

GENERAL TSO'S CHICKEN (1)

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(Serves 4)

Ingredients:

4 large chicken legs
1 egg
1/2 tbsp vegetable oil
Vegetable oil
1/2 tbsp cornstarch

Sauce 1:

2 green onions
1.5 tbsps mushroom soy sauce
1.5 tbsps rice wine or dry sherry
2 .5 inch piece frsh ginger
grinding of fresh pepper
3 tbsps chicken bouillon
1 tbsp cornstarch
1.5 tbsps light soy sauce
1 tsp brown sugar

Sauce 2:

1 tsp rice or cider vinegar
1 tsp sesame oil (optional)
...5 tbsp chilli paste (more if you like hot food)

Instructions:

Bone and cut the chicken into .5 inch pieces, combine it with the egg, oil and cornstarch. Combine the ingredients for Sauce 1. Warm 2 serving dishes, one lined with paper towel, in a 250 degree oven.

Fill a wok to a depth of 1.5-2 inches with oil, heat to high (400deg), or a day-old cube of bread browns in just under a minute. Heat for another 4 mins. Put the chicken pieces in the oil, then stir fry for 3 mins.

Remove the chicken, and keep warm in the paper-lined dish in the oven. Empty the oil from the wok, reduce the heat to medium (350deg) and stir in Sauce 1.

As soon as it bubbles, stir in the chicken. Sprinkle sauce 2 over the chicken, stir fry for another minute, then turn into the warm serving

dish. Scrape the sauce over the chicken, and serve at once.

GENERAL TSO'S CHICKEN (2)

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Quoting from the article the recipe was contained in, "The dish is not difficult to make and can be prepared partially in advance. The crunch texture of the chicken pieces is achieved by coating them with egg and cornstarch, then deep-frying them twice - once to cook them through and once at a higher temperature to make them brown and crisp. The velvety sweet-sour sauce, which is combined with the chicken at the last minute, provides a wonderful counterpoint. The amount of heat is your option.

Sixteen small dried red peppers provide a moderate amount of heat. Add more or less to taste, but be careful not to bite into one. They are dynamite!"

Ingredients:

1 egg
1 tbsp cornstarch
1 lb boned, skinned chicken cut from thigh or breast
into 2 inch chunks
About 16 small dried hot red chili peppers
4 to 5 green onions, cut diagonally into 1" pieces
1 clove garlic, finely minced
1/4 tsp grated fresh gingerroot
Vegetable oil

Sauce:

4 tsp cornstarch
4 tsp sugar
4 tsp rice vinegar
6 tbsps soy sauce
1/4 C chicken broth
1/4 C water
1/4 C dry sherry wine

Instructions:

Whisk together thoroughly the egg and cornstarch. Add pieces of chicken, turning to coat evenly. In wok or deep-fat fryer, heat 2 inches of

oil to 350 F. Fry chicken, a few pieces at a time until lightly browned and just cooked through. Drain on paper towels.

Combine sauce ingredients, mixing well. Set aside. (The chicken may be fried the first time up to one hour in advance; the sauce can be combined several days in advance and kept covered in the refrigerator.)

In frying pan, heat 1 TBSP of oil until hot. Add chili peppers and cook until blackened. Add onions and stir-fry about one minute. Add garlic and ginger, cooking briefly, but do not brown. Remove from heat.

Reheat deep oil to 400 F. Return chicken to fat, in batches, and cook until crisp and golden brown. Drain on paper towels.

Re-stir sauce and add to frying pan with onions and peppers. Cook, stirring until thickened and bubbly. Add chicken and cook, stirring, until well coated and heated through. Serve over rice. Makes 3 to 4 servings.

Following is yet another recipe for General Tso's chicken. The seasoning sauce is the tricky part of the dish. Instead of thickening with corn starch as in most Chinese dishes, it is necessary to caramelize the mixture, as in making candy. I suspect some restaurants use honey as the sweetener in the sauce instead of sugar.

GENERAL TSO'S CHICKEN

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Ingredients:

- 2 whole chicken breasts
- 1 orange rind, minced
- 2+ dried hot chili peppers, crushed
- 1 tblsp fresh ginger, minced
- 1/2 cup cornstarch
- 1/3 cup fried peanuts (w/out skin), chopped

Batter:

- 1 egg
- 1/4 cup beer
- 2 tblsp soy sauce
- 1/2 tsp salt
- 1/4 cup flour

- 1/4 cup cornstarch
- 1/2 tsp baking powder
- dash of pepper

Seasoning Sauce:

- 6 tblsp sugar
- 3 tblsp cider vinegar
- 5 tblsp soy sauce
- 1 tsp cornstarch

Instructions:

1. Skin and bone the chicken. Cut into 1-1/2" x 2" strips.
2. Mix batter. Add chicken, tossing lightly to coat. Cover and chill for 1/2 hour.
3. Mix seasoning sauce.
4. Coat each piece of chicken well with cornstarch. Arrange chicken on well-floured wax paper.
5. Heat 2-3" of oil in a pan until very hot. Fry chicken for 30 seconds. Drain well on a cookie sheet covered with paper towels.
6. Reheat oil over high heat until very hot. Refry chicken until crispy and golden brown. Drain again and keep hot in oven.
7. Heat 2 tablespoons oil in wok over medium heat. Fry orange rind until golden brown. Add chili and ginger, stir-frying 20 seconds. Mix in seasoning sauce and heat to boil, stirring constantly until foam subsides and the sauce thickens slightly and turns to glaze (about 2 minutes or more). Add fried chicken, tossing to coat well. Sprinkle chopped peanuts on top.

GENERAL TSO'S CHICKEN

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Ingredients:

- 1/2 cup cornstarch
- 1/4 cup water
- 1 1/2 tsp minced garlic
- 1 1/2 tsp minced ginger
- 3/4 cup sugar

1/2 cup soy sauce
 1/4 cup white vinegar
 1 1/2 cups hot chicken broth
 1 tsp M.S.G. (optional)
 3 pounds dark deboned chicken meat cut into large chunks
 1/4 cup soy sauce
 1 tsp white pepper
 1 egg
 1 cup cornstarch
 1 cup salad oil
 2 cups scallions, sliced
 16 small dried hot peppers

Instructions:

To make sauce, mix cornstarch and water together. Add garlic, ginger, sugar, soy sauce, vinegar and wine. Then add chicken broth and M.S.G. and stir until sugar dissolves. Refrigerate until needed.

In separate bowl, mix chicken, soy sauce and pepper. Stir in egg. Add cornstarch until chicken is coated evenly. Add oil to help separate chicken pieces. Divide chicken into small quantities and deep-fry at 350 degrees until crispy. Drain on a paper towel.

Place a small amount of oil in wok and heat until wok is hot. Add scallions and peppers and stir-fry briefly. Stir sauce; add to wok. Place chicken in sauce and cook until sauce thickens. Add either cornstarch or water as needed. Serve with rice. Serves 6 - 8.

GREEK HOMESTYLE CHICKEN

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Ingredients:

Four pieces of boneless, skinless chicken breasts
 juice of two lemons
 four or five potatoes, peeled and sliced french-fry style
 1/2 cup olive oil
 1/2 to 1 cup of water
 one head of garlic, the cloves peeled but whole
 oregano, salt, and pepper to taste

Instructions:

Place chicken in a shallow baking tray.

Arrange potatoes around chicken pieces. Scatter whole peeled cloves of garlic around chicken and potatoes.

Mix together lemon juice and olive oil, and pour evenly over chicken and potatoes. Add water until potatoes are just about covered.

Add salt, pepper to taste. Cover chicken and potatoes with generous amounts of oregano.

Bake at 350 degrees, until tops of chicken are reddish brown.

Turn chicken, stir potatoes, and sprinkle on more oregano. If potatoes aren't at least half-covered with liquid, add water.

Return to oven for about 15-20 minutes. Chicken is done when both sides are lightly browned and potatoes are soft when touched with a fork.

Serve with a crusty bread, or with pita bread.

GRILLED CHICKEN TORTILLAS

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Ingredients:

3 ea whole broiler-fryer chicken breasts, halved, boned, skinned
 2 ea limes, squeeze out juice
 3 T olive oil
 1 ea clove garlic, crushed
 1/2 t salt
 1/4 t bottled hot pepper sauce (tobasco)
 12 ea flour tortillas
 3 c shredded lettuce
 2 c sliced tomatoes
 1 1/2 c shredded jack cheese
 1 ea jar (10 ozs) chunky salsa (better if you make it yourself)

Instructions:

In large non-metallic container, mix lime juice, olive oil, garlic, salt and hot pepper sauce. Add chicken, stirring to coat with marinade. Marinate 1 hour at room temperature or refrigerate overnight. Stack tortillas and wrap in foil; set aside. Place chicken on prepared grill

about 8 inches from heat. Grill, turning frequently, about 16-20 minutes or until chicken is fork tender. Remove chicken to platter; cut into 1/4-inch strips. While chicken is cooking, heat tortillas by placing foil-wrapped package on side of grill; turn package once or twice. To assemble, sprinkle one-twelfth of lettuce over chicken. Layer cheese and tomatoes over chicken; drizzle salsa over all. Roll up.

Makes 6 servings (2 tortillas per serving).

HAWAIIAN CHICKEN BREASTS

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Ingredients:

chicken breasts
1 C pineapple juice
1/2 C sugar
1/4 C sherry
1/4 C soy sauce
1/4 tsp garlic, 1 clove, minced

Instructions:

Mix ingredients together. Marinate boneless, skinless chicken breasts for at least 4 hours, preferably overnight. Grill or broil, basting with marinade, until done.

HAWAIIAN CHICKEN CURRY

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Ingredients:

1 lb or so boneless chicken
medium onion
bell pepper
1 pt coconut milk (see below)
1/2 stick butter
dried red chiles
yellow curry powder
rice
coconut
pineapple

Prepare the coconut milk:

Bring 1 pt of milk to a simmer, add 1 cup dried coconut flakes or 2 cup fresh grated coconut. Let sit for 1/2 hour or so, strain through cheesecloth.

Instructions:

In a wok or frying pan, heat the butter over lowish heat. Break up a few chiles, add to the butter and saute for a bit. Add the veggies and saute until translucent. Remove the veggies, add the curry powder, stir fry it a minute, then add the chicken. Fry until the outside of the chicken is done. Put the veggies back in, add the coconut milk, and simmer until the meat is cooked and tender.

Serve over rice and topped with crushed pineapple and grated coconut.

Incredibly tasty, and can be made hot, mild, with strong or mild curry flavor.

HERBED CHICKEN SANDWICHES

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Ingredients:

1 c chopped cooked chicken
1/4 c chopped almonds
1 t sage
2 tsp parsley
1/2 t lovage (celery tops will work, too)
mayonnaise

Instructions:

Combine ingredients. Spread on bread and garnish with watercress.

INDONESIAN SATE AND PEANUT SAUCE

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The Meat:

I've used pork fillets and chicken but my favourite is lamb. I use the cut called *fillets* which is like the beef fillet or tenderloin only much smaller. But you can use forequarter or leg or lamb - or chicken or whatever you will.

Now cube your meat and place it in a bowl with:

~2-3 tbsp soy sauce
1 tsp sambal oelek (red pepper concentrate)
1 tsp dried cumin
1 tsp dried coriander

1 tsp turmeric
 3 doves garlic, crushed
 1/2 tsp ginger
 1 tsp laos (dried galangal powder)
 1 medium onion cut in quarters lengthwise
 then each quarter
 cut crosswise - separate the layers

add a little water to the mixture to barely cover the meat and mix everything well

Let this lot sit for a couple of hours in the fridge then remove the meat and thread it on bamboo skewers that have been soaking in water. You can intersperse the meat with some of the onion if you want (which is why we cut it the way we did :)) SAVE all the marinade.

Barbeque or grill the meat. Meanwhile take around half a cup of smooth or crunchy peanut butter, put it in a saucepan, and gradually mix in the marinade (strained, if you wish). Place over a gently heat and stir while it heats through. If it doesn't look like enough, add more peanut butter and more water - this stuff is ADDICTIVE so make plenty. You might want to chuck in some more sambal oelek if you like your food fiery. You can actually add quite a bit of water and still get a fair amount of sauce from the peanut butter. It just seems to thicken up as you go. But compensate by adding more soy (for the saltiness and flavour) and more garlic and spices as you see fit.

We have this dish with either plain rice or nasi goreng (fried rice). We like to have side dishes of sliced gherkins, tomato quarters, and bananas sliced and sprinkled with lemon juice.

If you don't feel up to grilling and saucemaking simultaneously, make the sauce first and reheat it in the microwave when you need it. Add sugar to it if you like a sweeter sauce. Use coconut milk instead of water if you wish.

ISLAND CHICKEN =====

Ingredients:

 Rum
 Coconut
 Cream

Pecans

1 can Coco Lopez (or any other Pina Colada/coconut milk mix)
 egg/milk/flour
 butter

Chicken - boneless, cut into smaller portions, and thinned if necessary

Pound chicken if necessary. Dredge each piece in egg and milk mixture, flour, then coconut. If you are a cocoNUT, do both sides (I usually do). Brown in frying pan, CAREFULLY turning both sides. Remove chicken. Now: add Rum, Coco Lopez, and Cream, stirring until rum cooks off, and sauce turns a caramel color.

Pour on top of chicken, and sprinkle with pecans.

JERK CHICKEN =====

1/2 cup Jerk Rub
 1 Chicken

Instructions:

 Rub jerk on Chicken. Cook. Eat. Have plenty of cold beer handy, preferably Red Stripe.

Now the trick is obviously in the jerk rub. You can make your own or buy a jar. Jerk is available in Caribbean stores. Watch out, there is some phony stuff appearing in supermarkets which is nothing like red Jerk Seasoning.

To make your own jerk rub:

Jerk Rub:

 1 onion finely chopped
 1/2 cup finely chopped scallion
 2 tsp fresh thyme leaves
 2 tsp salt
 1 tsp allspice (BTW, In Jamaica, allspice is called "pimento")
 1/4 tsp ground nutmeg
 1/2 tsp cinammon
 4 to 6 hot peppers, finely ground (Habernero ideal, otherwise Jalapeno)
 1 tsp black pepper

Mix together to make a paste (food processor ideal). Smear all over chicken pork fish whatever.

Let sit for a while. Keep leftover rub in a jar in the frig.

JERK CHICKEN

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Instructions:

6 to 8 green onions, diced
1 medium-sized onion, diced
2 to 4 scotch bonnet peppers or jalapeno peppers, seeded and minced
3/4 cup soy sauce
1/2 cup red wine vinegar
1/4 cup vegetable oil
1/4 cup brown sugar
2 tbsp fresh thyme leaves
1 tsp whole cloves, crushed
1 tsp black peppercorns, crushed
1/2 tsp ground cloves
1/2 tsp ground nutmeg
1/2 tsp ground allspice
1/4 tsp ground cinnamon
1 1/2 pounds skinless, boneless chicken breast, cut into strips

Instructions:

Place all ingredients except chicken in a food processor fitted with a metal blade. Process for 10 to 15 seconds at high speed. Place the chicken in a bowl and pour the marinade over it. Refrigerate for 4 to 6 hours.

Preheat grill until coals are gray to white.

Remove the chicken from the marinade and drain off any excess liquid. Place on the oiled grill and cook for 4 to 5 minutes on each side, or until the chicken is white in the center. Serve the chicken with fried plantains, pumpkin rice with kale, and steamed okra.

Alternative:

Jerk chicken can also be baked in the oven. Pour the jerk marinade over chicken pieces (4 drum, 4 thigh) and refrigerate for 4 to 6 hours, turning after 3 hours. Remove the chicken pieces and place on a baking sheet. Bake at 375 for 45 minutes to 1 hour, or until meat pulls easily away from the bone. Bake 30 to 40 minutes if using chicken breast strips.

JERKED CHICKEN

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Ingredients:

4 tsp allspice
6 garlic cloves, crushed
2 tbsp fresh ginger
2 tbsp dark brown sugar
1 tsp cinnamon
1 tsp jalapeno, chopped
1/4 tsp cayenne
1/4 tsp black pepper
1/2 tsp salt
1/3 cup olive oil
1/3 cup green onions, sliced
1/2 cup red wine vinegar
2 tbsp lime juice

Instructions:

Mix all ingredients. Marinate chicken (about 4 pieces) for 2 hours.
Grill or broil, basting frequently.

KUNG PAO CHICKEN # 1

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Ingredients:

1+ lb. chicken breasts. Since I usually don't decide what to have for dinner until I get home, the chicken's usually frozen and I "nuke" it until it's still fairly hard; then it's ~~easy~~ to cut into ~ 1/2" cubes. Add 1+ Tbl corn starch and an egg white, mix it up and set aside.

A bunch (or more) green onions. Just pull off the dry or mushy parts and rinse, but you can use pretty much the whole things. Cut 'em in 1/2 to 1 inch pieces. Add 1 or 2 crushed garlic cloves (or, if you're me, 4b!)

3/4 cup peanuts (or more, or less).

Sauce: (I don't actually measure any of this)

1+ tsp. chili paste w/ garlic
1 tsp. sesame oil
1 tsp. red wine vinegar or rice vinegar
1 tsp. sugar
1+ tsp. corn starch

1/4 cup chicken stock (I'm lazy: bouillon and water works fine) 1++ Tbl cooking sherry (white wine does the trick) 1 oz. soy sauce (I prefer the darker, but it doesn't matter)

5-10 dried red peppers (the ~1-2" long ones)

Instructions:

Get 1+ cup of oil (I use corn oil) REALLY hot in a wok. Within reason, the hotter the oil, the more quickly the chicken will cook and the less grease it will soak up. Cook the chicken until it's almost done, and the pieces have stopped sticking to each other. Remove.

In the same oil, cook the peanuts. If you overcook them, they're pretty bad. You'll find that you'll get a strong peanut odor (aroma?) in the kitchen when they're ready to come out. Remove.

Dump all but ~2 Tbl oil somewhere, and heat it to smoking. Add the peppers, and cook until black (not very long!). Add the green onions and cook (stir fry) ~30 seconds. Add the chicken and stir fry ~60 seconds. Add the sauce, and when the sauce begins to thicken, you can turn off the stove. Stir in the peanuts.

After you've made this a couple times, and all the ingredients have found their way into the same cabinet, you'll find that you can prepare this using VERY few utensils and fairly quickly. I can have it on the table, including "nuking" the meat, in under 30 minutes.

One final word of caution: if you want to double the recipe, cook the meat in batches. If you try to cook more than ~1-1/3 lbs. of meat at one time, it'll just sit in the wok and soak up grease.

KUNG PAO CHICKEN #2

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Ingredients:

2/3 lb. chicken

#1 Items:

1 T. soy sauce

1 t. rice wine
2 T. water
2 t. cornstarch

#2 Items:

1 cup dried red pepper (cut diagonally into 1" sections)
1/2 cup oil for frying

#3 Items:

1 t. rice wine
1 T. soy sauce
2 t. sugar
1/2 t. sesame oil
1 t. worcestershire sauce
1 1/2 T. water
1 t. cornstarch

Procedure:

(a) Lightly pound chicken with blunt edge of a cleaver. Then cut into bite-size pieces.

(b) Mix chicken with #1 Items and leave for 20 mins.

(c) Heat pan and oil; stir-fry peppers over medium heat 30 secs.

(d) Add chicken pieces and stir-fry until chicken changes color.

(e) Add #3 Items and stir-fry until ingredients are mixed and sauce has thickened.

KUNG PAO CHICKEN (Chicken With Chiles And Nuts)

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(Servings: 4)

Ingredients:

1 lb Chicken breast, boned out into 1" cubes
4 tb Soy sauce
1 1/2 tb Cold water
1/4 ts Garlic salt
4 Dried red chiles (or more)
1 tb White wine or sherry
1 tb Sugar
1/2 ts Salt
1 ts Sesame oil

1 ts Chopped peeled gingerroot
1/2 c Peanuts
Cornstarch
Oil for deep frying

Instructions:

Combine chicken, 2 tablespoons soy sauce, cold water, 1 1/2 tablespoons cornstarch and garlic salt in bowl. Stir evenly in one direction and let marinate 30 minutes. Remove tips and seeds from chiles, then cut in 1-inch pieces. Combine remaining 2 tablespoons soy sauce, wine, sugar, 1 teaspoon cornstarch, salt and sesame oil in small bowl. Heat 2 to 3 inches oil in wok to 400F. Add chicken and fry 30 seconds. Remove chicken and drain off all but 2 tablespoons oil. Heat oil and fry chiles until black. Add gingerroot and chicken, stirring and tossing together. Add soy-wine mixture and cook, stirring, just until thickened. Remove from heat and sprinkle with nuts.

KUNG PAO CHICKEN

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Ingredients + Instructions:

Mix:

1 1/2 lb chicken breast, cut into 2" x 1/2" pieces
1 t cornstarch
1/2 t salt
dash of white pepper

Let stand for 1/2 hour. In a wok, heat:

2 T vegetable oil

and stir-fry the chicken until it turns white.
Reserve. Again heat:

2 T vegetable oil

and add:

3-4 doves garlic, minced
1 t gingerroot, minced
2 T Hoisin sauce
2-3 t chili paste (add as much as you can tolerate)
1 can sliced bamboo shoots, drained

Stir fry 1 minute, then add the chicken and:

1 green bell pepper, seeded and chopped into 3/4" pieces
1 t sugar
3 green onions, sliced into 1" lengths

Stir-fry 1 minute.

Sprinkle with:

1 cup unsalted roasted peanuts

and serve.

KUNG PAO CHICKEN

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Kung pao chicken is a Szechuan (sichuan) dish is about right, although there could be some discussions saying that it was originally from another province (guizhou).

Here is an authentic way of cooking, I am copying (translating) it down from a Szechuan cookbook:

A typically way for chinese cooking is not restrictly follow the measurements, you could always feel free to change the proportion and some ingredients to have some experiments, traditonally speaking, this is the chinese mentality, which often emphasize the cultural harmony; practically speaking, this is sometimes the fun for cooking.

Ingredients:

250g chicken breasts
50g fried peanuts
8g dry peppers
150g exacted oil from pork (traditional way, which could be ignored)
soy sauce
msg.
vinegar
sugar
salt
ginger
green onion
garlic
chinese cooking wine (dry sherry could do it)
chicken broth

Instructions:

Dice the chicken into 2cm cubes, marinate with salt, soy sauce, corn starch. put sugar, soy sauce, vinegar, chicken broth, msg (optional) in a container for later use.

Put a wok on a burner, hot!!!

Pour in the oil (if not the exacted oil, then corn oil or veg.oil) till 60% hot, put in the dry pepper, stir quickly till it turned red; then put in the chicken dice, pure in some chinese cooking wine (not much, just for flavor, you are not boiling it), stir a little bit.

Then put in the ginger, garlic, green onion (all in slices); put the sauce made in (you should hear the sizzling sound, if not, don't worry); add in the peanuts;

LEAN PORTOLA VALLEY CHICKEN

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Ingredients:

1 tblsp corn-oil margarine
3 tblsp flour
3/4 cup defatter chicken stock
1/2 cup nonfat milk
1/4 tsp salt
Dash of garlic powder
Dash of pepper
1/2 tsp curry powder
1/2 cup cold water
1/2 cup nonfat mayonnaise dressing
1/2 cup raw brown rice
1 pkg (10 ounces) frozen chopped spinach, thawed
4 boneless, skinless chicken breast halves (1 pound)
1/2 cup grated Parmesan cheese

Instructions:

Preheat the oven to 350 degrees. Spray an 11-by 7-inch baking dish with non-stick vegetable coating.

In a saucepan over medium heat, melt the margarine. Add the flour and stir for 1 minute; do not brown. Add stock and milk and stir, using

a wire whisk, until mixture comes to a boil. Add salt, garlic powder, pepper and curry powder and continue to cook for 1 minute. Remove from heat, stir in water and mayonnaise and set aside.

Sprinkle the rice over the bottom of the baking dish. Layer the spinach evenly over the top. Cover the spinach with half of the sauce mixture, then the chicken, then the remaining sauce. Sprinkle the cheese over the top and bake, uncovered, for 1 hour.

Nutritional Value per Serving:

366 calories
78 mg cholesterol
9 grams fat
824 mg sodium

LIPTON FRIED RICE WITH CHICKEN

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Ingredients:

2 tblsp vegetable oil
1 cup chopped bok choy or green cabbage
1 cup snow peas
1/4 cup sliced green onions
1 clove garlic finely chopped
1 pound boneless chicken breast, cut into thin strips
1 envelope LIPTON Onion-Mushroom Recipe soup mix
3/4 cup water
1 tblsp soy sauce
1/8 tsp pepper
2 cups cook rice

Instructions:

Heat 1 tablespoon of oil in wok over medium heat. add bok, peas, onions and garlic. stir-fry 3 minutes until veg. are crisp-tender. remove vegetables. and remain tablespoon of oil add chicken stir fry 3 minutes. Blend soup mix, water, soy sauce, and pepper, stir into wok. add veg. and rice and heat through

MALAYSIAN SATAY AND PEANUT SAUCE

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Ingredients:

1 pound beef or chicken
1/2 large onion
3 stalks lemon grass
1 thin slice galangale
1 inch piece of ginger
1/2 tsp ground coriander
1 tsp ground cumin
1/2 cup sugar
1 tsp salt
1 tsp turmeric powder

Instructions:

Cut up meat into bite-size pieces. Grind onion, lemon grass, galangale, ginger, coriander and cumin together into a paste. Mix ground paste with sugar, salt and turmeric powder. Marinate the meat in the mixture for at least 1 hour. Thread meat onto bamboo skewers. Grill (or barbeque) and serve with Peanut Sauce.

Peanut Sauce:

1/2 large onion
1 thin slice galangale
1 inch piece ginger
1 stalk Lemon grass
1 pound roasted peanuts
1 1/2 tbsp tamarind
1/2 cup oil
1/2 tbsp chillie powder (or to taste)
7 tbsp palm sugar (or brown sugar)
1 tsp salt

Instructions:

Grind onions, galangale, ginger and lemon grass.

Crush roasted peanuts in a blender. Extract 1/2 cup tamarind juice from 1 1/2 tbsp tamarind. Heat oil. Fry all ground ingredients and chillie powder till fragrant.

Add crushed peanuts, mix well. Add palm sugar (or brown sugar), salt and tamarind juice. Simmer until gravy is thick.

MARINATED CHICKEN

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Ingredients:

1/4 cup soysauce
1/4 cup cream sherry or apple juice
2 tblsp veg oil
2 tblsp lemon juice
1 tblsp Honey
1 tsp finely chopped ginger, or 1/4 tsp ground ginger
1 clove garlic finely chopped
6 boneless skinless chicken breast

Topping:

2 tsp finely chopped ginger, or 1/2 tsp ground ginger
6 thin slices havarti or jack cheese

Instructions:

Mix soy, sherry, oil, lemon, honey and 1 teasp ginger and garlic in shallow glass or plastic bowl.

Add chicken, coat and marinate for at least 1 hour.

Remove chicken and reserve marinade. Cover and grill chicken 4-6" from med coals 15-20 minutes (Mine never took this long). Brush often. When done sprinkle with remaining ginger and top with cheese. Serve when cheese melts.

MARINATED CHICKEN AND PORK

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Ingredients:

3 lb chicken pieces
1 lb lean boneless pork cubed
1 cup dry red wine
1/2 tsp black pepper
3 cups beef broth, (Campbell')
2 cloves garlic, crushed
3 tomatoes chopped
1/2 tsp rosemary
1 tsp salt

Instructions:

Place chicken pieces and pork cubes in a large bowl. Mix all other

ingredients thoroughly, pour over chicken and pork. Allow meat to marinate in sauce for about 2 hrs. (you could leave it over night) Transfer chicken, pork and marinade to cooker.

Cover pot, turn on LOW and cook 6-8 hrs. or until chicken and pork are thoroughly cooked. Serves 6.

MURGH MAKHANI

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Ingredients:

1 medium chicken, cut into lots of bits
2 medium onions, also cut into lots of bits
4 oz of unsalted butter
5-7 fl.oz of yoghurt (depending on how you like it)
5-7 tsp of tomato puree (again, use taste check)

1tsp chili powder
1tsp crushed garlic
1tsp crushed ginger
1.5tsp black cumin seeds
1.5tsp coriander
1tsp salt
2tsp garam masala
3 or so green chilis
fresh coriander

Instructions:

Mix the spices and yoghurt up in a bucket and throw in the chicken parts and puree. Leave this to one side. In a thick bottomed pot, melt the butter and fry the onions until they are sort of translucent. Pump up the heat, throw the yoghurt/puree/spice/chicken mix into the seething oil and stir fry, stirring continuously in big loops, for 5 minutes or more. Turn down the heat to about simmering temperature and add about 0.25 - 0.3 pint water. Let this simmer/cook for about 30 minutes or until you have started biting the table with the wonderful smell coming from the pot. Chop up the green chilis and coriander, and dunk them in. Cook for a further 10 mins, then serve with basmati rice, naan and some sort of dad.

Mind you, eating this meal every day will lead to a swift cholesterol death, but the flavour is superb. I

have found when serving this to other people that aren't used to spicy food, cutting down on the chilli and cumin seeds helps a lot.

ORANGE CHICKEN WITH GREEN GRAPES

(Serves: 4)

Ingredients:

1 (3 pound) chicken, cut up
1/2 tsp salt (less)
1/4 tsp ground pepper
3/4 tsp paprika (for color)
1/2 cup orange juice
1 Tbsp chopped scallions
1.5 tsp instant chicken bouillon granule (yuck! try spice mix)
1/2 tsp finely grated orange peel
1 Tbsp cornstarch dissolved in 1 Tbsp. cold water
2/3 cup seedless grapes, halved

Instructions:

1. Preheat to 350 deg. Arrange chicken skin up in 13x9x2" baking pan. Season w/salt, pepper, and 1/4 tsp. paprika.

2. In bowl, mix o.j., scallion, bouillon granules (or spice mix) and peel. Pour over chicken, and bake 1 hr., until chicken is brown and tender.

3. In medium saucepan, mix dissolved cornstarch and remaining paprika. Stir in 3/4 cup of pan drippings; bring to a boil. Stir constantly until thick and bubbly. Add grapes and cook for 2 min., until hot.

Footnotes:

If you pour the juices from cooked chicken into a container, the refrigerate, waxy fats will congeal at the top, easy to scrape off of the high protein gelatin underneath, then later, you need only heat up the gelatin to have homemade broth or soup base! Can be stored in freezer in old yogurt/sherbert containers for a long time.

Bouillon granules are frequently high in salt and MSG, among other nasties. Instead try salt-free spice mixes, such as Parsley Patch (R) or Mrs. Dash (R), or add a little more scallions and peels.

Other orange-chicken recipes may ask for 1/8-1/4 tsp. ground cloves (yum!), 1 Tbsp. honey, 1/4(+)-tsp. cinnamon, and/or fresh or frozen berries (cran, ras, black, etc.). Try mixing and matching to get your own favorite blend.

To add "orange" to chicken *breasts*, melt (<) 2 Tbsp. butter in frying pan over med heat, add seasoned chicken for 8-10 minutes, turning once. Then continue with sauces as described above...

ORANGE CINNAMON CHICKEN

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Ingredients:

3-4 lb chicken cut into serving pieces
1 cup chicken broth, homemade or canned
1/4 lb butter
2 cups orange juice
1 cup raisins (I used sultanas)
salt and fresh black pepper to taste
1/4 tsp cinnamon
2 Tbs flour

Instructions:

Heat butter in large skillet, and brown chicken. Remove chicken pieces to slow cooker as they brown. Combine all other ingredients, except flour, mix well and pour over chicken. Cover pot, turn on LOW and cook 4-6 hours, or until chicken is tender. Remove 1 cup of sauce from the pot and combine with flour, mixing well. Return sauce - flour mixture to pot. Turn pot on HIGH, and cook additional half hour.

PULLUM FRONTONI ANUM (Chicken a la Fronto)

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(Apic. 6, 9, 13)

Ingredients:

1 fresh chicken (approx. 1-1.5kg)
100ml oil
200ml Liquamen, or 200ml wine + 2 tsp salt
1 leek
fresh dill, summer savory, coriander, pepper to taste
a little bit of Defritum

Instructions:

Start to fry chicken and season with a mixture of Liquamen and oil, together with bunches of dill, leek, summer savory and fresh coriander. Then cook approximately 1 hour with 220 deg C in the oven. When the chicken is done, moisten a plate with Defritum, put chicken on it, sprinkle pepper on it, and serve.

Notes:

-- Defritum: Either thick fig syrup, or must that's boiled until you have only a third of the amount with which you started.

-- Liquamen: a salty fish sauce. Most of the time you can replace it by salt.

PULLUS FUSILIS (Chicken With Liquid Filling)

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(Apic. 6, 9, 15)

Ingredients:

1 fresh chicken (approx. 1-1.5kg)
300g minced meat (half beef, half pork)
100g groats (of oat)
2 eggs
250ml white wine
1 tbs oil
1 tbs lovage
1/4 tsp ground ginger
1/4 tsp ground pepper
1 tsp green peppercorns
50g stone-pine kernels
Liquamen or salt to taste

Instructions:

Ground pepper, lovage, ginger, minced meat and cooked groats. Add eggs and mix until you have a smooth mass. Season with Liquamen, add oil, whole peppercorns and stone-pine kernels. Fill this dough into the chicken. Cook approximately 1 hour with 220 deg C in the oven.

Notes:

-- Liquamen: a salty fish sauce. Most of the time you can replace it by salt.

ROCK CORNISH HENS STUFFED WITH CURRIED RICE

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Ingredients:

6 Rock Cornish hens
1 1/4 cup rice
1 lemon, halved
1/4 cup dried currants
salt
1 1/2 t curry powder
freshly ground black pepper
large pinch cayenne pepper
4 1/2 T unsalted butter
3 1/4 cup chicken broth
3 T minced onion
3 strips bacon
1 small tart apple, chopped
1-2 T Madeira (optional)

Instructions:

Rinse hens and pat dry. Squeeze lemon juice inside cavities and rub outside with cut lemon. Sprinkle with salt and pepper to taste.

Melt 1 1/2 T. of the butter in heavy medium saucepan. Add onion and apple. Saute, stirring occasionally, over medium heat until onion is softened but not browned, about 5 min. Add rice, currants, curry powder, and cayenne. Reduce heat to low. Saute, stirring frequently, for 5 min. Stir in 2 1/2 cup of the broth. Heat to boiling then reduce heat to low. Stir once and cook, covered, over low heat until rice is tender and all the liquid has been absorbed, about 20 min. Remove from heat. Let stand, uncovered, 15 min. to cool slightly. Spoon rice into cavities of hens. Truss hens.

Melt remaining butter in large heavy skillet over medium heat. Add bacon. Reduce heat to low. Saute, stirring occasionally, until bacon begins to brown, about 8 min. Remove bacon with slotted spoon, reserve. Add hens to drippings in skillet, working in batches if necessary. Saute, turning occasionally, until lightly browned on all sides, about 20 minutes. Reserve drippings.

Heat oven to 350 F. Place hens breast side up in roasting pan. Pour drippings over hens, baste with remaining 3/4 cup broth. Roast, uncovered, 45 min., basting frequently with pan juices. Sprinkle hens with reserved bacon. Cover pan tightly with heavy-duty aluminum foil. Roast until juices run clear when thickest part of thigh is pierced, about 30 minutes.

Remove hens to platter. Tent with foil to keep warm. Strain pan juices into small saucepan. Skim off fat. Stir in 1-2 T. Madeira, to taste. Remove trussing from hens. Spoon sauce over hens when serving.

Serves 6.

Variation:

This is even better than the original. Substitute wild rice for all or part of the rice. You will have to check to see how much raw wild rice you will need to yield the same amount of cooked rice. I don't really remember what amount I use. Also check on the difference in cooking times for wild rice. Be sure to use a good quality curry powder. I go to an oriental grocer and get Madras curry powder from India. It's much better than most American versions.

STAYKA'S CHICKEN MINDALOO 'N' PARSLEY (serves 2)

Ingredients:

250g chicken breast (or any other poultry)
1 can (400g) chopped tomatoes
1 can (250g) sweet corn (the little yellow thingies)
1 cup pineapple pieces (it was what I had left - add to taste...)
3 tsp vindaloo curry paste ++ hot (be careful, dangerous stuff!)
2 tsp vindaloo curry powder ++ hot (you can substitute hot chili powder)
0.5 - 1 cup soy sauce to marinate chicken in

Instructions:

1.) Slice chicken in small pieces (1 piece, 1 bite) and marinate in soy

sauce (ten minutes should suffice), then throw chicken + sauce into a pan (don' t throw over too far a distance, *you* have to clean up the mess)

2.) Fry chicken in pan. Make sure it is well done, you don' t want treat salmonellas.

3.) Put the can of tomatoes + the can of sweet corn into the pan and cook together with the chicken pieces (make sure to remove the cans before cooking).

4.) Add vindaloo curry paste + powder (well, and if you like it *really hot* - and I *mean* REALLY - also add some hot chili powder) and stir until everything is well blended.

5.) Add pineapple pieces.

6.) Serve hot :-)

I *strongly* suggest that you start with half of the aforementioned amount of vindaloo spice and add more to taste! It' s always easier to add* something than trying to fish it out of the meal...

Normally I eat one serving for lunch and keep the second one for dinner. I found it certainly additive, once I got over the initial shock of the added pineapple pieces. You can moderate the impact of this fiery stuff (well, my teaspoons are rather well heaped) with an additional portion of rice or nan (the wonderful Indian bread).

Variations:

When you like onions you can also add two finely chopped onions. As I despise them, I don' t... Other variations include adding 1 tsp finely chopped ginger, 1 tbsp ground almonds, 1 tbsp ground cashew nuts, 1 tsp lemon juice, 1 medium diced potato, 1 tbsp red vinegar. Just experiment a bit with the additional ingredients. I only add those things when I find them in the kitchen + I have enough time to do some experiments...

STEAMED CHICKEN CANTONESE

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Ingredients:

1 whole chicken, washed and patted dry
1 T salt
1 T rice wine
shredded scallions
shredded ginger
1 t cornstarch
1 T water
3-4 cups of water

Instructions:

Combine the salt, rice wine, shredded scallions and ginger together. Rub on the chicken on the inside and outside. Let sit for 20 minutes. Place in the steamer and steam for about 25 minutes -until done of course. The water should have reduced and you can pour out the juice from the inside of the chicken as well. Remove the chicken and cut up. Combine the cornstarch and tablespoon of water and then into the reduced chicken juices to make it thicker. Place additional shredded scallions and ginger over the chicken, pour the sauce over it and heat up about 4T of oil (not smoking hot), and pour over the scallions and ginger.

SUNSHINE CHICKEN (299)

(Serves: 4)

Ingredients:

3 pounds chicken thighs
1/2 tsp salt (less if possible)
1/4 tsp ground pepper
1/2 tsp dried tarragon (yech!)
1/2 cup orange juice
1 navel orange, peeled, sectioned
2 Tbsp brandy (kirsch?)
2 tsp cider vinegar (for instance)
1 tsp grated orange peel (more!)
5 tsp cornstarch (to thicken)
2 tsp sugar (use warm honey!)
1/2 "seedless" grapefruit, peeled, sectioned
1 cup chicken broth (from the last chicken you cooked!)

Instructions:

1. Preheat to 350 deg. Arrange chicken skin up in 12x8x2" baking dish.
Season w/salt and pepper. Bake for 45 min.

2. In pan, mix cornstarch and sugar. Stir in broth, o.j., brandy, vinegar, peels and tarragon. Cook, stirring over med. heat until sauce boils and thickens, about 3 min. Stir in orange, grapefruit sections.

3. Spoon sauce and fruit over chicken. Return to oven for 15 min. longer, until chicken is "fork tender".

Footnotes:

If you pour the juices from cooked chicken into a container, then refrigerate, waxy fats will congeal at the top, easy to scrape off of the high protein gelatin underneath, then later, you need only heat up the gelatin to have homemade broth or soup base! Can be stored in freezer in old yogurt/sherbert containers for a long time.

Bouillon granules are frequently high in salt and MSG, among other nasties. Instead try salt-free spice mixes, such as Parsley Patch (R) or Mrs. Dash (R), or add a little more scallions and peels.

Other orange-chicken recipes may ask for 1/8-1/4 tsp. ground doves (yum!), 1 Tbsp. honey, 1/4(+)-tsp. cinnamon, and/or fresh or frozen berries (cran, ras, black, etc.). Try mixing and matching to get your own favorite blend.

To add "orange" to chicken *breasts*, melt (<) 2 Tbsp. butter in frying pan over med heat, add seasoned chicken for 8-10 minutes, turning once. Then continue with sauces as described above...

SWISS CHICKEN CASSEROLE

Ingredients:

5-6 boneless, skinless chicken breast halves
1 can cream of chicken soup
1 soup can of water
1 pkg swiss cheese
1/2 stick of butter
1 pkg coarse bread crumbs

Instructions:

Cut the chicken into bite-sized pieces and place in the bottom of a casserole dish (dish needs to have a lid). In a small bowl, mix soup and water then pour over chicken. Put a layer of swiss cheese over this. Melt butter and add enough bread crumbs to take up the butter. (I always add quite a bit - I like a crunchy top :-)
Sprinkle bread crumbs/butter over the cheese. Bake in a 375F oven for 35-45 minutes until nicely browned and bubbly.

Note:

I use lite or fat free swiss and also Campbell's Healthy Request soup to reduce the amount of fat.

TANDOORI-STYLE CHICKEN

Instructions:

5 garlic cloves
1/2 t freshly ground pepper
1 1-inch cube peeled ginger
1/2 t salt (optional)
1 med. onion, cut into 8 wedges
1/4 t ground cardamom
1 cup plain lowfat yogurt
1/4 t freshly grated nutmeg
3 T fresh lemon or lime juice
1/4 t ground doves
1 T olive oil
1/4 t cinnamon
2 t ground coriander
1/4 t cayenne pepper
1 t ground cumin
8 chicken pieces, skinned
1 t turmeric
chopped green onion
lemon or lime wedges

Instructions:

Mince garlic in processor. Add ginger and mince. Add onion and mince. Add next 13 ingredients and puree. Transfer to bowl. Cut deep slashes in chicken pieces. Add to marinade, turning to coat well. Cover. Refrigerate overnight.

Preheat broiler. Generously butter broiler pan and large shallow

ovenproof glass baking dish. arrange chicken on pan and broil about 3" from heat source for 5 min. per side. Reduce oven temp. to 325 F. Transfer chicken to baking dish. Bake until juices run clear when pierced with tip of sharp knife, basting frequently with marinade, for 20-25 minutes. Garnish with green onion and lemon/lime wedges.

TARRAGON CHICKEN (Serves 4)

Ingredients:

3-4 lb chicken
1 tsp garlic salt
1 Tbs dried parsley
3 Tbs vinegar
2 Tbs soft butter
1 tsp tarragon
1/8 tsp ground black pepper

Gravy:

2 Tbs cornstarch in 2 Tbs cold water, stirred until smooth.
1 cup accumulated cooking liquid.

Rub chicken with butter; place in slow cooker. Combine seasonings and herbs and sprinkle evenly over chicken. Add vinegar. Cover and cook on LOW about 8 hrs. Do not remove lid during this time. Remove chicken to hot platter.

Prepare gravy by combining the cornstarch mixture and 1 cup accumulated liquid in a saucepan. Heat and stir until mixture boils and is thickened. Serve over hot chicken.

THAI BBQ CHICKEN APPETIZERS 3 lbs chicken wing drumettes

Marinade:

1/4 cup coarsely chopped garlic
roots and lower stems of one bunch dillantro, chopped (about 1 tbsp - shop for a bunch that still has some roots attached)
1 tsp ground turmeric
1 tsp curry powder
1.5 tsp ground dried chilis (cayenne or equivalent)

1 tbsp sugar
1/4 tsp salt
3 tbsp thai fish sauce (filipino or vietnamese is ok, too)

Basting liquid:

1/2 cup coconut milk (canned is ok)

Garnish:

dillantro sprigs (left over from making marinade)
dipping sauce (see recipe below).

Preparation:

Process all marinade ingredients in a blender until smooth. Marinate chicken, refrigerated, overnight. Grill over hot coals until done, brushing frequently with coconut milk. Serve garnished with dillantro sprigs, accompanied by steamed rice and bowls of dipping sauce.

THAI-STYLE CHICKEN WITH BASIL (Servings: 6)

Ingredients:

2 tbsp fish sauce
2 tbsp light soy sauce
2 tbsp plain low-fat yogurt
juice and grated peel of 1 lemon
3 cloves garlic, minced
3 tbsp minced fresh basil
2 tsp hot red pepper flakes
1 tsp ground ginger
1 frying chicken (3 lbs) cut up and trimmed of fat

Instructions:

1. Put all ingredients except chicken in a plastic bag. Knead back lightly to mix. Add chicken and turn bag several times to coat pieces evenly. Marinate for 30 minutes in refrigerator.
2. Remove chicken pieces from bag and arrange, skin side up, in a shallow nonstick roasting pan. Roast in a preheated 375-degree oven for 50 minutes.