

CHICKEN 30 WAYS RECIPES

BRAISED CHINESE CHICKEN

Sautéed Diced Chicken in a Spicy Ginger, Peanut, and Soy Sauce with Water Chestnuts
Serves 4

2 tbsp. oil
2 pounds chicken breasts, cubed
1 each onions, medium, diced
1 ½ tbsp. ginger root, minced
1 4oz. can water chestnuts, sliced
4 cloves garlic, minced
½ cup soy sauce
½ tsp. ginger, ground
2 tsp. peanut butter, creamy
1 tbsp. chili garlic paste
2 tsp. sugar
1 tsp. chicken bouillon, powdered
1 cup water
2 dashes chili oil
1 tbsp. cornstarch

White or Brown rice to serve with cooked chicken

Heat oil and sauté chicken cubes over medium high heat to brown on all sides. Add chopped onion and cook, stirring occasionally, until onion is softened. Add ginger root, water chestnuts, and garlic, sauté 1 minute more.

Mix together: Soy sauce, ground ginger, peanut butter, chili, garlic paste, cornstarch, sugar and bouillon mixed with 1 cup water. Add to chicken and cook, partially covered for 10 minutes. Add chili oil and cook 5 minutes more; remove from heat and serve over rice.

BRUSCHETTA CHICKEN CASSEROLE

1 can (14 ½ oz.) diced tomatoes, undrained
1 pkg. 6 oz. Stove Top stuffing mix for chicken
½ cup water
2 cloves garlic, minced
1 ½ lbs. boneless skinless chicken breasts cut into bite-size pieces
1 tsp. dried basil leaves
1 cup shredded Mozzarella cheese
Cooking spray

Preheat the oven to 400-degrees.

Place tomatoes in medium bowl; add stuffing mix, water, and garlic. Stir just until stuffing mix is moistened; set aside.

Place chicken in 13 x 9 inch or other 3-qt. baking dish; sprinkle chicken with basil and cheese. Top with the stuffing mixture. Bake for 30 minutes or until the chicken is cooked through (160-165 on instant read thermometer).

For added texture, you can sprinkle a little herbed dry bread crumbs on top of casserole about 10 minutes prior to it being done (about 20 minutes into baking time) Makes six servings - 1 cup each

GOUDA – STUFFED CHICKEN WITH APPLES

4 – Skinned, boned chicken breast halves
3 ounces smoked Gouda Cheese, cut into thin slices
2 tablespoons all-purpose flour
2 teaspoons vegetable oil
1 cup fat-free, less-sodium chicken broth
1 cup apple cider
1 garlic clove, minced
1 tablespoon honey

2 granny smith or red delicious apples, about ¼ pound, each peeled and cut into 12 wedges

Cut a horizontal slit through thickest portion of each chicken breast half to form a pocket; divide cheese evenly among pockets. Dredge chicken in flour.

Heat oil in a large nonstick skillet over medium-high heat; Add chicken; cook 7 minutes on each side or until done. Remove chicken from pan; keep warm.

Add broth, apple cider, and garlic to pan; bring to a boil. Add honey and apple wedges; cook 10 minutes or until apple is tender, stirring occasionally. Spoon apple wedges and sauce over chicken and serve. Serves 4

GREEK CHICKEN AND LEMON SOUP WITH ORZO

Serves 6-8

8 cups chicken stock, low salt

¾ cup orzo or other rice-shaped pasta

1 large skinless, boneless chicken breast cut crosswise into slices ¼ inch thick

3 eggs

1/3 cup fresh lemon juice

1tbsp. grated lemon zest

Salt and ground white pepper

2 tbsp. finely chopped fresh flat-leaf parsley

In a large saucepan, bring the stock to a boil over medium heat. Reduce the heat to medium-low; add the orzo and cook, uncovered, until very tender, 15-20 minutes. About 5 minutes prior to the pasta being done, add the chicken slices.

Place the eggs in a bowl and whisk while pouring in the lemon juice. Stir in the zest. Whisking continuously, slowly pour a ladleful of the hot stock into the egg mixture. Reduce the heat of the soup to very low. While whisking the soup in the pan, slowly pour in the egg mixture, the soup should thicken slightly.

Season the soup to taste with salt and white pepper. Remove from the heat, ladle immediately into warmed bowls, and garnish with the parsley and serve with toasted pita or hunks of sesame bread.

MOROCCAN PASSPORT CHICKEN

2 tablespoons paprika	½ teaspoon salt, or to taste
2 teaspoons ground ginger	¼ cup fresh lemon juice
1½ teaspoons turmeric	½ cup olive oil
½ teaspoon cayenne	boneless chicken thighs (12-15)
2 teaspoons black pepper	¼ cup chopped fresh mint
1 tablespoon minced garlic	¼ cup chopped fresh cilantro
One package Jasmine Rice	

Make a paste of the paprika, ginger, turmeric, cayenne, pepper, garlic, salt and lemon juice. You can puree the ingredients in a food processor fitted with a metal blade. Add olive oil and rub marinade all over chicken thighs, making sure to get some of the marinade under the skin. Place in a single layer in a non-reactive container. Cover and refrigerate overnight.

To cook – preheat broiler or grill. Broil or grill chicken for 5 to 6 minutes on each side. Sprinkle with the chopped mint and cilantro just prior to serving.

Note: While chicken is cooking, reheat the rice in the microwave, adding 1 or 2 tablespoons of water and stirring, as needed. Serve chicken over rice, topped with mint and cilantro and lemon wedges. Makes 6 servings

MUSHROOM AND CHICKEN HOT POT

1 Ounce shitake mushroom, dried
1 tablespoon canola oil
3 garlic cloves, minced
¼ teaspoon crushed red pepper flakes
4 cups chicken broth, low salt
3 tablespoons soy sauce

1 Pound chicken breast, boneless, skinless
1 small Bok-choy head, white stems separated from leaves
1 red bell pepper thinly sliced
3 tablespoons rice vinegar
2 teaspoons sesame oil
2 tablespoons cornstarch, dissolved in ¼ cup water

Place mushrooms in small bowl; cover with 2 cups hot water. Let soak until softened, about 30 minutes. Drain in sieve lined with paper towels, **reserving liquid**. With paring knife remove stems, discard; thinly slice caps.

In large stockpot, heat oil over medium heat. Cook garlic and crushed red pepper flakes, stirring, until fragrant, about 30 seconds. Add mushrooms; cook stirring until golden brown, about 3-5 minutes. Add broth, soy sauce, reserved mushroom liquid, and 1 cup water; bring to a boil.

Add chicken; reduce heat to a simmer. Cover; cook until chicken is cooked through, 8 – 10 minutes. Remove chicken, let cool, then shred the chicken meat.

Add Bok-choy stems and bell peppers to pot; cook until tender about 2 minutes. Stir in vinegar, sesame oil, and cornstarch mixture. Bring to a boil; cook one minute. Cool slightly then add Bok-choy greens and shredded chicken and serve. If not serving right away, place into containers and store in the refrigerator. To reheat, return to room temperature; reheat in saucepan over medium heat just to a low simmer, stirring often. Serves 4 - 6

SANTA FE CHICKEN CASSEROLE

5 ounces tomatoes, canned, whole
½ cup picante sauce
1/8 cup butter
1 package cornbread seasons mix (only needed if included with the box stuffing)
3 ounces cornbread stuffing, dry/boxed
1 tablespoon oil
½ onion, diced

½ bell pepper, diced
1½ cups chicken cooked, chopped
5 ounces corn, canned
¼ teaspoon cumin
¼ cup cilantro, minced
1 cup Cheddar Cheese, or Jack Cheese grated
8 ounces sour cream
1 small can black olives, sliced

Drain and coarsely chop whole tomatoes, reserving juice. Combine tomato juice and 1/8 cup of picante sauce in measuring cup; add enough hot water to make ½ cup. Combine hot liquid, butter, and contents of stuffing seasoning mix in bowl, mixing well. Add stuffing crumbs, mixing until just moistened. Spoon this evenly in to the bottom of a lightly greased 8 x 8 baking pan.

Heat the oil in a 10" skillet. Cook chopped onion and chopped pepper until tender; remove from heat. Stir in reserved tomatoes, chicken, corn, ¼ cup more picante sauce, cumin and cilantro.

Spoon the chicken mixture over the cornbread mixture and cover with the shredded cheese. Cover with foil and bake in a preheated 350-degree oven for approximately 30 to 40 minutes or until hot throughout. Garnish with sliced black olives and sour cream. Makes 8 servings

TUSCAN CHICKEN STEW

½ teaspoon dried rosemary, crushed
½ teaspoon salt
¼ teaspoon black pepper
1 pound skinned, boned chicken breast, cut into 1-inch pieces
2 tablespoons olive oil
2 teaspoons minced garlic
½ cup fat-free, less-sodium chicken broth
1 15-16 oz. can cannelloni beans, rinsed and drained

1 7oz. bottle roasted red bell peppers, drained and cut into strips
3½ cups torn spinach

Combine the first 4 ingredients, toss well. Heat oil in a nonstick skillet over medium-high heat; add chicken, sauté 3 minutes. Add garlic, sauté 1 minute longer. Add broth, beans and peppers, bring to a boil. Reduce heat, simmer 10 minutes or until chicken is done. Stir in spinach and simmer 1 minute longer to wilt spinach. Can serve as is, or over cooked pasta such as penne, bow tie, or other type pasta, or rice. This serves 4

CHICKEN MASALA

4 boneless skinless chicken breasts - about 1 ½ pounds
½ cup all-purpose flour
¼ teaspoon salt
¼ teaspoon pepper
2 tablespoons olive or vegetable oil
2 cloves garlic, finely chopped
1 cup sliced fresh mushrooms, about 3-4 ounces
¼ cup chopped fresh curly parsley
½ cup dry Masala wine
¼ cup capers, if desired
Hot cooked pasta to serve chicken on

Between 2 sheets of plastic wrap, flatten chicken breast to ¼ inch thickness.

In shallow dish (pie plate) mix flour, salt and pepper: Coat the flattened chicken breast with the flour mixture, shake off excess flour; In 10-inch skillet, heat oil over medium-high heat. Cook garlic, mushrooms and parsley in oil 5 minutes, stirring frequently. Remove garlic, mushrooms and parsley from pan and set aside.

Add one tablespoon oil, if necessary, to skillet. Now add the floured chicken breasts to skillet. Cook about 8 minutes, turning once, until brown. Add wine and return garlic/mushroom/parsley mixture to pan. Cook 8 to 10 minutes or until

chicken is no longer pink in center. Note: If desired, you can also add capers to pan with chicken. Serve cooked chicken over pasta, spooning any extra sauce over chicken/pasta. Serves 4

GREEK CHICKEN SALAD WRAP

2 boneless, skinless chicken breasts, poached, then diced
1/2 cup Greek style yogurt plus additional to taste
1 cup quartered grape tomatoes
½ English cucumber, seeded and diced
½ cup sliced Kalamata olives
1 teaspoon Italian seasoning
2 tablespoons diced red onion
4 large tortillas

Lightly sprinkle chicken with salt and pepper. Cook in oiled skillet over medium heat, turning once, until internal temperature is 165-degrees on instant read thermometer. Remove pot from heat, take chicken out and place on a plate to cool for several minutes and then dice into bite size pieces. Set aside.

Stir together the yogurt, tomatoes, red pepper, cucumbers, olives and Italian seasoning in a large bowl. Add salt and pepper to taste. Add diced chicken to bowl, toss everything together and check for seasoning. Spread this mixture onto a tortilla and roll up, sealing the roll with a large toothpick/skewer. Serve as is or cut each tortilla in half. Serves 4

CHICKEN CACCIATORE WITH ONIONS & MUSHROOMS

2 Tablespoons all-purpose flour
½ teaspoon kosher salt
¼ teaspoon black pepper
4 boneless, skinless chicken thighs
1 Tablespoon olive oil
1 cup sliced onions
1 teaspoon minced fresh garlic
¼ cup dry white wine

1 can (10.75 oz.) tomato puree
1 cup low-sodium chicken broth
2 teaspoons minced fresh thyme
1 teaspoon dried Italian seasoning
¼ teaspoon dried red pepper flakes
2 cups sliced button mushrooms

Combine flour, salt, and black pepper in a flat bottomed bowl. Dredge chicken thighs in flour mixture and reserve excess for later use.

Heat oil in a large sauté pan over medium-high heat, add chicken and cook until browned, 3 minutes per side. Transfer chicken to a plate. Now sauté the onions and garlic in same pan, 2 minutes. Stir in reserved flour mixture; cook 1 minute. Add wine and cook until it is absorbed.

Stir in tomato puree, broth, thyme, Italian seasoning, and pepper flakes. Add mushrooms and return chicken to pan. Cover pan, reduce heat to low and simmer sauce until mushrooms and chicken are cooked through, 20 minutes. Season cacciatore with salt and black pepper to taste and garnish with Parmesan cheese. Serves 4

MIDDLE-EASTERN SPICED CHICKEN WITH RAISINS

2 large onions - cut into eights
½ medium sweet red pepper, seeded and cut into 1" pieces
1 small green pepper, seeded and cut into 1" pieces
1 large clove garlic, minced
1 tablespoon canola, olive oil, or butter
1 pound boneless, skinless chicken breast halves, cut into ¾" cubes
½ cup low sodium chicken broth
1/3 cup golden raisins
1 large tomato, peeled and cut into 1 ¼" pieces
2 teaspoons peeled and minced ginger root
¼ teaspoon dried Thyme leaves
6 tablespoons finely chopped fresh cilantro leaves, divided
2 ½ teaspoons mild chili powder

1 teaspoon ground coriander
¼ teaspoon ground allspice
¼ teaspoon ground cloves
1/8 teaspoon ground cardamom (optional)
Generous ¼ teaspoon salt, or to taste
1½ teaspoons lemon juice, or to taste
4 cups hot cooked long-grain white or brown rice

In a 12" nonstick skillet, combine the onions, red peppers, green peppers, garlic, and butter and/or oil. Cook this mixture over medium-high heat, stirring frequently for 6 to 7 minutes, or until the vegetables are nicely browned. Add the chicken and cook, stirring, for 2 minutes. Stir in the broth, raisins, tomatoes, ginger, thyme and 4 tablespoons of cilantro. Reduce the heat to medium and cook for 3 minutes.

Now stir in the chili powder, coriander, allspice, cloves, cardamom (if using), salt and lemon juice. Remove the skillet from the heat. Stir one more time to ensure all the flavors are fully incorporated. Taste for seasoning. Spoon the rice onto a platter or divide among individual plates. Top with the chicken mixture. Sprinkle with the remaining 2 tablespoons chopped cilantro. Makes 5 servings

CRUNCHY THAI CHICKEN AND PEANUT CAKES

3 teaspoons light brown sugar
1 tablespoon fish sauce
1 pound ground chicken
¾ cup toasted peanuts, chopped fine
½ cup fresh breadcrumbs or you can use Panko, Japanese Bread Crumbs
1 tablespoon Limejuice
1 tablespoon red Thai Curry Paste
1 teaspoon lime zest
2 tablespoons sweet chili sauce
2 tablespoons chopped cilantro
½ cup vegetable oil
Sweet Chili sauce for garnish

Dissolve the sugar in the fish sauce, then place in a bowl with the chicken, peanuts, bread crumbs, curry paste, lime juice, lime zest, sweet chili sauce and cilantro. Mix well. Divide the mixture into twenty-four small balls – they will be quite soft. Flatten the balls into disks about ½ inch thick. Lay them in a single layer on a baking sheet, cover with plastic wrap, and refrigerate for 30 minutes.

Heat the oil in a heavy-bottomed frying pan and cook the cakes in batches for 2-3 minutes each side or until firm and golden. Drain on crumpled paper towels.

Place a chicken cake on serving platter and top with a dash of sweet chili sauce. Secure with a toothpick for easier serving. This recipe makes 24 mini cakes.

ITALIAN CHICKEN BUNDLES

1½ cups cooked chicken	1 bunch green onions, sliced
1 Tablespoon olive oil	2 Cloves garlic, small, minced
2/3 cup Parmesan cheese, grated	2 packages frozen spinach, thawed
8 ounces Ricotta Cheese	¼ teaspoon oregano
¼ teaspoon nutmeg, fresh, grated	Salt & Pepper to taste
1 package Egg Roll wrappers	1 Jar Basil Tomato Sauce

Cook either skinless, boneless chicken breasts or chicken tenders till browned and cooked through. Finely dice into small cubes. Add garlic and cook one minute longer. Let cool, then combine rest of ingredients into a large bowl, except Egg Roll wrappers and sauce.

Using 12 cup muffin pan spray with non-stick spray; I use butter flavor, then place an egg roll wrapper into each cup, being careful not to tear the wrapper. Note: You can only do 3 to 4 cups at a time in order to efficiently fill them and fold them over. Fill each cup with some of the chicken/spinach mixture; then fold over the tops of the wrappers to seal the bundles. When you have filled the tray, spray all the tops with the butter flavored oil spray.

Bake in a 350-degree oven for approximately 20 to 25 minutes or until the tops of the bundles are browned. Remove from the oven and cool in pan a few minutes, then remove the bundles. To serve, heat the sauce in saucepan on stove just to a

simmer and spoon over bundles. Top with grated Parmesan Cheese. Makes approx. 12 bundles

CHEF CAL'S CHICKEN ENCHILADAS

1 Onion, diced small
2 tablespoons oil
2 cloves garlic, minced
½ teaspoon cumin
18 ounces canned tomato sauce, with chilies
½ cup chicken stock
2 tablespoons chili powder
¼ teaspoon oregano, dried
1 dash salt
12 flour tortillas
3 cups cooked and shredded chicken breast
6 ounces Jack cheese, grated
6 ounces Cheddar cheese, grated
2 ¼ ounces black olives, canned, sliced, drained
1 bunch green onions
1 cup sour cream for garnish

Enchilada Sauce: Cook the onion in oil over medium heat until soft. Add the garlic, ½ tsp. ground cumin and cook for an additional 1 minute. Add tomato sauce and chicken stock; gradually stirring in the chili powder. Add the oregano and a dash of salt, cover and simmer for 30 minutes, stirring frequently to prevent burning.

Poach the chicken breasts or tenders in boiling water for six minutes, then remove and shred. Mix the cheeses together, reserving 2 cups to use as a topping once the enchiladas are assembled. Assemble the Enchiladas: Brush each tortilla with some sauce, now place some meat and cheese on the lower 1/3 of tortilla and roll up. Place seam side down in a baking dish that has had some sauce brushed over the bottom. Once all the tortillas have been stuffed and rolled and placed in the baking dish, pour the remaining sauce over everything and sprinkle with the set-aside two cups of cheese and the drained black olives. Garnish with the sliced green onions then cover the baking dish with foil.

Bake in a preheated 350-degree oven for approximately 30 minutes or until the enchiladas are hot throughout and the sauce is bubbling. Uncover during the last 10 minutes of baking time to brown the cheese lightly. Remove from oven and serve, garnishing with sour cream. Serves 6

CHICKEN PAUPIETTES with LEMON-TARRAGON SAUCE

12 large spinach leaves
1 carrot, peeled and julienne
4 skinless, boneless chicken breasts halves
Salt and ground pepper, to taste
2 oz. – 4-5 slices thinly sliced Prosciutto
1 cup chicken broth
1 large shallot, chopped
2 teaspoons arrowroot
2 tablespoons lemon juice
2 tablespoons Fromage Blanc
2 teaspoons chopped fresh tarragon, plus leaves for garnish

In a large saucepan three-fourths full of very hot tap water, add the spinach leaves and blanch for 5 seconds. Using a slotted spoon, transfer them to a plate; arranging them so that they may be easily separated; set aside. Now, in the same pan, on medium heat, add the julienne carrots and blanch for 4 minutes. Drain and set aside.

Place each chicken breast between two sheets of plastic wrap or parchment paper and using a meat pounder, pound each to a uniform thickness of about ¼ inch. Season the breasts with salt and pepper. Place the chicken breasts on a work surface. Arrange 3 large spinach leaves atop each breast, covering the meat completely. Top the spinach with the Prosciutto; then the carrot, again dividing evenly and leaving a ½ inch border on each of the 2 short ends of the chicken. Fold the short sides in over the filling and, beginning from the long side, roll up

tightly. Tie each roll at 2-inch intervals with kitchen string or secure with toothpicks

Heat a nonstick frying pan over medium-high heat. Coat the pan with nonstick cooking spray and a pat of butter or just a little olive oil. Add the rolls, seam sides down, and cook until browned, about 4 minutes. Turn and continue to cook until the chicken is opaque throughout, about 4 minutes longer. Transfer the rolls to a preheated 350-degree oven for 12 to 15 minutes. Remove to a cutting board, cover with foil and let rest for 8-10 minutes.

Meanwhile, in a small saucepan, combine the broth and shallot and bring to a boil over high heat. Boil for about 5 minutes. In a small bowl, stir together the arrowroot and lemon juice until the arrowroot is dissolved, then whisk the mixture into the sauce. Boil until reduced to 2/3 cup, about 7 minutes. Remove from heat and whisk in the Fromage Blanc and the chopped tarragon. Ladle the sauce onto warmed individual plates. Slice the rolls on the bias and fan over the sauce. . Remember to remove picks prior to serving. Garnish with tarragon leaves and serve hot. Serves 4

CHICKEN IN APRICOT SAUCE

4 each, chicken breasts, boneless, skinless
1/8 cup flour
1½ tablespoons oil
1½ tablespoons butter
½ onion, chopped
¼ cup red bell pepper, diced (see note)
1½ cups chicken broth
1 cup apricot nectar
½ cup apricots, dried, diced
Salt and Pepper to taste

Wash and dry the chicken. Gently pound each chicken breast to an even thickness between either plastic wrap or between sheets of parchment paper. Lightly dredge the chicken in flour, shaking off excess flour.

Heat the butter and oil in a large sauté pan over medium-high heat and cook chicken on both sides until golden brown then remove the chicken from pan. Lower heat and add onions and bell peppers and cook for 5 minutes. Add chicken broth, apricot nectar, and dried apricots. Return chicken to the pan. Simmer uncovered for approximately 20 minutes, or until sauce is slightly thickened, season to taste with salt and pepper. Serve the chicken with sauce over rice, orzo, pasta or potatoes. Serves 4

WEST AFRICAN CHICKEN AND SWEET POTATO STEW

1 tablespoon vegetable oil
1 onion, medium, peeled, sliced and separated into rings
¼ cup peanut butter, creamy
1 teaspoon chili powder
½ teaspoon ground ginger
½ teaspoon salt
¼ teaspoon ground red pepper
3 large sweet potatoes, peeled and cut into ½ inch cubes
2 14oz. cans diced tomatoes with roasted garlic, **undrained**
1 15 oz. can Great Northern beans, **undrained** or black beans for color
1 15 oz. can whole kernel corn, **drained**
¾ cup brown rice, UNCOOKED

Heat oil in a 4-quart Dutch oven over medium-high heat; cook chicken in oil, stirring frequently until tender and browned. Now add the onion and cook for an additional 4 – 5 minutes.

Stir in remaining ingredients except rice. Heat to boiling, add rice and stir cooking for 1 to 2 minutes to ensure rice is coated with liquid then reduce heat to medium-low; cover, cook about 25 to 35 minutes, stirring occasionally, until potatoes are tender and rice is cooked.

Note: for West African Sweet Potato Chicken Stew add 2 skinless, boneless chicken breasts, cut into ¾ inch pieces, with the onion in step 1. Cook until no longer pink, and then continue the recipe as directed. Serves 4 to 6

CHICKEN TETRAZZINI

1 16oz. box Vermicelli – cooked al dente
½ cup chicken broth or Turkey broth
4 cups chopped cooked chicken - either white meat or dark meat or combination
1 - 10 ¾ oz. can cream mushroom soup
1 - 10 ¾ oz. can cream of chicken soup
1 - 10 ¾ oz. can cream of celery soup
1 8 oz. container sour cream
1 6 oz. jar sliced mushrooms, drained
½ cup – approx. 2 oz. – shredded Parmesan cheese
1 tsp pepper
½ tsp salt
2 cups – 8 oz. – shredded cheddar cheese.

Prepare vermicelli as per package directions, drain, return to pot and toss with the chicken broth.

Stir together chicken and next 8 ingredients in a large bowl – add vermicelli and toss well. Spoon this mixture into a lightly greased 9 x 13 pan and sprinkle evenly with cheddar cheese. Cover and freeze, if desired.

To cook – Remove from freezer and thaw overnight in the refrigerator. Once defrosted, let stand 30 minutes at room temperature. Bake covered, in a preheated 350-degree oven for 30 minutes or until cheese is melted and Tetrazzini is hot. Serves 4 to 6

ROAST CHICKEN WITH LEMON AND HERBS – (Poulet Roti -French Style)

3 pound roasting chicken
1 un-waxed lemon, halved
Small bunch thyme sprigs
1 bay leaf
1 tbsp. butter, softened

4-5 tbsp. chicken broth or water
Salt and freshly ground black pepper

Preheat the oven to 400-degrees. Season the chicken inside and out with salt and pepper. Squeeze over the juice of the one lemon half and place the juice, the squeezed lemon half, the thyme and bay leaf in the chicken cavity. Tie the legs with string and rub the breast with butter.

Place the chicken on a rack in a roasting pan. Squeeze over the juice of the other lemon half. Roast the chicken for 1 hour, basting two or three time, until the pieces run clean when the thickest part of the thigh is pierced with a knife.

Pour the juices from the cavity into the roasting pan and transfer the chicken to a carving board. Cover loosely with foil and let stand for 10-15 minutes before carving. Meanwhile, skim off the fat from the cooking juices. Add the broth or water and boil over medium heat, stirring and scraping the base of the pan, until slightly reduced. Strain and serve with the chicken. Serves 4-6

CHICKEN WITH GARLIC – (Poulet a' l'Ail)

4½ pounds chicken pieces
1 large onion, halved and sliced
1 large garlic bulb (about 7 oz.) separated into cloves and peeled
2/3 cup dry white wine
¾ cup chicken broth
4-5 thyme sprigs or ½ tsp. dried thyme
1 small rosemary sprig or a pinch of ground rosemary
1 bay leaf
Salt and freshly ground black pepper

Preheat the oven to 375-degrees. Pat the chicken pieces dry and season with salt and pepper. Put the chicken, skin side down, in a large flameproof casserole and set over medium-high heat. Turn frequently and transfer the chicken to a plate when browned. Cook in batches if necessary and pour off the fat after browning.

Add the onions and garlic to the casserole and cook over medium-low heat, covered, until lightly browned, stirring frequently. Add the wine to the casserole, bring to a boil and return the chicken to the casserole. Add the broth and herbs and bring back to a boil. Cover and transfer to the oven. Cook for 25 minutes, or until the chicken is tender and the juices run clear when the thickest part of the thigh is pierced with knife.

Remove the chicken pieces from the pan and strain the cooking liquid. Discard the herbs, transfer the solids to a food processor and puree until smooth. Remove any fat from the cooking liquid and return to the casserole. Stir in the garlic and onion puree, return the chicken to the casserole and reheat gently for 3-4 minutes before serving. Serves 8

CHICKEN CHASSEUR - (Poulet Saute' Chasseur)

¼ cup AP-flour

2½ pounds Cut-up chicken

1 tbsp. Olive oil

3 small onions or large shallots, sliced

6 ounces mushrooms, quartered

1 clove garlic, crushed

4 tbsp. dry white wine

½ cup chicken broth

¾ pound peeled/chopped tomatoes or 1 cup canned crushed tomatoes

Salt and freshly ground black pepper

Fresh parsley, to garnish

Put the flour into a plastic bag and season with salt and pepper. One at a time, drop the chicken pieces into the bag and shake to coat with flour. Carefully tap off the excess flour. Heat the oil in a heavy flameproof casserole. Fry the chicken over medium-high heat until golden brown, turning once. Transfer to a plate and keep warm. Pour off all but 1 tbsp. of the fat from the pan. Add the onion or shallots, mushrooms and garlic. Cook until golden, stirring frequently.

Return the chicken to the casserole along with any juices. Add the wine and bring to a boil, then stir in the broth and tomatoes. Bring back to the boil, reduce the

heat, cover and simmer over low heat for about 20 minutes or until the chicken is tender and the juices run clear when pierced with a knife. Tilt the pan and skim off any fat that has risen to the surface; then adjust the seasonings and serve.

Serves 4

TARRAGON CHICKEN BREASTS – (Suprêmes de Poulet a’l’Estrargon)

4 boneless, skinless chicken breasts, about 5-6 ounces each

½ cup dry white wine

About 1¼ cups chicken broth

1 tbsp. dried tarragon

1 garlic clove, finely chopped

¾ cup heavy cream

1tbsp. chopped fresh tarragon

Salt and freshly ground black pepper

Fresh tarragon sprigs, to garnish

Season the chicken breasts with salt and pepper and put them in a saucepan just large enough to hold them in one layer. Pour over the wine and broth, adding more broth to cover, if necessary, and then add the dried tarragon and garlic. Bring just to a simmer over medium heat and cook gently for 8-10 minutes until the juices run clear when the chicken is pierced with a knife.

With a slotted spoon, transfer the chicken to a plate and cover to keep warm. Strain the cooking liquid into a small saucepan, skim off any fat and boil to reduce by two-thirds.

Add the cream and reduce by half. Stir in the fresh tarragon and adjust the seasonings. Slice the chicken breasts on an angle and spoon over a little sauce and garnish with some fresh tarragon sprigs. Serves 4

CHICKEN BREASTS WITH GRAPES – (Supremes de Volaille Veronique)

4 boneless chicken breasts, about 7 ounces each, trimmed

2 tbsp. butter

1 large or 2 small shallots, chopped
½ cup dry white wine
1 cup chicken broth
½ cup heavy cream
1 cup (about 30) seedless green grapes
Salt and freshly ground black pepper
Fresh parsley, to garnish

Season the chicken breasts with salt and pepper. Melt half the butter in a frying pan over medium-high heat and cook the chicken breasts until cooked through and golden. Transfer the cooked chicken breasts to a plate and cover to keep warm.

Add the remaining butter and sauté the shallots until just softened, stirring frequently. Add the wine, bring to a boil and boil to reduce by half, then add the broth and continue boiling to reduce by half again.

Add the cream to the sauce, bring back to a boil, and add any juices from the chicken on the plate. Add the grapes and cook gently for 5 minutes. Slice the chicken breasts and serve with the sauce, garnished with parsley. Serves 4

SPANISH CASSEROLE OF CHICKEN WITH CHORIZO

1 medium chicken, cut up
2 tsp. ground paprika
4 tbsp. olive oil
2 small onions, sliced
6 garlic cloves, thinly sliced
5 ounces chorizo sausage, thickly sliced
14-ounce can chopped tomatoes
12-16 fresh bay leaves
5 tbsp. medium sherry
Salt and freshly ground black pepper
Rice or potatoes, to serve

Preheat the oven to 375-degrees. Coat the chicken pieces in the paprika, making sure they are evenly covered, then season with salt. Heat the olive oil in a frying pan and sauté the chicken until browned. Transfer to an oven proof dish.

Add the onions to the frying pan and sauté quickly. Add the garlic and chorizo and sauté for 2 minutes. Add the tomatoes, two of the bay leaves, and the sherry and bring to a boil. Pour over the chicken and cover with a lid. Bake for 45 minutes. Remove the lid and season to taste. Cook for another 20 minutes, until the chicken is tender and golden. Serve with rice or potatoes garnished with fresh bay leaves. Serves 4

BRANDIED CHICKEN LIVER PATE

12 ounces chicken livers
½ cup butter
1 bacon slice, chopped
1 shallot chopped
2 cloves garlic, crushed
2 tbsp. brandy
2 tbsp. chopped fresh parsley
Salt and freshly ground black pepper
Fresh bay leaves and peppercorns to garnish
Olive bread to serve

Rinse, trim and roughly chop the chicken livers. Melt half the butter in a large, heavy-based skillet. Add the chopped bacon, shallot and garlic, and fry over medium heat for 5 minutes. Add the chicken livers and fry gently, stirring occasionally, for a further 5 minutes.

Stir in the brandy and parsley and season with salt and pepper. Bring to a boil and cook for about 2 minutes, then remove from the heat and process in a food processor until smooth. Spread the pate into individual dishes and smooth the surface.

Heat the remaining butter until it is just melted, but do not allow it to turn brown. Pour it carefully over the surface of each dish of pate to seal. Garnish with bay

leaves and peppercorns. Set aside to cool completely. When cool, chill the pate in the refrigerator until firm. Serve with sliced olive bread. Serves 4-6

MOROCCAN HARISSA-SPICED ROAST CHICKEN

3 – 3½ pound chicken
2 – 4 tbsp. garlic and spice aromatic oil
A few bay leaves
2 tsp. clear honey
2 tsp. tomato paste
4 tbsp. lemon juice
2/3 cup chicken stock
½ to 1 tsp. harissa

For the stuffing:

2 tbsp. butter
1 onion, chopped
1 garlic clove, crushed
1½ tsp. ground cinnamon
½ tsp. ground cumin
1 ½ cups dried fruit, soaked several hours or overnight in water
¼ cup blanched almonds, finely chopped
Salt and freshly ground black pepper

First make the stuffing. Melt the butter in a saucepan over low heat. Add the onion and garlic, and cook gently, stirring frequently, for 5 minutes or until the onion is soft and translucent. Add the ground cinnamon and cumin and cook, stirring constantly, for 2 minutes. Drain the dried fruit and discard the soaking water. Roughly chop the fruit and add it to the stuffing, together with the almonds. Season this with salt and pepper and cook, stirring constantly, for a further 2 minutes. Transfer the stuffing into a bowl and set aside to cool.

Preheat the oven to 400 – degrees. Stuff the neck of the chicken with the fruit mixture, reserving any excess. Place the chicken in a roasting pan and then tuck in the bay leaves and brush with the garlic and spice oil. Cook the chicken for 1 – 1½ hours, basting occasionally with the juices, until cooked.

Remove the roasting pan from the oven, then remove the chicken from the pan and pour off any excess fat. Stir the honey, tomato paste, lemon juice, stock and harissa into the juices and season to taste. Bring to a boil and simmer, stirring, for 2 minutes. Reheat any extra stuffing. Carve the chicken and serve with the sauce and extra stuffing. Serves 4 - 5

TANDOORI CHICKEN

Note: a famous Indian/Pakistani chicken dish which is cooked in, and takes its name from a clay oven called a tandoor; this is extremely popular in the West and appears on the majority of Indian restaurants menus. Though the authentic tandoori flavor is difficult to achieve in conventional ovens, this version still makes a very tasty dish.

4 chicken quarters
¾ cup plain low-fat yogurt
1 tsp. garam masala
1 tsp. chopped fresh ginger
1 tsp. chopped garlic
1 ½ tsp. ground chilies
¼ tsp. ground turmeric
1 tsp. Ground coriander
1 tbsp. fresh lemon juice
1 tsp. salt
A few drops of red food coloring
2 tbsp. corn oil
Mixed lettuce leaves – for garnish
Lime wedges – for garnish
1 tomato, quartered – for garnish

Skin, rinse and pat dry the chicken quarters. Make 2 slits in the flesh of each piece, place in a dish and set aside.

Stir together the yogurt, garam masala, ginger, garlic, ground chilies, turmeric, ground coriander, lemon juice, salt and food coloring and oil, and beat until well

mixed. Cover the chicken quarters with the yogurt and spice mixture and marinate for about 3 hours.

Preheat the oven to 475-degrees. Transfer the marinated chicken pieces to an ovenproof dish and bake for 20 to 25 minutes or until the chicken is cooked through and brown on top. Remove from the oven and transfer the cooked chicken to a serving dish. Garnish with the lettuce leaves, lime and tomato.
Serves 4

DEVEILED CHICKEN

Note: This spicy, barbecued chicken dish comes from southern Italy where dried red chilies are a popular ingredient. Versions without the chilies are just as good.

½ cup Extra Virgin Olive Oil
Finely grated rind and juice of one large lemon
2 garlic cloves, finely chopped
2 tsp. finely chopped or crumbled dried red chilies
12 skinless, boneless chicken thighs cut into 3-4 pieces, each
Salt and freshly ground black pepper
Flat leaf parsley to garnish
Lemon wedges to garnish

Make a marinade by mixing together the olive oil, lemon rind and juice, garlic, and chilies in a large, shallow glass or china dish. Season this to taste with salt and pepper; whisk thoroughly, and then add the chicken pieces, turning to coat with the marinade. Cover the dish and marinate in the refrigerator for at least 4 hours or preferably overnight.

When ready to cook, prepare the barbecue or preheat the broiler and thread the chicken pieces onto eight oiled metal skewers. Cook on the barbecue or under the broiler, turning frequently, for 6 – 8 minutes, until tender. Garnish with parsley leaves and serve hot with lemon wedges. Serves 4

CHICKEN SOSATIES WITH CURRIED APRICOT SAUCE

Note: This is a South African version of kebabs, served with a delicious sweet – sour sauce spiced with curry powder.

1 Tbsp. oil
1 onion finely chopped
1 garlic clove crushed
10 bay leaves
Juice of 1 lemon
2 tbsp. curry powder
4 tbsp. apricot preserves
4 tbsp. apple juice
4 tbsp. crème fraiche
Salt
1 ½ pounds skinless, boneless chicken breasts cut into ¼ inch cubes

Heat the oil in a frying pan or saucepan. Add the onion, garlic and 2 bay leaves and cook over low heat for 10 minutes, until the onions are soft. Add the lemon juice, curry powder, apricot preserves and apple juice and season with salt. Cook for 5 minutes. Remove from the heat and set aside to cool.

Once the marinade has cooled, add the chicken pieces to the marinade; cover and set aside for 2 hours. After 2 hours, thread the chicken and remaining bay leaves onto skewers and broil or barbecue for 6 – 8 minutes, turning often.

Simmer the marinade for 2 minutes. Stir in the crème fraiche and serve with the Sosaties. Serves 4

TERIYAKI BAKED PINEAPPLE CHICKEN

1 tbsp. cornstarch
1 tbsp. room temperature water
¼ cup brown sugar
2 tbsp. honey
½ cup soy sauce
¼ cup cider vinegar
1 clove garlic, minced
½ tsp. ground ginger

¼ tsp. freshly ground black pepper
4 skinless, boneless chicken breasts, sliced into ½ inch slices
1 cup fresh or canned pineapple chunks
Chopped green onions and sesame seeds for garnish

Preheat the oven to 400-degrees.

In a small bowl, whisk together the corn starch and water until combined. Now add the brown sugar, honey, soy sauce, vinegar, garlic, ginger and black pepper. Place this mixture into a small saucepan over low heat and allow it to simmer while whisking occasionally. Then bring to a boil, boil for 1 minutes. Turn off heat and set aside for at least 10 minutes, allowing it to cool and thicken.

Arrange the chicken and pineapple in a bake pan sprayed with non-stick cooking spray. I used an 11 x 7 inch glass baking dish. Pour the cooled sauce over the chicken and pineapple and using a fork, expose as much as possible to chicken to the sauce. You can use a basting brush if you want.

Bake uncovered for 30 to 32 minutes or until the chicken is completely cooked through. Remove from the oven and sprinkle with the chopped green onion and some sesame seeds. Serve over rice with extra sauce spooned over the chicken.

VIETNAMESE CHICKEN AND MINT SALAD

1 Thai Chile, seeded and minced
1 large garlic clove, peeled and minced
1 tbsp. sugar
1½ tsp. rice vinegar
1½ tbsp. fresh lime juice
1½ tbsp. Vietnamese or Thai fish sauce
1½ tbsp. Vegetable oil
½ medium onion, finely sliced
Freshly grated black pepper
7 to 8 ounces white cabbage, shredded
1 medium carrot, shredded, julienned, or grated

7 ounces cooked chicken breast, shredded or cut into fine strips
1 bunch fresh mint, plus extra for garnish, leaves roughly chopped
Salt to taste

In a medium bowl, stirring with a spoon, combine the Chile, garlic, sugar, vinegar, lime juice, fish sauce, oil, onion, and black pepper. Stir to combine and set aside for ½ an hour so the flavors meld.

In a large bowl, combine cabbage, carrot, chicken breast, and mint, tossing with tongs. Pour dressing mixture over the cabbage, tossing with tongs, slowly and patiently so everything is coated. Add salt to taste and serve with a sprig of mint as garnish. Yield is 2 to 4 servings