

CHICKEN BREASTS - POUNDED

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Yield: As Needed

Shelf Life: 24 hours

Equipment: Yellow cutting board, plastic wrap, mallet, 1/2 pans with lids

Ingredients:

As Needed [Chicken Breasts - Marinated](#)

Procedure:

1. Place 6 marinated chicken breasts on a yellow cutting board, and cover with plastic wrap.

NOTE: Leave enough room between the chicken breasts for them to be pounded.

2. Using the **SMOOTH SIDE** of the mallet, pound the thickest parts of the chicken breasts until the entire breast reaches a **thickness of 1/4"**.

3. Place the pounded chicken breasts in a plastic 1/2 pan with lid.

4. Repeat steps 1 -3 until all needed chicken breasts are pounded.

NOTE: The plastic wrap can be reused for additional chicken breasts.

5. Label, Date, and Rotate.

NOTE: Pounded chicken breast prep MUST be completed before the restaurant opens so the excessive noise does not negatively affect our guests.

C: Oily glaze with visible specks; Orange flesh tone; Pounded to 1/4" thickness.

T: Firm

F/A: Cumin and garlic powder aroma

HR: 1/2 pan; Refrigerated

SL: 24 hours