

Lifetime Learning Proudly Presents: Chicken 30 ways

Of all the meals cooked in America's kitchens, a chicken dish is by far the most popular. Originally bred as a sporting animal, think Cock Fighting, today's chickens have emerged from just an egg producer to the number one item on most family's dinner table. There are so many different ways to prepare this dish that it would take an entire book, the size of a thick dictionary, to print them all. And even then some would be lost.

Today's class was designed to give you an insight into the many different ways to prepare chicken. Just by changing either the cooking method or the secondary ingredients used in the preparation (the spices and herbs), you can transform a simply baked chicken into something like Middle Eastern Spiced Chicken with Raisins, West African Sweet Potato and Chicken Stew, a Moroccan Harissa Spiced Roasted Chicken, or maybe A Teriyaki Baked Chicken with Pineapple. There's even a Vietnamese Chicken and Mint Salad recipe for you to enjoy.

So, sit back and enjoy the class. I am sure that out of the 30 plus recipes you will find a few to serve your family. And who knows, you may create a new dish just by changing a few things yourself.

Chef Cal.