

## CHICKEN PASTRY OR B'STILA

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### Ingredients:

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1 chicken  
1/2 teaspoon turmeric  
a tablespoon of mixed herbs or "bouquet garni"  
3 large onions, peeled and minced  
3 tablespoons oil  
1/2 cup butter, margarine, clarified  
7 eggs beaten  
1/2 teaspoon salt  
1 cup chopped dill or parsley  
2 cups ground toasted almonds  
1 tablespoon cinnamon  
12 filo dough sheets  
1/4 cup powdered sugar.  
salt, fresh black pepper  
pinch of saffron

### Preparation:

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Place chicken in a roasting pan. If you use saffron threads, let them soak in half a cup of water. Pour on fowl. Sprinkle salt, pepper, turmeric and mixed herbs on top. Roast chicken in oven at 400 f for 45 minutes to an hour. Cool. Remove skin and all bones. Cube chicken. Keep giblets, except for the neck, with all the spicy, herbed juice. Set aside.

In a skillet, saute minced onions in oil. Place in a bowl.

In the same skillet, with a little oil, fry the beaten eggs mixed with salt and chopped dill. Place in another small bowl. Still in the same oiled skillet, toast almonds until slightly brown and grind them in a food processor. Set aside.

Clarify the shortening, and everything is ready to be put together now.

On the bottom of the pan used to roast the chicken, after washing and greasing it, stack 2 sheets of filo dough, letting edges overhang. Brush on top some of the clarified shortening. At broil, rapidly brown these 2 sheets. Then add cubed chicken, with all spices and juice. Spread again 2 more dough sheets with some shortening brushed on.

Broil rapidly. Add soft mixture of eggs with dill. Cover with 2 more greased sheets. Broil rapidly. Add almonds mixed with cinnamon and sugar. Finish with your best-looking greased sheets. Tuck in all dough and bake 25 to 30 minutes at 400 F until golden brown. Cool slightly. Sprinkle with remaining powdered sugar, making a decorative crisscross with cinnamon on top. Serve hot. It can be reheated several times. It can also be frozen.

## CHICKEN PEPERONI

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### Ingredients:

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1.25 kg chicken  
1 red pepper sliced  
1 cup water  
1/2 tsp basil  
salt and pepper  
1 green pepper sliced  
1 med. onion sliced  
1 140g can tomato paste  
1/2 tsp oregano

### Instructions:

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Place chicken in a roasting bag. Lay slices of peppers and onions over the bird. Mix tomato paste, water, oregano, basil, salt and pepper. Pour the sauce over the chicken and seal the bag to stop the luscious juices escaping. Puncture a couple of small holes in the top of the bag with a skewer. Place in a baking dish and bake 180 deg C for 1 1/4 hrs. Cut chicken into serving pieces and spoon sauce over.

Any left overs freezes well

## CHICKEN RAVIOLI IN PORT MUSTARD CREME SAUCE WITH MANGO GINGER CHUTNEY (serves 4 as a pasta dish before the main meal.)

### Pasta

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1 cup flour  
1 egg  
1 tbl water  
1 tbl olive oil (gives gummy texture)

Prepare two sheets of pasta rolled out to "6" on the Atlas machine. You can knead by hand forever or use a food processor on the dough.

#### Egg wash

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1 egg  
2 tbl water

Whisk together and brush on one side of each piece of pasta. The egg wash acts as a glue to hold the ravioli together during cooking.

#### Filling

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6 oz. cooked chicken (Chef Johnson called for smoked)  
1/6 cup cream  
1/4 cup mango ginger chutney (buy from your grocery store!)

Combine in food processor, or chop chicken finely with knife and mix together. (Chef Johnson called for some cayenne and more chutney, but I cut it down to my taste because I thought it was too spicy.)

#### Preparation:

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Prepare ravioli by putting 1-1 1/2 tsp lumps of chicken filling on one piece of pasta in a 2xN matrix where N is ~10-12. Place other piece of pasta over this. Egg side of both sheets should be toward the inside. Cut ravioli with a knife or a ravioli wheel. Seal ravioli with fingers or by pressing with a fork. Flour well and set aside.

You should make 20-24 ravioli. You will need 16 to serve. Expect a few to fall apart while cooking.

When sauce is ready, cook ravioli until they rise.

#### Sauce

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1 cup port wine  
8 peppercorns, bruised or cracked  
1 bay leaf  
2 shallots, diced

Reduce over high heat until nearly dry.

1 cup chicken stock

Add and reduce until total volume is about 1/4 cup.

1 cup cream  
1 tbl mustard

Add, whisk, and reduce until sauce naps. (Napping means: dip a spoon in the sauce, wipe the back horizontally with your finger. If the sauce does not run it is thick enough.)

Strain the sauce and keep warm. (Strained sauces come from French tradition. You want a smooth pretty sauce with no chunks of pepper and lumps of shallots.)

I adjusted the proportions in this recipe from Chef Johnson's original. I used less cream and more port because I like the greater flavor and color from the port.

Prepare four individual plates. On each plate, pour an equal portion of the sauce. Makes sure the sauce coats the entire center of the plate but none of the side. Place four cooked ravioli on the plate, and scoop about 2 tbl of the chutney on the middle of the plate. It should look very pretty.

What sort of wine would go with this course? I've had it with a Chardonnay and with a German Riesling. In both cases, the ginger, etc., overpowered the wine. Perhaps an Alsatian Gewurztraminer would do better, or perhaps this course just isn't suited to wine. :-)

#### CHICKEN RICE

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Servings: 4

#### Instructions:

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1 3/4 c Long grain rice  
1/2 c Finely chopped shallots  
1 t Salt  
2 T Rendered Chicken fat or oil  
2 T Finely chopped garlic  
2 c Chicken stock

#### Instructions:

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Wash rice. Heat chicken fat over medium heat. Add shallots and sauté until soft, translucent and fragrant. Add garlic and sauté until fragrant. Add rice and salt and sauté for 3 minutes. Add chicken stock and bring to a boil. Stir once to loosen rice from the bottom of the pan. Boil until surface of rice appears dry and craters form on surface. Cover, reduce heat to low, and simmer for 20 minutes. Remove pan from heat and let rice sit, covered for 10 minutes before serving.

#### CHICKEN SATE

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##### Ingredients:

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1 t turmeric  
1/2 t salt  
1/2 cup fresh or canned unsweetened coconut milk  
1 lb chicken breasts, trimmed of skin and fat and cut into  
1"x4" strips not more than 1/4" thick  
bamboo skewers  
peanut sauce

##### Instructions:

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Combine turmeric, salt, and coconut milk in a bowl. Add chicken strips, tossing to coat. Cover and refrigerate 1 to 2 hours. Meanwhile, prepare peanut sauce and soak the bamboo skewers in cold water.

Drain chicken and thread strips onto skewers. Cook on grill over hot coals or under broiler until just cooked through, 1 or 2 minutes per side. Serve with a bowl of peanut sauce on the side. Makes 4 servings.

##### Peanut Sauce

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1/2" piece fresh ginger root, peeled and minced  
1 to 2 serrano or other hot chiles, seeded and minced  
1 clove garlic, minced  
2 green onions, minced  
1/3 cup creamy peanut butter  
1/3 cup fresh or canned unsweetened coconut milk  
2 to 3 T fresh lime or lemon juice  
2 T fish sauce or soy sauce

1 t sugar  
1/4 cup fresh dill

##### Instructions:

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Combine ginger root, chiles, garlic, and green onions in a mixing bowl. Whisk in peanut butter, coconut milk, lime juice, fish sauce, and sugar. Taste and adjust seasoning if necessary. Sprinkle with dill.

#### CHICKEN SOUVLAKI

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##### Ingredients:

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1/2 C olive oil  
1/4 C lemon juice (use red lemon) or red wine vinegar (I use half of each)  
1/4 C red wine  
1/2 t minced garlic (I put more like 1 T. I love some garlic)  
1 T oregano  
3 Whole Chicken Breasts cut into 1" squares.

##### Instructions:

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Let marinade for at least 3 hours. Then take skewers and put onion-chicken-mushroom-chicken-green-pepper-chicken. Do this for until all the chicken is used up. I don't like to make these until the guests come over. Participation required. I also like to use different colors of peppers - orange, red, etc.

Grill these and brush with the leftover marinade. Be sure to constantly rotate. Will take about 15 minutes.

This is absolutely required when making chicken souvlaki:

##### Grilled Pita

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Store bought Pita Bread  
Olive Oil  
dab of butter

Grill the pita bread until they are kinda toasty on the outside. Don't turn up the burner too high! Pita should be brought to the table warm

## CHICKEN SPAGHETTI

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(Feeds 6-8 maybe more)

### Ingredients:

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3 cans (5 oz) boned chicken  
3 tbl flour  
3 tbl butter  
1/4 cup milk  
1 can cream of chicken soup  
1 can cream of mushroom soup  
8 oz shredded cheddar cheese  
8 oz shredded mozzarella cheese  
1 pkg (12 oz) spaghetti

### Instructions:

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Cook spaghetti separately - according to directions on package.

While spaghetti is cooking, mix chicken, flour, butter, milk and soups in a large pan (4-6 quart pan) over medium heat (enough to melt butter). Then add 4 oz of each type cheese. Mix well.

After spaghetti is cooked add to the chicken mixture. Pour into a 13x9 pan. Top with remaining cheeses. Bake at 350(F) for about 20-25 minutes or until cheese is melted.

Serve with some type of bread and ENJOY!

Another great thing about this dish is that it makes a great leftover.

## CHICKEN STIR FRY

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### Ingredients:

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Couple of chicken breasts  
1 or 2 white onions  
bunch of scallions (green onions, about 12)  
sugar  
black pepper  
soy sauce  
garlic powder  
onion powder  
chicken broth (boullion cube in a coup of water will do).

### Directions:

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Put about 1/2 to 1 cup of peanut oil in wok, and put on stove on highest heat -- keep the heat on HIGH the entire time you cook in the wok. Add the chicken when the oil is hot and cook until tender and no longer pink. While cooking, sprinkle garlic powder, onion powder, black pepper on chicken. Add about 2 tablespoons of sugar over chicken for sweet taste. More or less is fine. When the chicken is done browning, add the chicken broth and vegetables. Cook for about 3 or 4 more minutes, until broth starts to steam. Squirrt soy sauce over the whole thing, probably about 1/4 to 1/2 cup. Add some cold water with corn starch to thicken the sauce, how much is up to you, I usually use about 3 tablespoons in 1/3 cup or so. Stir it all together to coat everything evenly and serve over a bed of rice. Serve HOT.

### Note:

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The more sugar you add, the sweeter it will taste. I've used up to 1/2 of cup in the past. You basically want to coat the chicken with sugar granuds when adding the sugar...This makes a nice sweet sauce, sort of brownish in color (from the soy sauce)...

## CHICKEN STIR FRY

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For most stir fry redipes (at least the brown coloured gravy), this is the recipe:

### Basic Sauce:

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1 tbsps oyster sauce (I use "Lee Kum Kee" brand, from the oriental market)  
1 tsp soy sauce  
pinch of salt  
1/4 tsp sugar (or MSG)  
1 tsp corn flour  
a little ground white pepper-optional

### Method:

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Mix all the above ingredients in 1/4 cup water till well blended. Add in to cooked chicken, vegetables, etc, and stir mixture over the heat until gravy (sauce) thickens.

### Hints:

Marinate and stir fry the chicken, by itself, first. Brown some garlic and/or ginger (according to your recipe), then stir-fry the vegetables. When vegetables are 3/4 cooked, add in the stir-fried chicken, basic sauce, and stir-fry till the sauce thickens and is no longer 'dough' looking. Always remember to vary the sauce ingredients according to taste, and if sauce becomes too thick, add in a little more water, and if it thickens enough, add more cornflour blended into a little room temperature water, first. (if the sauce is not thick enough)

#### CHICKEN TANDOORI =====

(Indian Grilled Chicken)

##### Instructions:

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16 oz plain yogurt  
1/4 C lime juice  
2 doves garlic, finely chopped (or pressed)  
2 tsp salt  
1/4 tsp turmeric  
1/2 tsp coriander  
1 tsp ground cumin  
1 1/2 tsp ground ginger  
1/8 tsp cayenne pepper (optional)  
3 whole chicken breasts, split  
1 large onion, finely chopped  
1 large green pepper, finely chopped

##### Instructions:

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1. In large bowl, combine: yogurt, coriander, lime juice, cumin, garlic, ginger, salt, cayenne pepper and turmeric

Stir to mix. Add chicken pieces and toss to coat. Cover mixture and chicken with peppers and onions. Cover. Chill overnight (or longer).

2. Prepare hot coals or preheat oven broiler for 10 minutes. Turn and cook until done, approximately 15 to 20 minutes. Baste with marinade throughout cooking.

##### Note:

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Try serving this with rice; stir in the veggies (broil them or barbeque them right along with the chicken).

#### CHICKEN TIKKA =====

##### Ingredients:

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800g / 1.75 lb chicken legs (6 legs?)  
Butter for basting

##### The marinade:

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50g / 0.25 cup Yoghurt  
40g / 6.75 tsp ginger paste  
40g / 6.75 tsp garlic paste  
3g / 0.5 tsp white pepper powder  
3g / 0.5 tsp cumin powder  
5g / 1 tsp Mace-nutmeg-cardamom powder  
3g / 0.5 tsp Red Chilli Powder (substitute cayenne powder)  
3g / 0.5 tsp Turmeric  
60ml / 4 Tbs Lemon juice  
20g / 2 Tbs Gram flour  
Salt to taste  
75ml / 5 Tbs Groundnut oil (Use any veg oil)

##### Instructions:

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Clean, remove skin and debone chicken. Cut each leg into 4 pieces – 24 tikka in all.

Whisk yoghurt in a large bowl, add the remaining ingredients and mix well. Rub the chicken pieces with this mixture. Keep aside for 3 1/2 hours.

Preheat the oven to 350 degrees F.

Skewer the marinated tikka at least an inch apart. Keep a tray underneath to collect the drippings.

Roast in a moderately hot tandoor for 6-7 minutes, basting at least once. In a charcoal grill, for about the same time, basting once. In a pre-heated oven, roast the tikka for 8-10 minutes, basting at least twice. Make sure that the chicken does not touch the sides or the bottom of the oven.

##### Note:

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A tasty variation of the Murgh Tikka is the Tikka Harra Bharra (Tikka, green all over), made with the addition of mint and coriander paste (50g/3 Tbs) to the marinade.

## CHICKEN VERSUVIUS

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1 whole cut-up or parts Chicken  
1/4 cup Olive Oil  
6-8 doves whole Garlic  
6-8 peeled/quartered Potatoes  
1 tsp dried Rosemary  
freshly ground Black Pepper  
1/2 cup White Wine  
to taste Salt

### Instructions:

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Heat olive oil in oven proof skillet. Add whole garlic doves, sauté until doves are a golden brown on all sides. Prepare chicken by washing thoroughly and then drying with paper towels. When garlic is brown remove from pan and set aside. Add chicken pieces to skillet, cook until skin is brown (chicken will not be done yet). Add quartered potatoes to the pan, fitting around and between chicken pieces. Return garlic doves to the pan also fitting around chicken and potatoes. Season all with salt and pepper to taste. Sprinkle rosemary over all. Add white wine around edges of skillet so as not to wash off spices from chicken and potatoes. Bring to a simmer on top of the stove, then cover skillet and place in a 400 degree oven. Cook until chicken is very tender and potatoes are soft, about 35-40 minutes.

### Variations:

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Fresh rosemary may also be used in this dish, increase amount to 1 tablespoon. If using new red potatoes the skin can be left on.

## CHICKEN WALDORF PITAS WITH CURRIED YOGURT SAUCE

### Ingredients:

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#### Curried Yogurt Sauce

2 whole chicken breasts, skinned, boned, cooked and cubed  
1/2 cup Italian dressing  
1 medium green apple, cubed  
1/4 cup thinly sliced celery  
1/4 cup sliced almonds, toasted  
3 tblsp raisins

2 avocados, seeded, peeled and cubed  
4 pita breads, halved  
8 pieces curly greenleaf lettuce  
Cherry tomatoes, optional

### Instructions:

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Prepare Curried Yogurt Sauce. Marinate chicken in Italian dressing 4 to 8 hours. Stir in apple, celery, almonds and raisins. Add Curried Yogurt Sauce. Gently fold in avocados. Place lettuce in pita halves and fill with chicken mixture. Garnish with tomatoes.

### Curried Yogurt Sauce:

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1 cup plain low-fat yogurt  
1/2 to 1 tsp curry powder  
1/4 tsp mace

Stir ingredients together.

## CHICKEN WITH ASPARAGUS AND RED PEPPER

### Ingredients:

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1 lb boneless chicken breast, pounded flat and cut into smaller pieces  
1 egg white  
1 T cornstarch  
oil for deep-frying  
1/2 lb asparagus, cut diagonally into 2 inch pieces  
1 red bell pepper, seeded and cubed  
3 scallions thinly sliced julienne  
1 clove of garlic, minced  
1/2 t ginger finely minced

### Combine for sauce:

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3 T oyster sauce  
1 T light soy sauce  
1 T sherry  
1 T sugar

### Instructions:

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Mix cornstarch and eggwhite to form a pasty sauce. Add cut-up chicken, mixing by hand to combine. Let sit 30 minutes.

Heat several cups of oil in wok. When oil is hot, add chicken, cooking until it changes color, about 3-5 minutes. Drain and set aside.

Remove all oil except 2 T. Add asparagus and bell pepper, stir frying about 2 minutes until bright and crunchy. Remove and set aside.

Using about 1 T of remaining oil, saute scallion, garlic, and ginger. Fry 1 minute or until scallions are wilted and fragrant.

Add sauce ingredients. Stir until boiling. Add chicken and vegetables. Stir until combined and hot. Serve immediately.

CHICKEN WITH CHICK PEAS AND RICE (D' jaoj b' Hoummus au Ruz)  
(Serves 4-6)

Ingredients:

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1 large chicken  
1 cup ghee or substitute  
12 cups water  
2 medium onions, finely chopped  
1 clove garlic, crushed  
1 cinnamon stick  
4 tsp salt  
3/4 cup chick peas soaked overnight  
500g (1lb) coarsely ground meat  
1/2 tsp cinnamon  
1/2 tsp black pepper  
3/4 cup risotto pasta or broken up vermicelli  
1 cup rice washed and drained  
1/2 cup slivered almonds

Instructions:

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In a large saucepan brown the chicken in 1/4 cup of the ghee. Add eight cups water, half the chopped onions, the garlic, cinnamon stick and 2 tsp of salt. Bring to the boil, cover and continue to cook until the chicken is tender enough for the meat to fall off the bones.

While the chicken is cooking, drain the soaked chickpeas and place in a large pot with four cups of water. Bring to the boil, cover and simmer vigorously until just tender. Drain and set aside.

In another saucepan lightly brown the almonds in a little ghee. Remove and set aside.

Add 1/4 cup ghee to the saucepan and heat. Fry the meat in the ghee, stirring occasionally until brown all over. Turn down the heat to simmer and cook until nearly tender - approximately 15 minutes. Stir in the cinnamon, black pepper and the remainder of the onions and the salt and continue to cook for a further 25 minutes. Remove from the saucepan and set aside.

Place the remaining half cup of ghee in the same saucepan and saute the pasta or vermicelli until golden brown. Add the rice and saute a further few minutes. Pour five cups of the boiling broth from the cooked chicken (make up the quantity with water if necessary). Bring to the boil, add the cooked meat and onion mixture and the cooked chick peas. Stir well. Cover, simmer until the rice is tender and the liquid absorbed - approximately 20 minutes. Turn off the heat and allow to stand for 10 minutes. Serve the chickpea and rice mixture on a platter garnished with the almond and chicken pieces.

Note:

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That looks like an awesome amount of ghee. I think I would be using a lot less and cooking in a non stick pan.

CHICKEN WITH CREAM SAUCE

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Ingredients:

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1 large chicken  
1 stalk celery halved (with leaves)  
1 small onion halved  
4 sprigs parsley  
2 whole doves  
1 carrot peeled and halved  
1 tsp salt  
1 small bay leaf  
1/2 tsp thyme  
water

Sauce:

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4 Tbs butter  
1 cup chicken stock

1/8 tsp pepper  
1/2 cup cream  
1/2 cup flour  
1/2 tsp salt  
1/4 cup chopped parsley

Instructions:

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Put the chicken in the crockpot and cover with water. Add celery, carrot, onion and salt. Tie parsley, bay leaf, doves and thyme in a small square of cheese cloth, add to the pot. Cover and cook on LOW for 7-9 hrs.

Melt 4 Tbs butter in a medium saucepan. Stir in flour and cook over low heat for several mins. Gradually stir in stock. Simmer until smooth. Add salt, pepper, parsley and cream. Remove chicken from pot, slice and serve with the creamy sauce.

CHICKEN WITH ORZO

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Ingredients:

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1 fryer cut up  
1 medium onion sliced  
1 dove minced garlic (I use 2)  
1 12oz can tomato sauce (I use Hunt's low salt)  
2 tbs olive oil  
2 tbs tomato paste  
1/2 tsp cinnamon  
Fresh oregano (Has to be fresh, dried is not the same) use your own judgement Salt and Pepper to taste

Instructions:

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2 cups cooked orzo (1/2 cup/person)

Brown Chicken in olive oil and remove from pan. Add onions and garlic and sautee until translucent. Add tomato paste and mix well. Add tomato sauce, cinnamon and oregano. Mix well and add chicken with juices.

Cover and reduce heat and simmer until chicken is done about 30 to 40 min.

Serve 1 or 2 pieces chicken per person. Serve sauce over orzo salt and pepper to taste.

This is not only excellent but also very simple to make.

CHICKEN WITH POMEGRANATE JUICE

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Ingredients:

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2 1/2 to 3 pound fryer  
3 T shortening  
1/2 poultry seasoning  
1 t salt  
1/2 t pepper  
1 large onion finely chopped  
3 T butter  
2 T tomato sauce  
2 cups walnuts, finely chopped  
3 1/2 cups water  
1 t salt  
1/2 t cinnamon  
2 t lemon juice  
1 cup fresh pomegranate juice (or 2-3 T syrup) (or double if desired)  
1 T sugar

Instructions:

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Wash and prepare chicken for frying. Saute the chicken with seasoning in shortening until light brown on all sides.

Alternatively: bake chicken at 350 degrees for 45 minutes. Put chicken aside.

Saute the onions in 3 T butter until golden brown. Add tomato sauce and saute for a few minutes.

Add walnuts to the sauteed onions and saute over medium fire for about 5 minutes, stirring constantly. Be careful not to burn the walnuts.

Add water, seasoning, lemon juice, and pomegranate syrup. Cover and let cook on a low fire for about 35 minutes. Taste the sauce and if you find it a little sour add the sugar.

Arrange chicken pieces in this sauce.

Cover and let simmer for 20-25 minutes. Serve with white rice.



## CHICK WITH MUSHROOM SAUCE

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### Instructions:

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4 boneless chicken breasts  
1 can condensed cream of mushroom soup  
1/2 can milk  
1/4 cup or so chopped onions  
2 doves garlic

### Instructions:

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In a nice deep pan with a lid (frying pan) brown chicken breasts on medium to high heat until golden brown. Remove from pan.

Add onions and saute for a couple of minutes and then add garlic and cook for about a minute more.

Add can of soup to onion and garlic mixture and stir in about a half of the cans worth of milk. Heat until bubbly.

Add chicken to pan and submerge in sauce. Cook covered for about 10 minutes or until chicken is cooked thoroughly.

Serve over rice or noodles.

## CHINESE-JEWISH CHICKEN

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### Ingredients:

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1 roasting chicken  
Master sauce

### Instructions:

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In large pot, cover chicken 3/4 to all the way with sauce. Boil chicken for 20 to 30 minutes, turning the chicken over halfway through the time.

Chicken then is removed from pot -- it will be golden color. Place chicken, breast down, on roaster in preheated very hot oven, 475-500F. Roast until done, turning chicken to breast side up halfway through. Cooking time will vary with weight of chicken. Total cooking time is around an hour for a 2-3 lb roaster. Chicken is done when juices run clear.

Chicken will have very crisp skin, and will be very moist inside, from the two cooking modes. Sometimes, in the summer when I don't want the oven heat, I put the chicken, cut into two split halves, on the grill instead of the oven. Carve as a roast chicken, and use plum sauce as a dip.

(We usually serve this chicken with rice and stir fried broccoli.)

### Master sauce:

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equal parts water and soy sauce  
with garlic, ginger, and spring onions added

Simmer at length to combine flavors. Can be frozen, reboiled, skimmed, etc. I have a sauce that is a half-dozen years old at present - I add more garlic, ginger, onions, soy sauce, to replenish as needed.

## CHUTNEY GAME HENS

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### Ingredients:

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4 Cornish game hens  
4 doves garlic, crushed  
1 onion, quartered  
salt and pepper  
1 can (20 oz) chunk pineapple in juice  
1/4 cup mango chutney  
1 tsp tarragon  
Spicy Rice

### Instructions:

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Preheat oven to 400F. Stuff cavity of each hen with garlic dove and onion quarter. Tie legs with string. Sprinkle with salt and pepper. Place in roasting pan. Cover with foil. Roast for 30 minutes. Drain pineapple, reserving juice. Combining 2 tablespoons of the reserved juice with mango chutney and tarragon (reserve remaining juice and pineapple for Spicy Rice). Brush hens with chutney glaze. Roast 15 minutes longer. Serve with Spicy Rice.

## COCONUT CHICKEN WITH PINEAPPLE

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Here a recipe for what we call ' kipfilet(chicken fillet): part of the chicken with no bones or fat. It' s really easy, but very delicious.

#### Ingredients:

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1 chicken fillet per person.  
1 egg, beaten, in a dish  
chipped coconut, in a dish  
a tin with pineapple slices  
pepper  
salt  
soja sauce

#### Instructions:

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Rub fillets in with pepper and salt and soja sauce.  
Dip first in beaten egg and then in chipped coconut, so that they get entirely covered.

Put them in a frying pan with some not too hot butter: be careful that the fillets don' t stick to the pan and that the coconut does not get too dark. They will be done in about ten minutes. Check to be sure.

Then take them out and keep them warm. Turn up the heat and put in the same frying pan pineapple slices along with the juice from the tin. Keep the slices moving and brown them in about a minute or two.

Serve the pineapple and the juice with the chicken.

Goes well with rice and a salad.

#### COLD CHICKEN RECIPE

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I don' t have the exact proportions with me but an excellent dish in the summer is cold poached chicken with tuna basil sauce. Poach (or even grill) the chicken breasts in the morning and chill them for at least six hours.

The night before combine reasonable proportions of canned tuna fish(one can), yogurt (just a touch), about 1/3 of a cup of basil, juice from half a lemon and three or four anchovies. Mix it all in the blender and achieve a decent consistency by adjusting the ingredients. To

serve put a dollop of the sauce on the chicken, sprinkle with paprika and garnish with a basil leaf. Excellent and easy. (Sorry about not having the complete recipe.)

#### CORNISH GAME HENS

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#### Ingredients:

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1 cornish game hen cut-up in pieces, ie: wings, thighs breast etc  
Olive oil  
1/2 tbs butter  
2 baby eggplant peeled and diced  
Asparagus stalks in thirds (I used leftovers)  
1 cubano pepper chopped  
1 small onion chopped  
2 doves garlic minced  
1 tsp ginger  
Curry powder to taste  
1/2 cup sour cream (can substitute plain yogurt)  
Leftover Lentil Dahl (optional)  
2 cups chicken stock  
1/2 cup dried rice  
1/2 cup dried orzo

#### Instructions:

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Start the stock for the rice and orzo. When the stock is boiling add the rice and orzo and lower to simmer. Cook like you would normal rice.

In a heavy frying pan (mine is a cast iron chicken pan) on high add the olive oil (use your own judgement) and butter. Sautee the onions, garlic and pepper with the ginger and a liberal amount of curry powder. Add the pieces of hen and brown. Remove pieces and set aside. Add eggplant and asparagus until eggplant is tender being careful not to burn onion etc.

(Now if you are not going to use Dahl add about a 2/3 cup of stock and let simmer for about 5 min until hot. Then take a little of the juice out and mix with sour cream. Put mixture back in and add hen. Cover and simmer for about 30 to 40 min until juices run clear when you puncture chicken with fork).

If you are going to use some Dahl, skip the stock and add the sour cream

or yogurt right away. Mix until creamy, then add the Dahl also mixing well. Place hen pieces on top. Simmer covered for 30 to 40 min. Serve over rice-arzo mixture

Add salt and pepper to taste Although I added a little salt I didn't use pepper because it was seasoned pretty well.

Things you can add that would probably be good

Chopped tomato  
mushroom  
spinach

#### CORNISH GAME HENS

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##### Ingredients:

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4 Cornish game hens  
4 strips of bacon, chopped  
1/4 cup each of onion, celery, pecans and fresh parsley  
1 1/2 cup packaged cornbread stuffing  
3/4 cup water  
8 tbsps butter  
Salt and pepper

##### Instructions:

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Wash hens and season with salt and pepper

Fry bacon remove from pan add onion and celery for 30 seconds

Preheat oven to 350. In bowl combine bacon, onion, celery and cornbread stuffing. Add water and 1/4 cup melted butter, mix well. Stuff hens loosely and baste with remaining butter. place hens in shallow baking pan.

Bake for 1 hour and 15 minutes, basting it every 15 minutes. When done remove hens and pour fat into bowl, add remaining water and boil down to 1/3. Add parsley and pour over hens.

#### CORNISH HENS

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1. Split the birds in 2 along the backbone and breastbone.

2. Place in a ziplock bag along with a good measure of tarragon, chopped garlic, and freshly ground black pepper.

3. Add enough vermouth to cover all, and seal.

4. Let marinate all day.

5. Roast at 350 F until just done (no pink juices), basting with pan juices every 15 minutes (takes about 45 minutes).

#### CORNISH HENS

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##### Ingredients:

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2 cornish game hens  
Olive Oil  
oregano (to taste - I use 1/2 tsp)  
salt (to taste)

##### Sauce:

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1/4 stick butter  
Water

##### Stuffing:

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Bread cubed for stuffing (approx 2 cups)  
celery (1 stalk - sliced thin)  
onion (1/4 cup diced and sauted)  
poultry seasoning (to taste - I use 1 tsp)  
sage (to taste - I use 1 tsp)  
Water (1 cup - this is also to taste - if you like dryer stuffing, use less water)  
butter (3 tlb spoons)

##### Instructions:

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Boil 1 cup of water, add all ingr. except for bread cubes and let boil for 4 minutes. Remove from heat and add bread cubes and mix well.

Rub olive oil all over the hen (inside and out), sprinkle w/salt and oregano (inside and out), stuff w/the stuffing.

Put in oven @ 450 for 20 minutes, lower temp to 350 and cook for 30

minutes (or until done - when poked the juice of the hen is clear).

Remove hens from over and baking dish. Add the butter and water to the the baking dish and heat for a couple minutes to make a sauce.

#### COUNTRY CHICKEN PICCAT A

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##### Ingredients:

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1/4 cup (50 ml) milk  
1 egg, slightly beaten  
1/3 cup (75 ml) all-purpose flour  
1/3 cup (75 ml) crushed corn flakes  
1/4 tsp (1 ml) salt  
Pinch of pepper  
2 whole boneless chicken breasts, skinned and halved  
6 Tbsp (90 ml) butter or margarine  
1 tsp (5 ml) minced fresh garlic  
2 Tbsp (30 ml) lemon juice  
1 cup (250 ml) sliced (in 1 inch segments) green onions  
1 cup (250 ml) fresh mushrooms, halved  
Lemon slices and fresh parsley for garnish

##### Instructions:

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In small bowl combine milk and egg. Combine flour, crushed corn flakes, salt and pepper. Flatten each chicken breast half to about 1/4 inch thickness by pounding between sheets of wax paper. Dip chicken into milk mixture, then into flour mixture, turning to coat. In 10 inch (25 cm.) melt 4 Tbsp. (60 ml) butter. Add garlic and chicken. Cook over med. heat, turning occasionally, until golden brown (5 to 6 min. or until cooked through.)

Place chicken on serving platter; keep warm. Add remaining 2 Tbsp. (30 ml) butter to drippings in pan. Stir until butter melts. Stir in lemon juice. Add green onions and mushrooms. Continue cooking, stirring occasionally, until heated through. (2 to 4 min.) Spoon over chicken. Garnish with lemon slices and parsley.

#### CRUNCHY COATED CHICKEN

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3 lbs chicken pieces  
3 cups cornflakes

1/2 cup coconut  
1 tsp ground ginger  
1 chicken stock cube  
3 Tbs orange drink powder  
1 tsp nutmeg  
seasoned flour  
1 beaten egg with water and a little orange drink powder

##### Instructions:

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Crush cornflakes, not too fine and mix with orange drink powder, Crumbles stock cube, coconut, nutmeg and ginger. Roll chicken pieces in flour and dip in egg mixture, then in cornflake mixture. Leave pieces to dry several mins. Place chicken pieces on a rack in a baking dish and bake in mod. oven 180 degs C (350 degs F) for 45-50 mins or until cooked.

Serve with fresh orange slices sprinkles with French dressing and freshly ground pepper and a tossed salad.

#### CURRY CHICKEN

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##### Ingredients:

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1+ lb sirloin tip roast or round steak  
4+ medium potatoes  
1 large onion  
1/2 - 2/3 lb mushrooms  
4 carrots  
1 Tbsp curry  
salt, pepper to taste (I think around 1/2 Tbsp of pepper)  
2 Tbsp soy sauce  
2 tsp sugar  
1/4 cup flour  
green zucchini, optional, add five minutes before done

##### Instructions:

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Dice sirloin, potatoes, onion, mushrooms (1/4 - 1/2 inch cubes), slice carrots. Sauté separately.

Combine with curry, salt, pepper, add water to cover, boil 20 minutes. While boiling add soy sauce and sugar and perhaps some more salt and Pepper Mix flour to 1/2 cup warm water.

Add flour mixture and boil 1-2 minutes.

Serve with rice.

## CURRY CHICKEN

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### Ingredients:

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6 chicken drumsticks (white meat is okay),  
marinated \*  
1 large onion, chopped  
1 bell pepper, cubed  
2 carrots, chopped  
2 white potatoes, cubed (any potatoes will  
do)  
1 c coconut milk (from can)  
1 c chicken broth (canned ok)  
2-3 Tbsp curry powder \*\*  
1/2 Tbsp turmeric  
1 Tbsp chili powder  
oil

\*\* I use this chinese-style powder that comes in  
a red and yellow can

### \* Marinade:

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2 Tbsp sherry (dry)  
1 Tbsp cornstarch  
1 Tbsp soy sauce  
white pepper to taste

### Instructions:

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Heat oil in stockpot/dutch oven on a stove. Add  
chicken (after marinating for about 15-30  
minutes) and brown. Remove chicken and  
reserve. Brown vegetables in oil for about 5-10  
minutes until onion is soft. Remove to bowl.

Place seasonings in oil and brown for 30 seconds.  
Add stock and coconut milk. Return chicken and  
vegetables to pot. Cook about 30 minutes  
covered, then remove cover and cook an  
additional 20-30 minutes, until chicken is cooked  
through.

Serve over rice. Garnish with fresh dillantro  
(coriander leaves) if desired.

## CURRY CHICKEN

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### Marinade

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1/4 tsp Turmeric powder  
Coriander to taste (1/2 tsp is starting point)  
Cumin to taste (1/2 tsp; optional)  
1-2 tsp plain yogurt  
Salt  
Chili powder to taste (can be cayenne, ground red  
pepper, etc.)  
Salt to taste

1 Lb of fresh chicken (sliced, diced or shredded...  
your choice)

### Instructions:

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Mix the above ingredients making sure to  
thoroughly coat the chicken. You may want to  
add a little bit of oil to facilitate coating the  
chicken. Allow to marinate for approximately two  
hours.

two cloves of garlic, chopped  
1/2 cup chopped onion

Add enough oil to a skillet to fry the garlic and  
onion. Add 1/2 tsp of sugar and allow it to  
caramelize over medium heat. Add garlic and fry  
until golden brown, then add onion and fry until  
tender.

Place the marinated chicken in the garlic/onion  
mixture and fry it over low heat (do not add any  
more oil). Cover it and allow it to fry until done.  
Stir occasionally.

When chicken is done, grate about a tsp of fresh  
cinnamon over it and serve immediately over a  
bed of steamed rice. Enjoy!

## CURRY WITH PINEAPPLE

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3 cups milk  
2 cups coconut  
3 cloves garlic, minced  
1 Tbl ginger root, chopped  
2 apples, cored and diced  
2 onions, chopped  
2 Tbl curry powder  
1/2 cup butter, softened

1/2 cup flour  
1/2 tsp salt  
1/2 cup cream  
3 cups cooked chicken  
1 cup pineapple, diced

#### Instructions:

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Combine milk and coconut. Simmer. Add garlic, ginger, apples, and onions. Blend curry powder and 2 Tbl butter. Add to coconut mixture. Cook at low heat for 3 hours. Stir occasionally. Remove from heat. Cool several hours, or overnight. Strain. Heat thoroughly over low heat. Blend flour with remaining butter. Add to mixture. Stir until mixture thickens. Stir in salt and cream. Add chicken and pineapple. Cook over a low heat 1/2 hour.

#### Variation:

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For the aloha touch, serve curry in a scooped-out pineapple shell. Serve with steamed rice. Serve crisp chopped bacon, chutney, pickles, shredded coconut, chopped nuts, raisins, chopped hard boiled eggs and dried apricots (that have been soaked in water, drained and finely chopped) as condiments

#### DAN'S FAVORITE CHICKEN RECIPE

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#### Ingredients:

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1 chicken cut up, or your favorite pieces  
(I use thighs and legs -- about 2 pounds worth)  
1 jar anybody's spaghetti sauce  
dried oregano, garlic salt, or other additives  
1 crock pot  
1 full working day

#### Instructions:

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1. Cut chicken into pieces, if needed.
  2. Dump chicken pieces into crock pot.
  3. Dump 1 jar spaghetti sauce over chicken.
  4. Shake dried oregano and garlic salt (or your other favorite additives to spaghetti sauce), to taste.

5. Put lid on crock pot and turn the pot on LOW.

6. Have a nice day, don't worry, be happy.

7. Come home, fix a pot of rice or pasta, maybe a salad, and a loaf of french bread.

8. CAREFULLY remove the chicken from the crock pot to a serving platter (it's tender and will fall apart at the slightest provocation), then spoon the leftover liquid into a gravy boat or whatever you serve spaghetti sauce in.

9. Fight over who gets the top pieces with all the oregano and garlic salt piled on top.

#### DELICIOUS GOLDEN CHICKEN

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#### Basting Sauce:

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2 tblsp soy Sauce  
2 tblsp french Mustard  
Crushed clove Garlic  
1 Pinch Ginger - dried  
1 pinch Your Favorite Herb e.g. Thyme or Oregano  
(Ingredients may be varied to suit individual tastes)

#### Instructions:

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1. Place Chicken on baker as per illustration.
  2. Basted Chicken all over with sauce using Basting Brush.
  3. Cover with TENTED Paper Towel or oven bag to avoid splatter.
  4. Recommended cooking Time - 10 Mins. per 500 grams on High (650 watt oven).
  5. Best results obtained using fresh unfrozen chicken.
  6. If Frozen allow defrosting time prior to above procedure.

#### DIJON CHICKEN

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Take a whole chicken and slice down the back bone so it lays out flat. Turn on broiler, brush chicken with butter and cook 5 min, then baste,

repeat till chicken has cooked 20 min (should be skin side down). Turn chicken over and baste add thyme and red pepper sauce.

Cook on skin side up 10 minutes, take chicken out turn oven onto 400 degrees, in a bowl add 3T mustard, minced onion, and 2T of chicken grease.

Rub on skin of chicken then cover with bread crumbs, cook in oven about 10-20 min or until crumbs are brown.

#### DIJON CHICKEN

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Mix about a cup of flour with some black pepper, thyme, and marjoram. About a tsp of each.

Dredge boneless chicken breasts in the flour and then brown in butter in a skillet.

Remove the chicken, add about a 1/4 cup of vermouth and cook down to a glaze. Add a couple tablespoons of dijon mustard (I like LOTS), stir, add about a half cup of heavy cream, and simmer.

Add approx 1/4 cup of chicken broth, mixed with some of the leftover flour mixture and pour in the sauce to thicken. Add a tablespoon or so of lemon juice. Add the chicken breasts and simmer until hot. Delicious.

#### Variations:

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1) Cut up the chicken breasts into small strips before dredging in the flour. It really tastes better this way, I think.

2) Add sliced fresh mushrooms to the sauce, letting them cook up a bit with the sauce.

3) Add artichoke hearts to the sauce, just before adding back the chicken.

#### GARLIC-GINGER ROASTED CHICKEN

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Here is a good thing to do with a whole chicken:

1. prepare a marinade using soy sauce (1/2 cup), honey (1/4 cup), vinegar (any kind, 1/4 cup), chopped garlic (2 tbsp or so), and minced ginger root (2 tbsp or so). The proportions are a matter of taste.

2. Place your rinsed chicken in a ziplock bag and cover with marinade. Seal to exclude air so chicken is fully contacted by the marinade. Let marinate at least 8 hours or overnight for a more intense flavor.

3. When ready to roast, place breast side down in a shallow pan. Roast about 20 - 25 minutes per pound, 350 F. Baste with the marinade or pan juices every 15 minutes. Turn the chicken breast side up during the last half hour. Chicken should be a nice mahogany color when done. Keep a close eye on it though; the marinade can scorch a little with all that honey in it.