the meat from the bones and slice into serving pieces. Pour all pan juices into a saucepan and reserve. **If using chicken pieces**, lay the chicken pieces skin-side up on a large baking sheet. Cook for 1 hour until the skin is golden and crisp and an internal temp of at least 165°F (75°C) is reached. Place chicken pieces in a hotel pan. Pour all pan juices into a saucepan and reserve.
4. Cover with lids or foil and hold food at a minimum 140°F (60°C) internal temp in a warming oven (set at 170°F/75°C) or steam table, checking at regular intervals.
5. Meanwhile, place potatoes in a large pot, add ¼ cup salt and enough water to cover the potatoes. About 1 hour before they are needed, cover and bring to a boil over high heat, then reduce heat to medium. Cook until potatoes are tender, about 20 minutes.
6. Drain the potatoes and return to the pot. Add butter and milk, and mash. Add salt to taste. Hold potatoes in the pot or a steam table pan at a minimum 140°F (60°C) internal temp until needed.
7. Bring saucepan with chicken pan juices to a boil. In a bowl, whisk together flour with 4 cups of water to make a smooth mixture. Add to saucepan and cook until thickened, stirring constantly. Add pepper and thyme (or poultry seasoning) and taste, adding a little salt if necessary. **If the gravy is too thick**, add water to thin. **If too thin**, boil until reduced to the proper consistency.
8. Serve ½ cup (125 g) mashed potatoes with 2 oz (60 g) chicken, about 1 Tbsp (15 mL) gravy, and side vegetables (see next page).



Create Your Plate!

Toppings, Sides & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking.

- ★ **Cranberry** sauce
- ★ **Fiddleheads** - cooked
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnip** - roasted
- ★ **Corn** - cooked
- ★ **Carrots** - cooked or raw
- ★ **Peas** - cooked
- ★ **Green or yellow beans** - cooked or raw
- ★ **Squash** - roasted or mashed
- ★ **Beets** - pickled or roasted
- ★ **Fruit**

Equipment

- Two hotel pans or baking sheets
- 16-20 quart pot
- Sauce pan
- Potato masher

Note from the Authors

"We have found that roast dinners are very popular and affordable! Choose between roasting whole birds, or if you have less time, roast chicken pieces. Plan roast dinners for the end of the week to give yourself time to do some of the prep in advance."

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

- If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.
- When cooking whole poultry, use the general rule of cooking for 20 minutes per pound of average weight. Always use the internal temperature as your ultimate cooking guide.
- Check that the temperature of the thickest part of the breast is 180°F (82°C) for whole birds and 165°F (74°C) for pieces.

Conversion Measures

- Whole poultry yields about 50-65% of usable meat.
- 1 lb (454 g) whole chicken = about 8-10 oz (212-295 g) cooked meat

Veg It Up!

Add sweet potato, cauliflower florets or turnip to the mashed potatoes in Step 6 for extra colour, fiber and flavour.

Swap In

Swap in roast pork, ham, turkey or beef for chicken.

Leftovers

Leftover gravy may be frozen and can be used for baked potato day. Save leftover bones and skin from whole poultry and simmer for a simple stock.

Make Ahead

Plan your week and roast the birds when the oven is free for the day. Once the meat is pulled, cut and cooled it can be stored in oven pans with a bit of stock or gravy. Heat when needed to 165°F (74°C) internal temp before serving.