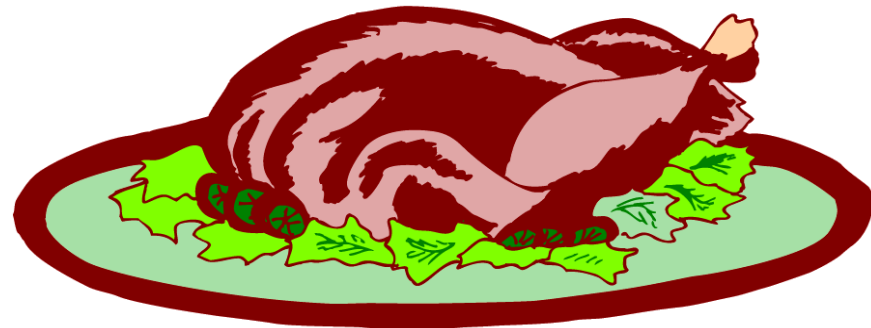


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Chicken Roll-Ups – Amy Mitchell

3 oz. cream cheese
3 Tbl. melted butter
2 Tbl. milk
¼ tsp. salt
1/8 tsp. pepper
1 Tbl. chopped onions
2 cups cooked cubed chicken
1 pkg. crescent rolls

Topping:

Bread crumbs and melted butter

Gravy:

1 can cream of chicken soup

Blend cream cheese and butter until smooth. Add milk, seasoning, onions and chicken. Separate crescent triangles. Roll out bigger and put mixture in center. Fold two corners in and roll to third corner. Put in greased pan. Sprinkle with bread crumbs and drizzle with melted butter. Bake at 350 for 20 to 25 minutes. Serve with gravy.

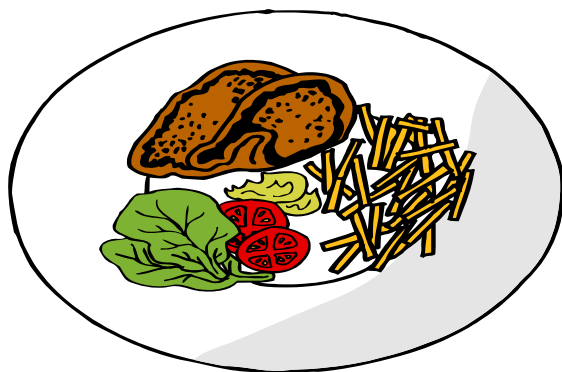
Jambalaya

4 cups water
2 cups rice
6 Tbl. butter or margarine
2 cups onion, finely chopped
2 Tbl. garlic, finely chopped
1 1-lb. Can tomatoes, chopped
3 Tbl. tomato paste
1 ½ lbs. Cooked, shredded chicken
1 cup celery, finely chopped
1 cup green pepper, finely chopped
2 Tbl. chopped parsley
½ tsp. cloves
½ tsp. thyme
½ tsp. cayenne pepper, or less
¼ tsp. black pepper
1 lb. Medium to large shrimp, lightly sautéed in olive oil, shelled and deveined

Sausage can be added. You can use Italian or Louisiana sausage. Broil or grill it first, and cut it in 1” rounds and add it at the end.

Prepare rice using the 4 cups water for 2 cups rice. Wilt onion and garlic in butter. Add the rest of the ingredients, except chicken and shrimp. Cook until tender, about 10 minutes.

Add the chicken, shrimp and the sausage (if desired).



Chicken Creole

Serves 4

2 whole chicken breasts, skinned and boned

½ tsp. salt

¼ tsp. pepper

1 Tbl. oil

Sauce:

3 Tbl. oil

1 cup finely chopped onion

½ cup finely sliced celery

½ cup finely diced green pepper

2 cloves garlic, minced or pressed

1 can (14-0z.) whole peeled tomatoes

½ cup water

1 ½ tsp. paprika

½ tsp. salt

Dash cayenne pepper

1 bay leaf

1 tsp. cornstarch

1 Tbl. cold water

Minced celery leaves, for garnish, optional

Quick and Easy Jambalaya

1 pkg. linguini

1 lb. Shrimp

1 lb. Chicken, shredded

1 pt. Half and half

1 Tbl. Worcestershire sauce

1 tsp. Tabasco

½ tsp. cayenne pepper

Shredded Parmesan cheese

Cook linguini according to directions on pkg.

Cook shrimp and chicken. Heat all other ingredients and mix with linguini, chicken and shrimp.

Wash chicken. Trim off any excess fat. Pat dry.

With kitchen shears, cut chicken into 1" pieces. Toss with salt and pepper.

In a large skillet, heat oil. Add chicken and cook over medium-high heat about 5 minutes, or until chicken is opaque on all sides and very slightly golden, tossing chicken frequently. Remove chicken and juices; set aside.

In same skillet, heat oil. Add onion, celery, green pepper and garlic and sauté until vegetables are tender. Stir in tomatoes and their liquid. Break up with a spoon. Stir in ½ cup water, paprika, salt, cayenne pepper and bay leaf. Bring to a boil. Cover and simmer over low to medium heat for about 10 minutes.

Stir in chicken and juices. Blend together cornstarch and 1 Tbl. cold water.

Stir into chicken mixture. Uncover and simmer over low heat 10 to 15 minutes, or until chicken is done and tender.

Wiener Schnitzel – Rebecca Wendel

Boneless, skinless chicken breasts (or boneless pork)

1 egg, beaten with 1 Tbl. water

Flour

Seasoned dry bread crumbs

3 Tbl. butter or margarine

1 Tbl. oil

¼ cup heavy cream, optional

Pound meat until thin. Pat dry. Dip in flour, then dip in egg-wash, then cover with breadcrumbs. Heat butter and oil in skillet until hot. Brown meat on both sides, then turn down heat and cook until done (15 to 25 minutes depending on thickness). If desired, make gravy with any drippings in pan. Pour heavy cream in skillet and add salt, pepper or other seasonings to taste. Heat to a boil and spoon over meat.

Chicken and Sour Cream Enchiladas

Chicken, cooked and cubed, about 1 ½ cup

½ pint sour cream

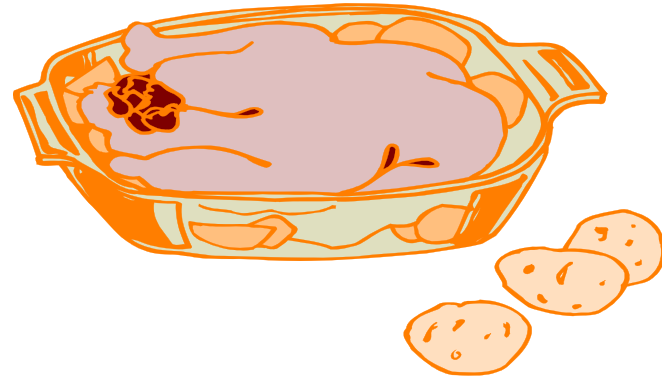
1 cup grated cheddar cheese

1 small can chopped green chilis

Combine above ingredients and place on corn tortillas. Roll tortillas separately with chicken mixture inside and place in lightly greased casserole dish. Top with enchilada sauce. Bake at 350° for 30 minutes.

Chicken Cacciatore

¼ cup flour
1 tsp. Salt
¼ tsp. Pepper
3 to 3 ½ lbs. Chicken pieces
¼ cup salad oil
¼ tsp. Oregano
½ tsp. Italian seasoning
1 ¾ cups (14-oz. Can) whole peeled tomatoes and juice
1 6-oz. Can tomato paste
1 4-oz. Can sliced mushrooms and juice
½ cup water



Combine flour, salt and pepper. Coat chicken pieces with flour mixture and brown in oil in large skillet. Combine remaining ingredients. Stir to break up tomatoes. Pour over chicken. Cover and boil gently for 45 minutes or until chicken is tender. Remove chicken to serving dish. Thicken remaining sauce, if desired. Serve sauce with chicken and cooked pasta.

Chicken Divan

2 lbs. Boneless, skinless chicken breasts
2 10-oz. Bags frozen broccoli, cooked slightly and drained
2 cans cream of chicken soup
1 tsp. Lemon juice
1 cup mayonnaise
1 tsp. Curry powder
1 cup shredded cheddar cheese
1 cup breadcrumbs

Preheat oven to 350°. Grease a 9" x 13" glass baking dish. Simmer and brown chicken; shred. Place slightly cooked broccoli into baking dish; top with chicken. In medium bowl, combine soup, lemon juice, mayonnaise and curry powder; pour over chicken. Top chicken mixture with cheese and bread crumbs. Bake for 30 minutes.

Chicken and Rice Casserole – Grandma Mitchell

1 Chicken, cut up
1 cup raw rice
Bacon
1 can cream of mushroom soup
1 soup can of water

Preheat oven to 350°. Line a casserole dish with bacon (closely).
Pour rice over bacon. Add chicken, salt and pepper. Combine soup and water; pour over chicken. Bake for 1 ½ hours.

Chicken and Rice Dinner

1 ¼ lb. Chicken
1 1/3 cups water or milk
2 cups uncooked rice
1 can cream of chicken soup
2 cups fresh or frozen broccoli
1 tsp. Cooking oil

In large skillet, heat oil and cook chicken on medium heat until brown. Remove chicken from pan; set aside. Add soup and milk (or water) to skillet and bring to a boil; stir in rice and broccoli. Top rice mixture with chicken; cover and cook on low heat for 5 minutes or until rice is tender.

Easy Chicken and Rice

1 chicken, cut up
1 cup milk
1 cup rice
1 can cream of chicken soup
1 can cream of celery soup

Mix all ingredients. Pour into 9" x 13" pan.
Bake at 300° for 2 hours, covered.

Spicy Chicken With Rice

1 pkg. Chicken
1 can cream of chicken soup
1 cup water
¾ cup rice
Paprika to taste
Pepper to taste

Preheat oven to 375°. Mix soup, water and rice in glass pan; add chicken on top. Sprinkle with pepper and paprika. Cover with foil and bake for 1 hour.

Cheesy Oven-Fried Chicken – Hilda Brock

Chicken pieces
Cheez-Ritz crackers, crushed
Salt and Pepper to taste
Melted butter or margarine

Salt and pepper chicken to taste. Dip in melted butter. Roll in cracker crumbs. Bake at 350° for exactly 1 hour.
TIP: One box of crackers will cover about 2 fryers, cut up. Extra butter and crumbs may be scattered over chicken in pan.

General Tso's Chicken

Meat:

3 lbs. Deboned dark chicken meat, cut into large chunks
¼ cup soy sauce
1 tsp. white pepper
1 egg
1 cup cornstarch
Vegetable oil for deep-frying
2 cups sliced green onions
16 small dried hot peppers

Mix chicken, ¼ cup soy sauce and white pepper. Stir in egg. Add 1 cup cornstarch and mix until chicken pieces are coated evenly. Add cup of vegetable oil to help separate chicken pieces. Divide chicken into small quantities and deep-fry at 350° until crispy. Drain on paper towels.

Sauce:

½ cup cornstarch
¼ cup water
1 ½ tsp. minced garlic
1 ½ tsp. minced ginger root
¾ cup sugar
½ cup soy sauce
¼ cup white vinegar
¼ cup cooking wine
1 ½ cup hot chicken broth
1 tsp. monosodium glutamate
(optional)

Mix cornstarch with water.

Add garlic, ginger, sugar, ½ cup soy sauce, vinegar, wine, chicken broth and MSG (if desired). Stir until sugar dissolves. Refrigerate until needed.

Place a small amount of oil in wok and heat until wok is hot. Add onions and peppers and stir-fry briefly. Stir sauce and add to wok. Place chicken in sauce and cook until sauce thickens.

Don's notes: Adjust the red peppers to taste (I use crushed red pepper instead of whole). Omit the wine (the alcohol cooks off anyway) or substitute a sauterne cooking wine if desired.

Country Chicken Nuggets

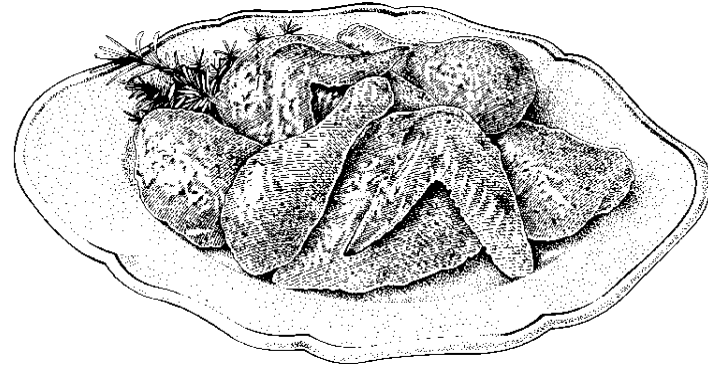
1 cup corn flake crumbs
1 ½ tsp. Oregano leaves
1 ½ tsp. Thyme leaves
2 whole boneless chicken breasts, skinned, cut into 1" pieces
½ cup butter or margarine, melted

Sauce:

1 cup dairy sour cream
2 Tbl. Country-style Dijon mustard
1 Tbl. milk

Heat oven to 425°. In small brown stir together corn flake crumbs, oregano and thyme. Dip chicken pieces in melted butter, then coat with crumb mixture. Place chicken ½" apart on 15" x 10" jelly roll pan. Bake for 10 to 15 minutes or until fork tender and crisp. Meanwhile, in small bowl stir together all sauce ingredients. Serve nuggets with sauce.

TIP: Nuggets can be baked ahead of time and reheated at 350 for 10 minutes.



Cashew Chicken Nuggets – Rebecca Wendel

1/3 cup cashews
¾ cup spoon-size shredded wheat
½ tsp. salt
2 lbs. boneless chicken breasts, cut into 1 ½ to 2 inch pieces
3 Tbl. oil

In a food processor, use the metal blade to pulse-chop cashews, cereal and salt until mixture is very fine, about 6 to 8 pulses. Transfer to a flat plate. Blot the chicken dry and coat each piece with the cashew mixture. Heat 1/8" deep oil in a 10" skillet until very hot. Sauté chicken, turning once, until golden brown, about 7 minutes. Serve with Fruit Dipping Sauce.

Fruit Dipping Sauce

1 large clove garlic
1 cup strawberry preserves
¼ cup soy sauce
1/3 cup red wine vinegar

Peel garlic and using a food processor, chop until fine, about 10 seconds. Scrape down bowl, add remaining ingredients and combine 10 seconds more. Transfer to a small pot over medium-low heat and let simmer 10 minutes.

Creamy Chicken-Filled Turnovers

Filling:

2 Tbl. Butter or margarine
2 Tbl. Finely chopped onion
1 ½ cup chicken, cooked and shredded
3 oz. Cream cheese
¼ tsp. Salt
¼ tsp. Thyme leaves
¼ tsp. Pepper
3 Tbl. White wine or chicken broth

Pastry:

1 ⅓ cups all-purpose flour
½ tsp. Salt
½ tsp. Paprika
½ cup butter or margarine
2 to 4 Tbl. Cold water

In 10" skillet melt butter; add onion. Cook over medium heat until softened (4 to 5 minutes). Stir in remaining filling ingredients. Continue cooking, stirring occasionally, until cream cheese is melted and heated through (2 to 3 minutes); set aside. Heat oven to 375°. In medium bowl combine all pastry ingredients except butter and water. Cut in butter until crumbly. Stir in water; shape into ball. On lightly floured surface roll out dough to 1/16" thickness. Cut with floured 2 ½" round cookie cutter. Place 1 tsp. filling on one half of circle; fold other half over. Press edges with fork to seal. Place on cookie sheets; repeat with remaining pastry and filling. Bake for 15 to 20 minutes or until golden brown.

Florentine Chicken

1 frying chicken (2 to 2 ½ lb.)
Salt and freshly ground pepper to taste
1 Tbl. Chopped parsley
½ cup olive oil
Juice of 1 lemon
¾ cup all-purpose flour
2 eggs
Oil for frying

Cut chicken into 14 to 16 small pieces or ask the butcher to do so. Wash and dry pieces thoroughly. Place chicken pieces in a large bowl. Season with salt and pepper and sprinkle with parsley. Add oil and lemon juice; mix well. Let stand 2 to 3 hours. Spread flour on aluminum foil. Beat eggs with salt and pepper in a medium bowl. Remove chicken from marinade and pat dry with paper towels. Coat chicken lightly with flour. Dip into beaten eggs; let excess egg drip off. Pour oil 2" deep in a large saucepan or deep-fryer. Heat oil to 375° or until a 1" cube of bread turns golden brown after 1 minute. Fry chicken pieces 10 to 12 minutes or until golden on all sides. Drain on paper towels. Place chicken pieces on a warm platter, sprinkle lightly with salt. Serve immediately.

Cheesy Tomato Basil Chicken Breasts

3 whole boneless chicken breasts, skinned, cut in half

Sauce:

3 Tbl. Butter or margarine

2 cups (2 med.) ripe tomatoes, cubed 1"

1/3 cup chopped onion

1 6-oz. Can tomato paste

1 Tbl. Basil leaves

1/2 tsp. Salt

1/4 tsp. Pepper

2 tsp. Minced fresh garlic

Topping:

1 cup fresh breadcrumbs

1/4 cup chopped fresh parsley

2 Tbl. Butter or margarine, melted

6 oz. Mozzarella cheese, cut into strips

Heat oven to 350°. In 9" x 13" baking pan melt 3 Tbl. Butter in oven (4 to 6 minutes). Meanwhile, in medium bowl stir together remaining sauce ingredients; set aside. Place chicken in baking pan, turning to coat with butter. Spoon sauce mixture over chicken. Bake for 30 to 40 minutes or until chicken is no longer pink. Meanwhile, in small bowl stir together all topping ingredients except cheese. Place cheese strips over chicken; sprinkle with topping mixture. Continue baking 5 to 10 minutes or until chicken is fork tender and breadcrumbs are browned.

Chicken Parmesan

4 8-oz. Skinless breasts, pounded to 1/2" thick

1 cup flour

Egg

2 Tbl. Oregano

2 Tbl. Basil

2 Tbl. Parsley

2 cups unseasoned breadcrumbs

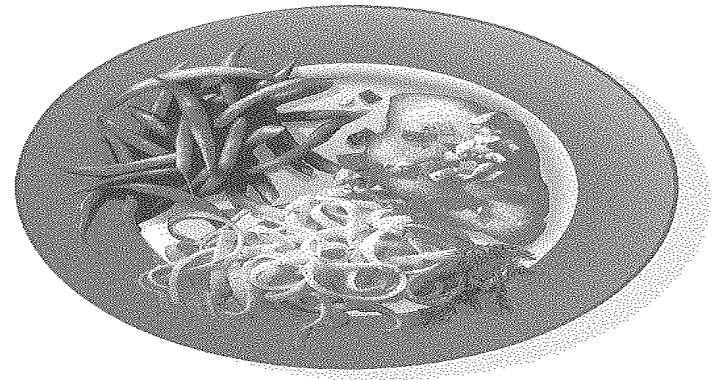
1/3 cup Parmesan cheese

Olive oil spray

2 cups chunky spaghetti sauce, heated

1 cup mozzarella cheese, shredded

Preheat oven to 375°. Dredge chicken in flour; dip in egg. Mix herbs with breadcrumbs and Parmesan cheese. Lightly coat chicken with breadcrumb mixture. Spray chicken with olive oil spray and place on baking sheet. Bake for 25 minutes or until chicken is no longer pink. Top cooked chicken with spaghetti sauce and mozzarella cheese.



Judy's Spiced Chicken

4 chicken breast halves
½ cup all-purpose flour
½ tsp. salt
1/8 tsp. pepper
¼ tsp. ground ginger
2 Tbl. Butter or oil
½ cup chopped onion
1 green pepper, chopped
2 cans (14 1/2-oz. each) stewed tomatoes
1 tsp. ground ginger
1 tsp. curry powder
¼ to ½ tsp. crushed red pepper
1 tsp. salt
¼ tsp. pepper

Preheat oven to 375°. Rinse chicken; pat dry; remove any excess fat. In a bag, combine the flour, salt, pepper and ginger. Place chicken breasts, one at a time, in bag. Shake to coat evenly. Heat butter or oil in a large, heavy skillet. Brown the chicken breasts. Place in a flat casserole. To the skillet, add the onion, green pepper, tomatoes, ginger, curry, crushed red pepper, salt and pepper; stir. Bring to a simmer. Pour over the chicken breasts. Bake, uncovered, for 30 minutes. The chicken should be moist, do not overcook.

Caesar Chicken – Zacky Farms

4 Chicken breasts
2 Tbl. Olive oil
2 ½ Tbl. Fresh lemon juice
1 tsp. Worcestershire sauce
1 tsp. Dijon mustard
¾ tsp. garlic salt
1/8 tsp. pepper
2/3 cup finely crushed seasoned croutons
1/3 cup grated Parmesan cheese
8 Romaine lettuce leaves
Lemon slices

In zip-lock plastic bag, make marinade by mixing together olive oil, lemon juice, Worcestershire sauce, mustard, garlic salt and pepper. Add chicken, seal bag and shake to mix and thoroughly coat chicken. Refrigerate 15 minutes. On shallow plate, mix crushed croutons and Parmesan cheese. Remove chicken from marinade and drain; reserve marinade. Add chicken, one piece at a time, to crouton mixture, dredging to coat. Place chicken on greased shallow baking pan; drizzle reserved marinade over chicken. Bake in 400° oven about 18 minutes or until fork can be inserted in chicken with ease. Arrange lettuce leaves on serving plate; place chicken on lettuce and garnish with lemon slices.

Devilled Skillet Chicken Breasts

4 boneless chicken breasts
3 Tbl. Olive oil
2 Tbl. Butter or margarine
2 large cloves garlic, mashed
½ cup dry white wine or apple juice
Juice of one lemon
¼ tsp. salt
1/8 tsp. black pepper
¼ to ½ tsp. crushed red pepper
¼ cup chopped Italian parsley

Rinse chick; pat dry. In a large, heavy skillet, heat the olive oil and butter; add garlic and sauté quickly. Remove liquid from skillet (do not save). Brown the chicken breasts on each side, 8 minutes total time. Add the wine (or apple juice) to the skillet. Season the chicken with salt, pepper and crushed red pepper; cover. Cook over low heat for 15 minutes. Baste with the pan juices while the chicken cooks. Serve, spooned with the pan juices. Sprinkle with parsley.

One-Dish Chicken Bake

1 6-oz. pkg. Stove Top Stuffing Mix for Chicken
4 boneless, skinless chicken breast halves
1 can (10 ¾-oz.) condensed cream of mushroom soup
1/3 cup sour cream or milk

Stir stuffing crumbs, contents of vegetable/seasoning packet, 1 ½ cups hot water and ¼ cup margarine, cut-up, just until moistened; set aside. Place chicken in 12" x 8" baking dish. Mix soup and sour cream; pour over chicken. Top with stuffing. Bake at 375° for 35 minutes or until chicken is cooked through.

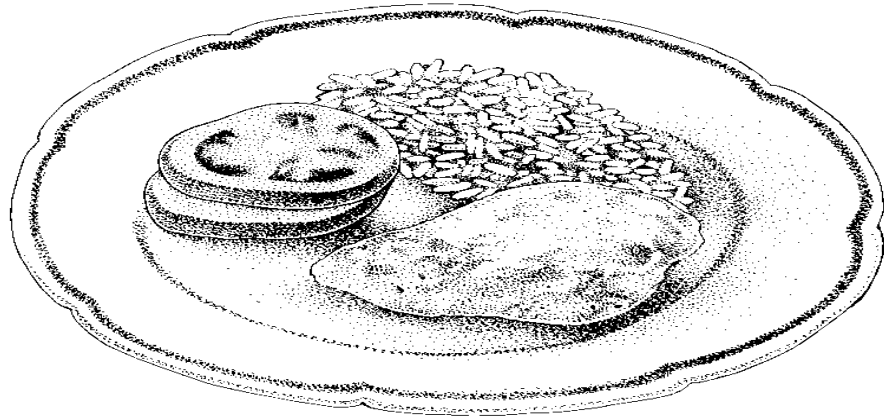
All-Season Grilled Chicken

1 ½ cups chili sauce
¾ cups red-wine vinegar
1 ½ Tbl. Prepared horseradish
2 small cloves garlic, halved
1 tsp. salt
4 bone-in chicken breasts

Mix chili sauce, vinegar, horseradish, garlic and salt in a bowl. Reserve ½ of the marinade. Add chicken to bowl; turn to coat. Cover; marinate in refrigerator for about 5 minutes. Preheat grill or broiler. Remove chicken from marinade; discard marinade in bowl. Place chicken on grill or on broiler pan. Grill or broil chicken, turning and basting frequently with half the reserved marinade, until juices run clear when meat is pierced with a knife, about 30 minutes. Heat remaining reserved marinade in a small saucepan, stirring occasionally. Serve hot alongside chicken.

Oven Fried Chicken Thighs

4 large even chicken thighs
1 egg, beaten
2 Tbl. Half-and-half
½ cup seasoned breadcrumbs
½ cup potato flakes
1 tsp. garlic salt, optional
3 Tbl. Melted butter
1 Tbl. Oil
Watercress, for garnish
Tomato halves, for garnish



Wash chicken thighs, pat dry; set aside. In a small bowl, beat egg and half-and-half. In another bowl, combine the breadcrumbs, the potato flakes and the garlic salt. Dip chicken thighs in egg mixture. Roll thighs in crumb mixture. Place chicken thighs in a baking pan. Sprinkle with melted butter and oil. Bake at 400 for about 35 minutes. Increase temperature to 450°. Bake for another 10 to 15 minutes, depending on thickness of thighs, until chicken is tender and done to your liking. Juices should run clear when pierced with a fork. Serve immediately with baked tomatoes; bake alongside for the last 10 minutes of cooking time for chicken. Garnish with watercress.

Krispy Chicken – Liz Lemmon

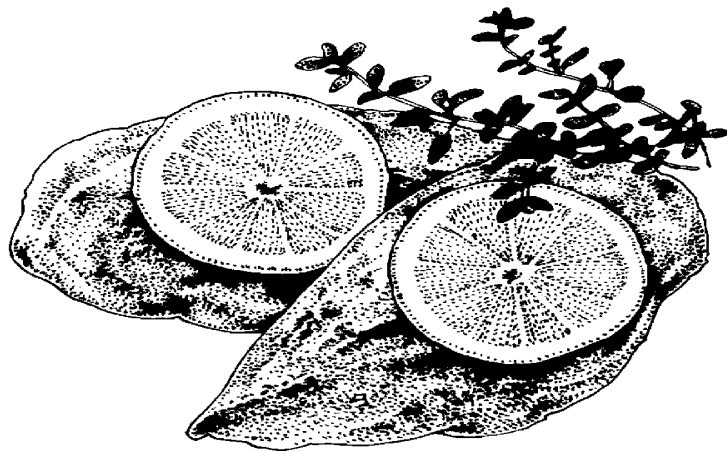
1 Frying chicken (2 ½ to 3 lbs.)
½ to 2/3 cup margarine, melted
3 to 4 cups Rice Krispies, crushed
1 tsp. salt
½ tsp. pepper

Preheat oven to 350°. Line a shallow baking pan (15" x 10") with aluminum foil. Wash chicken and dry thoroughly. Crush Krispies into medium fine crumbs. Melt butter and mix with salt and pepper. Dip chicken pieces in seasoned butter, then roll in crumbs until well coated. Place skin side up in pan. Do not crowd pieces. Bake for 1 hour or until tender. Do not cover pan or turn chicken while cooking.

Crunchy Almond Chicken

1 cup blanched slivered almonds
1 clove garlic
1 thin slice ginger root
1 tsp. salt
1 tsp. paprika
¼ tsp. ground cumin
¼ tsp. pepper
2 ½ to 3 lbs. Chicken, cut up
1/3 cup margarine, melted, or milk

Place almonds, garlic and ginger root in blender, cover and blend until finely ground. Mix almond mixture, salt, paprika, cumin and pepper. Dip chicken in margarine or milk. Roll in almond mixture. Place skin side up in ungreased oblong pan. Cook uncovered in 375° oven for 55 to 60 minutes.



Chicken With Cashew in Hoisin Sauce

1 Chicken breast, sliced thin
2 tsp. Chinese wine
1 egg white
Pinch of salt
½ Tbl. Cornstarch
1 cup vegetable oil
1 green pepper
8 to 10 water chestnuts
1 cup diced bamboo shoot
3 Tbl. Hoisin sauce
1 cup cashews
½ cup water or stock

Mix chicken with wine, egg white, salt and cornstarch; set aside. Heat oil in wok until very hot. Add chicken breast. Stir to separate. Cook until meat is white. Remove from wok. Pour out all but 2 Tbl. Oil. Fry green pepper in oil 1 to 2 minutes; add water chestnuts and bamboo shoots; stir for a while. Add Hoisin sauce and mix well. Mix in cashews and chicken. Add water and stir. Cover and cook 1 to 2 minutes. Remove to plate and serve hot.

Chicken Satay – Bruce Cost

½ cup peanut oil
½ cup raw peanuts
2 fresh jalapeno peppers
1 slice (1/2" thick) fresh ginger
4 garlic cloves
1/3 cup unsweetened coconut milk (canned or fresh)
2 tsp. dark soy sauce
4 tsp. fish sauce
1 tsp. sugar
1 Tbl. fresh lime juice
Pinch of salt (add to taste, as fish sauce can be very salty)
½ cup finely minced cilantro leaves and stems

heat the peanut oil to nearly smoking in a saucepan. Turn off the heat and add the peanuts. The peanuts should cook to a golden brown in 3 to 5 minutes. If you burn them, throw them out and start all over again or your sauce will be bitter. You may have to turn on the heat again, but stir the peanuts if you do. Using a slotted spoon, transfer the peanuts to the container of a food processor or blender, along with 1 Tbl. of the peanut oil (reserve the rest) and blend them to a rough paste. Add the chilies, ginger, garlic and continue to blend. Add the remaining ingredients except the cilantro, and blend until smooth. If it is too thick, add more oil. Stir in cilantro, and serve with satay.

Satay:

1 lb. Boneless, skinless, chicken breast, butterflied large shrimp, beef or lamb strips, or fish fillets strips

Marinade:

3 cloves garlic, finely minced
2 tsp. coriander seeds, toasted and ground
2 tsp. cumin seeds, toasted and ground
2 Tbl. brown sugar
2 Tbl. fish sauce
6 Tbl. tamarind water (made by soaking a 2" x 2" square of tamarind in about ½ cup of water for 30 minutes, and then using the strained liquid)
2 Tbl. peanut oil

Holding your knife parallel to the chicken breast, cut off wide thin slices. Cut these slices approximately 2" x ¾" strips and thread them on the skewers, leaving a handle of about 4". (The skewered meat should be as flat and thin as possible). Mix the marinade ingredients together. Arrange the skewers in a shallow dish, handles overlapping, and pour the marinade over the meat. Allow to stand 30 to 60 minutes, turning from time to time. To grill the chicken, simply cook about 1 minute on each side. DO NOT OVERCOOK. Serve with peanut sauce.

Don's notes: I usually omit the peanut sauce. It tastes great plain.

Chicken Breasts in Orange Sauce

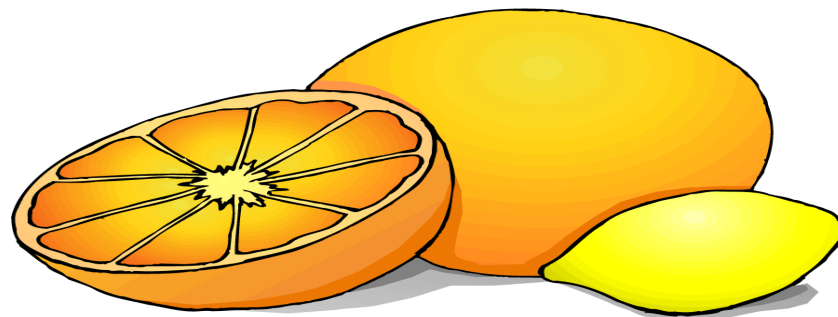
½ cup all-purpose flour
½ tsp. salt
½ tsp. paprika
Dash of pepper
Dash of garlic powder
6 halved chicken breasts
6 Tbl. Olive or salad oil
1 can (3 to 4-oz.) mushrooms
1 can cream of mushroom soup
½ cup chicken broth
½ cup orange juice
½ cup dry white wine (optional)
1/8 tsp. ginger
2 tsp. brown sugar
2 cups diagonally sliced carrots

Blend flour, salt, paprika, pepper and garlic powder. Coat chicken with the flour mixture. Heat oil in an electric frying pan; brown chicken breasts well on both sides in the hot oil. Drain the mushrooms, reserving liquid; scatter mushrooms over chicken. Blend soup, reserved mushroom liquid, chicken broth, orange juice, wine, ginger and brown sugar until smooth; pour soup mixture over chicken. Add carrots. Cover and cook at 225° (or simmer in a regular frying pan over low heat) about 30 minutes or until chicken is tender. About 15 minutes before chicken is done, stir in carrots; continue cooking until tender.

Lemon Chicken

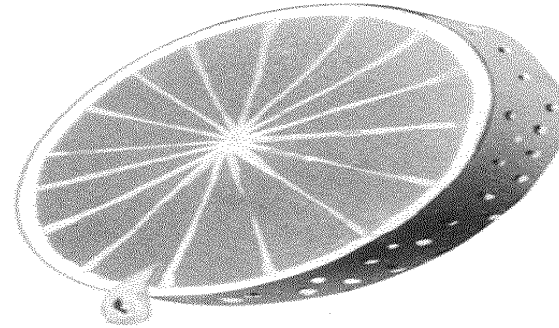
2 ready-to-cook broiler-fryer chickens, cut up (2 ½ to 3 lbs each)
¼ cup all-purpose flour
1 ¼ tsp. salt
2 Tbl. Cooking oil
1 6-oz. can frozen lemonade (or orange juice) concentrate, thawed
3 Tbl. Brown sugar
3 Tbl. Catsup
1 Tbl. Vinegar
2 Tbl. Cold water
2 Tbl. Cornstarch
Hot cooked rice

Combine the flour and salt; coat chicken thoroughly. Brown chicken pieces on all sides in hot oil; drain. Transfer to a crockery cooker. Stir together the lemonade concentrate, brown sugar, catsup and vinegar; pour over chicken. Cover; cook on high-heat setting for 3 to 4 hours. Remove chicken; pour cooking liquid into saucepan. Return chicken to cooker; cover to keep warm. Skim fat from reserved liquid. Blend cold water slowly into cornstarch; stir into hot liquid. Cook and stir until thickened and bubbly. Serve chicken with gravy over hot cooked rice.



Lemon Teriyaki Glazed Chicken

½ cup real lemon juice
½ cup soy sauce
¼ cup sugar
3 Tbl. Brown sugar
2 Tbl. Water
4 cloves garlic, chopped
¾ tsp. ground ginger
8 chicken thighs



Combine all ingredients except chicken. Cook over medium heat 3 to 4 minutes; add chicken. Simmer for 30 minutes or until tender.

Chicken Teriyaki

1 medium frying chicken
½ cup sugar
2/3 cup soy sauce
1 tsp garlic minced or garlic powder
1 tsp. ginger powder or grated fresh ginger (Donna's note: peel ginger root with a spoon)
¼ cup lemon juice

Cut chicken into serving pieces; mix together the sugar, soy sauce and seasonings. An electric or regular frying pan may be used. Bring sauce mixture to a boil and place chicken in pan cooking with the lid on for about 30 minutes and turning a few times. Remove cover and continue cooking at low temperature until the sauce becomes thick. Turn frequently.

- Teriyaki chicken is very good broiled. Soak chicken in the above mixture for at least one hour. Broil until golden brown. Dip chicken in the sauce several times and continue to broil until done.
- The chicken may also be baked. Place the sauce and chicken in a shallow baking dish in the oven (325°) for about an hour until done. Turn over a few times.

Beer Batter Fried Chicken

2 ½ to 3 ½ lbs. Chicken, cut into 8 pieces

4 cups water

Vegetable oil

Batter:

1 cup all-purpose flour

1 ½ tsp. baking powder

1 tsp. salt

2 Tbl. Chili powder

1 tsp. cumin

½ tsp. cayenne pepper

½ tsp. pepper

1 egg white

¾ cup beer

Sauce:

¼ cup chopped green onions

1 cup dairy sour cream



In Dutch oven combine chicken and water. Cover; cook over medium high heat, stirring occasionally, until water comes to a full boil (20 to 25 minutes). Reduce heat to medium. Cook for 20 minutes. Drain; pat dry. In deep-fryer or 3-qt. Saucepan heat 2" of oil to 375. In medium bowl combine all batter ingredients except egg white and beer. In small mixer bowl beat egg white at medium speed until stiff (2 to 3 minutes); set aside. Stir beer into flour mixture; fold in egg white. Dip chicken into batter; place in hot oil. Fry until golden brown (2 to 3 minutes on each side). Remove from oil; drain on paper towels. Repeat with remaining chicken. In small bowl stir together green onions and sour cream. Serve sauce with chicken.

Honey-Baked Chicken

2 (1 ½ to 2 lb) chickens, cut up
½ cup butter or margarine, melted
½ cup honey
¼ cup prepared mustard
1 tsp. salt
1 tsp. curry powder

Place chicken pieces in shallow baking pan, skin side up. Combine butter, honey, mustard, salt and curry powder and mix well. Pour over chicken and bake at 350° for 1 ¼ hours, basting every 15 minutes until chicken is tender and nicely browned.

Honey Lemon Rosemary Chicken

1/3 cup honey
¼ cup real lemon juice
2 tsp. dried rosemary leaves, crushed
¼ tsp. crushed red pepper
6 chicken breasts

Combine all ingredients except chicken. Brush ½ sauce over chicken. Bake at 350° for 1 hour.
Brush remaining sauce over chicken.

Honey-Mustard Chicken

1/3 cup Dijon mustard
1/3 cup honey
2 Tbl. Chopped fresh dill or 1 Tbl. Dried dill
1 tsp. freshly grated orange peel
1 (2 ½ lb.) chicken, quartered
2 Tbl. Orange marmalade
(optional, add to sauce)

Preheat oven to 400°. Combine mustard and honey in a small bowl. Stir in dill and orange peel. Line a baking sheet with foil. Place chicken, skin-side down, on prepared pan. Brush sauce on top of chicken; coat well. Turn chicken over. Gently pull back skin and brush meat with sauce. Gently pull skin back over sauce. Brush skin with remaining sauce. Bake until juices run clear when thickest portion of meat is pierced with a knife, about 30 minutes.

TIP: Make measuring honey easier by spraying the measuring cup with vegetable cooking spray.

Stuffed Chicken Breasts

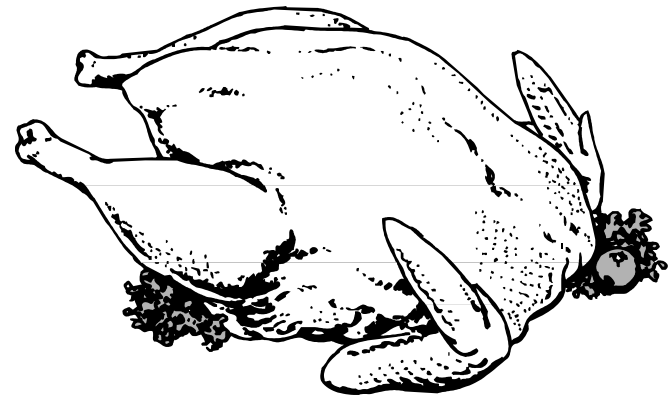
3 whole chicken breasts
6 slices prosciutto, or sliced ham (about ¼ lb.)
6 slices Italian fontina cheese, or sliced provolone cheese (about 2 oz.)
3 fresh sage leaves
1 cup all-purpose flour
1 cup milk
3 Tbl. Butter
1 Tbl. Olive oil
1 chicken bouillon cube, crushed
1 cup dry white wine
Salt and freshly ground pepper to taste
1/3 cup whipping cream

Skin, bone and split chicken breasts. Put 1 slice prosciutto, 1 slice fontina cheese, and half a sage leaf on each breast. Roll up chicken breasts and secure with wooden picks. Spread flour on aluminum foil. Dip chicken breasts in milk, then roll in flour to coat. Melt butter with oil in a large skillet. When butter foams, add chicken breasts. Cook over medium heat until golden on all sides. Add bouillon cube and ½ cup wine to chicken. Season with salt and pepper. When wine is reduced by half, add remaining wine. Cover skillet and reduce heat. Simmer 15 to 20 minutes or until chicken is tender. Turn chicken several times during cooking. Add a little more wine if sauce looks too dry. Place chicken on a warm platter. Increase heat and add cream. Deglaze skillet by stirring to dissolve meat juices attached to bottom of skillet. Taste and adjust sauce for seasoning, then spoon over chicken. Serve immediately.

Garlic Broiled Chicken

¼ cup butter or margarine, melted
¼ tsp. pepper
3 Tbl. Minced fresh garlic
2 Tbl. Soy sauce
2 ½ to 3 ½ lbs. Whole frying chicken, cut in half
¼ cup chopped fresh parsley
Cooked rice

In small bowl stir together butter, pepper, garlic and soy sauce. Heat broiler. Place chicken on greased broiler pan. Broil chicken 6" to 8" from heat, turning every 10 minutes and brushing with butter mixture during last 10 minutes, for 30 to 35 minutes or until fork tender. Just before serving, brush with butter mixture and sprinkle with parsley. Serve with cooked rice.



Classic Roast Chicken

1 Stalk celery

1 Roasting chicken (3 ½ lb.) Can be substituted with whole boned turkey breast if prefer mostly white meat

½ tsp. dried thyme

½ tsp. salt

1 Tbl. Butter, softened, divided

1 Onion, quartered

Preheat oven to 475°. Slice celery. Sprinkle inside cavity of chicken with thyme and salt; add 1 tsp. butter, sliced celery and onion. Rub outside of chicken with remaining butter. Tuck wing tips under back of chicken. Place chicken breast side-down on rack in roasting pan. Add enough water to cover bottom of pan. Roast for 10 minutes. Reduce temperature to 375°. Roast for 20 minutes longer. Turn chicken breast-side up. Roast until chicken is browned, about 30 minutes longer.

Broiled Cornish Hens

4 Cornish hens

1/3 cup olive oil

Salt and freshly ground pepper to taste

Lemon wedges

Parsley

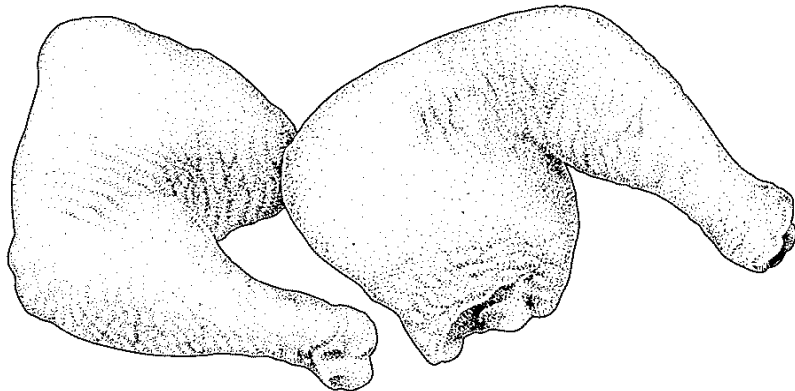
Cut Cornish hens lengthwise along entire backbone. Open out Cornish hens until flat. Place skin-side down on a cutting board. With a large cleaver or meat pounder, flatten Cornish hens without breaking bones. Wash and dry thoroughly. Combine oil and salt and plenty of pepper in a small bowl. Brush Cornish hens on both sides with oil mixture. Place in a large shallow dish. Pour remaining oil over hens. Let stand 2 to 3 hours, basting several times with oil mixture. Preheat broiler or prepared barbecue. Arrange Cornish hens skin side facing heat. Cook 10 to 15 minutes. If skin turns too dark, adjust position of Cornish hens. Turn and baste with marinade. Cook 10 to 15 minutes longer or until tender. Season with additional pepper. Place on a warm platter. Garnish with lemon wedges and parsley. Serve immediately.

Chicken Mix and Hawaiian Haystack

Chicken Mix:

11 lbs. Chicken (4 med. fryers), cut up
4 quarts cold water
3 Tbl. Parsley flakes
4 carrots, peeled and chopped
4 tsp. salt
½ tsp. pepper
2 tsp. basil

Combine all ingredients in a large kettle or Dutch oven. Cover and cook over high heat until water boils. Simmer until meat is tender, about 1 ½ hours. Remove from heat. Strain broth and refrigerate until fat can be skimmed. Cool chicken, then remove and discard bones and skin. Put chicken into six 1-pint freezer containers, leaving ½" space at top. Pour skimmed chicken broth into six more 1-pint containers, with ½" space at top. Seal and label containers. Freeze. Use within 3 months. Makes about 6 pints of mix and about 6 pints of broth.



Hawaiian Haystack

2 (10 ¾-oz.) cans cream of chicken soup
1 cup chicken broth
2 cups chicken mix
4 cups cooked long-grain rice
1 (9 ½-oz) can chow mein noodles
3 medium tomatoes, sliced
1 cup chopped celery
½ cup chopped green pepper
½ cup chopped green onion
1 20-oz. can pineapple chunks, drained
1 cup grated cheddar cheese
½ cup slivered almonds
½ cup coconut
1 2-oz. jar pimienta, drained and diced, if desired

Combine soup and broth in a medium saucepan to make gravy. Stir to blend; Add chicken mix. Simmer about 8 to 10 minutes, until heated through. On 8 individual serving plates layer all ingredients. First stack rice, chow mein noodles, and chicken and gravy. Add tomatoes, celery, green pepper and green onion. Top this with pineapple chunks, grated cheddar cheese, and more chicken and gravy, if desired. Stack almonds, coconut and pimienta on top.