RED ARROW INTERNATIONAL

Culinary Creations

Grillin' GB™

Flavor Description:
A chargrilled flavor that blends a subtle grilled taste with a mesquite smoke flavor in a dry powder form.

Olive Crusted Chicken

Yield: 1960 gm. of chicken Serving: 5 servings – 392 gm. each

FORMULA: *

Ingredients:	Oz.	Lbs.	Grams	% weight
Grillin' GB	***0.26***	***0.0***	***7.5***	***0.38%***
Olives; black, pitted, small dice	4.23	0.3	120.0	6.12%
Sour cream	3.53	0.2	100.0	5.10%
Mayonnaise	6.35	0.4	180.0	9.18%
Salt	0.07	0.0	2.0	0.10%
Black pepper	0.01	0.0	0.4	0.02%
Chicken breast; boneless, skinless	42.33	2.6	1200.0	61.23%
Herbed bread crumbs	7.05	0.4	200.0	10.20%
Flour	5.29	0.3	150.0	7.65%
Total	69.13	4.3	1959.9	100.00%

Method of Preparation:

1. Combine the **Grillin' GB**, sour cream, mayonnaise, salt and pepper together in a mixing bowl.
2. Drain the black olives of all excess liquid and add black olives to the mayonnaise mixture.
3. Dip the chicken breast into the flour brushing off the excess.
4. Place the floured chicken breast into the olive mixture, coating the chicken breast evenly.
5. Place chicken breast into the breadcrumbs, coat evenly.
6. Heat a sauté pan over medium heat. Add enough oil to coat the bottom of the pan.
7. Add the chicken to the pan. Cook until brown, about 4 minutes. Turn the chicken over and cook the other side until brown, about 4 minutes.
8. If an internal temperature of 74°C has not been reached, finish chicken breast in the oven at 163°C.
9. Serve immediately.

Research Chef Evaluation of Grillin' GB:

Grillin' GB adds a smoky grill flavor to the chicken and provides a rich meaty flavor to the olive crust.

*Developed by Red Arrow Culinary Specialists