

MANDARIN ORANGE DUMPLINGS

Featuring **CHEF ONE™** Whole Wheat Chicken and Vegetable Dumplings and **MINH®** Less Sodium Orange Sauce



YIELD: 50 SERVINGS



INGREDIENTS	WEIGHT*	MEASURE*
60583 CHEF ONE® WHOLE WHEAT CHICKEN AND VEGETABLE DUMPLINGS	15 lbs.	300 dumplings (6 bags)
Water*	3 lbs.	6 cups (3 cups per pan)
69143 MINH® Less Sodium Orange Sauce, Thawed	6 lbs. (1 bag)	12 cups (6 cups per pan)
Mandarin Orange Slices – Commodity	1 lb. 12 oz.	4 cups (2 cups per pan)

*Substitute water with mandarin orange juice for a sweeter taste profile

DIRECTIONS

1. Preheat oven at 350°F.
2. Mix MINH® sauce and water together.
3. Place 150 dumplings (3 bags) in a sprayed 4" steam table pan.
4. Cover dumplings with sauce mixture and stir.
5. Cover pan and bake at 350°F for 30-40 minutes. Stir dumplings after 15-20 minutes of baking.
6. Serve 6 dumplings w/ vegetables or fried rice.

CN CREDITING

M/MA	2 oz.
Grains	2 oz.
Total Vegetables	¾ cup

KEY NUTRITIONALS

Calories	320
Total Fat	7 g
Saturated Fat	0.5 g
Cholesterol	35 mg
Sodium	710 mg
Carbohydrates	51 g
Dietary Fiber	2 g
Sugars	21 g
Protein	17 g
Potassium	325 mg
Iron	3 mg
Calcium	41 mg

* Conversions from volume to weight quantities for the vegetables are based on FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS and may vary depending on specific form of vegetables used.

SPICY SZECHUAN DUMPLINGS

Featuring **CHEF ONE™** Whole Wheat Chicken and Vegetable Dumplings and **MINH®** Less Sodium Szechuan Sauce



YIELD: 50 SERVINGS



INGREDIENTS

WEIGHT*

MEASURE*

60583 CHEF ONE® WHOLE WHEAT CHICKEN AND VEGETABLE DUMPLINGS

15 lbs.

300 dumplings
(6 bags)

Water*

3 lbs.

6 cups
(3 cups per pan)

69145 MINH® Less Sodium Szechuan Sauce, Thawed

6 lbs. (1 bag)

12 cups
(6 cups per pan)

*For a spicier kick, add in 1 tb of red pepper flakes to every 3 cups of sauce

DIRECTIONS

1. Preheat oven at 350°F.
2. Mix MINH® sauce and water together.
3. Place 150 dumplings (3 bags) in a sprayed 4" steam table pan.
4. Cover dumplings with sauce mixture and stir.
5. Cover pan and bake at 350°F for 30-40 minutes. Stir dumplings after 15-20 minutes of baking.
6. Serve 6 dumplings w/ vegetables or fried rice.

CN CREDITING

M/MA	2 oz.
Grains	2 oz.
Total Vegetables	¾ cup

KEY NUTRITIONALS

Calories	290
Total Fat	7 g
Saturated Fat	0.5 g
Cholesterol	35 mg
Sodium	970 mg
Carbohydrates	41 g
Dietary Fiber	2 g
Sugars	18 g
Protein	18 g
Potassium	370 mg
Iron	3 mg
Calcium	45 mg

Conversions from volume to weight quantities for the vegetables are based on FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS and may vary depending on specific form of vegetables used.

WARM DUMPLING SALAD

Featuring **CHEF ONE™** Chicken Lemongrass Dumplings,
and **MINH®** Less Sodium Szechwan Sauce



Yield: 25 - 11 oz. servings



INGREDIENTS

60583 Chef One™ Chicken Lemongrass Dumplings, frozen

1 bag

69145 MINH® Less Sodium Szechwan Sauce, thawed

1 qt

Vegetable oil

1 cup

Water

3/4 cup

Red bell pepper, sliced thin

1 qt + 1 pint

Yellow onion, sliced thin

1 qt + 1 pint

Broccoli florets

1 qt + 1 pint

Water

1 qt + 1/2 cup

Sesame seeds, toasted

Garnish

Romaine lettuce, shredded

Garnish

DIRECTIONS

1. **Thaw MINH® Less Sodium Szechwan Sauce** in the refrigerator overnight.
2. **Prepare Chef One™ Chicken Lemongrass Dumplings** by splitting one bag into 3 batches of approximately 16 dumplings each. Measure 2 ounces of water per batch for a total of 3/4 cup of water. Measure 2 ounces of vegetable oil per batch for a total of 1 cup of vegetable oil.
3. **Heat** 2 oz of water in a large non-stick skillet over high heat. Add 16 dumplings and sear for 2-3 minutes.
4. **Reduce** heat to medium and add 2 oz. of vegetable oil to the skillet, cover, and cook for 3-4 minutes, or until internal temperature reaches 165°F.
5. **Remove** dumplings from the pan, cover, and set aside.
6. **Repeat** steps 1-4, for a total of 3 batches.
7. **Stir** in peppers, onion, broccoli, **MINH® Less Sodium Szechwan Sauce**, and water to pan. Cook 3-5 minutes or until vegetables are tender.
8. **Toss** the prepared **Chef One™ Chicken Lemongrass Dumplings** with the sauced vegetables and place on 1 1/2 cups of shredded romaine lettuce
9. **Garnish** with sesame seeds and serve.

DUMPLING STIR FRY

Featuring **CHEF ONE™** Whole Wheat Chicken Dumpling, **MINH®** Less Sodium Szechwan Sauce, and **MINH®** Less Sodium Teriyaki Sauce



50 SERVINGS

1 1/3 cups per serving

INGREDIENTS	WEIGHT*	MEASURE
60585 CHEF ONE™ Whole Wheat Chicken Dumpling , frozen	15 lb.	6 bags
69145 MINH® Less Sodium Szechwan Sauce , thawed	2 lbs. 13 oz.	1 qt + 1/8 cup
69144 MINH® Less Sodium Teriyaki Sauce , thawed	2 lbs. 10 oz.	1 qt + 1/8 cup
Vegetable, Asian blend, frozen (assumes 1 cup = 90g)	10 lbs.	10 1/2 qt
Water, room temp	2 lbs. 5 oz.	1 qt + 1/2 cup

DIRECTIONS

1. Thaw **MINH® Less Sodium Teriyaki** and **MINH® Less Sodium Szechwan Sauce** according to package instructions
2. Preheat oven to 350°F.
3. Coat three 4" hotel pans with cooking oil spray. Add 2 bags of frozen **CHEF ONE™ Whole Wheat Chicken Dumplings** to each pan.
4. In a 20 quart mixing container, mix together **MINH® Less Sodium Teriyaki Sauce**, **MINH® Less Sodium Szechwan Sauce**, Water, and vegetables. Divide evenly across the three 4" hotel pans.
5. Cover with foil and bake for 20 minutes.
6. Remove pan from oven, uncover, and stir. Re-cover pan and bake for an additional 40 minutes or until an internal temperature of 165°F is reached.
7. To serve, place 6 dumplings in bowl and cover with 3/4 cup of vegetable and sauce mixture.

CN CREDITING

M/MA	2 oz.
Eq Grains	2 oz.
Vegetables (Other)	3/4 cup

KEY NUTRITIONALS

Calories	330
Total Fat	7 g
Saturated Fat	0.5 g
Sodium	940 mg

* Conversions from volume to weight quantities for the vegetables are based on FOOD BUYING GUIDE FOR CHILD NUTRITION PROGRAMS and may vary depending on specific form of vegetables used.



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CHICKEN DUMPLING SOUP

Featuring **CHEF ONE™** 0.8 Oz Chicken And Vegetable Dumpling With Whole Wheat Wrapper



66 servings

16 oz per serving



INGREDIENTS	WEIGHT*	MEASURE
Chicken Stock, low sodium	48 lbs.	6 gallons
Ginger, minced	6 oz.	1 1/2 cups
Mushrooms, sliced	3 lbs. 3 oz.	4 Qts
60585 Chef One™ 0.8 Oz Chicken And Vegetable Dumpling With Whole Wheat Wrapper, Frozen	20 lbs.	8 bags
Bok Choy, shredded	10 lbs.	2 gallons + 2 qts
Scallions, sliced thin	10 oz.	3 cups

DIRECTIONS

1. Bring stock and ginger to a simmer in a large stock pot.
2. Add mushrooms and simmer for an additional 3-5 minutes.
3. Prepare **Chef One™ 0.8 oz Chicken And Vegetable Dumpling With Whole Wheat Wrapper** according to package instructions and hold for assembly.
4. Place 6 dumplings and 2.4 oz. bok choy into each serving container. Top with a 11.5 oz. ladle of stock. Garnish with sliced scallions. Cover and serve. Hold time of assembled soup should not exceed 1 hour.

Tips and Notes: Dumpling hold time is 1 hour. Prepare Dumplings as needed during service periods.

CN CREDITING

M/MA	2 oz.
Eq Grain	2 oz.
Vegetable (Dark Green)	¼/4 cup
Vegetable (Other)	¼/4 cup
Total Vegetable	1/2 cup

KEY NUTRITIONALS

Calories	280
Total Fat	8 g
Saturated Fat	0.5 g
Sodium	790 mg

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