

ARROZ CON POLLO

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Servings: 4

Ingredients:

1 2 1/2 to 3 lb broiler
1 1/4 c Long grain rice
1 12 oz can beer
2 Cloves garlic, minced
1/4 t Pepper
3 T Olive oil
1 14 1/2 oz can chicken broth
1 T Ground cumin
1/4 t Ground saffron
2 10 oz pkg frozen peas

Instructions:

Rinse chicken; pat dry. In a 12 inch skillet cook chicken uncovered in hot oil over medium heat for 10 to 15 minutes or till brown, turning to brown evenly. Remove chicken. Add uncooked rice to skillet. Cook and stir over medium heat till rice is light brown. Stir in chicken broth, beer, cumin, garlic, 1/2 teaspoon salt, saffron and pepper.

Place chicken on top of the rice mixture. Season lightly with salt and pepper. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or till rice and chicken are tender.

Remove the chicken and keep warm. Stir the peas into the rice mixture; heat through. Transfer the rice mixture to a serving bowl. Arrange the chicken pieces on top of the rice. Makes 6 servings.

BAJA CALIFORNIA CHICKEN

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Ingredients:

8 chicken breasts
Seasoned salt and pepper
4 tbs tarragon vinegar
4 tbs olive oil
2 cloves garlic
2/3 c dry sherry

Instructions:

Preheat oven to 350 degrees

Put the oil and vinegar into a skillet and press garlic into the mixture.

While the pan is heating up, sprinkle the seasoned salt and pepper onto the chicken.

Saute' the chicken breasts until they are "golden brown."

Place chicken into a baking pan and pour sherry over chicken. Place pan in the oven for 10 minutes.

Serve and enjoy!

BEGGAR'S CHICKEN

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Back in the old days the Oriental people used to wrap the chook in lotus leaves, then in clay, then throw it into a hot fire to cook. Be sure to have a hammer ready so you can eat the sucker!!!

Ingredients:

1.5kg (3lb) chook
3 shallots
2.5cm (1") piece green ginger (the fresh stuff)
1 tsp sugar
3 tbs soy sauce
2 tbs dry sherry
1 tbs water
1/4 tsp five spice powder
2 tbs soy sauce, extra
2 tbs oil
extra oil

Clay Dough:

1kg (2lbs) cooking salt
4 cups plain flour
1 1/2 cups water (more or less)

Put flour and salt in a bowl, mix well, gradually add water, mixing to a firm dough. Use your hands to mix. More water may be needed, don't have dough too soft, it will be too hard to handle.

Place two very large sheets of aluminium foil on a flat surface, brush top sheet well with extra oil. Wack the chook onto the foil. In a bowl put roughly chopped shallots, sugar, peeled and sliced ginger, soy sauce, sherry, water and five spice powder; mix well. Rub the chook all over with extra soy sauce, then rub with the 2 tablespoons of oil, rub well into the skin. Pull skin at neck end down under the chook and tuck the wing tips under as well to hold the neck skin in place. Carefully (the chook will feel like a greased pig at this stage!!) pour soy sauce mixture into the cavity, (hold the chook up a bit so none runs out).

Secure the burn end with a small skewer (be careful it doesn't rip the foil). Wrap the foil around the chook, securing like a parcel.

Roll out the dough to about 1cm (1/2") thickness so it will completely cover the chook, fold dough over the bird, press edges together, press ends together so the chook is completely encased with no holes anywhere.

Place chook into lightly oiled baking dish, wet your fingers and smooth out all joins, making sure there are no holes in the dough (the steam will get out otherwise).

Bake in a hot (475-550F / 250-260C) oven for 1 hour. Reduce heat to moderately slow (325-350F / 160-180C) for a further 3 hours. Remove the end result from the oven (you don't have to worry about dropping it!!!), break open the dough with the hammer and remove from around the chook.

Put foil wrapped chook onto a serving dish, carefully remove foil and hook in. The meat will just fall off the bones so chop-stick will probably be in order.

BOB'S CHICKEN PESTO =====

Ingredients:

1 lb. boneless chicken, cubed
1 lb. box multi-colored pasta
3 red peppers
2 tomatoes
3 cloves garlic
broccoli (or vegg of your choosing)
olive oil
pesto
fresh curly parsley
salt and pepper
parmesan cheese (optional)

Instructions:

Start water for pasta. In skillet, brown garlic over a low heat in a generous amount of olive oil. Add chicken - cook over medium heat. When done, set aside covered to keep hot.

While chicken is cooking, cut red peppers into large strips. Put peppers under broiler; burn skin on each side. Then, remove from broiler and put peppers into a small sealed plastic (i.e. ziploc) or paper bag (to steam themselves). Set aside ~ 10 minutes; after which, remove skins, cut into cubes and toss with olive oil.

While peppers are steaming in bag:

- Put pasta into boiling water - add salt to taste.
- Steam vegg (don't overcook, they should remain a bit crunchy).
- Cut up tomatoes into cubes.

When pasta is done, rinse under very hot water (don't want it to cool off). Add chicken with its oil, mix together. Then mix in vegg, cubed roasted peppers and tomatoes. Next add pesto, herbs and pepper to taste, mix. Optional: toss with parmesan cheese.

Serve with warm Italian bread.

BON BON CHICKEN WITH VEGETABLES =====

(Serves 2)

Ingredients:

1 lb broccoli or 8 oz flowerettes
10 oz whole carrots
12 oz boneless skinless chicken breasts
1" piece fresh ginger
2 T Oriental sesame paste (tahini works fine-LD)
1-2 garlic cloves
3-4 T water
1-2 T Oriental chili sauce or hot chili paste with garlic
1 t sugar
2 T rice vinegar
5 T reduced-sodium soy sauce

Instructions:

1. Wash and trim broccoli. Cut into small flowerettes.
2. Scrape carrots. Slice thin in food processor.
3. Simmer veggies in enough water to steam them. Cover.
4. Cut chicken into strips. Add to veggies. Veggies should cook about 7 minutes in all. Chicken should be tender, and cooked through. Drain it all.
5. While the rest is cooking, whirl the other ingredients in the food processor, starting with the garlic and ginger.
6. Toss the chicken, veggies, and sauce together.

Serve as above.

BSTILA - MOROCCAN CHICKEN/NUT PIE =====

Ingredients:

meat of 1/2 chicken (e.g. two boneless breasts)
1/2 lb blanchd almonds
1 medium onion
1/2 tsp cinnamon
up to 1/2c sugar or honey
1 tbsp clarified butter
1/3 cup butter

Preparation:

Brown 1/2 lb blanchd almonds in a little oil until golden. Chop coarsely or pound with a mortar and pestle. Add 1/2 tsp cinnamon and (optionally) honey or sugar to sweeten to taste (anc adds none but cites recipes calling for up to 1/2c sugar -- I favor a little honey as the contrast of the sweetness with the savory chicken is part of the exotic appeal of the dish). Set aside.

Heat 1 tbsp clarified butter and 1/3 cup butter in a large heavy pot. Add 1 minced medium onion and saute for a few minutes. Add chicken meat equivalent to about 1/2 chicken (e.g. two boneless breasts), cut in small pieces (as for a pot pie), along with:

1/2 tsp pepper
1 pinch saffron (or, per ongoing thread, 1/2 tsp turmeric)
1/2 tsp cinnamon
3/4 cup minced parsley
1/4 cup minced coriander (cilantro, chinese parsley)
salt to taste

Simmer until the chicken is done. Beat 2 eggs and slowly stir them into the sauce. Remove from heat.

Have ready phillo sheets, melted butter (at least 1/4 lb), and a pastry brush. Select a shallow baking pan about 8" in diameter, such as an iron skillet. What you basically want to do is construct a pie by layering the phillo sheets in the pan and then folding them over the contents; it will probably be easiest if you cut the sheets in half or smaller, for instance into long rectangles about the width of the pan and twice as long. Brush one of the sheets with melted butter, and put it, butter side up, in the bottom of the pan, the excess dangling over the side. Add another sheet, at an angle to the first, and repeat so that you have phillo covering the bottom of the pan and dangling out all around (this is hard to describe). Use about 5 sheets to form this layer. Repeat the process, forming another layer. Now pour the chicken and sauce into the pan. Put several more buttered sheets on top of the chicken, this time not overlapping the edge--use smaller pieces or fold them in half. Spread the nut mixture on top of this. Put another layer

or so of phillo, then fold the dangling ends over the top so as to close the envelope. (Your mileage may vary on the number and details of layering the sheets). Brush the top with butter. At this point the bstila can be refrigerated if desired (this is time-consuming and you may wish to do all this the day before serving).

Just before serving, put the pan in a 350-degree oven for 15-20 minutes until the top is golden: flip it onto an oven-proof plate (or use an ordinary plate to flip it over back into the skillet) and return to brown the other side, 30-40 minutes total. Place on a serving platter, sprinkle with powdered sugar, then make fanciful decorative designs with ground cinnamon. (When I had this in a restaurant it said something like "eat me").

CAJUN-STYLE CHICKEN BREASTS

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Ingredients:

2 tps diet margarine
4 boneless,skinless breasts halved
1 large onion, chopped
2 green bell peppers, seeded and chopped
2 cups tomato juice
1/4 tsp cayenne pepper
1/4 tsp dried thyme
1/4 tsp garlic flakes
1/4 tsp ground doves
1/4 tsp ground allspice

Instructions:

1. Melt margarine in a heavy nonstick skillet. Add chicken and brown quickly on both sides over high heat. Remove to a platter.

2. Add onion and bell peppers. Cook over moderate heat until soft. Add tomato juice and seasonings, return chicken to pan. Simmer until sauce is thick.

160 calories per serving.

CASSEROLE DE POULET AU RIZ

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Ingredients:

2 whole chicken breasts, split in half about 2 lbs. total weight (4 pcs.)
Salt and freshly ground pepper to taste
2 tbsps butter
1/2 cup finely chopped onion

1 tsp chopped garlic
1/3 pound fresh mushrooms, left whole if very small,
otherwise
sliced or quartered, depending on size
1 bay leaf
1/2 cup dry white wine
1/2 cup raw rice
1 cup chicken broth

Instructions:

1. Do not skin or bone the chicken breasts. Sprinkle the chicken pieces with salt and pepper.
2. Heat the butter in a skillet and add the chicken pieces, skin side down. Brown about 5 minutes and turn.
3. Scatter the onion and garlic between the chicken pieces and add the mushrooms and bay leaf. Cook about 5 minutes.
4. Add the wine and cook until it is almost all evaporated. Add the rice and broth, taking care that the rice does not rest on top of the chicken pieces. Cover closely and cook about 20 minutes or until rice is tender.

Yield: Four servings

Note:

I cook the whole thing in my favorite cast-iron skillet, which has a lid. You don't really have to worry about undercooking the chicken, so the dish is done when the rice tastes done. Sometimes I use shallots instead of onions if I have them, and maybe add a little (fresh) tarragon or something. Beats frozen pizza.

CHICKEN ADOBO

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Ingredients:

1 lb chicken parts, cut into serving pieces
1/2 cup vinegar, white or cider
2 tbsp soy sauce
5 cloves garlic, crushed
salt and pepper

Instructions:

Combine all ingredients in saucepan. Bring to boil and simmer until chicken is cooked and tender, about 20 minutes.

Good served with rice and a side of diced tomatoes, sliced scallions, seasoned with salt and pepper.

CHICKEN ADOBO

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(serves 2)

Ingredients:

2 chicken breasts
1/2 cup soy sauce
1/2 cup white vinegar
1 cup water
3-4 garlic cloves, crushed
prepared couscous or rice

Instructions:

I use one chicken breast (boneless or bones-in, it doesn't matter) per person. In a large pot, mix one part each soy sauce and white vinegar with two parts water. (For two people, one part = 1/2 cup, adjust for greater number of servings.) Add crushed garlic cloves to taste (3-4 cloves, more for true garlic hounds).

Bring pot to simmer. Add chicken to pot. Simmer covered for 1 1/2 to 2 hours (until chicken is tender and very dark from the sauce).

Serve chicken over plain couscous (or rice) with sauce poured over both.

CHICKEN ADOBO

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Take some chicken (I usually take about a pound or so of chicken parts, any part will do) and put it in a good-sized pot. Add to that 2-3 crushed cloves of garlic, 1 sliced onion, 1 crumbled bay leaf, about 5-10 whole peppercorns, two potatoes (cut them any way you want, but not in the french-fry style), and around 2 tablespoons each soy sauce, white vinegar and sugar. Mix all ingredients lightly, then put it over low to medium low heat. Cover and let cook for around 1 hour at the least, the longer it goes, the more flavoursome it is.

Serve over rice. Since I just cook for myself, this is usually good for around 3-4 meals, depending upon how hungry I am. This should serve around 2-4 people, comfortably.

CHICKEN AND DUTCH DUMPLINGS

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Ingredients:

3 3/4 cups flour
2-3 tsp salt (adjust to taste)
4 tbs butter
1/2 cup water
4 eggs
2-3 gallons chicken broth
chicken

Instructions:

Mix flour and salt together well. Cut in butter. Add water and beaten eggs, and mix until dough forms a ball. Divide dough if necessary and roll out on a well floured board. This should be rolled out *very* thin, ~1-1.5 mm thick. Cut the dough into 2-3 inch square pieces and set aside for the moment. Make sure the dough is not overlapping when you set it aside...it CANNOT be stacked.

In the meantime (at the beginning) prepare the chicken broth and season to taste. When all the dumplings are out, quickly drop them one by one into the boiling broth. Allow to cook for 1/2 an hour. If the dumplings are too thick, they will come out tough. It's better to err on the thin side when rolling them out. This dish can be served with fried chicken, or with the chicken chopped up in the broth. Makes ~8-10 servings.

CHICKEN AND OYSTER SAUCE PIQUANT

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Ingredients:

1/3 cup plus 2 tbs flour
6 tbs oil
3 large onions, finely chopped
1/2 cup chopped ham
8 to 10 chicken breasts, skinned
1 6-ounce can tomato paste
1/2 can water
3 cloves garlic
1/2 cup celery, finely chopped
1/4 cup parsley, finely chopped
1/2 bunch green onions, thinly sliced
1 3-ounce bottle pitted green olives, finely chopped
1 small jar sour pickles, finely chopped
1/2 rind of a lemon, grated
2 6-ounce cans sliced mushrooms with liquid
1/2 tsp red pepper
salt and black pepper to taste

1 pint oysters
1 cup white wine

Instructions:

Brown flour in oil very slowly, until dark brown. This takes about 30 minutes. Add chopped onions and cook slowly until tender. Then add chopped ham and cook a few minutes. Add raw chicken breasts and stir thoroughly to coat each piece. Add tomato paste and water. Simmer for 30 to 45 minutes.

Add olives, sour pickle, lemon rind and cook for a few minutes, turning chicken to coat. Add mushrooms with the liquid. Season with salt and peppers. Simmer (over low heat) for 4 to 5 hours. Stir occasionally to keep chicken from sticking.

About 30 minutes before serving, add 1/2 cup wine and bring to a simmer. Add oysters with juice and cook until oysters curl at the edges. Just before serving, add another 1/2 cup of wine. Serve chicken on a bed of rice with sauce poured over.

CHICKEN AND SAUSAGE JAMBALAYA

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1 pkg chicken thighs (6 count)
1/2 pkg Hillshire Farms Polish Kielbasa (or other smoked sausage), sliced
1/2 bell pepper, chopped
5 stalks celery, chopped
3 large white onions, chopped (DO NOT use a food processor)
2 cloves garlic, chopped fine
1/4 cup peanut oil
2 cups white rice (regular white rice. NOT Minute rice!!!)
2 1/2 cups water
1 12oz beer (Budweiser works fine)
flour to coat chicken
1 1/2 tsp Rosemary
1 tsp Thyme
A handful of chopped parsley (hard to put too much)
Salt to taste
Lots of cayenne pepper

Instructions:

Start off by washing the chicken and placing it skin side down on a plate (you can remove the skin if you want). Now, depending on how spicy you want it, coat the chicken with Cayenne pepper until very red (I use a LOT of Cayenne in mine). Don't worry about getting it too hot, since this is the majority of the pepper you are going to add and it

will cook into the rest of the dish. Turn the chicken pieces over and lightly coat the skin side. Let sit for 15 minutes or so to soak it all up.

Heat the oil in the bottom of a large heavy cast iron or aluminum pot (don't use thin aluminum or stainless steel since the rice will tend to stick and burn if you're not really careful). Place the flour in a paper bag (season the flour lightly with salt, cayenne pepper, black pepper, garlic powder, etc). Place a couple of pieces of chicken at a time into the bag and shake to coat.

Fry the chicken in the oil until golden brown. Don't worry about cooking it all the way through just yet. Remove the chicken. Now place the onions, celery, garlic and bell pepper into the pot along with a bit more oil if necessary) and saute them until the onions are transparent, scraping the bottom of the pot often. Add the rosemary, thyme and parsley and cook for a minute or so.

Place the sausage slices, chicken, and a little water into the pot and mix well with the vegetables. Turn heat low, cover and simmer for about 30 minutes (until the chicken is tender). Stir the mixture frequently, always scraping the bottom to keep things from burning (break the chicken up a bit with the spatula as it cooks. It should break up naturally as the dish cooks, but this just helps things a little).

When the chicken is cooked, add the washed rice and stir it into everything for a couple of minutes. Pour the warm beer and the water in and stir things for another minute or so. Taste it at this point and adjust the salt if necessary. Now, keeping the heat low, cover the pot and cook until the rice is tender (anywhere from 30 minutes to an hour). Stir the mixture every now and then, scraping the bottom of the pot.

CHICKEN BIG MAMOU ON PASTA

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(Makes 6 servings)

Ingredients:

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|--------------|---------------------------------|
| 6 quarts | hot water |
| 1/4 cup | vegetable oil |
| 3 Tbsp | salt |
| 1 1/2 pounds | fresh spaghetti, or 1 pound dry |
| 1 pound | unsalted butter |
| 4 Tbsp | unsalted butter |
| 1 cup | very finely chopped onions |
| 4 cloves | garlic, medium-size, peeled |
| 2 tsp | minced garlic |
| 3 1/4 cups | rich chicken stock (in all) |
| 2 Tbsp | worcestershire sauce |

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|----------|---|
| 1 Tbsp | Tabasco sauce |
| 2 | 16-ounce cans tomato sauce |
| 2 Tbsp | sugar |
| 2 cups | very finely chopped green onions (in all) |
| 2 pounds | boneless chicken (light and dark meat), cut into 1/2" cubes |

Seasoning mix no. 1 (for sauce, see below)

Seasoning mix no. 2 (for chicken, see below)

Directions:

Place the hot water, oil and salt in a large pot over high heat; cover and bring to a boil. When water reaches a rolling boil, add small amounts of spaghetti at a time to the pot, breaking up oil patches as you drop spaghetti in. Return to boiling and cook to al dente stage (about 4 minutes if fresh, 7 minutes if dry); do not over cook. During this cooking time, use a wooden or spaghetti spoon to lift spaghetti out of the water by spoonfuls and shake strands back into the boiling water. (It may be an old wives' tale, but this procedure seems to enhance the spaghetti's texture.)

Then immediately drain spaghetti into a colander; stop cooking process by running cold water over strands. (If you used dry spaghetti, first rinse with hot water to wash off starch.) After the pasta has cooled thoroughly, about 2 to 3 minutes, pour a liberal amount of vegetable oil in your hands and toss spaghetti. Set aside still in the colander.

Meanwhile, thoroughly combine the seasoning mix ingredients in a small bowl and set aside.

In a 4-quart saucepan, combine 1 1/2 sticks of the butter, the onions and garlic cloves; saute over medium heat 5 minutes, stirring occasionally. Add the minced garlic and the seasoning mix no. 1; continue cooking over medium heat until onions are dark brown but not burned (not unlike you cook onions for Indian curry dishes), about 8 to 10 minutes, stirring often. Add 2 1/2 cups of the stock, the worcestershire and Tabasco; bring to a fast simmer and cook, about 8 minutes, stirring often. Stir in the tomato sauce and bring mixture to a boil. Then stir in the sugar and 1 cup of the green onions; gently simmer uncovered about 40 minutes, stirring occasionally.

Heat the serving plates in a 250 deg F. oven.

Combine the ingredients of the chicken seasoning mix no. 2 in a small bowl; mix well. Sprinkle over the chicken, rubbing it in with your hands. In a large skillet melt 1 1/2 sticks of the butter over medium

heat. Add the remaining 1 cup green onions and saute over high heat about 3 minutes. Add the chicken and continue cooking 10 minutes, stirring frequently. When the tomato sauce has simmered about 40 minutes, stir in the chicken mixture and heat through.

To finish the dish, FOR EACH SERVING melt 2 Tbsp butter in a large skillet over medium heat. Add one-sixth of the cooked spaghetti (a bit less than a 2-cup measure); heat spaghetti 1 minute, stirring constantly. Add 1 1/4 cups chicken and sauce and 2 Tbsp of remaining stock; heat thoroughly, stirring frequently. Remove from heat. Roll spaghetti on a large fork and lift onto a heated serving platter. Repeat process for remaining servings.

Seasoning mix no. 1 (for sauce)

2 tsp dried thyme leaves
1 1/4 tsp ground red pepper (preferably cayenne)
1 tsp white pepper
3/4 tsp black pepper
1/2 tsp dried sweet basil leaves

Combine all ingredients and set aside

Seasoning mix no. 2 (for chicken)

1 1/2 Tbsp salt (reduce this if desired)
1 1/2 tsp white pepper
1 1/2 tsp garlic powder
1 1/4 tsp ground red pepper (preferably cayenne)
1 tsp black pepper
1 tsp ground cumin (optional)
1/2 tsp dried sweet basil leaves

Combine all ingredients and set aside

CHICKEN CACCIA T ORE

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Ingredients:

1-2 lbs chicken
3 tbsp flour
2 tbsp olive oil
1 medium onion, chopped coarse
1 clove of garlic, minced
1 cup mushroom caps, quartered
2 tbsp tomato paste
1/2 cup white wine
1 14 fl oz can of tomatoes, crushed
1 tsp salt
1/4 tsp ground black pepper

3/4 tsp dried tarragon
1 tbsp paprika
chicken stock as needed

Instructions:

Depending on how fancy you want to be, the chicken can be breasts cut to bite size pieces, leftover chicken, whole thighs, etc. Remove any skin if fresh chicken is used.

Toss the chicken meat with the flour to coat. Shake off any excess flour and then saute the chicken over medium heat in the olive oil until nicely browned. Remove the meat from the pan and set aside.

Add the onion, garlic and mushroom caps and saute until the onion is translucent.

Add the tomato paste and continue to cook until the paste starts to get browned a little.

Deglaze with the wine, stirring well to dilute the tomato paste.

Add the canned tomatoes, the spices and seasonings and the cooked chicken. Cover, reduce heat and simmer for 30 minutes or longer, adding chicken stock if necessary to keep from drying out.

Serve with boiled pasta.

CHICKEN CASSEROLE

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1 Balling Fowl cooked
300 g Bacon chopped and cooked
1-2 onions cooked salt and peppered lightly
1 Cup bread crumbs
White Sauce (see below)

Instructions:

Break up chicken meat and chop (not too fine), add bacon and onion and chicken to Casserole dish. Mix in 3/4 cup of bread crumbs and white sauce. Cover with rest of the bread crumbs. Place in oven at 350 (celsius) about 1 hour.

White Sauce:

2 oz of butter
2 tbsp flour
salt and pepper
milk (with below to make about 1 pint)
liquid from cooked chicken (with fat taken off)

Melt butter mix in flour cook for minute Then add milk liquid and stir continually over the heat making sure there are no lumps in mixture stir till it thickens

CHICKEN CORDON BLEU

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Ingredients:

2 boneless chicken breasts
2 slices ham
2 slices swiss cheese
1/8 tsp garlic powder
1/8 tsp white pepper
1/8 cup bread crumbs
2/3 t vegetable oil
minced parsley

Directions:

Pound chicken breasts flat. Place one ham and cheese slice on each chicken piece. Sprinkle with minced parsley, garlic powder, salt and pepper. Roll up chicken to enclose ham and cheese. Secure with wooden toothpicks. Brush with oil. Bread with crumbs. Place on a nonstick baking sheet. Bake at 350 degrees F for 35 minutes.

CHICKEN CURRY

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Ingredients:

2 tbsps oil or ghee
2 medium onions, sliced thinly
6 cloves garlic, crushed
2" piece fresh ginger, finely chopped
1.5 tsp turmeric
2 tsp chilli powder
1/2 tsp ground black pepper
1/2 tsp ground fenugreek
2 tsp ground coriander
1 tsp ground cumin
2 tsp hot paprika
1 kg lean diced chicken either breasts or thigh fillets
- no skin
2 x 400ml coconut cream
1.5 tsp salt
2 curry leaves (optional)
1 pkt frozen 'Findus' chopped spinach

Instructions:

Heat oil in heavy pan. Add onions and fry until golden brown. Add garlic, ginger and all spices except salt. Fry

for 5 minutes until fragrant. If mixture is too dry add a little water. Stir regularly to prevent burning.

Add chicken and toss through to coat with onion/spices. Fry further 10 minutes, stirring to prevent burning/sticking.

Add thawed spinach and mix thoroughly. Add coconut cream and salt. Stir well. Add curry leaves, bring to a rapid boil.

Reduce heat and allow to simmer for at least 1.5 hours covered.

Remove lid and simmer till sauce reduces, usually 15-30 minutes.

This is an exceptionally hot curry, if you prefer a milder curry reduce by half the following ingredients: chilli powder and hot paprika.

The original recipe I had for this dish was Turkari Molee a lamb dish, but as we like chicken I have substituted chicken for the lamb and it is wonderful. If you like lamb curries try it with lamb as well. particularly nice with Pumpkin Fugath. Email if you would like the recipe.

CHICKEN CURRY BOMBAY

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Ingredients:

1/4 cup butter
2 cups cooked and cubed chicken
1 medium onion, minced
1 to 1/2 tbsps curry powder
1/4 cup chutney
1/4 cup sherry
2 avocados, halved, seeded and peeled
Crumbled bacon
Peanuts or toasted coconut, optional
Bombay sauce

Instructions:

Melt butter in a medium frying pan. Saute chicken and onion until lightly browned. Add curry powder; continue to saute. Stir in chutney and sherry. Pour Bombay Sauce into chicken mixture and place over low heat to warm through. Spoon into each avocado half. Garnish with bacon, peanuts or coconut and serve.

Bombay Sauce:

2 tbsps butter

2 tblsp flour
1/2 tsp each pepper and paprika
1/4 tsp salt
3/4 cup milk
1 cup shredded mild Cheddar cheese

Melt butter in saucepan; add flour, pepper, paprika and salt and mix well. Whisk in milk until smooth and cook over low heat until thick and bubbly. Stir in cheese.

CHICKEN DI ANE

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Ingredients:

6 boneless, skinless chicken thighs or breast halves
1/4 cup butter
1 medium onion, chopped fine
1/3 cup fresh parsley
1/4 cup steak sauce
1/4 cup dry sherry
1 Tbsp Worcestershire sauce
1 Tbsp Dijon-style mustard

Instructions:

In a large skillet, heat half the butter over medium heat until bubbly and hot. Add the chicken and cook, turning frequently until lightly browned on all sides and, when pierced with a fork, juices run clear. Remove chicken to a plate and keep warm.

In the same skillet, heat remaining butter. Add onion and saute until translucent, about 2 minutes or less. Reduce heat and add remaining ingredients, except chicken. Cook, stirring occasionally, until heated through. Return chicken to skillet and turn to coat with sauce.

Serve with rice or noodles and a tossed salad.

CHICKEN DISH

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Put a couple of cups of rice on to cook as per your choice. Cook it in a cube or two of bullion for flavor.

Skin enough chicken thighs and breasts in whatever combination your family prefers. Saute in a little olive oil. At the same time add a sliced onion (looks like a lot but it cooks down plenty) and some garlic.

When the chicken is browned, add a can of tomatoes (stewed or whole and then chopped.) with all the juices.

add a cup of white wine and a bullion cube (this will be both flavor and salt). a sprinkle of your favorite spices (Italian seasoning) is quick.

Cook for about a half an hour covered.

Serve over rice.

This can be prepared ahead of time and either frozen or eaten a few days later. If time permits, you can add sliced or canned mushrooms, a sliced carrot or whatever other vegetables you like.

CHICKEN DISH

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Chicken can be partly frozen as it is easier to work with. completely bone out the carcass leaving the leg bones in place use a boning knife if possible it makes the job easier.

Wash the insides and rub with lemon juice stuff in your usual stuffing. put a small lemon in the opening tie up and cook in oven.

Slice Hot or Cold

Not good for the microwave!

CHICKEN ET OUFFEE

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Ingredients:

1/3 cup vegetable oil
1/2 cup chopped onion
1/4 cup chopped green bell pepper (or mild hot pepper)
2 tsp minced garlic
8 ozs clam juice (can probably use wine or water instead)
1 3/4 tsp cajun spice mix
3 whole chicken breasts, bones and cubed
1 1/2 cups uncooked rice
1/3 cup all purpose flour
1/4 cup chopped celery
1 lb can tomatoes, chopped
1 tsp salt

Instructions:

To cook the chicken stir in tomatoes, clam juice, 1 tsp cajun spice, salt and chicken. Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, for 10-15 mins.

In a heavy skillet heat the oil over med. heat. Stir in flour and cook, stirring constantly until dark-red brown, about 10 mins. Add the onion, celery, pepper and garlic; cook 5 mins. Stir in tomatoes, clam juice, 1 tsp cajun spice, salt and chicken. Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, for 10-15 mins.

Remove from heat and let stand 3 mins.

While the chicken is cooking, cook the rice according to the package directions, adding 3/4 tsp to the water. Serve the Etouffee over the rice.

CHICKEN FLAUTAS

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(from Pace Picante Sauce)

Instructions:

2 cups finely shredded or chopped cooked chicken
2/3 cup Pace Thick and Chunky Salsa
1/4 cup green onion slices
3/4 tsp ground cumin
vegetable oil for frying
32 corn tortillas
2 cups shredded cheddar or Monterrey Jack cheese
Guacamole

Instructions:

Combine chicken, salsa, onion, and cumin; mix well. Heat about 1/2 inch oil in small skillet until hot but not smoking. Quickly fry each tortilla in oil to soften, about 2 seconds on each side. Drain on paper towels. Spoon 1 tablespoon chicken mixture and 1 tablespoon cheese down center of each tortilla. Roll tightly; secure with wooden pick. Place seam-side down on baking sheet. Bake in preheated oven at 400 F about 18 to 20 minutes or until crisp. Serve warm with guacamole and additional salsa. Makes 32 appetizers.

CHICKEN IN BROTH WITH COUSCOUS AND VEGETABLES

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2 stalks lemongrass, trimmed to white center or 1 tsp grated lemon peel
3 cups chicken stock
2 small onions, thinly sliced
2 jalapenos, seeded and minced
1 large garlic clove, minced
4 boneless chicken breast halves, skinned and cut into 1-in pieces
16 4-inch asparagus spears

2 small plum tomatoes, seeded and cut into 1/2-inch dice
2 tbsps unsalted butter
salt and freshly ground pepper
1/4 cup quick-cooking couscous, cooked according to package directions
1 cup fresh cilantro leaves

Instructions:

Mince lemongrass in processor. Wrap in cheesecloth. Combine stock, lemongrass, onions, chilies and garlic in 2 1/2-quart saucepan. Bring to a boil. Reduce heat and simmer 10 minutes. Remove lemongrass. Add chicken and asparagus and cook until chicken is tender, about 3 minutes. Add tomatoes. Whisk in butter. Season with salt and freshly ground pepper.

Divide couscous among shallow soup bowls, mounding in center. Arrange asparagus spears around couscous. Ladle chicken, vegetables and broth over. Top with cilantro and serve.

CHICKEN KIEV

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Ingredients:

boned, skinned, defatted/skinned chicken breast halves
number of 1/2 breasts per person dependent upon basic glutony factor.
salt
pepper - freshly ground
scallions - thinly sliced
egg(s) - light beaten with (for a lot of Kievs use 2)
1(2) tbs milk
bread crumbs - I often use commercial, season Italian
flour
butter - cold and cut into pieces about the size and shape of your little finger.

Instructions:

Preparation procedure for each breast:

Between two 1 gal. heavy-duty freezer bags pound breast until quit thin with a dhalone mallet or other flat, heavy object. Careful, do not break holes in the middle of the chicken. Work slow and carefully!

When flattened, sprinkle with salt, pepper and about a tbsps of scallions. Place scallions near the center of the breast.

Place a finger of the butter in the middle of the breast and CAREFULLY fold the chicken over the butter and roll up. Keep in mind that you are trying to create a watertight package for the butter. Variant: Place butter at one end of breast and roll-up breast over the butter, folding the ends in during the process. Like a butcher wrapping meat.

Coat the breast in the flour, dip in the egg mix and finally coat with bread crumbs. This is part of the searing process so make sure all the little nooks and crannies are covered.

Final cooking:

Dependent upon size of deep fryer place 2 to 3 breasts in hot oil and cook until slightly darker than a brown paper shopping bag. Remove from fryer and cook for about 15 minutes in a 350 oven.

CHICKEN LASAGNA

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Ingredients:

8 to 10 Lasagna noodles, cooked
2 Cups cooked diced chicken
2 Tbsp butter or margarine
1 medium onion, chopped
1/3 lb mushrooms, sliced
1 can (16 oz) canned tomatoes
1/2 tsp basil
1/2 tsp oregano
1/3 tsp each salt and pepper
3 Tbsp butter or margarine
3 Tbsp all-purpose flour
1 can (10 oz) chicken broth
1/2 cup half-and-half
1 cup shredded mozzarella cheese
1/2 cup ricotta cheese
parmesan cheese

Oven Temp: 350 F

Tomato Sauce:

1. Melt butter in skillet. Sauté onions until transparent. Add mushrooms, basil oregano, salt and pepper. Cook for a few minutes.

2. Blend tomatoes in blender or processor. Add to mushrooms. Simmer while making cream sauce, adding more tomatoes if needed. Stir in chicken.

Cream Sauce:

3. Melt butter in saucepan. Stir in flour, cooking and stirring for 2 to 3 minutes.

4. Add broth, stirring until thickened. Stir in half and half over low heat.

Lasagna Layering:

5. Spoon small amount of cream sauce in baking pan. Place 3 cooked noodles in baking pan. Add 1/3 of meat mixture and 1/3 of cream sauce. Sprinkle each layer with cheese. Repeat with remaining noodles and sauces. Sprinkle top with parmesan cheese.

6. Bake at 350 F for 20 to 25 minutes.

CHICKEN LONG RICE

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Ingredients:

3 pounds chicken breasts
3 Tbl oil
2 doves garlic, minced
6 cups chicken broth
1 tsp minced ginger or 1/4 tsp powdered ginger
1 1/2 Tbl salt
2 bundles (1 3/4 oz. each) long rice**
1 can (6oz.) whole mushrooms, drained
2 Tbl thinly sliced green onions

Instructions:

Remove skins and bones from chicken and use them to prepare chicken stock. Cube chicken. Heat oil in a large skillet; sauté chicken and garlic until browned. Add broth, ginger and salt; simmer 1 hour or until chicken is tender. Soak long rice in warm water for 30 minutes; cut into 2 inch pieces. Add long rice and mushrooms to chicken; simmer 15 more minutes. Sprinkle with green onions just before serving.

CHICKEN MARINADE

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Ingredients:

1/2 cup orange juice (approximately juice of 1 orange)
1/4 cup lemon juice (approximately juice of 1 lemon)
1/4 cup lime juice (approximately juice of 2 limes)
1/4 tsp cumin
1 dove garlic, smashed
a few drops Tabasco (or reasonable facsimile)

Instructions:

Mix together, pour over enough chicken to serve 4, allow to marinate a couple hours or overnight. Broil or (my favorite) grill until done.

CHICKEN MARINADE

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Ingredients:

1 kg Chicken pieces
5 tblsp soy sauce
1-2 cloves garlic
2 tblsp Brown sugar
5 tblsp Treikoi Marinade and sauce
ginger
fresh ground pepper
salt

Instructions:

I use Ginger granules but I have used fresh ginger.

Mix all ingredients except chicken, then pour over the chicken. Leave for 2-3 days turning the chicken at least 2 times per day, then cook over a hot plate or sling it on the BBQ

CHICKEN MASALA (Mangalorean style)

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1 kg chicken
4 tblsp curd (plain yoghurt)
1 tsp turmeric powder
1 cup onion, finely chopped
1 tsp ginger powder
1 tsp garlic powder
2 tsps chilli powder
2 tsps coriander powder
1/4 cup oil
salt to taste

Instructions:

Cut chicken into pieces and marinate with curd and salt and keep aside for an hour.

Heat oil and fry turmeric. Add onion and fry till light brown. Then add ginger and garlic mixed in a tblsp of water and stir well. Then add chilli and coriander mixed in 4 tsps water. Stir well till oil comes out clear. Now add the chicken and sufficient water to make good sauce. Cover and let cook on gentle fire till chicken is done.

Notes:

1) Cooking is about a half hour to 45 minutes, depending on size of chicken pieces and level of heat.

2) All of the curd (we used plain yoghurt) curdled (no pun, I think this is how you would describe it). So, we made another batch of sauce, using all of the ingredients except the chicken.

3) This was not hot, just spicy enough. You could probably spice it up with more chilli powder and more garlic, or fresh garlic instead of powdered.

CHICKEN NUGGETS

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Ingredients:

2 pounds chicken, deboned and skinned
1/2 pound pork sausage
3 cups fresh bread crumbs
3 eggs
1/2 tsp salt
1/8 tsp pepper
Flour
Oil for frying
Pineapple Mustard sauce

Instructions:

Finely chop chicken. Combine chicken, pork sausage, 1 cup of the bread crumbs, 1 of the eggs, salt and pepper; mix well and form into balls 1 inch in diameter. Lightly beat the remaining 2 eggs. Roll chicken nuggets in flour, then in the beaten eggs; then in the remaining 2 cups of the bread crumbs. Chill for several hours. Heat oil for shallow frying to 375F. Fry chicken nuggets until golden brown. Drain on paper towels. Serve hot or at room temperature with Pineapple Mustard sauce.

Pineapple Mustard Sauce

1/2 cup pineapple preserves
2 tblsp sweet/hot mustard

In a small saucepan combine preserves and mustard on low heat. Cook slowly, stirring frequently, until well blended. Serve warm with Chicken Nuggets.

CHICKEN 'ONO NUI

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Ingredients:

3 tblsp oil
6 tblsp flour

3 cups milk
2 cups cooked chicken, diced
1/2 tsp salt
1 tblsp pimento, sliced
1 cup pineapple, diced
3 coconuts

Instructions:

Trim rough fiber from coconut shells. Saw in half crosswise. Combine oil, flour and milk in a saucepan over low heat. Stir until you have a smooth white sauce. Add chicken, salt, pimiento, and pineapple. Fill coconut halves with chicken-pineapple mixture. Place in shallow baking pan. Bake at 350F for 1 hour. Coconut meat become firm and cannot be eaten.

CHICKEN PAELLA

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Servings: 4

Instructions:

3/4 lb Asparagus
1 lb Chicken meat; 1 inch sq.
1/8 t Pepper
2 T Olive Oil
1 Large onion
2 T White wine (Dry)
1 1/2 c Rice (long grain)
1/2 c Pimiento or roast red bell
1 c Water
3/4 c Sweet peas
3/4 lb Broccoli
1/8 t Salt
3 T Flour
1/2 lb Zucchini, diced 1/2 inch
1 Clove garlic, pressed
1 lb Tomatoes, chop, seed, skin
1 pinch Cayenne
1 c Chicken broth (14 1/2 oz)
1/2 t Saffron

Instructions:

Snap off and discard tough ends of asparagus. Cut off tips in 2 inch lengths and set aside. Cut stalks in 1/4 inch thick slices. Cut off broccoli florets and set aside with asparagus tips. Peel stems, quarter lengthwise, and cut in pieces the same size as asparagus slices. Cook sliced asparagus and broccoli in a pan of boiling water for 3 minutes or until barely tender. Drain and set aside.

Sprinkle chicken with salt and pepper. Roll in flour and shake off excess. Heat 1 tablespoon of the oil in a wide non-stick frying pan over medium high heat. Add

chicken and cook 3 minutes on each side or until lightly browned. Remove chicken from pan and set aside.

Add the remaining tablespoon oil to pan. Add zucchini and cook over medium high heat 4 or 5 minutes or until lightly browned. Remove from pan with a slotted spoon and set aside.

Add onion and garlic to pan drippings. Stir once, add wine. Then cover and cook over low heat for 10 minutes or until onion is soft and liquid has been absorbed. Stir in tomatoes and cook, uncovered, for 4 minutes. Stir in rice and cayenne.

Transfer rice mixture to a wide shallow 4 quart casserole. Add blanched asparagus and broccoli, chicken, zucchini, and roasted bell pepper. At this point, you can cover and refrigerate up to 8 hours

In a pan, bring chicken broth and water to a boil. Stir in saffron. Pour over rice mixture. Tightly cover casserole with foil. Bake in a preheated 350 F oven for 40 minutes. Add the peas and stir gently into the rice with two forks. Cover and bake for 10 or 15 minutes more minutes or until rice is tender and all liquid is absorbed.

When rice is done, cook asparagus tips and broccoli florets in a pan of boiling water for 4 minutes or until barely tender. Drain and arrange as garnish over top of rice.

CHICKEN PAPRIKA

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Ingredients:

4 lbs chicken pieces
1 large onion finely chopped
2 to 3 tblsp sweet hungarian paprika
4 tblsp butter or margarine
salt and pepper to taste
sour cream (the new fat free type works well too)
flour

Instructions:

Melt butter in large fry pan (I use a 4 qt. chicken fryer with a vent in the lid) and saute onion for a few minutes. Season chicken with salt and pepper and cook over medium high heat until just golden on both sides. Sprinkle paprika evenly over chicken. Add enough water to the pan to come about 1/2 way up the sides of the chicken pieces. Bring to a boil then cover and turn down to simmer. Leave lid slightly open or

open the lid vent about half way. Simmer for about 2 hours (less if you use boneless chicken breast).

After the chicken is cooked remove to a platter and cool enough to handle without burning yourself. Meanwhile strain the juices and return to the pan. In a medium bowl have about 1/3 cup flour (you may need to add a little more). Whisk about half of the pan juices into the flour gradually until mixture is thick and smooth. Return to the remaining juices in the pan. Turn heat back up to medium and whisk this mixture until it is very thick and smooth (this is where you may need a little extra flour). In the same bowl stir about 1/2 cup (more if you like) sour cream until smooth. Whisk about 1/3 of the gravy into the sour cream gradually. Return this to the pan and reduce heat to avoid boiling. By time all of this is done the chicken should be cool enough to handle. Remove chicken from the bones and cut or tear into bite size pieces. Return to the pan with the gravy and simmer until heated through. Adjust seasoning to taste. If there are leftovers this freezes reasonably well and is even better the next time around.

Add chicken, cover tightly, simmer 30-40 minutes or until thickest pieces are fork-tender.

Remove chicken and keep warm. Stir 1/2 cup sour cream into tomato mixture, heat until warm

Pour over chicken and serve.

CHICKEN PAPRIKA

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Ingredients + Instructions:

2-1/2 - 3 lb chicken cut up (skin removed optional)

Mix together:

1/2 cup flour
1 tsp salt
1 tsp paprika
1/4 tsp pepper

Coat chicken with flour mixture.

Heat 1/4 cup shortening (bacon grease, etc) over medium heat. Cook chicken in shortening 15-20 minutes or until light brown. Remove chicken and set aside.

Add to the skillet:

2 medium onions, finely chopped (1 cup)

Stir until onion is soft, then stir in:

1 can tomato puree
1 tblsp paprika (add more to taste)
2 tsp salt
1/4 tsp pepper