



Lamar County School District
Oak Grove High School
5198 Old Hwy 11
Hattiesburg, MS 39402

Creole Smoked Chicken Wrap



Mississippi Grown Products

B & M Blueberry Farm:

B & M Blueberry Farm
6359 US Highway 11
Lumberton, MS 39455
Phone: (601) 408-4736



B & M Blueberry Farm is a privately held company, single location. The farm is a commercial producer. They also have a packaging operation. The farm does not allow consumers to pick their own blueberries.

Bruce Sweet Potato:

Bruce Sweet Potato
124 Jimmy Beckley Dr.
Bruce, MS
Phone: (662) 983-2400
marshall@brucesweetpatoto.com



Marshall Bailey, a 3rd generation farmer, started Bruce Sweet Potato in 2012. The company is dedicated to supplying customers with the best quality sweet potatoes on the market. Located on a 1,600 acre farm in Bruce, Mississippi.” No other sweet potato can compare to the ones we grow in Mississippi. We produce premium Number One Sweet potatoes bursting with flavor and freshness. The rich, fertile soils of North Mississippi make our sweet potatoes appealing both inside and out. Mississippi sweet potatoes have a melt-in-your-mouth taste and offer great nutritional value. And their smooth skin and great color will attract your customers. For several generations, farm families in North Mississippi have produced, packed and shipped sweet potatoes. Our business is growing sweet potatoes. This single minded tradition of excellence allows our producers to give personal customer service. These Mississippi farms have modern facilities that can pack and ship to your exact needs and specifications.” <http://www.mssweetpotato.org/front/index.php>

Sandy Run Farm:

Sandy Run Farms
1092 Brooks Rd
Purvis, MS 39475
Phone: (601) 408-6563
sandyrunfarms@gmail.com



The farm is a U-pick, family owned farm, owned by Ethan Goggans. The farm not only offers U-pick but also harvest and ships to be sold in stores. The farm also has much more than blueberries. They take advantage of the warm Mississippi climate producing summer vegetables and a fall harvest. This unique farm is only about 6 miles from our high school.



Dixie Bee Honey Bee Farm:



Owners Roy and Sis Clingon are retired and enjoy bee farming. They are certified to sell and/or ship nucs, package bees or queens, and sale honey products. Their colonies farm are inspected by Mississippi Beekeepers Bureau for American Foulbrood Disease. Keeping the introduction and spread of infectious and contagious diseases of honey bees.

Dixie Bee Honey Bee Farm
1262 Browns Bridge Rd.
Hattiesburg, MS 39401
Phone: (601) 583-4760

Sanderson Farms:



“With over 14,000 employees and 900 growers, Sanderson Farms is the third largest poultry producer in the nation and is proud to serve our families and our customers all across the United States.”

“Sanderson Farms’ locations are strategically located throughout the Southeast, helping us to ensure our customers receive the freshest chicken possible.

Together, our plants in Mississippi, Louisiana, Texas, North Carolina and Georgia process more than 10.8 million chickens per week.”
<https://sandersonfarms.com>

Mississippi Grown



Jr. Chef Competition – “SAVOR THE FLAVOR OF MISSISSIPPI

School: Oak Grove High School

Team Name: Smokin' Hot

Team Members: Aleiyah Luenig-McGee

Vikayla Oatis

Bethanie Pheal

Donovan Reid

Briah Hargrove – Alternate

Team: Smokin Hot

**Jr. Chef Competition –
“SAVOR THE FLAVOR OF MISSISSIPPI”**

Creole Smoked Chicken Wrap

Creole Seasoning

Ingredients:

2 Tbsp.	MS Spice Blends – Creole
2 tsp.	Paprika
1 tsp.	Garlic Powder
1 tsp.	Onion Powder
1 tsp.	Dried Thyme
½ tsp.	Dried Oregano
⅛ tsp.	Fresh Ground Black Pepper
½ tsp.	Cumin
⅛ tsp.	Salt

Directions:

Combine all ingredients and set aside for sauce and chicken seasoning.

Sauce

Ingredients:

1 Tbsp.	Creole Seasoning
1 Cup	Blueberries
½ Cup	Shallots
¼ Cup	Sweet Peppers
1 Tbsp.	Jalapeno Pepper
¼ tsp.	White Wine Vinegar
2 Tbsp.	Extra Virgin Olive Oil
1 Tbsp.	Honey
1 Clove	Minced Garlic
1 Cup	Low Sodium Chicken Stock

Directions:

Small dice shallots, sweet peppers, and jalapeno

Mince garlic

Place olive oil in a sauce pot and heat, add cut vegetables and blueberries, allow them to sweat

Mash blueberries

Add white wine vinegar, chicken stock and seasoning allow to reduce

Strain sauce using a china cap and set aside

Creole Smoked Chicken

Ingredients:

2 Tbsp. Creole Seasoning
1 Tbsp. Baking Powder
¼ Cup Sauce
1 Pkg. Chicken cut into 2 oz. servings
Non-Stick Cooking Spray

Serving size:

20 - 2 oz. servings

Directions:

Preheat convection oven to 350° F

Cut chicken into 8 pieces, wash and pat dry

Combine Creole seasoning mixture with baking powder

Place chicken in a large bowl and sprinkle with rub, tossing to evenly coat

Line a baking sheet with foil and spray with cooking spray

Arrange chicken on baking sheet and place in preheated oven

Cook for 20 minutes or until chicken reaches an internal temperature of 165° F

Transfer chicken to a large bowl.

Add sauce and coat evenly

Wrap bowl tightly with plastic wrap and smoke chicken using a smoking gun



Roasted Brussels Salad

Ingredients:

1 lb. Fresh Brussels Sprouts
2 Cups Fresh Kale
¼ Cups Shallots
¼ Cup Sweet Peppers
1 Tbsp Honey
¼ Cup Olive Oil
2 Tbsp Vinegar

Serving Size:

6 - 2 oz. servings

Directions:

Wash Brussels sprouts and kale, and trim
Finely chop sprouts and kale, small dice shallots and peppers
Combine olive oil, vinegar, and honey
Dress salad, cover and set aside.

Mississippi Sweet Potato Fries This item is not included in the nutritional analysis it will be served as a side.

Ingredients:

1 lb. Sweet Potatoes
1 Tbsp. Corn Starch
1 Tbsp. Rice Flour
½ tsp. Ground Cinnamon
½ tsp. Ground Ginger
2 Tbsp. Grapeseed Oil
Non-Stick Cooking Spray

Serving Size:

6 - 2 oz. servings

Directions:

Preheat convection oven to 350° F

Peel and cut sweet potatoes into ¼" X ¼" sticks, place in a bowl of cold, fresh water and cover

Combine corn starch, rice flour, cinnamon, and ginger, place in a gallon zip-lock bag

Cover baking pan with aluminum foil and spray with cooking spray

Drain wet potatoes and pat dry

Toss potatoes in dry ingredient mixture, making sure to coat evenly then coat with oil

Arrange fries on baking sheet, make sure they are arranged so as not to touch

Place in oven and set timer for 15 min.

After 15 min use a fish turner to flip fries and return to oven for 10 - 15 min.

Remove from oven and let cool

Work Plan

Name of Team: Smokin Hot

Name of School: Oak Grove High School

Recipe: Creole Smoked Chicken Wrap

Time	Activity	Team Member Responsible	Food Item/ Equipment Needed	
:00	Mise en Place: <ul style="list-style-type: none"> • Sanitize work surfaces • Gather all ingredients and equipment • Wash vegetables • Turn oven to 350° F 	All members sanitize <ul style="list-style-type: none"> • Bethanie: Calibrate thermometer, gather seasoning ingredients • Aleiyah: Set up cutting station, gather and wash vegetables • Donovan: Sanitize, turn on oven to 350° F, • Vikayla: Gather tasting spoons, foil and plastic wrap cutting station, gather and wash vegetables 	<ul style="list-style-type: none"> • Measuring cups/spoons • Product bowls • Cutting boards/pads • Knives • Tongs • Scales • Smoking Gun • China Cap • Metal Quart Container • Plastic Bags 	<ul style="list-style-type: none"> • Spoons/forks • Colander • Foil • Thermometer • Gloves • Foil, plastic wrap • Paper towels • Pot for sauce • Baking pans • Waste pans • Sani/Wash Buckets
:10	Measure and blend seasoning, place in covered bowl and set aside to prevent cross-contamination.	Bethanie	<ul style="list-style-type: none"> • Measuring spoons • Product bowl • MS Spice Blends – Creole • Paprika • Cumin • Salt • Onion Powder • Garlic powder • Dried Oregano • Fresh Ground Black Pepper 	
	Mince garlic, Small dice shallots, sweet peppers, jalapeno Place in product bowl and set aside	Aleiyah	<ul style="list-style-type: none"> • Cutting board • Knife • Garlic • Sweet peppers • Jalapeno • Product bowl • Waste bowl 	
	Finely chop sprouts, kale, sweet peppers, and shallots cover to	Donovan	<ul style="list-style-type: none"> • Cutting board • Knife • Vegetables 	

	prevent cross-contamination		<ul style="list-style-type: none"> • Product bowl • Waste bowl
	Make vinaigrette for salad	Vikayla	<ul style="list-style-type: none"> • Honey • Oil • Vinegar • Product bowl
:20	Fabricate chicken, coat with seasoning mixture, place in mixing bowl or bag, do not allow Time Temperature Abuse place on baking sheet and put in the oven	Bethanie	<ul style="list-style-type: none"> • Cutting board • Creole seasoning • Product bowl • Foil Wrap • Baking Sheet • Tongs • Large Plastic Bag
	Sweat vegetables and fruit	Aleiyah	<ul style="list-style-type: none"> • Garlic • Shallots • Jalapeno • Sweet Peppers • Blueberries • Extra Virgin Olive Oil • Sauce Pot
:40	Add White Wine Vinegar, stock, seasoning, and honey to veg. and fruit	Aleiyah	<ul style="list-style-type: none"> • White Wine Vinegar • Creole Seasoning • Honey • Chicken Stock
	Coat baking sheet with cooking spray, place sweet potato fries on pan and place in oven	Vikayla	<ul style="list-style-type: none"> • Oil • Foil • Sweet Potatoes • Seasoning • Baking Sheet • Single Use Paper Towels
:75	Check temperature of chicken making sure it reaches a minimum internal temperature of 165°F for 15 seconds, remove from oven, place in a product bowl, wrap with plastic wrap, light smoking gun and place tube in bowl.	Bethanie	<ul style="list-style-type: none"> • Thermometer • Pot Holders • Tongs • Product bowl • Plastic wrap • Smoking Gun • Lighter
	Remove sweet potato fries from oven	Vikayla	<ul style="list-style-type: none"> • Tongs • Pot Holders
	Continue with salad	Donovan	<ul style="list-style-type: none"> • Tongs • Pot Holders

	Remove sauce from stove and strain	Aleiyah	<ul style="list-style-type: none"> • Pot Holders • China Cap • Metal Quart Container
	Garnish with sauce and additional toppings	Aleiyah	<ul style="list-style-type: none"> • Gloves • Sauce • Toppings
:85	Plate 6 dishes	All team members	<ul style="list-style-type: none"> • Gloves • Plates
:90	Serve	All team members	<ul style="list-style-type: none"> • Gloves • Plates
	Clean	All team members	Use the remaining time to clean/sanitize



Recipe Prep Sheet

Lamar County School District

0001210: Creole Smoked Chicken Wrap

Recipe HACCP Process: #2 Same Day Service

Source: OGH Culinary

Number of Portions: 6

Size of Portion: 2 oz

Ingredient #	Ingredient Name	Measurement	Instructions
R-99035	Creole Seasoning	2 TBSP	<p><i>Hold for hot service at 135 degrees F or higher</i></p> <p>Preheat convection oven to 350 degrees F</p> <p>Combine creole seasoning mixture with baking powder</p> <p>Place chicken breast/strips in a large bowl and sprinkle with rub, tossing to evenly coat</p> <p>Line a baking sheet with foil and spray with cooking spray</p> <p>Arrange chicken on baking sheet and place in preheated oven</p> <p>Cook for 20 minutes or until chicken reaches an internal temperature of 165 degrees F.</p> <p>Transfer chicken to a large bowl, add sauce, coat evenly, wrap bowl tightly with plastic wrap and smoke chicken</p> <p>Assemble wrap using smoked chicken, tortilla, salad, and sauce</p>
R-99036	Creole Sauce	1 TBSP	
R-99037	Creole Smoked Chicken	1 LB, raw, yield included	
R-99038	Brussels Sprouts Salad	3 Cups	
	Tortilla (Spinach), Mission	6 Tortilla	
1000034	Cheese, Mozzarella Lite	3 oz	

*Nutrients are based upon 1 Portion Size (2 oz)

	723.574 kcal	Total Fat	37.007 g	Total Dietary Fiber	*7.05* g	Vitamin C	61.311 mg	184.189%	Calories from Total Fat
Calories ¹									
Saturated Fat ¹	7.13 g	Trans Fat ²	*0.000* g	Protein	23.668 g	Iron	7.103 mg	32.173%	Calories from Sat Fat
Sodium ¹	806.692 mg	Cholesterol	54.946 mg	Vitamin A	4483.248 IU	Water	*222.022* g	*0.000%*	Calories from Trans Fat
Sugars	*16.251* g	Carbohydrate	79.171 g	Calcium	165.137 mg	Ash	*2.928* g	100.152%	Calories from Carbohydrates
Moisture Change	0.000%	Fat Change	0.000%	Portion Cost	\$0.000			41.44%	Calories from Protein
Type of Fat									

Components									
Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

1 - denotes required nutrient values

2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and Menu Planning and Nutritional Analysis software should not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Recipe Prep Sheet

Lamar County School District

This recipe has been added to the entrée recipe and included in the entrée analysis.

990035: Creole Seasoning
 Recipe HACCP Process: #2 Same Day Service
 Source: OGH Culinary
 Number of Portions: 4
 Size of Portion: TBSP

Ingredient #	Ingredient Name	Measurement	Instructions
825448	Spice Blend MS, Creole, No Salt, #563	2 TBSP	Combine all ingredients and set aside for sauce and chicken seasoning
825118	Paprika, Ground, Domestic, Sauer #335	2 tsp	
825079	Garlic Powder, Sauer #331	1 tsp	
825119	Onion Powder, Sauer, #326	1 tsp	
825154	Thyme, Dried, Sauer, #327	1 tsp, leaves	
825243	Oregano, Crushed, Dry, Sauer, #334	½ tsp, ground	
825091	Pepper, Black, Ground, Sauer, #319	¼ tsp	
825117	Cumin Seed, Ground, Sauer, # 319	½ tsp, ground	
825080	Salt, Table, Distributor Choice, #343	¼ tsp	

*Nutrients are based upon 1 Portion Size (TBSP)

Calories ¹	10.095 kcal	Total Fat	0.262 g	Total Dietary Fiber	0.737 g	Vitamin C	1.300 mg	23.349%	Calories from Total Fat
Saturated Fat ¹	0.044 g	Trans Fat ²	0.000 g	Protein	0.440 g	Iron	0.907 mg	3.932%	Calories from Sat Fat
Sodium ¹	75.205 mg	Cholesterol	0.000 mg	Vitamin A	1835.017 IU	Water	*0.248* g	0.000%*	Calories from Trans Fat
Sugars	*0.006* g	Carbohydrate	2.058 g	Calcium	15.735 mg	Ash	*0.380* g	81.541%	Calories from Carbohydrates
Moisture Change	0.000%	Fat Change	0.000%	Portion Cost	\$0.000			17.434%	Calories from Protein
Type of Fat									

Components

Meat/Meat ALT	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient

* - denotes combined nutrient totals with either missing or incomplete nutrient data

¹ - denotes required nutrient values

² - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and Menu Planning and Nutritional Analysis software should not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Recipe Prep Sheet

This recipe has been added to the entrée recipe and included in the entrée analysis

990036: Creole Sauce
 Recipe HACCP Process: #2 Same Day Service
 Source: OGH Culinary
 Number of Portions: 2
 Size of Portion: oz

Ingredient #	Ingredient Name	Measurement	Instructions
R-990035	Creole Seasoning	1 TBSP	Small dice shallots, sweet peppers, and jalapeno Mince garlic Place olive oil in a sauce pot and heat, add cut vegetables and blueberries allow them to sweat Mash blueberries Add white wine vinegar, chicken stock and seasoning allow to reduce Strain sauce using a china cap and set aside
903118	Blueberries, Fresh, USDA	1 Cup	
011677	Shallots, Raw	½ Cup	
825286	Peppers, Sweet, Green, Raw, Whole, #641	½ Cup Chopped	
799946	Peppers, Jalapeno, Raw	1 tsp, leaves	
825243	Oregano, Crushed, Dry, Sauer, #334	1 TBSP, diced	
825175	Honey, Gallon, DC, #285	1 TBSP	
799939	Garlic, Raw	1 Clove	
799967	Broth, Chicken, No Salt	1 Cup	
004053	Oil, Olive, Salad or Cooking	2 TBSP	

*Nutrients are based upon 1 Portion Size (oz)

	247.758 kcal	Total Fat	14.365 g	Total Dietary Fiber	3.893 g	Vitamin C	31.628 mg	52.181%	Calories from Total Fat
Calories ¹	247.758 kcal	Total Fat	14.365 g	Total Dietary Fiber	3.893 g	Vitamin C	31.628 mg	52.181%	Calories from Total Fat
Saturated Fat ¹	1.923 g	Trans Fat ²	* 0.000* g	Protein	3.695 g	Iron	1.380 mg	6.985%	Calories from Sat Fat
Sodium ¹	100.927 mg	Cholesterol	2.004 mg	Vitamin A	1151.520 IU	Water	*116.914* g	*0.000%*	Calories from Trans Fat
Sugars	*11.851* g	Carbohydrate	29.481 g	Calcium	32.618 mg	Ash	*0.802* g	47.597%	Calories from Carbohydrates
Moisture Change	0.000%	Fat Change	0.000%	Portion Cost	\$0.000			5.965%	Calories from Protein
Type Of Fat									

- Components**
- | Meat/Meat AL,T | oz eq | Grain | oz eq | Fruit | cup | Vegetable | cup | Milk | cup |
|----------------|-------|-------|-------|-------|-----|-----------|-----|------|-----|
| | | | | | | | | | |
- *N/A* - demotes a nutrient that is either missing or incomplete for an individual ingredient
 - * - denotes combined nutrient totals with either missing or incomplete nutrient data
 - 1 - denotes required nutrient values
 - 2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and Menu Planning and Nutritional Analysis software should not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.



Recipe Prep Sheet

This recipe has been added to the entrée recipe and included in the entrée analysis

990038: Brussels Sprouts Salad
 Recipe HACCP Process: #2 Same Day Service
 Source: OGH Culinary
 Number of Portions: 6
 Size of Portion: ½ Cup

Ingredient #	Ingredient Name	Measurement	Instructions
011098	Brussels Sprouts, Raw	1 LB	Wash Brussels sprouts and kale, and trim
825415	Kale	2 Cup	
011677	Shallots, Raw	¼ Cup, Minced	Finely chop sprouts and kale, small dice shallots and peppers
825286	Peppers, Sweet, Green, Raw, Whole, #641	¼ Cup Chopped	
825175	Honey, Gallon, DC, #285	1 TBSP	Combine olive oil, vinegar and honey
004053	Oil, Olive, Salad or Cooking	¼ Cup	
	Vinegar, Salad or Cooking	2 TBSP	Dress salad and set aside

*Nutrients are based upon 1 Portion Size (1/2 cup)

	115,000 kcal	Total Fat	8,600 g	Total Dietary Fiber	2,100 g	Vitamin C	20,980 mg	77.250%	Calories from Total Fat
Saturated Fat ¹	1,300 g	Trans Fat ²	* 0,000* g	Protein	2,200 g	Iron	1,059 mg	10.740%	Calories from Sat Fat
Sodium ¹	21,000 mg	Cholesterol	0,000 mg	Vitamin A	71,160 IU	Water	*52,320* g	*0,000%*	Calories from Trans Fat
Sugars	*4,000* g	Carbohydrate	9,700 g	Calcium	46,000 mg	Ash	*0,500* g	26.320%	Calories from Carbohydrates
Moisture Change	0,000%	Fat Change	0,000%	Portion Cost	\$0,000			2,650%	Calories from Protein
Type of Fat									

Components									
Meat/Meat AL/T	oz eq	Grain	oz eq	Fruit	cup	Vegetable	cup	Milk	cup

- *N/A* - demotes a nutrient that is either missing or incomplete for an individual ingredient
- * - denotes combined nutrient totals with either missing or incomplete nutrient data
- 1 - denotes required nutrient values
- 2 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

NOTICE: The data contained within this report and Menu Planning and Nutritional Analysis software should not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.