

CPS CHEF COUNCIL

Chef David Fuller



When Chef David Fuller was a kid he had a passion for food and he turned his passion into a career. Chef Fuller holds a Bachelor's degree in Business Administration from Florida A & M University, and an Associate's Degree in Applied Science from Le Cordon Bleu Chicago. Now, with 35 years of experience in the culinary industry, Chef Fuller can afford to help others realize their dreams, while continuing to fulfill his own. He is celebrating his 20th year as a culinary instructor for CPS at Chicago Vocational Arts High School.

In 2012, Chef David Fuller started a manufacturing and training consultancy which specializes in health conscious comfort food solutions for retail and foodservice. The company has had partnerships with some of the best grocery chains in the business, including Whole Foods, Mariano's Fresh Market, and Jewel Osco.



NUTRITION
SUPPORT
SERVICES



BBQ Chicken Recipe

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INGREDIENTS

BBQ Sauce

Yield: About 1½ cups

⅔ cup ketchup

½ cup cider vinegar

¼ cup brown sugar

2 tsp smoked Spanish paprika

1 tsp ground cumin

1 tsp kosher salt

1 tsp black pepper

BBQ Chicken

2 Chicken Quarters

1 TBSP Oil

½ TBSP Cumin

¾ tsp Smoked Paprika

¾ tsp Garlic, granulated

½ tsp Black pepper

¾ tsp Onion, granulated

½ tsp Mustard, dry

1 tsp Chipotle Chili Powder

½ cups BBQ sauce

INSTRUCTIONS

BBQ Sauce

Combine all ingredients in a small saucepan, bring to a simmer over medium heat and cook for 5 minutes.

BBQ Chicken Dry Rub (One day prior to service)

Mix together spices and place in a large container or bus tub.

Add chicken to spice blend and rub until well combined.

Keep in cooler at 41°F.

BBQ Chicken Cooking

Preheat oven to 350°F (Convection) Lay chicken evenly and flat on parchment paper lined sheet pan and bake for 30 minutes.

Remove chicken from oven; brush with BBQ sauce. Return to oven. Cook for 5-10 min. or until internal temperature reaches 165°F.