

# 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: <b>Do not</b> 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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					<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>Hot foods must be held under temperature control at 135° F or higher. Food temperatures must be checked every four hours, and discarded if found to be less than 135° F</i></p>
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<b>Serving: 2 oz meat cooked</b>	<b>Yield:</b>	<b>Volume:</b>
1-2 years: ½ serving	<b>50 Servings:</b>	<b>50 Servings:</b>
3-5 years: ¾ serving		
6-18 years: 1 serving	<b>100 Servings:</b>	<b>100 Servings:</b>

**NOTES:**

Nutrient information calculated using Food Processor.

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