

**100% NATURAL
READY-TO-USE FROZEN
TROPICAL PRODUCTS**

**A trusted school
supplier since 1991**

Micfood[®]

Chicken Carnitas

**with Black Beans & Mixed Sofrito
on Long Grain Rice served with Ripe Plantain Slices**



FOR THE CARNITAS (yields 160 portions)

40 lbs. boneless, skinless Chicken Thigh meat
1 lb. cloves garlic, cut into sliver
1 cup ground cumin
Dry adobo seasoning, As Needed

1 cup garlic powder
3 quarts chicken broth
4 oz. chipotle pepper in
adobo sauce (peppers only)
12 ea. bay leaf

PROCEDURE

1. Pre-Heat Oven to 325° degrees.
2. Season chicken with salt and pepper.
3. In a medium sauté pan on medium-high heat, lightly brown the chicken on all sides for about 5 minutes.
4. Remove from heat and allow to cool.
5. Season chicken generously with cumin, adobo and garlic powder.
6. Pour chicken broth in the pot, add the garlic, bay leaf and chipotle pepper.
7. Place chicken in the pot and cover.
8. Place the pot in the oven and cook for 3-4 hours until chicken is nice and tender. Remove chicken from pot and shred using two forks. Remove bay leaf from the pot and combine the chicken with about 6 cups of the juices. Spread the chicken out in a single layer on a baking sheet and broil until it starts getting crispy, about 5 minutes. Check seasoning and adjust as needed. Hold for serving.

ASSEMBLY

40 lbs. pulled (shredded) Chicken Carnitas, hot
40 lbs. cooked long grain rice, hot
10 cups canned black beans, rinsed and heated
10 cups cooked corn, heated
10 cups **TIO JORGE**® Mixed Sofrito, heated
10 cups scallions, diced fine (green part only)
7½ cups chopped cilantro
5 cups fresh squeezed lime juice
240 each **BIG BANANA**® Baked Sweet Plantain Slices*
salt to taste

PROCEDURE

1. In a large bowl, combine Chicken Carnitas, rice, beans, corn, sofrito mix, scallion, cilantro and lime juice. Season with salt to taste.

The logo for MICfood, featuring the word "MIC" in a bold, red, sans-serif font and "food" in a red, cursive script font, with a registered trademark symbol (®) to the upper right.

**Bringing cultures together
through extraordinary flavors™**

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