

What's for Dinner Canton.com
Chef Herrera, C.C.E.

Menu Item	<i>Mustard Dijon Dressing (marinade FOR CHICKEN)</i>
Number of Portions	6
Portion Size / Yield	
Cooking Method	
Temperature	<i>Preparation before cooking 45°F and below Temperature of cooked chicken at 165°F internally</i>
Equipment needed	<i>Mixing bowl, wire whip, Chef's knife cutting board, measuring cups and spoons.</i>

Ingredients:

Amount	Item
4 tablespoons	<i>Apple cider vinegar</i>
1/2 cup	<i>Olive oil</i>
2 Tablespoons	<i>Dijon Mustard</i>
2 Tablespoons	<i>Fresh Tarragon, finely chopped</i>
2 teaspoons	<i>White sugar</i>
1 teaspoon	<i>Sea salt</i>
1/2 teaspoon	<i>Fine black pepper</i>
1 teaspoon	<i>Fresh minced garlic</i>

Procedure / Method :

PRE- SANITATION DETAIL:

1. Put on a clean apron, hair restraint
2. **WASH YOUR HANDS!**
3. Sanitize all work surfaces and equipment.

DIRECTIONS:

1. Mix all ingredients together and separate equally into two plastic containers.
2. Use one container to marinate the chicken (refrigerate minimum 3-6 hours before grilling).
3. Use the second container to dress your salad (remember to refrigerate minimum 3-6 hours before using).

POST-SANITATION

1. Clean up as you go along.
2. Wash all equipment and put them away.
3. Check product temperature using your thermometer.

DON'T FORGET:

- *To wash your hands before you begin*
- *To clean up as you go along*
- *To put everything away*