

## CHICKEN “CORDON BLEU” CUTLETS

### SPECIFICATION SHEET

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#### Semi-finished Product: “Ground Chicken (Trim)”

Ingredient	Unit	Gross weight per 1 portion	Net weight per 1 portion
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Chicken fillet	kg	1.050	1.000
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**Output of semi-finished product: 1 kg**

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#### Semi-finished Product: “Ground Chicken Fat”

Ingredient	Unit	Gross weight per 1 portion	Net weight per 1 portion
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Chicken thighs	kg	1.030	1.000
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**Output of semi-finished product: 1 kg**

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#### Semi-finished Product: “Cordon Bleu Cutlet Mix”

Ingredient	Unit	Gross	Net
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Ground chicken fillet	kg	0.763	0.763
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Ground thighs	kg	0.229	0.229
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Table salt	kg	0.008	0.008
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Black pepper	kg	0.001	0.001
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**Output of semi-finished product: 1 kg**

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#### Semi-finished Product: “Filling for Cordon Bleu Cutlets”

Ingredient	Unit	Gross	Net
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Butter	kg	0.439	0.439
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Mozzarella cheese	kg	0.439	0.439
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Fresh greens	kg	0.125	0.120
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Table salt	kg	0.002	0.002
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<b>Ingredient</b>	<b>Unit</b>	<b>Gross</b>	<b>Net</b>
Ground black pepper	kg	0.001	0.001

**Output of semi-finished product: 1 kg**

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### **Final Product: “Cordon Bleu Cutlets”**

<b>Ingredient</b>	<b>Unit</b>	<b>Gross</b>	<b>Net</b>
Cordon Bleu cutlet mix	kg	0.770	0.770
Filling for cutlets	kg	0.230	0.230
Bread crumbs	kg	0.100	0.100
Chicken eggs	pcs	1.000	1.000

**Output of finished product: 1 kg**

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### **PRODUCT CHARACTERISTICS**

#### **Appearance:**

Elongated conical shape, smooth surface without cracks or tears.

#### **Taste and Smell:**

Corresponds to the listed ingredients.

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### **PRODUCTION INSTRUCTIONS (For Kitchen Staff)**

#### **Cutlet mix preparation**

- 3.000 kg – ground chicken fillet
- 1.000 kg – ground chicken thighs
- 0.030 kg – salt
- 0.002 kg – ground black pepper

**Output:** 4.000 kg

#### **Preparation method:**

Chicken fillet (boneless, skinless thigh) and chicken thighs are ground together. Add salt and pepper to taste and mix thoroughly until smooth.

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#### **Filling preparation**

- 0.550 kg – butter
- 0.550 kg – cheese
- 0.150 kg – greens
- 0.003 kg – salt
- 0.001 kg – black pepper

**Output:** 1.200 kg

**Preparation method:**

Grate butter and cheddar on a coarse grater. Chop greens finely. Combine all ingredients, mix thoroughly, season with salt and pepper.

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**Forming the cutlets**

- 4.000 kg – cutlet mix
- 1.200 kg – filling

**Ratio per piece:**

- 100 g cutlet mix
- 30 g filling

**Coating (breading):**

- 2 pcs – eggs
- 0.300 kg – breadcrumbs

**Total yield:** 5.200 kg (≈40 cutlets)

**Method:**

Beat eggs. Shape cutlets with filling (100 g mix + 30 g filling), form elongated cutlets, dip in beaten egg, and coat with breadcrumbs. Freeze for 45 minutes. Pack 3–4 cutlets per tray, wrap in food film with label. Approx. weight: 0.4–0.5 kg.

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**LABEL INFORMATION**

**Ingredients:**

Chicken fillet (51.09%), ground chicken thighs (15.33%), butter 72% (8.78%), mozzarella cheese (8.78%), bread crumbs (8.70%), chicken eggs (4.35%), fresh greens (2.40%), table salt (0.58%), ground black pepper (0.09%).

**Allergens:** marked in bold.

**Energy value per 100 g:** 309.5 kcal

**Shelf life & storage conditions:**

90 days at temperature not exceeding  $-18^{\circ}\text{C}$ .

During warm seasons, use insulated thermal packaging.

**Cooking instructions:**

Fry frozen cutlets in vegetable oil or butter over low heat under lid, turning occasionally, or bake in a preheated oven at  $180^{\circ}\text{C}$  for about 20 minutes.

Do not refreeze after thawing.

**Nutritional value per 100 g:**

- Energy: 1295 kJ / 309.5 kcal
- Fat: 25.1 g (of which saturated: 9.2 g)
- Carbohydrates: 6.7 g (of which sugars: 0.4 g)
- Fiber: 0.4 g
- Protein: 14.2 g
- Salt: 1.0 g