

Teriyaki Turkey

Meat

Recipe Category: Main Dish

KSU Developed

Ingredients	50 Servings		_____ Servings		Directions
	Weight	Measure	Weight	Measure	
Soy sauce, low sodium		2 cups			<p>1. Mix soy sauce, water, vinegar, brown sugar, garlic, and ginger in a small saucepan over medium heat. Stir with a whisk until sugar is dissolved.</p> <p>2. In a small bowl, whisk together cornstarch and cool water until the mixture is smooth.</p> <p>3. Heat sauce over medium high heat. Slowly whisk in cornstarch mixture and simmer until thickened. Remove from heat and set aside until step 6.</p> <p>Note: Do not add dry cornstarch directly to the sauce mix as it will cause lumping. Cornstarch must be mixed with a cold liquid before adding to hot liquids.</p> <p>4. Cook ground turkey over medium heat. Stir occasionally and cook until the turkey is evenly browned. Set aside until step 5.</p> <p><i>Internal temperature taken at the center of the thickest part of the food must reach 165° F for 15 seconds.</i></p> <p><i>Thoroughly wash, rinse, and sanitize surfaces and equipment immediately after handling potentially hazardous foods, and before proceeding to the next recipe step</i></p> <p>Heat canola oil in a large skillet over medium-high heat. Add diced onions. Cook until soft.</p> <p>5. Combine the onions and cooked turkey and cook on medium heat for 5 minutes.</p> <p>6. Pour teriyaki sauce over cooked turkey and stir.</p> <p>7. Simmer for about 15 minutes.</p> <p>Continued</p>
Water		2 cup			
Apple cider vinegar		¾ cup			
Brown sugar		1 cup			
Garlic, minced (adjust as needed)		⅓ cup			
Ginger, ground		3 Tbsp			
Cornstarch		⅓ cup			
Cool water		1 cup			
Turkey, ground, fresh or frozen	9 lbs				
Canola oil		½ cup			
Onion, diced		4 cup			

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Serving: 2 oz meat cooked	Yield:	Volume:
1-2 years: ½ serving	50 Servings:	50 Servings:
3-5 years: ¾ serving		
6-18 years: 1 serving	100 Servings:	100 Servings:

NOTES:

Nutrient information calculated using Food Processor.

Nutrients Per Serving					
Calories	172.85	Saturated Fat	1.71 g	Iron	1.14 mg
Protein	16.78 g	Cholesterol	53.26 mg	Calcium	25.53 mg
Carbohydrate	7.10 g	Vitamin A	13.76 RAE mcg	Sodium	415.58 mg
Total Fat	8.41 g	Vitamin C	0.95 mg	Dietary Fiber (2016)	0.34 g