

# Chicken



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# Artichoke Chicken

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Servings: 4

## Ingredients

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- 6 boneless, skinless chicken thighs
- 1 can artichoke hearts (16 oz), drained and chopped
- 1/2 cup mayonnaise
- 1/2 cup sour cream
- 1 cup parmesan cheese, grated
- ground black pepper, to taste

## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Trim all fat from the chicken. Cut each thigh into three or four pieces. Pat dry.
- 3 Spread chicken evenly on the bottom of a greased casserole dish.
- 4 Mix remaining ingredients together and spread over chicken,
- 5 Bake for about an hour, until the top is browned and the chicken is cooked through.

# Aunt Susan's Chicken

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Alex loved this when he visited his cousins in Florida. Susan says this chicken is also good cold or reheated in the microwave!

## Ingredients

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- 6 - 8 Boneless Chicken Breast Halves
- 1 cup Sour cream
- 1 tsp Worcestershire sauce
- 1 tsp Paprika
- 1 tsp Celery salt
- 1 dash Fresh ground black pepper
- 2 cups Pepperidge Farm Herb Stuffing Mix
- 4 - 8 Tbs Margarine, melted

## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Clean chicken and pat dry. Set aside.
- 3 In a medium bowl, mix together the sour cream, Worcestershire sauce and seasonings.
- 4 Coat chicken in sour cream mixture and then coat with dry herb stuffing mix.
- 5 Put coated chicken pieces in a baking dish and drizzle with melted margarine.
- 6 Bake chicken uncovered for 30 minutes.

## Source

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Author: Susan McMahon

# Caribbean Jerk-Style Chicken

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Tina said "I'm sending you two recipes\* which you'll be pleased that I included pictures. Of course I cook all the time, but I have never taken the time to photograph any of it. The picture taking was a new challenge for me because, for the most part, I'm not the greatest photographer. Most of my photos turn out blurry. So this time I just took lots of photos and used the better of the lot. Pretty okay job I think I did. (Notice I tried food styling with the addition of the garnishes. I was cracking myself up.) :-)" --- \* Zesty Baked Salmon Steaks is the 2nd recipe

Servings: 6

## Ingredients

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1	tsp	grated lime rind
1/4	cup	fresh lime juice
1	Tbs	ground allspice
1	Tbs	brown sugar
1 - 2	Tbs	finely chopped jalapeño pepper
2	Tbs	olive oil
1	tsp	salt
1	tsp	coarsely ground black pepper
1	tsp	dried thyme
1	tsp	ground cinnamon
1/2	tsp	ground nutmeg
3	cloves	garlic, chopped
1/2	cup	chopped onion
1	lb	boneless chicken thighs
1	lb	boneless chicken breast halves
		cooking spray
		parsley sprigs (optional)
		lime slices (optional)



## Procedure

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- 1 Combine first 12 ingredients in a blender or food processor; process until well blended. Pour mixture into a large heavy-duty zip-top plastic bag, add onion and chicken. Seal bag; marinate in refrigerator 1 to 2 hours, turning bag occasionally.
- 2 Prepare grill. Remove chicken from bag; discard marinade. Place chicken on grill rack coated with cooking spray. Grill chicken, covered, 5 minutes on each side or until done. Garnish with parsley and lime slices, if desired.

## Recipe Tips

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From Tina: Use bone-in chicken thighs for all of the chicken in this recipe, substituting equal amounts in weight and adjusting the grilling time accordingly. The bone-in chicken is moister than the boneless after grilling.

## Source

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Author: Charla Draper; submitted by Tina Farrell

Web Page: [http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe\\_id=649125](http://find.myrecipes.com/recipes/recipefinder.dyn?action=displayRecipe&recipe_id=649125)

# Chayer's Chicken and Pasta

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Loving chicken, pasta, olives, garlic, red pepper flakes and olive oil, Carlton and I came up with this recipe. The crispier the chicken the better. Carlton loves it chewy.

Servings: 2

## Ingredients

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2 chicken breast halves  
1/2 cup all-purpose flour  
salt, to taste  
fresh ground black pepper, to taste  
6 Tbs olive oil (divided - 3 Tbs and 3 Tbs)  
3/4 lb gemelli pasta, dry  
1 tsp red pepper flakes (or to taste)  
1 tsp garlic, minced (or to taste)  
sliced black olives (optional)  
1/2 jar Classico brand Sun Dried Tomato Alfredo sauce  
1/2 jar Classico brand Creamy Alfredo sauce

## Procedure

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- 1 Dredge chicken breasts in flour, salt, and pepper mixture to coat.
- 2 In a large fry pan, over medium heat, heat 3 tablespoons olive oil, add flour coated chicken breasts, and cook till crispy, about 30 minutes.
- 3 Remove chicken to cutting board and cool.
- 4 Start pasta and cook according to package instructions for al dente.
- 5 Add 3 tablespoons olive oil, 1 teaspoon or so of garlic and 1 teaspoon or so of red pepper flakes to fry pan. Cook for 2 minutes stirring occasionally.
- 6 While cooking, cut chicken into bite size pieces against the grain.
- 7 Add chicken pieces and olives to fry pan and stir to coat and cook for 4 minutes.
- 8 Add the sauces to the chicken mixture and stir.
- 9 Add the cooked pasta and stir, adding additional sauce if too dry.

## Source

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Author: Sue and Carlton Chayer

# Chicken and Vegetable Pot Pie with Phyllo Crust

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## Ingredients

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- 1 Tbs vegetable oil
- 1/4 cup onion, chopped fine
- 1 clove garlic, minced
- 1 can cream of celery soup
- 1 1/2 cups chicken broth
- 1 cup potatoes, diced
- 1/2 cup carrots, diced
- 2 cups poached chicken, dark and white, chopped
- 1/4 cup green peas, frozen
- 1/4 cup corn kernels, frozen
- 1/4 cup heavy cream
- salt, to taste
- ground black pepper, to taste
- 5 sheets phyllo dough
- butter, melted



## Procedure

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- 1 Add the oil to a hot skillet.
- 2 Add the onions and garlic to the skillet and cook until translucent. Do not brown.
- 3 Add the celery soup and chicken broth to a large sauce pan, stir to mix and simmer until heated through.
- 4 Add the onions, garlic, potatoes and carrots to the soup and broth mix. Continue to simmer until the potatoes and carrots are tender.
- 5 Preheat oven to 350 degrees.
- 6 Add the chicken, peas, corn, and cream to the soup mix and simmer until heated through.
- 7 Season with salt and pepper to taste.
- 8 Prepare the crust by brushing the phyllo dough, one sheet at a time, with melted butter. Make a stack of the five buttered sheets. Cut the stack into strips.
- 9 Pour the chicken and vegetable mixture into a baking dish and top with the phyllo strips.
- 10 Bake the pie for about 30 minutes, or until bubbly and the crust has browned.

# Chicken Braised in Sherry Vinegar Sauce

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This recipe is based on one from Sally Schneider's book *A New Way to Cook*. In an only-in-the-eG-Forums reversal of the usual progression of recipes, I turned a lower-fat, lower calorie recipe into one with more of both. To go back to Schneider's original, lower fat version, remove the skin from the Chicken and use less fat to sauté. But in that case, you're better off reducing the sauce on the stovetop after removing the Chicken pieces. It won't benefit from the oven browning. - JAZ

## Ingredients

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4	large	Chicken thigh-leg quarters (or use 6-8 thighs)
4	Tbs	Chicken fat, pork fat or olive oil
1/2	cup	sliced shallots or onions
2/3	cup	medium dry sherry
1/3	cup	Sherry Vinegar
1	cup	Chicken stock
1		14-oz. can diced tomatoes, drained
1	Tbs	Dijon style mustard
1	tsp	brown sugar
		salt and pepper to taste
2 to 3	sprinkles	xanthan gum (option added by Jackie)



## Procedure

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- 1 Preheat the oven to 325 degrees. Sprinkle the Chicken pieces with salt and pepper. If you're using Chicken legs, you can snip the tendons around the Chicken "ankle" with scissors to make the pieces easier to eat when serving.
- 2 Melt 3 tablespoons of the fat or oil in a large skillet (or oven proof braising pan if you have it). Brown the Chicken pieces on both sides (about 6 minutes per side) and remove from the pan.
- 3 Add the remaining tablespoon of fat to the pan. Saute the onions or shallots until slightly browned, about 6 minutes.
- 4 Add the Sherry and stir to dissolve the browned fond from the bottom of the pan. Simmer for a few minutes to reduce by about half.
- 5 Add the Sherry Vinegar and cook for several minutes to reduce again, by about half.
- 6 Add 1 cup of Chicken stock, a pinch of salt, the tomatoes, sugar and mustard and stir to combine. Bring to a simmer.
- 7 If your pan is oven safe, add the Chicken pieces skin side up. If not, transfer the liquid to a large oven proof pan (with lid) and add the chicken. Add more Chicken stock, if necessary, to bring the level of liquid about half to two-thirds up the sides of the Chicken pieces.
- 8 Cover the pan and bake in the oven for 25 minutes.
- 9 Remove the pan from the oven and remove the lid. Turn the oven up to 375 and return the uncovered pan to the oven for another 25 minutes. The liquid will reduce and the Chicken skin will get brown and crisp.
- 10 Take the Chicken out of the oven. Depending on the amount of fat in the sauce, you may need to remove the Chicken and degrease it at this point. You might also want to reduce it further. Season with salt and pepper to taste. Serve with grits or polenta.

## Recipe Tips

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Optional: Thicken the sauce with several sprinkles of xanthan gum, stir well to incorporate, while reducing the sauce. Also great with turkey thighs. - Jackie

## Source

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Web Page: [http://forums.egullet.org/index.php?/topic/128514-chicken-braised-in-sherry-vinegar-sauce/page\\_\\_p\\_\\_1697146\\_\\_hl\\_\\_chicken+braised+in+sherry+vinegar+sauce\\_\\_fromsearch\\_\\_1#entry1697146](http://forums.egullet.org/index.php?/topic/128514-chicken-braised-in-sherry-vinegar-sauce/page__p__1697146__hl__chicken+braised+in+sherry+vinegar+sauce__fromsearch__1#entry1697146)

# Chicken Divan

## Ingredients

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- 1 can cream of mushroom soup
- 1 can cream of chicken soup
- 1/2 cup mayonnaise
- 1 tsp lemon juice
- 1 tsp Worcestershire sauce
- 6 chicken breasts cooked, skinned and boned
- 1 large bunch fresh broccoli, cooked
- 1 cup grated sharp cheddar cheese
- 1 cup bread crumbs
- 4 Tbs melted butter

## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Blend soups, mayonnaise, lemon juice and Worcestershire sauce and set aside.
- 3 Cut cooked chicken into large bite-size pieces and arrange in a shallow square casserole.
- 4 Cover with 1/2 of the soup mixture.
- 5 Place cooked broccoli over the chicken.
- 6 Cover with remaining soup mixture.
- 7 Sprinkle with cheese.
- 8 Toss bread crumbs with melted butter and sprinkle over cheese.
- 9 Bake for 30 minutes.

## Source

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Source: submitted by Gerry Farrell

# Chicken Enchiladas Verde

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Yield: makes 2 generous servings

## Ingredients

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- 4 Tbs peanut or other vegetable oil (divided use)
- 2/3 cup Hatch Green Chile Enchilada Sauce
- 1/3 cup Herdez Salsa Verde
- 1/2 cup sour cream, plus more for garnish (optional)
- 6 corn tortillas
- 1 cup cooked chicken, shredded
- 1/4 cup white onions, small dice
- 1 Tbs fresh cilantro, finely chopped, plus more for garnish (optional)
- 1/2 tsp Mexican dried oregano
- salt, to taste
- ground black pepper, to taste
- 2 oz Monterey jack cheese or your favorite mix (shredded), plus more for garnish (optional)



## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Heat 1 Tbs of the oil in a small pan over medium heat.
- 3 Add enchilada sauce and tomatillo salsa to the hot oil and cook gently until heated through, stirring often.
- 4 Remove the pan from the heat and stir in the sour cream. Set aside and keep warm.
- 5 Heat the other 3 Tbs of oil in a medium skillet, over medium-high heat.
- 6 When the oil is very hot, but not smoking, fry each of the tortillas, about 15 seconds per side, until lightly browned and pliable.
- 7 Allow the fried tortillas to drain and cool a bit on paper toweling.
- 8 Make the filling by gently mixing together the chicken, onion, cilantro, oregano, and salt and pepper to taste in a medium bowl.
- 9 To assemble, begin by spooning a thin layer of the sauce over the bottom of a 9 x 6 inch baking dish.
- 10 Then place one-sixth of the filling mixture across one end of each of the fried tortillas and top the filling with a spoonful of the sauce.
- 11 Carefully roll up each enchilada and place seam side down in the prepared baking dish.
- 12 Pour the remaining sauce evenly over the enchiladas and sprinkle the cheese on top.
- 13 Bake in the oven for about 15 minutes or until the sauce is bubbly and the cheese is melted.
- 14 Remove from the oven and allow to rest for 5 minutes before serving.
- 15 For a West Texas version: stack the tortillas three high with two layers of filling, cheese, and sauce; top with the rest of the sauce and cheese; and bake as above.



16 Garnish with extra cheese, sour cream and cilantro (optional).

# Chicken Fajitas

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Servings: 4

## Ingredients

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- 2 cloves garlic, minced
- 2 Tbs olive oil
- 2 Tbs lemon juice
- 1 jalapeño pepper, chopped
- 1 tsp paprika
- 2 chicken breast halves, boneless
- 2 tsp peanut oil
- 1/2 cup onions, sliced thin
- 8 flour tortillas
- 1 avocado, sliced
- 1/2 cup pico de gallo
- 1 cup cheddar cheese, shredded
- 1/2 cup sour cream



## Procedure

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- 1 Combine garlic, olive oil, lemon juice, jalapeno, and paprika in shallow pan or ziploc baggie.
- 2 Add chicken, turning to coat well. Marinate for several hours in fridge, turning occasionally.
- 3 Grill chicken breasts until tender. Discard marinade. Cover and allow to rest for five minutes and then slice chicken across grain.
- 4 Heat peanut oil in medium pan. When hot, cook onion until soft and lightly browned. Add sliced chicken, any juices and toss to mix.
- 5 Divide chicken and onions between tortillas and serve with avocado slices, pico de gallo, shredded cheese, and sour cream.

# Chicken Marsala

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Great with pasta!

Yield: 2 to 4 servings

## Ingredients

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- 4 small skinless, boneless chicken breast halves, pounded thin
- kosher salt, to taste
- ground black pepper, to taste
- 1/4 cup Wondra flour
- 4 Tbs butter (divided use)
- 1 Tbs olive oil
- 1 cup onion, sliced thin
- 2 cloves garlic, minced
- 1 cup mushrooms, sliced
- 3 Tbs dry Marsala
- 1 cup beef broth



## Procedure

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- 1 Season chicken with salt and pepper, to taste.
- 2 Dredge chicken in flour to coat. Shake off excess flour.
- 3 In a large frying pan, heat one-half of the butter in oil over medium heat.
- 4 Add chicken and cook until lightly brown, about 3 minutes on each side.
- 5 Remove chicken from pan and keep warm.
- 6 Add onion and garlic to pan; sauté until onion is tender, about 3 minutes.
- 7 Add mushrooms and cook until lightly browned, about 3 minutes.
- 8 Stir in Marsala and beef broth.
- 9 Bring to a boil, reduce heat, and simmer until liquid reduces by one-half.
- 10 Whisk in remaining butter.
- 11 Return chicken to pan. Simmer another minute or two; then serve.

## Source

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Source: Adapted from 365 Ways To Cook Chicken

# Chicken Parmesan

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Servings: 4

## Ingredients

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- 4 boneless chicken breast halves
- 1 large egg, beaten
- 3/4 cup breadcrumbs
- 1/4 cup olive oil
- 1 cup marinara sauce
- 1/2 cup parmesan cheese, grated
- 4 oz mozzarella cheese, sliced



## Procedure

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- 1 Preheat oven to 400 degrees.
- 2 Dip chicken into egg and then into bread crumbs, coating thoroughly.
- 3 In a medium skillet, heat olive oil. Cook chicken in oil until done and well browned on both sides. Drain on paper towel.
- 4 Pour sauce into an 11" x 7" glass baking dish.
- 5 Place chicken pieces on top of sauce and top each piece with parmesan and mozzarella cheese.
- 6 Bake for 15 to 20 minutes or until cheeses are melted and lightly browned.
- 7 Allow the chicken to rest for about 5 minutes before serving.



# Chicken Piccata

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Servings: 2

## Ingredients

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2 boneless chicken breast halves, pounded thin  
1/2 tsp salt  
1/4 tsp ground black pepper  
1/4 cup all purpose flour  
1 Tbs vegetable oil  
3 Tbs butter (divided use - 1 Tbs, 2 Tbs)  
1/2 cup dry white wine or vermouth  
1/4 cup chicken stock  
1 clove garlic, chopped  
1 Tbs lemon juice  
1 tsp capers, drained (optional)  
2 tsp parsley, chopped

## Procedure

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- 1 Lightly season the chicken with salt and pepper, then dredge in the flour.
- 2 Heat oil in a large skillet over medium-high heat until very hot but not smoking.
- 3 Add 1 Tbs of the butter and working quickly, cook the chicken until golden brown on both sides.
- 4 Transfer browned chicken to a plate and keep warm.
- 5 Deglaze the pan with the wine and bring to a boil, scraping to loosen any brown bits in the pan.
- 6 When wine has reduced by half, add the chicken stock, garlic, lemon juice and capers. Cook for 5 minutes or until the sauce thickens slightly.
- 7 Whisk in the remaining butter and the parsley.
- 8 When the butter has melted, return the chicken to the pan and cook until heated through and the sauce has thickened, about one minute.

## Source

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Source: adapted from Emeril Lagasse's Veal Piccata recipe

## Chicken Pot Pie with Crescent Roll Crust

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### Ingredients

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- 1 Tbs peanut oil
- 1/4 cup celery, chopped
- 1/4 cup onion, chopped
- 1 can Veg-All (15 oz), drained
- 2 cups cooked chicken, dark and white meat, diced
- 2 cans cream of potato soup (10 3/4 oz)
- 1/2 cup half and half
- 1/2 tsp fresh ground black pepper
- 4 oz crescent roll dough



### Procedure

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- 1 Heat oil over medium high heat and sauté celery and shallots until soft. Drain on paper towels.
- 2 Mix together sautéed vegetables with next 5 ingredients in a heavy saucepan. Simmer mixture over medium heat for 30 minutes. Then pour mixture into 9 inch pie plate (1 quart).
- 3 Unroll crescent dough on lightly floured board. Seal perforations. Roll out to 10 inch square and cut into 14 - 16 strips. Use strips to make criss-cross pattern on top of chicken mixture. Press down edges to seal.
- 4 Preheat oven to 375 degrees. Bake pie for 10-12 minutes, or until crust is a golden brown.

# Chicken Ratatouille - Pollo Alla Ratatouille

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"I think the longer you cook the chicken and the vegetables, the better it gets." Sue

Servings: 4

## Ingredients

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- 1/4 cup butter
- 6 Tbs olive oil
- 1 medium onion quartered
- 2 medium zucchini, cut into cubes
- 1 medium eggplant, cut into cubes
- 2 bell peppers, 1 red, 1 yellow, halved, seeded and thickly sliced
- salt, to taste
- ground black pepper, to taste
- 1 can diced tomatoes
- 4 chicken drum sticks
- 4 chicken thighs, with skin
- 2 cloves garlic



## Procedure

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- 1 Heat half the butter and half the oil in a large pan, add onions, zucchini, eggplant and bell peppers. Season with salt and pepper and cook over high heat for a 10 minutes.
- 2 Lower the heat, add tomatoes, stir, cover and simmer gently for about 1 hour, stirring occasionally, be careful not to mush.
- 3 Heat remaining butter and olive oil in another pan, add chicken and garlic and cook, stirring and turning frequently, until golden brown all over.
- 4 Season with salt and pepper and cook for a further 30 minutes or more until tender and cooked through.
- 5 Add vegetables on top of chicken, stir and cover for 15 minutes or more, on low heat, until well mixed.

## Source

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Author: Sue Chayer

# Chicken Salad

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Serve on a bed of lettuce with sliced tomatoes, in half an avocado, in a sandwich made with artisan bread, or in a pita with crispy smoked bacon, tomato slices and romaine lettuce.

## Ingredients

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- 4 cups poached chicken, diced
- 1 stalk celery, diced
- 4 scallions, thinly sliced
- 2 Tbs parsley, finely chopped
- 1/4 tsp dried dill weed
- 1 cup mayonnaise
- 2 tsp lemon juice
- 1 tsp Dijon mustard
- kosher salt, to taste
- freshly ground black pepper, to taste

## Procedure

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- 1 Toss the chicken, celery, scallions and herbs together in a bowl. Set aside.
- 2 Make the dressing in a large bowl, whisking together the remaining ingredients.
- 3 Add the chicken mixture to the dressing and fold gently until combined.
- 4 Allow to chill in the refrigerator for an hour or so to allow the flavors to blend.

## Recipe Tips

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Do not use canned chicken - way too bland and not the correct texture!

# Chicken Scaloppini

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Like they make it at Romano's Macaroni Grill!

Servings: 4

## Ingredients

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- 3 oz bacon
- 2 Tbs lemon juice
- 1 Tbs white wine or dry vermouth
- 2 Tbs heavy cream
- 8 oz butter, unsalted  
salt, to taste  
ground black pepper, to taste  
salted water, for cooking pasta
- 2 Tbs olive oil
- 2 Tbs butter
- 4 chicken breast cutlets, pounded thin
- 1/2 cup all purpose flour
- 8 oz angel hair pasta
- 4 oz button mushrooms, sliced
- 6 oz artichoke hearts or bottoms, sliced
- 1 tsp capers (optional)  
chopped parsley, for garnish



## Procedure

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- 1 Cook and crumble bacon and set aside.
- 2 Begin heating the salted water in a large pot.
- 3 To make the sauce, begin by heating the lemon juice and wine in a saucepan over medium heat. Bring to a boil and reduce by one-third. Watch it as it reduces quickly.
- 4 Add cream and simmer until mixture thickens (3-4 minutes).
- 5 Slowly add butter until completely incorporated.
- 6 Season with salt and pepper.
- 7 Remove from heat and keep warm.
- 8 Cook pasta and drain.
- 9 While the pasta is cooking, heat olive oil and 2 Tbs butter in a large skillet.
- 10 Lightly season the chicken with salt and pepper.
- 11 Dredge chicken in flour and sauté in skillet, turning once, until brown and cooked through.
- 12 Remove chicken from skillet and keep warm.
- 13 Add crumbled bacon, mushrooms, artichokes and capers (optional) to skillet.
- 14 Heat until mushrooms soften and are cooked, then return the chicken to the skillet.
- 15 To serve: Place cooked pasta on each plate. Add butter sauce to chicken mixture and toss. Place chicken mixture over pasta. Garnish with parsley.

# Country Captain

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I usually add cumin, cayenne and extra garlic, to taste.

Servings: 4

## Ingredients

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4	slices	bacon
2	Tbs	reserved bacon fat
1		green pepper, chopped
1	medium	onion, chopped
2	cloves	garlic, chopped
3/4	cup	celery, chopped
6		canned whole tomatoes and juice
1	cup	orange juice
2	Tbs	curry powder
1/4 - 1/2	tsp	thyme
8	pieces	chicken (or turkey), dark and white
		currants (for garnish)
		parsley, minced (for garnish)
		toasted almonds (for garnish)



## Procedure

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- 1 In a dutch oven, sauté bacon, until crisp. Set aside, and drain all but 2 Tbs fat from pan.
- 2 Stir in green peppers, onion, garlic, and celery. Sauté for 5 minutes.
- 3 Chop tomatoes coarsely and add with a little of their juice and the orange juice.
- 4 Season with the curry powder and thyme. Bring to boil, then simmer for 5 minutes.
- 5 Put in pieces of chicken and spoon sauce over them. Continue simmering, covered, for 30 minutes or until meat is falling off the bone.



- 6 Garnish with crumbled bacon, currants, parsley, and almonds.

## Recipe Tips

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12/28/08 - made with 4 boneless thighs and 5 boneless breasts (browned); red, green, poblano and jalapeno peppers; 5-6 fresh roma tomatoes; 2 whole onions; 1 can of rotel tomatoes and green chiles; and a bit of baking chocolate; no bacon - Jackie

## Source

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Author: Kerry Zimmerman and Rich Farrell

# Crispy Chicken Thighs And Low Carb Gravy

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Servings: 2

## Ingredients

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- 4 Chicken thighs, bone-in
- Salt, to taste
- Ground black pepper, to taste
- Garlic powder, to taste
- Dried thyme, to taste
- Dried rosemary, to taste
- 2 Tbs Olive oil
- 2 Tbs Lemon juice
- 1/4 cup Chicken broth
- Xanthan gum
- 1 Tbs Heavy cream



## Procedure

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- 1 Preheat oven to 375 degrees.
- 2 Pat the chicken dry and season to taste. Drizzle with olive oil and lemon juice.



- 3 Roast the chicken in a shallow roasting pan for about an hour, or until juices run clear, basting occasionally.
- 4 Turn the oven to broil, and broil for 10 minutes to crisp the skin.
- 5 Put the pan drippings and any browned bits in a small saucepan; skimming off most of the fat. Add the broth to the drippings.
- 6 Turn the heat to high and whisk vigorously and constantly while lightly sprinkling the surface with xanthan gum. Continue sprinkling and stirring until the gravy comes to a boil. Stop adding the xanthan when the gravy starts to look thickened, but not quite as thick as you'd like it. It will thicken more as it simmers.
- 7 Taste for seasoning and stir in the cream.
- 8 Turn the heat to low and stir occasionally until ready to serve.

## French Chicken in a Pot (Dutch Oven Chicken)

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This recipe for roast chicken from Cook's Illustrated magazine adapts a French technique for cooking a whole bird in a cast-iron Dutch oven, a method that ensures terrifically moist, succulent results.

Servings: 4

### Ingredients

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5 lb roasting chicken  
2 tsp kosher salt  
1/4 tsp freshly ground black pepper  
1 Tbs olive oil  
1/2 cup onion, chopped  
1/4 cup celery, chopped  
6 cloves garlic  
1 bay leaf  
1 sprig fresh rosemary  
1 tsp lemon juice



### Procedure

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- 1 Adjust an oven rack to lowest position. Preheat oven to 250 degrees F.
- 2 Pat the chicken dry with paper towels, tuck wings under back, and season with salt and pepper. Save giblets for another use.
- 3 In a large Dutch oven over medium heat, heat the oil until just smoking. Add the chicken, breast-side down.
- 4 Cook until the breast is lightly browned, about 5 minutes. Using a wooden spoon inserted into cavity of bird, flip chicken breast-side up.
- 5 Scatter the onion, celery, garlic, bay leaf, and rosemary around chicken. Cook until chicken and vegetables are well browned, 6 to 8 minutes.
- 6 Remove the Dutch oven from the heat. Place a large sheet of foil over the pot, then cover tightly with the lid.
- 7 Transfer the pot to the oven and cook until an instant-read thermometer registers 160 degrees when inserted in thickest part of breast and 175 degrees in thickest part of thigh, 1 1/2 to 2 hours.
- 8 Transfer the chicken to carving board, tent with foil and let rest for 20 minutes.
- 9 Meanwhile, strain chicken juices from the pot through fine-mesh strainer into a fat separator, pressing on solids to extract liquid. Discard the solids. You should have about 3/4 cup of juices.
- 10 Allow the liquid to settle 5 minutes, then pour into a saucepan and set over low heat.
- 11 Carve the chicken, adding any accumulated juices to the saucepan. Stir lemon juice into the saucepan to create the jus, or sauce. Serve the chicken, passing jus at table.

### Recipe Tips

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For Gravy instead of jus/sauce: Do not use the lemon juice. Make a roux of 2 Tbs butter and 2 Tbs flour. Add defatted pan juices and about one cup chicken stock to the roux and cook until thickened.

### Source

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Source: Recipe adapted from January/February 2008 issue of Cook's Illustrated magazine

# Grilled Chicken Thighs

---

Servings: 2

## Ingredients

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- 4 Bone-in Chicken Thighs
- Lawry's Seasoned Salt
- Paprika
- Slap Ya Mama Cajun Seasoning



## Procedure

---

- 1 Rinse the chicken pieces and pat dry.
- 2 Season the chicken with as much or as little of the seasonings to your taste. We like the kick added by the cajun seasoning.
- 3 Grill the chicken until the skin is crispy and the juices run clear. After the initial sear, be sure to move the chicken or adjust your fire so the thighs finish cooking over indirect heat. Turn the meat occasionally until done, about 30 to 40 minutes.



# Grilled Chicken Thighs with Bar-B-Q Sauce

---

Servings: 2

## Ingredients

---

1/2 cup KC Masterpiece Bar-B-Q Sauce  
2 Tbs Boar's Head Honey Mustard  
2 cloves Garlic, minced  
2 Tbs Rice Wine Vinegar  
1 Tbs Butter  
4 Bone-in Chicken Thighs  
1/2 tsp Granulated Garlic  
1/4 tsp Ground White Pepper  
1/8 tsp Ground Ginger Powder



## Procedure

---

- 1 Add first five ingredients to a saucepan over medium high heat and bring to a boil. Reduce heat and simmer, stirring occasionally, for 15 minutes to blend flavors.
- 2 Season the chicken thighs with the garlic, pepper and ginger; then grill until the skin is crispy and the juices run clear. After the initial sear, move the chicken so that they finish cooking with indirect heat.
- 3 When the chicken is cooked and the skin is crispy, baste both sides with lots of sauce. Watch your flame and don't let the sauce burn.

# Grilled Chicken Wings

---

Great with ranch dressing for dipping!

Yield: 20 pieces

## Ingredients

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- 20 chicken wing sections
- cajun seasoning, to taste
- butter
- sriracha
- ranch dressing



## Procedure

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- 1 Rinse the wing pieces and pat dry.
- 2 Toss the wings with as much seasoning as you like and let rest in the fridge for an hour or so.
- 3 Heat your grill and cook the wings briefly over direct heat, just enough to get some color on the skin, and then finish over indirect heat or on a shelf up over the direct heat, for up to an hour, turning occasionally.



- 4 Serve "as is" or tossed with melted butter and sriracha, to taste.



# Hawaiian Chicken Bake

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Yummy!

## Ingredients

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- 3 to 4 lbs skinless chicken pieces, dark or light  
flour for dredging  
salt & pepper, to taste  
vegetable oil, for browning chicken
- 1 lrg can pineapple chunks in natural juices (no sugar added)
- 1 cup water or chicken broth
- 1/2 cup granulated white sugar
- 2 Tbs cornstarch
- 1/2 cup rice vinegar
- 1 Tbs soy sauce
- 1/4 tsp ground ginger
- 2 cups Uncle Ben's Ready Rice, Long & Wild

## Procedure

---

- 1 Preheat oven to 350 degrees.
- 2 Dredge chicken in flour seasoned with salt and pepper; brown chicken in heated oil in a large skillet. When brown, set chicken aside on paper towels to drain.
- 3 Drain pineapple chunks by pouring juice into a measuring cup and add water or chicken broth to make 1 1/2 cups liquid. Set pineapple chunks aside. Add liquid mixture to a medium sauce pan.
- 4 Add sugar, cornstarch, vinegar, soy sauce and ginger to liquid mixture. Using a whisk, bring mixture to boil and cook for 2 minutes over medium heat.
- 5 Grease a 9 X 13 inch shallow baking dish. Open Uncle Ben's Ready Rice and place rice in bottom of baking dish, add browned chicken and pour in liquid. Bake uncovered for 30 minutes
- 6 Add pineapple chunks and cook for another 15 minutes.

## Source

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Author: Myrna Liner

# Herb-Roasted Chicken

---

Very Tasty!

## Ingredients

---

4 to 5	lb	roasting chicken
		coarse salt, to taste
		freshly ground pepper, to taste
		juice of one lemon
6	sprigs	fresh thyme
4	sprigs	fresh rosemary
4	sprigs	fresh sage
		butter, melted
10		shallots, peeled and left whole (or medium onion, quartered)
4	cloves	garlic, unpeeled
2	lb	Yukon gold potatoes, quartered (optional)
1	lb	carrots, peeled and cut into thirds (optional)
1/2	cup	dry white wine (or extra dry vermouth)



## Procedure

---

- 1 Preheat oven to 400 degrees.
- 2 Rub inside of chicken with salt and pepper and lemon juice. Fill cavity with half the fresh herbs. Truss bird firmly with kitchen string.
- 3 Put chicken, wing side up, on a rack in a foil-lined, shallow, heavy roasting pan. Baste the chicken with melted butter. Put pan in middle of oven and roast for 15 minutes.
- 4 Turn the chicken so that the other wing side is up. Baste with melted butter. Roast for another 15 minutes.
- 5 Turn chicken breast side down. Baste with pan juices. Roast for another 15 minutes.
- 6 Turn chicken breast side up. Remove fat/drippings from the bottom of the pan. Place the shallots, garlic, optional potatoes and/or carrots and remaining herbs in the pan, distributed evenly around the chicken. Pour the wine over the vegetables and herbs. Roast until the thigh juices run clear, about 45 minutes.
- 7 When the chicken is done, turn the oven off and remove the chicken and vegetables from the pan.
- 8 Let the chicken rest for 10 minutes before cutting into serving size pieces. Add any juices back to the pan.
- 9 Arrange the chicken and vegetables on an oven-safe platter and cover with foil. Put the platter into the oven to keep warm while the gravy (optional) is being made.

## Recipe Tips

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The turning technique used makes for a bird that is nicely browned all over.

# Hong Kong Style Chicken And Vegetable Curry

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Servings: 4

## Ingredients

---

1 1/2	lb	boneless chicken thighs
1 - 2	tsp	cornstarch
3/4	tsp	salt - divided use
1		egg white
1/2	tsp	ground white or black pepper
16	oz	frozen pea/carrot mix
6	Tbs	vegetable oil - divided use
1/2	medium	onion, cut into wedges
4	cloves	garlic, minced
1	inch	ginger, peeled and grated
1/2	lb	russet or yukon gold potatoes, peeled and cut into wedges
2	tsp	Shao Hsing wine or dry sherry
2	tsp	chili sauce (or 1 tsp ground cayenne pepper)
1/3 - 1/2	cup	chicken broth
2 - 3	tsp	madras curry powder, to taste
		corn starch slurry (1 tsp corn starch with 2 tsp of water)



## Procedure

---

- 1 Trim off chicken fat and discard. Cut chicken into large cubes.
- 2 To marinate the chicken: simply use a mixing bowl. Add the chicken cubes. Add: 1-2 tsp of cornstarch, 1/4 tsp of the salt, the egg white, and the ground pepper. Mix well. Set aside for about 30 minutes before cooking.
- 3 Defrost frozen peas/carrots. Slightly rinse them under water. Drain well and set aside.
- 4 Parboil the potato wedges and drain well.
- 5 Add 2 to 3 Tbs cooking oil to pan/wok. Wait until oil is hot, then lightly fry the potato wedges to brown the surface, about 10 minutes. Then remove from pan and set aside on paper towels to drain. Wipe pan clean.
- 6 Use a pan/wok, set stove at high. Add 3 Tbs of cooking oil. Wait until oil gets hot.
- 7 Add the marinated chicken. Stir fry for 3 to 4 minutes.
- 8 Remove the chicken when it is still slightly undercooked. Wipe pan clean.
- 9 Add 2 to 3 Tbs cooking oil to pan/wok. Wait until oil is hot, then add onions, garlic, and ginger and stir fry for a minute or two. Add the balance of the salt and the cooking wine or sherry.
- 10 Add chili sauce or cayenne powder. Stir well.
- 11 Add chicken broth and bring mixture to a boil.
- 12 Add 2-3 tsp of Madras curry powder.
- 13 Add the green peas, carrots and potato wedges. Cook for a minute or two.
- 14 Return the pre-cooked chicken cubes to the pan/wok.
- 15 Stir well. Cook the chicken for another minute or two. Thicken the sauce with cornstarch slurry. Transfer to a serving plate when sauce has thickened.

## Recipe Tips

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Do not add the curry powder while cooking the onion. Experience shows that the curry powder turns bitter if overheated with oil.

## Kevin's Heavy Duty Chicken Enchilada Casserole

---

As served on 10/7/2007 in Eureka! The lighter version is how I would prefer to make it. I encourage you to try it - the flavors come through much better.

Servings: 8

### Ingredients

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- Sauce:
- 1 28 oz can Old El Paso Mild Enchilada Sauce
  - 1 10 oz can Hunt's Tomato Sauce
  - 2 Tbs Chili Powder
  - 1 Tbs Cumin
  - 1 tsp Garlic powder
  - 1 Tbs Dried Cilantro
- \* \* \* \* \*
- 2 lbs Cooked Boneless, Skinless Chicken Breast, shredded
  - 1 cup White Onion, chopped
  - 1 Green Bell Pepper, seeded and chopped
  - 1 Red Bell Pepper, seeded and chopped
  - 1 lrg bag Tostitos White Corn Tortilla Chips
  - 16 oz Jack Cheese w/Jalapeno, shredded
  - 2 cups Mixed Mexican Cheese, shredded
  - 1 10 oz can Rotel Tomatoes and Chiles

### Procedure

---

- 1 Mix all sauce ingredients in mixing bowl. Stir completely. Add shredded chicken to sauce. Cover bowl and put in fridge for 3-4 hours. (If you are in a hurry - skip the fridge.)
- 2 Put chopped onion and peppers in a bowl and set aside.
- 3 In 9 X 12 pan cover bottom with thin layer of sauce with chicken.
- 4 Cover chicken with a layer of tortilla chips.
- 5 Spoon on a layer of sauce with chicken using about 1/3 of the sauce.
- 6 Sprinkle about 1/3 of the chopped onions and peppers evenly over the sauce.
- 7 Sprinkle 1/3 of the cheese in an even layer over onions and peppers, then sprinkle with 1/3 of mixed Mexican cheese.
- 8 Repeat chips, sauce with chicken, onions & peppers and cheeses two more times.
- 9 If you have a little of some ingredient left - just layer it on top.
- 10 If the top layer is dangerously high just push down firmly with your hands to level it.
- 11 Finish by pouring the can of Rotel Tomatoes & Chiles over the top.
- 12 Cook in 350 degree preheated oven, uncovered for 20 minutes.

### Recipe Tips

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Lighter Version (serves 6) - reduce chicken to 2 cups, reduce the Jack Cheese by 1/2 and eliminate the Mixed Mexican Cheese and Rotel Tomatoes and Chiles.

### Source

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Author: Kevin Farrell

# Melt-In-Your-Mouth Crock Pot Chicken

## Ingredients

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4 lb whole chicken or equivalent in pieces

## Procedure

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- 1 Remove giblets and neck from chicken.
- 2 Wash and dry chicken.
- 3 Put chicken in crock pot. Arrange the giblets and neck on top of the chicken.
- 4 Cover and cook for 30 minutes on high, then low for 6 to 7 hours.
- 5 When done, remove skin and bones from chicken and shred meat.
- 6 Use giblets and neck meat to add to various gravies and other dishes.
- 7 Strain broth and chill. Will be very gelatinous.
- 8 Remove fat cap from broth when cooled. Save fat for use when frying.

## Naked Buffalo Wings

---

Serve with celery sticks and use ranch or blue cheese dressing as a dip for these wings.

Yield: 3 to 4 servings

### Ingredients

---

- 1 tsp salt
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp cayenne pepper
- 1/4 tsp ground black pepper
- 1/4 cup rice flour (optional)
- 20 chicken wing segments
- 1/2 cup butter
- 1/4 cup Sriracha hot sauce
- peanut oil, for frying



### Procedure

---

- 1 In a shallow dish, combine salt, paprika, garlic powder, the peppers and optional rice flour. We like the crisp, thin crust the rice flour adds.
- 2 Coat chicken entirely in the seasoned flour mixture; refrigerate coated wings for 1 hour.
- 3 In a 2-quart saucepan, heat butter and hot sauce just until butter melts; turn heat to low and keep warm on stove top.
- 4 Deep-fry chicken, several pieces at a time, in 375 degree oil for 8 to 10 minutes, turning once or twice. (Or bake in oven at 425 degrees for 45 minutes, or until completely cooked and crispy.)
- 5 Drain chicken on paper towels for 30 seconds, then immediately toss fried chicken in hot sauce mixture and remove with a slotted spoon.
- 6 Repeat with remaining chicken.

### Recipe Tips

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Adjusting the heat of the sauce: As is, the recipe produces a medium sauce. To change the heat, simply adjust the butter-to-hot sauce ratio:

Alternate wing sauce: butter and garlic.

## Nigel Slater's Chicken Curry

---

Serve hot with basmati rice.

Servings: 4

### Ingredients

---

- 4 chicken pieces, breast halves or thighs
- salt, to taste
- freshly ground black pepper, to taste
- 2 Tbs butter
- 1 Tbs peanut oil
- 2 medium onions, roughly chopped
- 3 cloves garlic, minced
- 2 Tbs curry powder
- 1/2 tsp ground cinnamon
- 4 medium tomatoes, seeded and chopped or canned tomatoes, chopped
- 1 cup chicken stock
- 1/2 cup heavy cream
- juice of 1/2 lemon



### Procedure

---

- 1 Rub the chicken with salt and pepper, to taste.
- 2 Heat butter and oil in a shallow pan, add the chicken, skin side down, and cook until the skin is golden.
- 3 Turn the chicken and add the onions and garlic. Cook over medium heat until the vegetables are soft, about 7 to 8 minutes. Stir every once in a while.
- 4 Stir in the curry powder and cinnamon. Cook for 4 minutes, until the spices are cooked.
- 5 Add the tomatoes and stock, then simmer until the chicken is tender and cooked right through, about 15 minutes.
- 6 Stir in the cream and taste the sauce, adjusting salt and pepper, if needed.
- 7 Add the lemon juice. Simmer for 1 minute, then serve hot with basmati rice.

### Source

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Source: The Wednesday Chef blog

## Parmesan Crusted Chicken Breasts with Garlic Sauce

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Servings: 2

### Ingredients

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- 1/4 cup all-purpose flour
- 2/3 cup parmesan cheese, grated
- 1/4 tsp granulated garlic
- 1/8 tsp fresh ground black pepper
- 2 boneless chicken breast halves, pounded thin
- 1 large egg, beaten
- 1/2 cup heavy cream
- 1/3 cup parmesan cheese, grated
- 1 Tbs butter
- 1/2 tsp granulated garlic
- 2 Tbs vegetable oil, for frying



### Procedure

---

- 1 To make coating mixture, mix first 4 ingredients together on a plate.
- 2 Dip chicken in beaten egg and then coat with flour mixture. Set aside in refrigerator for 1 hour to allow coating to set.
- 3 To make garlic sauce, mix the heavy cream, cheese, butter, and garlic in a small saucepan and simmer on low until thickened, stirring occasionally. Keep warm.
- 4 Pan fry coated chicken in hot oil in a non-stick skillet over medium heat, turning once (about 3 minutes per side).

## **Pecan And Panko Crusted Chicken Breasts with Dijon Mustard Sauce**

---

Good with steamed and buttered yellow squash, zucchini and/or cauliflower.

Servings: 2

### **Ingredients**

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- 2 1/2 Tbs butter (divided use - 1 1/2 Tbs, 1/2 Tbs, 1/2 Tbs)
- 2 1/4 tsp Dijon mustard (divided use - 1 1/2 tsp, 3/4 tsp)
- 1/4 cup pecans, finely ground (about 1 oz)
- 1/4 cup panko crumbs
- 2 boneless chicken breast halves, pounded thin
- 2 tsp olive oil
- 4 Tbs heavy cream or half and half
- 1 pinch salt, or to taste
- 1 pinch fresh ground black pepper, or to taste



### **Procedure**

---

- 1 In a small saucepan, melt 1 1/2 Tbs of the butter. Whisk in 1 1/2 tsp of the mustard until blended; scrape into a shallow bowl.
- 2 Place pecans and panko in another shallow bowl and mix thoroughly.
- 3 Dip chicken first in butter/mustard mixture, then carefully press in pecan/panko mix to coat well.
- 4 In a large frying pan, heat 1/2 Tbs of the butter in the olive oil over medium heat.
- 5 Add chicken and cook a few minutes on each side, until lightly browned and tender. Remove to a serving platter and cover with foil to keep warm.
- 6 Reduce heat to low under frying pan. Add cream or half and half; whisk in remaining 1/2 Tbs of butter and 3/4 tsp of mustard; season with salt and pepper. Blend well. Cook just until heated through; do not boil.

### **Recipe Tips**

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Also good with Tilapia fillets.

## Pollo alla Calabrese

---

Baked Chicken with Potatoes, Tomatoes, and Hot Pepper. This simple, home-style recipe is prepared in Calabria with chicken and rabbit. The meat juices infuse the potatoes, and in the end, both meat and vegetables are cloaked in a savory glaze. The use of oregano and hot red pepper is the Calabrian signature. I prefer to make the dish with chicken legs and thighs because they take about as long to cook as the potatoes do. You can use a whole cut-up chicken or just bone-in breasts, but you will need to remove the breasts when they are done. They cook faster than the potatoes. My cooking students tell me that this dish has become their “comfort food,” a nutritious dinner that takes almost no time to prepare.

Yield: Serves 4 to 6

### Ingredients

---

- 3 lbs bone-in chicken legs and thighs, trimmed of all visible fat
- 3 1/2 tsp kosher salt  
freshly ground black pepper
- 1 1/2 lbs Yukon Gold potatoes, peeled or unpeeled, cut into 2-inch chunks
- 3/4 lb ripe tomatoes, cored and cut into 1/2-inch chunks
- 1 large yellow onion, halved and cut into 1/2-inch-thick slices
- 3 cloves garlic, halved
- 3 Tbs fresh oregano, chopped (or 1 Tbs dried oregano)
- 1/4 cup extra virgin olive oil  
ground hot red pepper



### Procedure

---

- 1 Preheat the oven to 450 degrees and position a rack on the lowest level.
- 2 Season the chicken all over with 2 tsp. of the salt and several grinds of black pepper.
- 3 Put the potatoes, tomatoes, onion and garlic in a baking dish large enough to hold the chicken in one layer. (A 9-by-13-inch glass or ceramic baking dish works well.)
- 4 Sprinkle the vegetables with the remaining 1 1/2 tsp. salt.
- 5 Place the chicken in the baking dish, add the oregano (crumbling the dried oregano, if using, between your fingers as you add it), and drizzle with the oil.
- 6 With your hands, toss the chicken and vegetables to coat them thoroughly with the seasonings.
- 7 Then remake the bed of vegetables, arranging the chicken on top, skin side up. Sprinkle the chicken with hot pepper to taste.
- 8 Place the baking dish in the oven on the bottom rack and bake until the skin is crisp and golden, 30 to 45 minutes.
- 9 Turn the chicken pieces over and continue baking until the chicken juices run clear, the potatoes are tender, and most of the pan juices have been absorbed, 20 to 30 minutes.
- 10 Serve immediately, spooning the remaining pan juices over the chicken.



**Recipe Tips**

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An eGullet.org forum member says this can also be made with artichokes in place of the tomatoes and seasoned with thyme and marjorum in place of the oregano. - Jackie

**Source**

---

Source: Rosetta Costantino's 'My Calabria'

# Prosciutto Wrapped Chicken Breast with Sage Leaves

---

## Ingredients

---

- 4 thin boneless, skinless chicken breast cutlets
- 2 Tbs Smuckers Simply Fruit apricot
- 1 1/2 dozen tender fresh sage leaves
- 8 slices prosciutto
- peanut oil, for frying



## Procedure

---

- 1 Rinse chicken cutlets and pat dry.
- 2 Brush the top of each cutlet with 1/2 Tbs of the apricot preserves.
- 3 Lay sage leaves on top of the cutlets.



- 4 Wrap each cutlet in two slices of prosciutto.



- 5 Heat a thin layer of peanut oil in a skillet over medium heat until oil is hot, but not smoking.
- 6 Pan fry the wrapped cutlets, turning often, until browned and the chicken is cooked through, about 5 minutes.

## Source

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Source: Inspired by the Sage Topic on eGullet.org

# Roast Chicken

---

## Ingredients

---

- 1 Whole chicken, 3 to 4 lbs.  
Salt, to taste  
Ground black pepper, to taste
- 2 cloves Garlic, sliced
- 1 Tbs Fresh thyme leaves
- 1 whole Lemon
- 1 large Onion, sliced  
Butter, softened  
Chicken stock



## Procedure

---

- 1 Preheat the oven to 425 degrees.
- 2 Wash the bird inside and out and pat dry. Save the giblets for another use.
- 3 Season the cavity with salt and pepper.
- 4 Slide the garlic and herbs under the skin of the chicken, taking care not to tear the skin.
- 5 Prick the lemon and place it in the cavity.
- 6 Truss the bird with kitchen twine.
- 7 Lay the onion slices in the roasting pan in a single layer.
- 8 Slather the entire bird with butter and lay the bird on the onion slices.
- 9 Roast the chicken until the drumstick is tender and moves easily in the socket, about an hour or so. Do not baste.
- 10 Remove the bird from the pan and allow to rest for several minutes before carving.
- 11 Discard the onions and defat the drippings, add stock and a bit of butter to make the sauce.

## Sautéed Chicken Breast with Tender-Crisp Vegetables

---

Servings: 2

### Ingredients

---

- 2 small boneless chicken breast halves
- paprika, to taste
- salt, to taste
- fresh ground black pepper, to taste
- 1/4 cup all purpose flour
- 2 Tbs olive oil
- 2 Tbs butter (divided)
- 1/4 cup chicken broth, warm
- 1 clove garlic, minced
- 1 medium zucchini and/or yellow squash, chopped into 1-inch pieces
- 1/2 medium red bell pepper, chopped into 1-inch pieces
- 1/4 medium onion, chopped into 2-inch pieces
- 1 tsp fresh herbs (such as thyme, parsley or basil), chopped
- 1 Tbs parmesan cheese, grated (optional)



### Procedure

---

- 1 Pat the chicken dry and lightly pound between two sheets of plastic wrap to even out the thickness.
- 2 Season chicken with paprika, salt and pepper, to taste, and dredge in the flour. Shake off excess flour.
- 3 Heat oil in frying pan over medium heat.
- 4 Add half of the butter to the pan when the oil is hot.
- 5 When the butter has melted, sauté chicken until lightly browned, about 3 minutes per side.
- 6 Remove the chicken from the pan and keep warm.
- 7 Deglaze the pan with the broth and add the garlic, cook for a few seconds.
- 8 Add the vegetables and herbs to the pan and stir to coat.
- 9 Place the chicken on the vegetables, cover and simmer for about 5 minutes. Do not overcook, the vegetables should still be crisp, but tender.
- 10 Transfer chicken to plates.
- 11 Swirl in the remaining butter and gently stir the vegetables.
- 12 Transfer vegetables to plates and sprinkle cheese on top, if desired.

## Shirley's Chicken Pot Pie

---

I omit the pimiento and usually omit the eggs, too. - Shirley Robbins

Yield: 6 to 8 servings

### Ingredients

---

1 3 lb broiler-fryer chicken  
3 1/2 cups water  
leaves of 2 stalks celery  
4 peppercorns  
1 1/2 tsp salt  
5 slices bacon  
1/2 cup green onion, chopped  
1/2 cup celery, chopped  
1/2 cup all purpose flour  
3 hard cooked eggs, sliced  
1 pkg frozen peas and carrots (10 oz), thawed  
1 jar pimiento (2 oz), diced  
1 tsp salt  
1/8 tsp white pepper  
1/8 tsp thyme  
uncooked biscuits



### Procedure

---

- 1 Combine chicken, water, celery leaves, peppercorns, and 1 tsp salt in a Dutch oven. Bring to a boil.
- 2 Cover and simmer 1 1/2 hours or until done.
- 3 Remove chicken from broth and cool.
- 4 Cut chicken into 1 inch cubes.
- 5 Strain broth, reserving 3 cups. Set aside.
- 6 Cook bacon. Reserve 3 Tbs drippings. Drain bacon on paper towels; crumble.
- 7 Sauté onion and celery in reserved bacon drippings for 5 minutes.
- 8 Gradually add flour, stirring until well blended.
- 9 Add reserved broth; stir constantly until mixture is bubbly and thickens.
- 10 Add chicken, bacon, eggs, peas and carrots, pimiento, 1 tsp salt, pepper and thyme. Stir until well blended.
- 11 Spoon into a 3 quart casserole; top with biscuits.
- 12 Bake at 450 degrees for 10 to 15 minutes or until biscuits are golden.

### Source

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Source: adapted from Dinner and Supper Cookbook by Jean Wickstrom

## Sichuan Boneless Chicken

---

The cuisine of Sichuan province in southwestern China has become extremely popular in recent years. Here is a typical Sichuanese dish, with a hard-hitting sauce combining hot, sweet, sour, and salty flavors. The sauce also goes well with cubes of turkey, sliced pork, or small meatballs.

Servings: 4

### Ingredients

---

#### Marinade:

- 2 Tbs soy sauce
- 1/2 tsp cornstarch
- \* \* \*
- 3 boneless chicken breast halves, cut into 3/4 inch cubes

#### Sichuan Spicy Sauce:

- 1 Tbs soy sauce
- 1 Tbs Shao Hsing wine or dry sherry
- 4 tsp rice vinegar
- 1 tsp sesame oil
- 1 tsp hot pepper sauce
- 3/4 tsp sugar
- \* \* \*
- 1/2 tsp cornstarch
- 1 tsp water
- 3 Tbs vegetable oil (divided use - 2 Tbs, 1 Tbs)
- 1 tsp garlic, minced
- 1/2 tsp fresh ginger, grated
- 1 green onion, thinly sliced
- 6 whole red chili peppers, dry



### Procedure

---

- 1 Combine marinade ingredients in a small bowl.
- 2 Add chicken to marinade and stir to coat. Set aside for 30 minutes.
- 3 Combine sauce ingredients in a small bowl and set aside.
- 4 Make cornstarch slurry by combining cornstarch and water. Set aside.
- 5 Place a wok or wide frying pan over high heat until hot.
- 6 Add 2 Tbs of the oil, swirling to coat sides.
- 7 Add chicken and stir-fry for 2 minutes or until chicken is opaque.
- 8 Remove chicken and set aside.
- 9 Add the remaining 1 Tbs oil to wok.
- 10 Add garlic, ginger, green onion, and chili peppers and cook, stirring until fragrant, about 5 seconds.
- 11 Stir in sauce and cornstarch slurry and bring to a boil.
- 12 Return chicken to wok and cook, stirring, for 1 minute or until sauce thickens.

### Source

---

Source: adapted from the recipe in Martin Yan's 'A Wok For All Seasons'

## Spicy Chicken and Bell Pepper Stir-Fry

---

Serve on steamed rice.

Servings: 2

### Ingredients

---

3/4 lb boneless chicken breast or thighs, cut in 1/2" cubes

#### Marinade:

3 Tbs dry sherry

2 Tbs soy sauce

1 Tbs sesame oil

3 Tbs cornstarch (optional)

#### Sauce: (next 7 ingredients)

6 Tbs light soy sauce

3 Tbs dry sherry

2 Tbs rice vinegar

2 Tbs sesame oil

1 1/2 tsp sugar

1 1/2 tsp Chinese chili sauce

1 1/2 tsp ground black pepper

3 Tbs peanut oil (divided)

2 Tbs cornstarch slurry (2 tsp cornstarch and 4 tsp water)

3 Tbs fresh ginger, grated

3 Tbs garlic, minced

1 pinch red pepper flakes, or to taste

1/3 red bell pepper, 1/2" pieces

9 scallions, green and white cut into 1/2" lengths



### Procedure

---

- 1 Place the chicken in a bowl with all the marinade ingredients except the cornstarch. Toss well, add the cornstarch, and toss again. Set aside.
- 2 Mix the sauce ingredients. Set aside.
- 3 Heat 2 Tbs of the peanut oil in a heated wok or deep saucepan.
- 4 Make cornstarch slurry by combining cornstarch and water. Set aside.
- 5 If using breast meat, stir fry the chicken until it just loses its pink color. If using thigh meat, cook until the chicken is cooked through. Remove chicken from wok and keep warm.
- 6 Add the remaining tablespoon of oil and the ginger, garlic, and red pepper flakes to the wok. Stir fry just until their aroma is released (about 30 seconds).
- 7 Add the red bell pepper and scallions. Stir fry for another minute.
- 8 Pour in the sauce, followed by the chicken. Stir well to combine and bring to a boil.
- 9 Then, with the heat still high, drizzle in the cornstarch mixture, stirring constantly to thicken and coat.

### Recipe Tips

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White or Red Onion can be substituted for the Scallions.

## Stir-Fry Chicken and Vegetables with Szechuan Sauce

---

Servings: 2

### Ingredients

---

- 10 Tbs Peanut oil, for frying (divided 1/2 cup, 2 Tbs)
- 4 Boneless Chicken Breast, bite size pieces
- 1/2 Tbs Garlic cloves, minced
- 1/2 Tbs Fresh ginger, grated
- 1/2 cup Bok Choy, sliced (separate green and white)
- 1/2 cup Broccoli florets or Snow peas
- 1/2 cup Red Bell Peppers, thin strips
- 1/4 cup Water chestnuts, sliced
- 1/4 cup Onions, chunked
- 1/4 cup Mushrooms, sliced
- 1/2 cup KA-ME Szechuan Sauce
- 1 Tbs Corn Starch
- 1 Tbs Water



### Procedure

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- 1 Heat 1/2 cup of the peanut oil to just under 300 degrees in wok.
- 2 Velvet the chicken by cooking until just done (opaque) in heated oil. Drain chicken, set aside and keep warm.
- 3 Remove used oil from the wok and wipe clean.
- 4 Reheat wok and add 2 Tbs oil.
- 5 Add garlic and ginger to hot oil and cook for 30 seconds, just until fragrant.
- 6 Add white bok choy, broccoli or snow peas, red pepper, water chestnuts, and onion to wok. Stir constantly while cooking until heated through and just tender crisp. Do not overcook.
- 7 Add green bok choy leaves and mushrooms. Cook for 30 seconds more.
- 8 Return chicken to wok.
- 9 Add Szechuan Sauce and cook just until sauce is heated through.
- 10 Add cornstarch/water mixture and cook just until thickened and bubbly.

## Szechuan Peppercorn Chicken and Vegetable Stir-Fry

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Serve with steamed rice.

Servings: 4

### Ingredients

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- 1 lb boneless, skinless chicken breast, cut into thin strips
- 1 egg white
- 2 tsp cornstarch
- 2 tsp rice wine
- 1 tsp safflower oil
- 1 Tbs Szechuan peppercorns
- 10 Tbs peanut oil (divided use - 1/2 cup, 2 Tbs)
- 1 cup onions, julienne
- 2 Tbs ginger, minced
- 1 Tbs garlic, minced
- 1/4 cup zucchini, julienne
- 1/4 cup red bell peppers, julienne
- 1/4 cup yellow squash, julienne
- 1 cup mushrooms, sliced
- 2 Tbs light soy sauce
- 1/4 cup dry sherry
- 1 Tbs chile paste (Sambal Oelek)
- 1/4 cup scallions, cut thinly on the bias

### Procedure

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- 1 Marinade chicken strips for 30 minutes in mixture of egg white, cornstarch, rice wine and safflower oil.
- 2 Heat a small, dry saucepan. Add the Szechuan peppercorns to the hot pan and, shaking the pan constantly, toast until the peppercorns are fragrant. Remove from the heat. Place the peppercorns in a spice grinder and grind. Set aside.
- 3 Heat 1/2 cup of the peanut oil to just under 300 degrees in wok. Remove chicken from marinade and velvet by cooking until just done (opaque) in heated oil. Drain chicken, set aside and keep warm.
- 4 Remove used oil from wok and wipe clean. Heat wok over high heat. When the wok is hot, add remaining 2 Tbs of peanut oil.
- 5 When the oil is hot, add the onions and stir fry for 1 minute, then add the ginger and garlic and cook just until fragrant (15 - 20 seconds).
- 6 Add the ground peppercorns and toss to coat.
- 7 Then add the zucchini, peppers, squash and mushrooms. Toss to coat and stir fry for a minute or so (not too long as the vegetables should not wilt).
- 8 Add the soy sauce and sherry, continuing to toss, then add the chile paste and stir in well.
- 9 Add the scallions and return the chicken to the wok and toss quickly to coat and just heat through.

# Teriyaki Chicken Thighs

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Servings: 2

## Ingredients

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4 chicken thighs, bone-in  
1/2 cup water  
2 Tbs soy sauce  
2 Tbs brown sugar, packed  
1 Tbs honey  
1/4 tsp fresh ginger, grated  
1/8 tsp fresh garlic, grated  
1 pinch red pepper flakes  
1 Tbs cornstarch  
2 Tbs cold water

## Procedure

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- 1 Preheat oven to 350 degrees.
- 2 Wash and pat dry the thighs and place them in a baking dish.
- 3 Mix all but the cornstarch and 2 Tbs cold water in a small saucepan and begin heating.
- 4 Mix cornstarch and cold water together and add to saucepan. Stir well.
- 5 Heat until sauce thickens to desired thickness. Add a touch of water to thin if it gets too thick.
- 6 Pour sauce over chicken and bake for 40 to 50 minutes, or until the thigh juices run clear. Baste the chicken with sauce occasionally.

## Recipe Tips

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Orange juice can be substituted for half the water, to give a citrus note to the sauce.

# Yakitori with Grilled Scallions

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Yakitori (literally 'grilled chicken') is Japan's most popular snack - enjoyed daily at innumerable yakitori parlors, where office workers gather after work for drinks, eats, and camaraderie.

Servings: 8

## Ingredients

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- 2 lbs skinless, boneless chicken thighs
- 2 lbs thick scallions
- 4 oz soy sauce
- 7 oz sake
- 5 Tbs sugar
- 3 slices fresh ginger (each 1/2 inch thick)
- 3 cloves garlic, smashed
- 3 scallions, trimmed and coarsely chopped



## Procedure

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- 1 Special Equipment: 16 or more wooden bamboo skewers, soaked for 1 hour in cold water to cover and drained.
- 2 Rinse the chicken thighs under cold running water, then drain and blot dry with paper towels. Cut crosswise into pieces 2 inches long and 1/2 inch wide and thick. Set aside while you prepare the scallions.
- 3 Trim top and root ends.
- 4 Thread the chicken pieces crosswise on the skewers. Arrange the skewers on a platter and cover loosely with plastic wrap. Refrigerate until ready to grill, up to 6 hours.
- 5 Prepare the yakitori sauce: Combine the soy sauce, sake, sugar, ginger, garlic and chopped scallions in a small heavy saucepan and bring to the boil over a medium heat, stirring until blended and the sugar is dissolved. Reduce the heat to medium-low and simmer, uncovered, until the sauce is glossy and syrupy and reduced to 3/4 cup, about 5-10 minutes. Remove from the heat and strain into a bowl.
- 6 Preheat the grill to high.
- 7 When ready to cook, lightly oil the grill grate, so that the chicken does not stick. Arrange the skewers and the trimmed scallions on the hot grate and grill, turning with tongs, until the chicken is nicely browned and cooked through, 3 to 5 minutes per side (6 to 10 minutes in all). Brush the yakitori generously with the sauce at least once on each side while cooking, but not during the last 3 minutes.
- 8 Transfer the skewers and scallions to serving plates or a platter and serve immediately.

## Recipe Tips

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Alternate: Grill boneless thighs while basting with sauce. Four thighs require only 1/4 of the sauce recipe.