

## Hot Chicken Salad with Smoky Almonds

Serves 5

2 ½ pounds chicken breasts	1 tablespoon lemon juice
¼ cup celery, finely sliced	½ cup mayonnaise
¼ cup canned Smokehouse almonds	salt and pepper
1 small can sliced pineapple, chopped	½ cup cheddar cheese, grated
2 teaspoons green onion, minced	1 cup chow-mien noodles

Remove skin and bones from chicken and cut into ¾-inch cubes. Lightly salt and sauté until the cubes just turn white in color. Cool and drain.

Roll almonds in a towel to remove most of the salt.

Lightly toss chicken, celery, almonds, pineapple and onion; set aside. Whisk mayonnaise with lemon juice. (Recipe can be prepared to this point, covered tightly and refrigerated.)

Pour mayonnaise mixture over chicken; toss lightly. Add pepper to taste. Pile chicken mixture lightly in buttered dish. Sprinkle with grated cheese and top with chow-mein noodles.

Bake in preheated 450-degree oven for 15 to 20 minutes. Do not over bake.

Serving suggestions: Croissants, tossed green salad, semi-dry white wine.

## Three Flavored Chicken

- 3 tablespoons toasted sesame seeds
- 2 cloves garlic, crushed
- 1 teaspoon fresh ginger, minced
- 1/4 cup sake or dry sherry
- 1/3 cup low-salt soy sauce
- 1/4 cup honey
- 3 pounds chicken breasts, boneless with skin on

Grind in a blender the sesame seeds with garlic and ginger until paste. Blend in sake, soy sauce and honey. Marinate chicken with above mixture in glass dish, covered, 3 to 4 hrs. Turn pieces occasionally.

Place chicken skin-side down on broiling pan. Brush with marinade. Bake in a preheated 325-degree oven for 15 minutes. Turn chicken skin-side up. Broil 7-inch from heating element for 3 minutes until the skin has browned. Cut each breast into diagonally slices.

## **\*Traditional Chicken Parmesan**

Serves 6

Sylvia Kambas

3 pounds chicken breasts, boneless  
and skinless

2 eggs + 1/4 cup milk  
seasoned bread crumbs

olive oil

optional: sautéed sliced mushrooms

1 14-ounce can and 1 8-ounce can  
tomato sauce

1 teaspoon each: dried basil and  
oregano

mozzarella cheese, shredded

Parmesan cheese

Flatten breasts by placing a heavy plastic bag over the breasts and pounding lightly. Dip in egg-milk mixture. Dip in crumbs. Sauté chicken in olive oil; pat dry and place in greased 9 x 13-inch baking dish. Top with mushrooms. Pour tomato sauce over chicken. . Cover with foil.

Bake in a preheated 350-degree oven for 20 to 30 minutes or until sauce is bubbling. Uncover, add mozzarella, top with Parmesan . Continue baking until cheese<sup>3</sup> is melted.

## Chicken Teriyaki

Serves 6

American's Test Kitchen

12 chicken thighs

salt and pepper

½ cup soy sauce

2 tablespoons sugar

1 small garlic clove, pressed

1 teaspoon grated fresh ginger

2 tablespoons mirin

1 teaspoon cornstarch

cooked rice

Sauce: Combine soy sauce, sugar, ginger, and garlic in small saucepan. Whisk together mirin and cornstarch in small bowl; whisk into saucepan. Bring to boil over medium-high heat, stirring occasionally. Reduce heat to medium-low and

simmer, stirring occasionally, until sauce is reduced to  $\frac{3}{4}$  cup and forms syrupy glaze, about 4 minutes. Cover to keep warm.

Chicken: Preheat oven to 400-degrees. Trim and de-bone chicken thighs leaving the skin on. Slash skin only with razor blade. Season with salt and pepper. Bake thighs skin-side up until browned, about 10 to 15 minutes. Reduce heat to 350-degrees. Cook an additional 10 to 15 minutes or until thickest part of thighs register 175-degrees. Transfer chicken to cutting board; let rest 2 to 3 minutes. Slice meat crosswise into  $\frac{1}{2}$ -inch-wide strips. Transfer to serving platter; stir teriyaki sauce to recombine. Drizzle over the sliced chicken. Serve immediately, over rice.

## Lemon Chicken

Serves 6

3 pounds chicken breasts

1/4 cup peanut oil

1/2 tablespoon cornstarch

1/2 teaspoon salt

1 tablespoon grated lemon peel

1/2 cup chicken stock

6 ounce snow peas

1/2 cup mushrooms, sliced

1 tablespoon lemon juice

1 tablespoon cornstarch whisked with

1 tablespoon water

salt and pepper

Remove bones and skin from chicken; cut into 3/4-inch pieces.

Mix together chicken, 1 to 2 tablespoon peanut oil and 1/2 tablespoon cornstarch in large bowl. Heat remaining oil and salt in a 12-inch non-stick skillet over med-high heat until very hot. Sauté chicken until the pieces just turns white. Sprinkle with lemon peel. Add stock, peas and mushrooms and simmer 1 minute.

Combine lemon juice and cornstarch mixture and pour over chicken, stirring constantly. Adjust seasoning. Serve immediately.

## **Cornish Game Hens with Orange Sauce**

1/2 fresh hen per person

1 Orange Sauce recipe

Cut, dry, and barbecue hens on medium heat for 5 minutes per side. Reduce heat to lowest setting. Baste hens with the sauce. Continue cooking for 1/2 hour or until hens are tender. Serve with additional orange sauce.

Oven Roasting: 400-degrees, cut hens in half, baste with olive oil, check temperature after 30 minutes.

## **Klaus Christ's Parisian Schnitzel**

Serves 6

3 pounds chicken breasts, skinned, deboned, pounded thin

salt, pepper, flour

2 to 3 eggs, beaten well

peanut oil

### Sauce:

½ cup white wine

2 tablespoon flour,

2 tablespoons butter

1 ½ cups chicken stock

1 to 3 teaspoons lemon juice

salt and pepper

Cut large chicken pieces in half. Dredge chicken with seasoned flour; shake off the excess. Dip in egg. Sauté in hot oil about 2 minutes per side. Remove from pan to warming dish.

Sauce: Add wine to hot skillet and scrape up chicken bits. Reduce to 2 tablespoons and pour into a small bowl. Clean the sauté pan. Melt butter; stir in the flour. Gradually whisk in chicken stock and bring to a boil, reducing the sauce until it thickens somewhat. Add the wine reduction and lemon juice to taste. Add salt and pepper to taste. Serve the sauce over the chicken.

Note: Now you can add a few tablespoons capers to the sauce and you have Chicken Piccata!

## **Chicken Enchiladas**

Makes 10-12 enchiladas

10 to 12 flour tortillas

1 large onions, chopped

2 tablespoons butter

4 pounds chicken breasts on the bone with skin

1 red and 1 green bell pepper, roasted and chopped

6 ounces cream cheese, diced

1 teaspoon each: salt, cinnamon, cumin

1/4 teaspoon cayenne

2/3 cup milk

8 ounce jack cheese, shredded

Garnishes: sliced black olives, chopped cilantro and salsa

Put chicken breasts and 2 teaspoons salt in a large pot; add water just cover. Bring to boil. Reduce to a simmer and cook 20 minutes. Drain and cool slightly. Remove skin and bones. Dice chicken meat; set aside.

Sauté onions in butter, stirring occasionally, for 10 minutes or until limp and just beginning to brown. Remove from heat and add chicken, roasted pepper and cream cheese. Mix lightly to blend. Add salt, cinnamon, cumin, cayenne and salt and pepper to taste.

Heat tortillas individually in microwave on high, about 20 seconds each.

Spoon 1/3 cup filling down center of each tortilla and roll. Set seam side down in greased 9x13-inch baking dish. Pour milk over enchiladas then sprinkle with cheese.

Bake, slightly covered, in a preheated 350-degree oven for 20 minutes. (If chilled, bake covered for 15 minutes, then uncovered for 15 minutes.) Remove cover and broil to brown the cheese. Garnish with sliced black olives, chopped cilantro and salsa.

## **\*Diana's Honey-Sesame Chicken Nuggets**

Serves 2

1 ½ pounds chicken breasts, skinned,  
boned and cut into 1-inch pieces  
1 cup cornstarch  
1/2 teaspoon baking soda  
2 teaspoons oil

2 tablespoon Hosin Sauce  
1 tablespoon honey  
1/4 cup sake  
2 teaspoons toasted sesame seeds

Mix the cornstarch with the baking soda. Lightly dust chicken with cornstarch mixture. Sauté chicken in hot oil in a large non-stick skillet. Remove chicken from the skillet and drain on paper towels; set aside in warm serving dish. Reheat the skillet and stir in sake while scraping up chicken bits. Reduce the sake to 1 tablespoon. Stir in Hosin sauce and honey. Reduce the mixture to a thick, glaze. Add chicken back to the skillet and toss with the glaze. Return the glazed chicken to the serving dish and sprinkle with sesame seeds.

## Quick Orange Chicken Piccata

Serves 4

Note: For a richer sauce see the Orange Sauce recipe.

3 pounds chicken breasts  
flour  
salt and pepper  
1 tablespoon butter

1 tablespoon oil  
1 cup orange juice  
1 teaspoons minced sage  
2 tablespoons. butter  
2 teaspoons minced sage

Remove the skin and bones from the chicken and pound 1/8-inch thick. Season with salt and pepper. Dredge chicken in flour, shaking off excess. (Note: cook chicken in batches.) Add butter and oil to a heavy skillet (not non-stick) Sauté chicken in butter and oil about 30 seconds per side.

Pour off excess oil. Add 1 cup orange juice to skillet. Boil until reduced to a glaze, while scraping up browned chicken bits, about one minute. Add remaining juice and 1 ½ teaspoons sage. Season sauce with salt and pepper to taste. Boil

until mixture just coats spoon, then swirl in 3 tablespoon. butter. Pour in any juices that have accumulated from chicken. Spoon sauce over chicken. Sprinkle with sage.

## Chicken Burritos

Serves 2

½ large chicken breast  
chili powder  
salt and pepper

### Beans Refritos:

olive oil  
1/3cup minced onion  
3 garlic cloves, minced  
1 can black beans  
1 teaspoon oregano  
1 teaspoon cumin  
1/8 teaspoon cayenne

1 (7-ounce) can whole green chilies  
2 slices cheddar cheese, cut into  
strips or shredded Mexican cheese  
½ thinly sliced avocado sprinkled  
with lemon juice  
large flour tortillas  
Optional: rice, shredded lettuce  
Optional Garnish: salsa, sour cream,  
green onion

Remove bones and skin from chicken; slice thinly. Season chicken with chili powder and salt. Sauté in olive oil; set aside.

Sauté onions in olive oil; add garlic. Drain beans, saving the liquid, and mash half with a fork; combine with the whole beans, onion, oregano, cumin and cayenne. If too dry, moisten with the bean liquid. Add salt and pepper to taste.

Cut chilies into four pieces lengthwise. Drain on paper towels.

Heat tortillas in microwave until soft. For each burrito, spread tortilla with bean mixture; top with chicken, chili pepper and cheese. Fold and roll. Heat in microwave, covered. Optional: serve topped (in order) with salsa, avocado slices, lemon juice, sour cream.

## **\*Chicken Fajitas**

Serves 4

Note: substitute freshly squeezed lime juice for the sauce if you're a fajitas purest. I find it personally too dry without the sauce for my taste.

### Yogurt-Cilantro Sauce:

1 cup plain yogurt

1 clove garlic, pressed

1 teaspoon cumin

¼ cup chopped cilantro

1 tablespoon fresh lime juice

salt and pepper to taste

3 pounds chicken breasts, skin and bone removed, thinly sliced

chili powder

1 large onion, thinly chopped

2 medium peppers (red and green),chopped

1 package flour tortillas, 1 to 2 per person

oil

salt and pepper

Gently stir all sauce ingredients and set aside. Set aside 1 tablespoon chopped red pepper for a garnish. Sprinkle chicken lightly with salt and chili powder; set aside.

In a 12-inch non-stick skillet, sauté onions and remaining peppers with a pinch of salt and pepper for about 6 minutes; set aside. Sauté chicken until it just turns white. Mix in vegetables and reheat for 2 minutes, or until chicken is no longer pink in the center.

Heat tortillas individually in microwave, about 25 seconds on High.

To serve, spoon fajita mixture down the center of each tortilla; spread about 1 tablespoon of sauce on top of mixture and fold. Cut each fajita in half on the diagonal.(You may want to reheat the fajitas briefly in the microwave at this point.) Top each half with a dollop of sauce garnished with red pepper.

## **\*Chicken Tostada**

Serves 4

2 ½ pounds chicken breasts

Marinade: 3 tablespoons corn oil, 3 tablespoons lime juice, ½ teaspoon oregano

4 large flour tortillas

2 tortilla shell molds\*

oil

shredded lettuce

sliced black olives

chopped green onions or mild sweet onion

chopped red pepper

chopped cilantro

grated cheddar

Optional: sliced jalapeno peppers

garnish: sour cream and salsa

Chicken: Remove the skin and bones from the chicken breasts and slice into thin strips. Marinate chicken 2 to 3 hours. Drain and pat dry. Sauté in non-stick skillet; set aside.

Tortilla Shells: Lightly oil tins or bowls. Lightly brush tortillas with oil, prick with a fork and press into tins. Bake in preheated 350-degree oven for 14 minutes or until lightly brown and crisp. Cool.

Assembly: Put the shredded lettuce into a large bowl. (Don't use too much lettuce as you have lots of vegetables to mix in.) Toss in olives, green onion, red pepper and cilantro. Add lettuce mixture to each tortilla shell. Add in order: chicken, cheddar, salsa and a dollop of sour cream.

\*Note: If you don't have tortilla shell molds you can substitute open-proof bowls.

## Diana's Fried Chicken

Serves 6

pressure cooker-deep fryer

oil

3 pounds chicken drumsticks

salt

1 beaten egg mixed with 1/2 cup milk

1 to 1 1/2 cup flour

3 tablespoons poultry seasoning

Heat oil in pressure cooker on High. Cut loose skin and fat off chicken legs and salt lightly. Mix flour and poultry seasoning in a paper bag.

Cook chicken into two batches. When oil is heated, dip half the chicken in egg-milk mixture, shake in flour bag and lower carefully into oil. Gently stir. Fry uncovered for 2 minutes. Lower heat to med-high, cover pressure cooker and fry an additional 14 minutes. Remove lid carefully. Remove chicken with tongs and drain on paper towels. Repeat with the second batch of chicken.

Serve hot or at room temperature.

## Barbecued Chicken Sandwich

Serves 4

2-1/2 pounds chicken, cooked

1 small onion, sliced

1/4 cup chopped green pepper

1 clove garlic, minced

1 teaspoon olive oil

8 ounces tomato sauce

3 tablespoons tomato paste

2 tablespoons brown sugar

1 tablespoon red wine vinegar

1 tablespoon Worcestershire sauce

1/2 teaspoon dry mustard

4 drops red pepper sauce

4 good quality hamburger buns, split

Slice chicken into thin strips.

Sauce: Sauté onion, pepper garlic and oil. Add remaining ingredients except chicken and buns. Mix well. Simmer, covered, 20 minutes Add chicken strips and heat thoroughly. Lightly toast the buns. Serve sandwiches open-faced. Spoon equal amounts of mixture onto each bun half.

## Chicken Marsala

Serves 4

12 large crimini mushrooms, sliced  
1 tablespoon each: olive oil and  
butter  
4 chicken thighs skinned, deboned  
and sliced into strips

4 large carrots, peeled and cut into  
strips, microwaved until tender  
1 cup chicken broth  
2/3 cup Marsala  
4 teaspoons cornstarch  
1 tablespoon fresh minced parsley

Sauté mushrooms in olive oil and butter. Lightly salt and pepper. Sprinkle with 2 tablespoons Marsala. Set aside.

Sauté chicken and lightly salt and pepper. Remove from pan. Add remaining Marsala to hot pan, scrape up chicken bits and reduce somewhat. Remove from heat. In glass casserole, mix cornstarch into chicken broth. Add Marsala, cover with lid and microwave on high, stirring occasionally, until thickened. Reheat with chicken, carrots and mushrooms. Serve and garnish with parsley.

## Chicken George

Serves 4

John Gough

### Marinade:

1/3 cup lemon juice

1/4 cup Olive oil

1/2 tablespoon cumin

1/2 tablespoon garlic

1/2 tablespoon oregano

1/2 tablespoon hot red chili

4 half chicken breasts, boneless and  
skinless

seasoned bread crumbs

1 can whole Ortega chilies

Jack cheese, sliced thinly

Mix marinade ingredients together, Stir in chicken and refrigerate overnight.

Drain chicken, dip in breadcrumbs and place in greased baking dish, top side down.

Bake in preheated 450-degree oven for 10 minutes.

While chicken in baking prepare the chilies by cutting each in half sidewise and removing the veins and seeds. Dry with paper toweling.

Turn over the chicken breasts and cover each with ½ chili topped with a thin slice of with Jack cheese. Bake for another 10 minutes.

## Curry Coconut Chicken and Chicken Curry Sandwiches

Serves 12

### Make two days ahead

#### Curry Paste:

1-1/3 cups finely chopped onion

1/2 cups minced fresh cilantro

1/2 cups minced fresh lemongrass\*

1/4 cups turmeric

1/4 cups minced fresh ginger

1/4 cups ground cumin

12 large garlic cloves, halved

1 tablespoon dried crushed pepper

12 chicken breast halves (about 8 pounds), deboned, skinned and chopped into 1-inch pieces

8 cups canned unsweetened coconut milk or reduced-fat coconut milk.

Blend all curry paste ingredients in a small food processor to a dry paste, stopping frequently to scrape down sides of work bowl. (Paste can be prepared 3 days ahead, covered and refrigerated.)

Mix chicken with 1 ¼ cup curry paste. Stir fry the chicken in oil in 4 batches over medium-high until the chicken just turns white in color. Add coconut milk and simmer until chicken is cooked through, stirring occasionally, about 3 minutes. Transfer chicken to plate. Boil liquid until reduced to thick sauce. Season with salt to taste. Add chicken to sauce. Refrigerate chicken curry overnight.

Reheat on top of stove. Be careful not to allow the curry to come to a boil. Freezes well.

Leftovers? Make chicken curry sandwiches. Finely chop chicken-curry mixture. Add salt to taste. Lightly toast bread or use pita pocket bread. Serve with Boston lettuce.

\*Note: See Cooking with Lemon Grass in the Miscellaneous section.

## \*Chicken in Squash Shells

Serves 4

Note: See the end of recipe for a Mexican sauce substitution.

2 medium Acorn squash

1 tablespoon melted butter

Soy-Ginger recipe

1 tablespoon salad oil

1 ½ pound chicken breasts, boneless

½ cup each finely diced red bell

pepper and jicama (peeled)

1 small onion, finely chopped

6 ounces firm-ripe tomatoes, finely  
diced

½ teaspoon pepper, coarsely ground

¼ cup chopped green onions

Garnish: sour cream

Soy-Ginger Sauce

2 tablespoons reduced-sodium soy  
sauce

2 tablespoons dry sherry

¾ cup chicken broth

1 tablespoon cornstarch

½ tablespoon brown sugar

1 teaspoon fresh ginger, minced

Lightly coat squash with salad oil. Prick squash and bake in preheated 350-degree oven for 1 ½-hours or until tender when pierced. Cut in half crosswise

and remove seeds and some of pulp. Brush with melted butter and lightly salt inside of squash.

Cut chicken into ½-inch pieces and sauté until it just turn white.

Stir together all the Soy-Ginger Sauce ingredients; set aside.

Sauté bell pepper, jicama, onion, and pepper to pan; cook, stirring for 8-10 minutes. Stir in tomato. Add sauce; boil until thickened. Toss with chicken. Season to taste.

Place squash in individual bowls and fill with chicken mixture. If at room temperature, bake in preheated 350-degree oven for 30 minutes. Garnish with a dollop of sour cream and sprinkle with green onion.

Mexican Preparation: For the sauce, substitute pureed chipotle in adobo sauce for ginger. Substitute chili sauce or ketchup for soy sauce; reduce brown sugar to taste. Perhaps substitute tequila for sherry!

## **\*Chicken Saltimbocca**

4 Servings

8 thin-cut, boneless, skinless chicken cutlets, about 2 pounds, 5 to 6-inches long

8 thin slices prosciutto

8 grated Gruyere

1/2 cup flour

2 eggs, beaten with 2 tablespoons milk

1 cup seasoned breadcrumbs or Panco

1/2 cup Parmesan cheese, finely grated

butter

olive oil

1/2 cup chicken broth

1/2 cup sweet Marsalla

1 tablespoon cornstarch

1/2 cup chicken broth

1 to 2 teaspoons lemon juice

Garnish: thinly sliced fresh basil leaves

Trim ragged edges of chicken cutlets as necessary; pat dry. . Press 1 slice of prosciutto and 1 narrow slice of cheese on each breasts and roll up.

Mix crumbs with Parmesan cheese. Dip rolls in flour, then in egg. Dip in crumb mixture and shake off excess. In a 12-inch non-stick fry pan, with medium-high heat, melt 1 tablespoon butter and 1 tablespoon olive oil. Cook rolls in at least two batches; do not crown the pan. Sauté rolls about 2 to 3 minutes per side, or until they are golden brown. If browning too quickly, turn down the heat to medium or medium-low. Drain on paper towels and transfer to greased baking dish (can be refrigerated at this point). Repeat for the second batch, cleaning the pan and adding more butter and oil if necessary. Pour off some of the grease remaining in the pan. Over medium-high heat, reduce Marsalla by half while scrapping the pan to loosen the chicken bits. In a small bowl, whisk ½ cup chicken broth with cornstarch; return to the pan with the Marsalla and bring to a boil, stirring constantly, until sauce thickens. Add (lemon juice) salt and pepper to taste; set aside.

Bake chicken rolls uncovered in preheated 350-degree oven for 30 minutes, (40 minutes if refrigerated).

When rolls are done, transfer to a warm plate. Strain liquid remaining in the baking dish into the sauce. Reheat sauce, pour over rolls and garnish with basil.

## Stir Fried Chicken and Green Beans

Serves 2

fresh whole string beans, stem end removed  
2 tablespoons soft candied ginger, minced  
1/3 cup low-salt soy sauce  
2 half chicken breasts, deboned and skinned  
1 tablespoon oil

Bring about one quart of water to boil in saucepan. Add string beans (do not cover). Boil until crisp-tender, about 3 minutes. Strain and dunk into a bowl of cold water to stop the cooking. Drain and pat dry with paper towels. Put beans in a medium-sized bowl; mix with soy sauce and ginger.

Slice chicken into thin, narrow strips. Mix together with the string beans and ginger-soy sauce. Pour into a zip-lock plastic bag to marinate 15 minutes to ½ hour.

Drain chicken, beans and ginger; discard liquid.

In large, non-stick frying pan, heat oil until hot. Add chicken mixture and stir-fry, stirring constantly until chicken turns completely white, about 2 to 3 minutes. Serve immediately.

Suggestions: Serve over white rice.

## \*Chicken-Sausage Paella

Serves 8

4 pounds chicken thighs on the bone  
with skin

1 pound hot Italian sausage

2 cups Arboria rice

olive oil

½ cup dry white wine

1 quart + 1 cup chicken broth

½ teaspoon saffron, crumbled

½ teaspoon black pepper

3 red bell peppers, charred, skin  
removed, sliced

6 cloves garlic, peeled and mashed or  
pressed

1 medium onion, peeled and chopped

1 bay leaves, crumbled

¼ teaspoon cayenne

3 tablespoons cilantro, chopped

1 cup frozen peas

garnish orange slices

Chicken: Preheat oven to 375-degrees. Salt chicken and place on a rack inserted inside a rimmed baking sheet. Bake for 30 minutes, or until thoroughly cooked (180-degrees). Remove from oven, save the dripping, cover the chicken lightly with foil and let cool somewhat, about 30 minutes. Remove and discard the skin and bones while braking up the chicken into 2-inch chunks. Cover and set aside.

Sausage: Bring to a boil 4 cups water, add sausages. When the water returns to a boil and reduce temperature to a fast simmer and cook 10 minutes. Drain sausages on paper towels. Add about 1 tablespoon oil to a skillet and sauté the sausages until lightly browned. Cover and set aside to cool. Slice the sausages into ¾-inch crosswise pieces. Cover and set aside.

Bell Peppers: Char the bell peppers over a flame of a gas burner until blackened. Put peppers into a paper bag; close it tightly for at least 15 minutes. Remove peppers from the bag and using your hands, remove the blackened skin (do not use water). Cut each pepper into 4 quarters; remove the seeds and veins and slice each section crosswise into ¼-inch strips. Set aside on paper towels if they appear wet.

Rice: Put rice in a fine sieve and rinse well under cold running water. Heat 1 tablespoon olive oil in a medium saucepan over medium-high heat. Add the rice and toast until lightly golden in color, stirring occasionally. Remove the rice to a bowl. In same sauce pan, add wine, 4 cups chicken broth, saffron, pepper and bring to boil. Add rice and stir well. Cook, covered, over lowest heat for 20 minutes. Remove the pan from the burner and set aside.

Sauté onion, bay leaves, cayenne, and bell pepper in the chicken drippings until onion is soft, about 10 minutes. Add the garlic and continue cooking for about 1 minute. Lightly salt; set aside.

Assembly: In a large bowl, mix rice, onion mixture, peas and cilantro. If mixture appears too dry, up to 1 cup additional chicken broth. Taste the mixture. If necessary, add additional salt, pepper and/or cayenne. Set aside. Oil a 13 by 9-inch baking dish (or larger); Add chicken and sausage. Top with rice mixture (if too much rice, leave out 1 cup). Cover with foil. (Remove from refrigerator 2 hours before cooking.) Bake in preheated 350-degree oven for 1 to 1 ½ hours, or until center of rice is hot. Garnish with orange slices.

## **Chicken with Tomatoes, Onions and Mushrooms**

Serves 4

8 chicken thighs

½ cup flour

2 tablespoon butter

1 tablespoon olive oil

1 pound mushrooms, trimmed

1 14-ounce pan S & W Ready-Cut tomatoes, drained

1 ½ cup dry white wine

1 teaspoon chicken stock base

10 ounces onion petals sautéed

parsley

Sprinkle chicken with salt and pepper. Dredge in flour; shake off excess. In a 12-inch non-stick skillet, sauté chicken in oil and butter until golden, about 2 ½ minutes per side; set aside Add mushrooms and onions to skillet and sauté until

golden, about 5 minutes. Stir in tomatoes, wine and chicken stock base. Return chicken to the skillet along with any juices. Heat to boiling, then reduce heat to a simmer. Cook uncovered, 35-45 minutes, or until chicken comes easily off the bone easily.

Remove the chicken to a platter. Cool somewhat, then remove the chicken meat from the bones and return to the skillet. Season with salt and pepper. Reheat if necessary. Serve with sprinkled parsley.

Suggestion: Serve over wide, buttered noodles in a bowl.

## **\*The Best Crispy Oven-Baked Chicken**

Serves 4

Cook's Illustrated

1 5-ounce box Melba toast  
1/4 cup vegetable oil  
2 large eggs  
1 tablespoon Dijon mustard  
1 teaspoon dried thyme  
3/4 teaspoon. salt

1/2 teaspoon. pepper  
1/2 teaspoon. dried oregano  
1/4 teaspoon. garlic powder  
1/4 teaspoon t. cayenne  
4 chicken drumsticks, patted dry  
4 chicken thighs, patted dry

Break up the toast into the bowl of a food processor. Pulse until the mixture has the texture of sand and small pebbles.

Adjust oven rack to upper-middle position. Preheat to 400-degrees. Line a 1-inch rimmed baking pan with foil and set large flat wire rack over the pan.

Drizzle oil over crumbs in pie plate; toss well to coat. Mix eggs, mustard, thyme, salt, pepper, oregano, garlic powder, and cayenne with fork in a shallow dish.

Working one piece at a time, coat chicken with egg mixture. Set in Melba crumbs and press to coat on both sides. Place on rack. Bake about 40 minutes.

## **\*Grilled Chicken Kebabs**

Serves 2

1 ½ chicken breasts, skinless and boneless, cut 1 ½ to 2-inches chunks

### Marinade

¼ cup olive oil

6 small garlic cloves, mashed

¼ cup cilantro

½ teaspoon salt

1 teaspoon coarsely ground pepper

Marinade: Add all marinade ingredients to blender or small food processor and pulse until mixed. Pour into a medium bowl and stir in chicken. Pour chicken and marinade into a 1-quart zip lock plastic bag. Marinate at least 3 hours or overnight in the refrigerator.

1 teaspoon curry powder

### Optional: Tomato-Raisin Sauce

(serves 4):

½ cup raisins

1/3 cup tomato sauce

1 tablespoon brown sugar

1 tablespoon cider vinegar

Optional Tomato-Raisin Sauce: Soak raisins in hot water for 10 minutes, then drain. Puree all ingredients in a small food processor or blender.

Grilling: Oil the barbecue grill, then preheat on High. Skewer the chicken. Turn down the heat to medium-high and grill 3 minutes per side (Newport: 2 minutes per side) for a total of 6 (4) minutes. Do not overcook. Watch out for flaming! Serve the raisin sauce in small individual bowls to accompany the chicken kebabs.

## Dancing Chicken

Serves 4 to 6

Dick Napp

4 chicken breast halves, boned and skinned  
1 tablespoon rice wine or dry sherry  
1 tablespoon oyster sauce  
1 tablespoon sesame oil  
8 ounces shitake mushroom caps sliced ¼ inch  
3 whole green onions, sliced 1-inch on diagonal  
1 package fresh wide rice noodles or 8 ounce dried rice noodles  
2 tablespoon fresh ginger, minced  
3 cloves garlic, finely minced  
1 crushed red pepper

2 tablespoon cooking oil  
¼ cup water  
12 ounces bean sprouts  
Optional: Chinese peas, sliced on diagonal

### Sauce

¼ cup chicken stock  
¼ cup rice wine or dry sherry  
2 tablespoons oyster sauce  
1 tablespoon sesame oil  
1 tablespoon cornstarch  
1 teaspoon sugar  
¼ teaspoon pepper

Rinse chicken and pat dry. Cut into thin strips. Marinate overnight in rice wine and oyster sauce.

Slightly undercook fresh noodles in boiling water with ½ tablespoon oil and ½ tablespoon salt. Stir frequently. Drain and set aside. Follow package directions for the dried rice noodles.

Combine all wok sauce ingredients in small bowl.

Heat a heavy 12-inch non-stick skillet on highest heat. Add 1 tablespoon cooking oil. Add chicken and toss for 1 minute or until just turns white. Immediately transfer to plate. Add remaining 1 tablespoon oil. Add vegetables, garlic and red pepper; toss briefly. Add water and noodles; stir-fry for about 2 minutes.

Stir sauce, then add to skillet. Return chicken to wok. Stir and toss until all ingredients are glazed with the sauce. Taste to adjust seasoning. Immediately transfer to heated dinner plates and serve.

## Miso Chicken with Peanut Butter

Serves 2-4

boneless chicken thighs

Marinate overnight:

1 tablespoon miso (fermented soybean paste)

1 tablespoon smooth peanut butter

1 tablespoon soy sauce

1 tablespoon sugar

1 teaspoon lemon juice

1 teaspoon minced fresh ginger

1 garlic clove, minced

cooked rice

Oil barbecue grill and preheat. Add chicken to one side of the grate and grill 3 minutes per side on medium-high heat. Turn off the heat on the side with the chicken and turn the other side to Low. Cook an additional 17 minutes. Serve with rice.

## Shredded Chinese Chicken Salad

Serves 4

Kitzen Gough

4 cups cooked, seasoned chicken,  
shredded  
iceberg lettuce shredded, about 2  
cups  
2 small red bell peppers cut into thin  
strips  
3 scallions thinly sliced  
1 cup bean sprouts, rinsed  
1 cucumber quartered lengthwise  
and sliced  
2 cups chow mein noodles

### Peanut Dressing:

4 tablespoons unsalted peanuts  
1 tablespoon lime juice  
1/4 cup rice wine vinegar  
1 tablespoon soy sauce  
1/2 teaspoon sesame oil  
1/4 teaspoon each salt and pepper  
sugar to taste  
  
3 tablespoons vegetable oil

Puree peanuts in blender, frequently scraping down the sides to form a paste. Add all the remaining dressing ingredients except vegetable oil and blend until

smooth. With machine running add vegetable oil blending until smooth and slightly thickened. Toss all remaining ingredients with dressing and serve.

## Spicy Braised Chicken with Ginger

Serves 6

*The Choy of Cooking*

- 2 tablespoons olive oil
- 2 tablespoons sesame oil
- 1 whole chicken or 3 pounds chicken parts
- ½ cup soy sauce
- ½ cup sherry
- 6 slices (1/4-inch each) fresh ginger, bruised
- 2 stalks green onion, cut in 2-inch pieces
- 3 whole star anise
- 1 tablespoon Sichuan peppercorns
- 1 ½ tablespoons sugar
- 6 sprigs cilantro

In large heavy non-stick pan, heat olive oil and sesame oil. Brown chicken on all sides in two batches. Transfer chicken pieces to a heavy pot; set aside.

Wipe up excess oil with paper towel. Add soy sauce, sherry, ginger, green onions, star anise and peppercorns. Bring to a boil and scrape sauté pan. Pour liquid over chicken. Bring pot to boil, cover with foil and a heavy lid. Transfer to a preheated 350-degree oven and bake for 10 minutes. Lower heat to 300-degrees for 10 minutes. Remove pot from oven; remove white meat when it reaches 160-degrees. Return pot to oven and cook an additional 10 minutes. Remove chicken to a platter and set aside. Strain liquid from pot and discard spices; return to pot. Add sugar and simmer, covered, for 5 minutes more.

Add the chicken back to the with the strained cooking liquid When ready to serve, reheat. Serve chicken and some liquid over hot rice garnished with cilantro.

## Roast Turkey

Cook's Illustrated, revised 11/13

### Turkey Brine (Wednesday):

½ cup salt

½ cup sugar

1 gallon cold water

### Turkey Roasting:

1 fresh turkey, 12-15 pounds,  
(backbone cut out, hindquarters  
separated, wings separated, breast  
cracked)

**Turkey Brine:** Dissolve salt and sugar in cold water. Pour into clean medium picnic container. Add turkey parts and brine 4-5 hours in the refrigerator. Remove from brine, rinse well and pat dry. Remove excess fat and skin. Tie thighs and wings with kitchen string.

2 additional large thighs

3 medium onions, chopped

3 medium celery ribs, chopped

2 medium carrots, peeled and

chopped 5 springs thyme

1-2 cups turkey stock

unsalted butter, softened

**Roasting the Turkey:** Preheat oven to 425-degrees. In large rimmed baking sheet, add all vegetables and toss with a little olive oil. Pour in broth. Spray wire rack with Pam and place it on top of vegetables.

Brush turkey pieces with softened butter. Place breast skin side down and drumsticks and thighs skin side up on rack, leaving at least ¼ inch between pieces.

Roast turkey pieces 30 minutes. Using wads of paper towels turn breast skin-side up. Test the temperature of the various pieces with instant-read thermometer. Add oven-meat thermometer to smallest single thigh piece (as this piece will probably reach its optimum temperature first). Reduce oven temperature to 350-degrees. Continue cooking; adding more broth to roasting pan if necessary. Remove breast at 160-165 and the thighs at 175-180.

Lightly tent turkey and let rest 1 ½ hours.

Strain vegetables and liquid from baking sheet through colander set in large bowl. Press solids with back of spatula to extract as much liquid as possible. Discard vegetables. Retain the roasting liquid for the gravy.

**Carving:** Remove large pieces of skin and set aside. Carve ½ breast from the bone. Using an electric knife, cut into vertical thin slices. Remove thigh meat from the bone and cut large pieces parallel to the bone. Don't attempt to carve drumstick. Arrange sliced turkey on a large platter. Drizzle with turkey stock or chicken broth. Cover turkey pieces with large pieces of the skin. Cover all with plastic wrap and refrigerate. Reheat turkey at 350 degrees for 30 minutes. The skin should be crispy by now. Slice the skin into thin strips and arrange down the center of the turkey platter. To the side you can serve the whole drumsticks and wings.

## **Mahogany Chicken with Smoky Lime Sweet Potatoes and Cilantro Chimichurri**

Camilla Saulsbury won \$100,000 for this recipe at the 2005 National Chicken Cooking Contest.

Serves 4

*The Oregonian*

### Cilantro Chimichurri:

1 cup chopped fresh cilantro leaves  
¼ cup plus 2 tablespoons extra-virgin olive oil  
3 large cloves garlic, minced  
¼ teaspoon salt  
1/8 teaspoon black pepper

3 tablespoons Dijon mustard  
2 tablespoons hoisin sauce  
2 teaspoons balsamic vinegar  
½ cup plus 1 ½ teaspoons lime juice  
(about 8-9 limes) divided  
1 ½ pounds boneless, skinless  
chicken breast halves, cut in 1 ½-  
inch cubes

### Mahogany Chicken:

5 tablespoons dark brown sugar

### Sweet Potatoes:

2 large sweet potatoes or yams,  
peeled, and cut into half-inch pieces  
2 tablespoons unsalted butter  
1 teaspoon chopped canned chipotle  
chile  
1 teaspoon adobo sauce (from  
canned chipotle

$\frac{3}{4}$  teaspoon ground cumin  
 $\frac{1}{2}$  teaspoon lime zest  
 $\frac{1}{4}$  teaspoon salt  
 $\frac{1}{8}$  teaspoon pepper  
Cilantro springs

Soak 8 bamboo skewers in water for 30 minutes while you prepare recipe.

Chimichurri: In small bowl, mix together chopped cilantro, olive oil, garlic, salt and pepper. Set aside.

Mahogany Chicken:

In medium bowl, mix together brown sugar, mustard, hoisin sauce, and vinegar. Reserved two-thirds of this mixture. To remaining one-third, add  $\frac{1}{2}$  cup lime juice and stir in chicken. Cover and refrigerate.

### Sweet Potatoes:

Place sweet potatoes in heavy sauce pan and over boiling water. Cook covered over medium high heat until tender, about 15 minutes.

Reserve 1/6 cup cooking liquid. Then drain potatoes in colander. Return potatoes to reserved cooking water and add butter, chipotle chile, adobo sauce, remaining 1 1/2 teaspoons lime juice, cumin, lime zest, salt and pepper. Mash potatoes.

Thread chicken on skewers. Broil about 6 inches from heat, basting with reserved Mahogany sauce until done, about 8 minutes.

To serve, divide potatoes among four plates, Top each with two skewers of chicken and drizzle with chimichurri. Garnish with cilantro sprigs.

## Ginger Chicken in Lettuce Wraps

Serves 2

### Dressing:

2 tablespoons minced fresh ginger

1 clove garlic, minced

¼ to 1/3 cup fresh lime juice

2 tablespoons sugar

1 tablespoon soy sauce

1 teaspoon chili sauce

### Topping:

¾ pound chicken breast tenders,  
deveined and diced

3 cups thinly sliced Napa cabbage

¼ cups pickled ginger, coarsely  
chopped

¼ cup cilantro leaves, chopped

salt and pepper

vegetable oil

Boston lettuce or lumpia wrappers

Dressing: In a small bowl, combine ginger, garlic, lime juice, sugar, soy sauce and chili sauce.

Topping: Pour  $\frac{1}{4}$  of the dressing over chicken in a separate bowl; cover and set aside for 10 minutes.

In a large bowl, combine sliced cabbage, pickled ginger and cilantro. Pour  $\frac{3}{4}$  of the remaining dressing over top and toss together. Set aside.

Drain chicken; sprinkle with salt and pepper. Sauté until no longer pink.

Arrange lettuce leaves on plate. Fill with cabbage mixture and top with chicken. If using lumpia wrappers, mix cooked chicken into cabbage mixture before wrapping.

## \*Chicken or Turkey Soft Tacos

Serves 4

Matthew Card

### Red Sauce:

1 to 2 cups Aunt Betty's South of the  
Border Enchilada Sauce  
¼ cup chopped yellow onion  
¼ cup chopped cilantro  
2 cloves garlic, minced  
pinch sugar

### Green Sauce:

1 pound tomatillos, husked, rinsed well and  
quartered  
2 small Serrano chilies, seeded and coarsely  
chopped  
1 small onion, coarsely chopped  
4 cloves garlic, coarsely chopped  
salt  
1 cup water

¼ cup packed chopped fresh cilantro  
pinch sugar

2 cups cooked chicken or turkey, preferably  
dark meat

Olive oil

1 medium-large red onion, halved and  
sliced lengthwise into ¼-inch slices

4 large poblano chilies, corded, seeded and  
sliced into ¼-inch slices

1 teaspoon cumin

pinch salt

2 limes (juice of one lime, the other  
quartered)

sour cream

at least 16 thin corn tortillas, use 2 for each  
taco

Choose to make either the red sauce (quick) **OR** the green sauce recipe.

Red Sauce: Combine enchilada sauce, onion and garlic. Simmer about 15 minutes. Mix in cilantro. Add sugar and salt to taste. Return sauce to saucepan.

Green Sauce: Combine tomatillos, Serrano chilies, onion, garlic, pinch salt and water in large saucepan. Bring to simmer over medium-high heat, cover, reduce heat to low and cook until vegetables are very tender, about 15 minutes. Strain, reserving a few tablespoons of the cooking liquid, and process mixture with cilantro in blender until smooth. Add 1 to 2 tablespoons of the reserved liquid if necessary. Add sugar and salt to taste; return sauce to pan.

Add turkey to sauce and bring to simmer. Reduce heat to low, cover and cook until turkey is soft and has absorbed sauce, about 10 minutes. If too thick, add some water or chicken broth.

Meanwhile, heat oil in large non-stick skillet. Add red onion, poblano chilies, cumin and large pinch salt. Sauté on medium-low heat, stirring occasionally, until soft and browned, 12 to 14 minutes (add splash of water if necessary to prevent sticking). Sprinkle liberally with lime juice.

Put meat and vegetables in separate serving bowls along with lime wedges and sour cream. Warm the tortillas. Let your guests make their own tacos.

## Chicken Punjabi Curry

Serves 4

*The Oregonian*

1 tablespoon vegetable oil  
4 boneless, skinless chicken thighs,  
cut in ½-inch cubes  
¾ cup chopped onion  
8 ounces crimini mushrooms, sliced  
3 tablespoons water plus ½ cup  
(divided)

1 pound spinach, cleaned, stems  
removed and coarsely chopped  
1 5-ounce jar Trader Joe's Spinach  
Punjab sauce  
1 red pepper, crushed  
1 teaspoon salt  
hot cooked basmati rice or couscous

Sauté chicken in oil in large skillet. Remove chicken from skillet; add onion and sauté for 1 minute. Add mushrooms and 3 tablespoons water; cook, stirring occasionally until mushrooms are soft, about 3 minutes.

Stir spinach and chicken into onions and mushrooms. Add sauce, red pepper and salt to taste. Add remaining  $\frac{1}{4}$  cup water to jar of Punjab sauce, shake and add to pan. Simmer for 5 minutes, stirring.

## **\*Butterflied Chicken with Herbs & Sticky Lemon**

Serves 4

Elise Lalor, Winner of 2009 National Chicken Cooking Contest

1 whole chicken, backbone and  
breastbone removed and flattened  
2 teaspoons kosher salt  
2 teaspoons pepper  
10 sprigs sage  
5 sprigs thyme

10 cloves garlic  
2 tablespoons olive oil  
¼ cup sherry vinegar  
1 lemon, thinly sliced  
¼ cup honey  
2 tablespoons adobo sauce  
¼ cup chopped parsley

Preheat oven to 400-degrees.

Sprinkle chicken with salt and pepper. On roasting rack, place rosemary sprigs, thyme sprigs and garlic. Arrange flattened chicken on top and sprinkle with olive oil. Place chicken in oven for 20 minutes. Pour sherry vinegar over chicken and cook additional 15 minutes. Place lemon slices over chicken.

In small bowl, mix honey and adobo sauce; brush over lemon slices. Bake chicken additional 10 to 15 minutes. Cover chicken with foil if it starts to burn. Test for doneness by inserting thermometer into thickest part of the thigh without touching the bone. It should register 170 degrees.

Remove chicken to platter and sprinkle with parsley.

## **\*Sloppy Chicken Tamale**

Serves 2

### Cornmeal:

½ cup stone ground cornmeal

2 ¼ cups cold water

1 small can creamed corn

½ teaspoon salt

1 tablespoon butter

sugar to taste

1 large half chicken breasts, sliced and sautéed; or use cooked chicken

¼ to 1/3 cup mole sauce

½ cup shredded Mexican cheese

chopped cilantro

Cornmeal: Combine cornmeal, water, cream corn and salt. Cover and bring to a boil. Reduce to a simmer and cook 25 to 30 minutes. Add additional water if the mixture becomes too dry. It should be the consistency of thick oatmeal. Add butter and sugar to taste.

Layer the following in order: cornmeal, cheese, chicken, mole sauce, cilantro.

## Baked Chicken Tenders

1 pound fresh Chicken Tenders  
salt and pepper  
buttermilk  
¾ cup seasoned Italian bread  
crumbs

¼ cup Panko  
salt and pepper  
sauces

Cover sided baking sheet with foil. Place wire rack over baking sheet and spray with Pam. Set aside.

Rinse chicken and pat dry. Cut into strips 3" by 1". Mix together bread crumbs, Panko, salt and pepper. Dip each strip in buttermilk and then into breadcrumbs mixture. Place strips on wire rack; spray with olive oil and refrigerate until ready to bake.

Bake in preheated 425-degree oven (middle shelf) for 10 minutes. Turn and bake 5 minutes more. Serve with sauces: Chipotle ketchup, ranch dressing, etc.

## \*Chicken and Vegetable Cobbler

Serves 4

*The Oregonian*

2 tablespoons olive oil  
2 medium carrots, peeled and cut  
into coins  
2 cups crimini mushrooms, cut  $\frac{3}{4}$ "  
1 leek, thinly sliced  
salt and pepper  
1  $\frac{1}{2}$  cups chicken broth  
1 sprig fresh thyme  
1 tablespoon butter  
8 boneless chicken thighs, cut  $\frac{3}{4}$ -  
inch  
1 cup peas

2 tablespoons cornstarch  
Optional:  $\frac{1}{4}$  cup crème fraiche or  
cream

### Biscuit Topping:

1  $\frac{1}{2}$  cups flour  
1  $\frac{1}{2}$  teaspoon baking powder  
 $\frac{1}{4}$  teaspoon baking soda  
 $\frac{1}{4}$  teaspoon salt  
3 tablespoons butter  
 $\frac{3}{4}$  cup buttermilk  
1 egg

Preheat oven to 400-degrees. Put oil in large non-stick skillet over medium-high heat. Sauté carrots and mushrooms for about 5 minutes. Sprinkle with salt and pepper. Add leeks and sauté for about 3 minutes. Push vegetables to the sides of the pan and add chicken to the center. Sauté until the chicken is just white on the outside.

Add broth and thyme to the skillet; bring to a boil. Reduce to a simmer and cook until carrots are almost tender, 8-10 minutes. Whisk cornstarch with a few tablespoons broth to make slurry. Add slurry to skillet and stir until liquid thickens slightly. Stir in peas and 1 tablespoon butter. When butter has melted, stir in crème fraiche. Adjust seasonings. Then discard thyme and transfer everything to an ovenproof dish.

Biscuit Topping: In a medium bowl, whisk flour, baking powder, baking soda and salt. Add 2 tablespoons butter broken into small pieces. Crumble the butter into the flour with your fingertips. Beat egg with buttermilk in small bowl and pour into the flour mixture. Stir with a fork until it just comes together. It should be sticky.

Drop spoonfuls of batter on top of vegetables and chicken, covering as much surface area as possible. Bake for 20 to 25 minutes until golden on top and bubbly underneath. Scoop into bowls and serve immediately.

## **\*James Beard's Turkey and Stuffing Hash**

Makes 4 servings

1 large onion, finely chopped  
¼ cup butter (1/2 stick)  
2 cups leftover stuffing  
1 ½ cups chopped cooked turkey  
½ cup chopped green bell pepper

¼ cup turkey or chicken broth  
2 tablespoons turkey gravy,  
whipping cream or evaporated milk  
salt and pepper  
paprika

In a heavy-bottomed skillet, sauté onion in butter over medium-high heat until soft. Add the stuffing, turkey, bell pepper and broth. Blend well with the onion and cook, turning frequently, until the hash has a slight crust distributed through it. Drizzle the gravy over the hash and season to taste with salt and pepper. Let the hash cook, without stirring, for 3 to 4 minutes or until the cream has evaporated and the bottom of the hash is nicely browned. Place a plate over the

hash and, in one swift motion, flip the pan and hash over onto the plate. Sprinkle with paprika and serve. Freezes well (2 servings = 2 ¼ cups hash).

## Mole Poblano

Makes 4 cups

2 dried ancho chilies, stemmed and seeded

2 dried anaheim chilies, stemmed and seeded

2 dried chipotle chilies, stemmed and seeded

1/4 cup golden raisins

1/4 cup whole almonds

2 teaspoons cumin

1 tablespoon whole black peppercorns

1 Mexican cinnamon stick

1 tablespoon dried oregano

4 sprigs fresh thyme, leaves only

3 tablespoons extra-virgin olive oil

2 onions, chopped

3 cloves garlic, minced

1 serrano peppers, stemmed and seeded and minced

28-ounces crushed tomatoes

1 tablespoon tomato paste

2 ounces bittersweet chocolate, preferably Mexican, chopped

1 chicken, cut into 10 pieces or 4 pounds chicken thighs with bone and skin

1 lemon, juiced

Kosher salt and freshly ground  
black pepper  
5 tablespoons extra-virgin olive oil  
chicken broth  
1 onion, thinly sliced

4 radishes, thinly sliced  
1 lime, juiced  
garnish: chopped cilantro leaves  
cooked white rice, for serving

Mole Sauce: Tear the ancho, anaheim, and chipotle chiles into large pieces and toast them in a dry skillet over medium heat until they change color a bit, about 2 minutes. Put them into a bowl with the raisins and cover them with hot water. Soak until softened, about 30 minutes. In the same skillet over medium heat, add the almonds, cumin, peppercorns, cinnamon stick, oregano, and thyme. Toast for 2 minutes, grind in a spice grinder, and add the powder to the bowl of a food processor. In the same skillet over medium-high heat, add the olive oil, onions, and serrano. Cook until lightly browned. Add the garlic and cook 1 minute or until fragrant. Then add the tomatoes and tomato paste and cook until vegetables are softened, about 10 to 15 minutes. Add the chocolate and stir until melted.

Add the tomato mixture to the food processor bowl. Add the soaked chiles and raisins to the bowl along with some of the chile soaking liquid. Puree, adding more soaking liquid as needed, to make a smooth sauce. (This makes about 4 cups sauce, the recipe uses 2 cups, the extra can be frozen).

## Peruvian Roast Chicken with Garlic and Lime

Serves 4 (Note: Serve with Beans and Rice)

America's Test Kitchen

3 tablespoons extra-virgin olive oil

1/4 cup lightly packed fresh mint  
leaves

2 tablespoons kosher salt

6 medium garlic cloves , peeled and  
roughly chopped

1 tablespoon ground black pepper

1 tablespoon ground cumin

1 tablespoon sugar

2 teaspoons smoked paprika

2 teaspoons dried oregano

2 teaspoons finely grated zest and

1/4 cup juice from 2 limes

1 serrano chille, minced

1 (3 1/2-to 4-pound) whole chicken

Process all ingredients except chicken in blender until smooth paste forms, 10 to 20 seconds. Using fingers or handle of wooden spoon, carefully loosen skin over thighs and breast and remove any excess fat. Rub half of paste beneath skin of chicken. Spread entire exterior surface of chicken with remaining paste. Tuck wingtips underneath chicken. Place chicken in gallon-size zipper-lock bag and refrigerate at least 6 hours and up to 24 hours.

Preheat oven to 325 degrees. Tie chicken and place on roasting pan. Roast until skin just begins to turn golden and instant-read thermometer inserted into thickest part of breast registers 140 degrees, 45 to 55 minutes. Carefully remove chicken and pan from oven and increase oven temperature to 450 degrees.

Return chicken to oven and roast until entire skin is browned and crisp and instant-read thermometer registers 160 degrees inserted in thickest part of breast and 175 degrees in thickest part of thigh, about 20 minutes (check frequently for burning).

Carefully remove chicken from oven and let rest 20 minutes. Carve chicken and serve, passing Spicy Mayonnaise separately.

## Smoked Turkey

Notes: Buy gravy at Whole Foods.

1 turkey cut up: breast, 2 hindquarters, 2 wings with 1-inch breast meat  
2 large turkey thighs

### Brine:

1 gallon turkey or vegetable stock

½ cup brown sugar

½ cup table salt

1 gallon water with lots of ice

melted butter for basting

½ cup turkey stock

garnish: whole cranberries, large sage leaves

Brining: In a large bucket, whisk salt and sugar into stock until dissolved. Stir in water and ice. Add turkey meat. Refrigerate 8 to 18 hours. Remove turkey from brine and rinse with cold water. Discard brine and pat turkey dry.

Smoking: Set up smoker with 4 chunks wood. Lightly brush the turkey with melted butter. Place hind quarters and thighs on bottom shelf and wings and breasts on upper shelf. After 1 ½ hours, baste again with melted butter and turn the pieces to the other side. After another 1 ½ hours, check the internal temperature of individual pieces. Remove when white meat is 165-degrees and dark meat is 175-degrees. Continue basting as needed. Tent the turkey lightly with foil until room temperature. Wrap each piece tightly in foil and refrigerate until you are ready to carve.

Carving: Carve 2 thighs and entire breasts. Serve some large pieces whole; i.e., drumstick, wing. Sprinkle turkey stock over meat; cover with foil and refrigerate until ready to reheat. Reheat at 350-degrees for 20-30 minutes. Garnish with whole cranberries and large sage leaves.

## Diana's Chicken Enchiladas

Serves 4-6

### Sauce:

2 teaspoons olive oil  
1 onion, finely chopped  
2 garlic cloves, minced  
1 ¼ cup tomato sauce  
1 ¼ cup chicken broth  
2 tablespoons tomato paste  
2-3 tablespoons chili powder  
1 teaspoon cumin  
1 teaspoon oregano  
2 teaspoons sugar  
Cayenne to taste

### Filling:

2 teaspoons olive oil  
1 cup onion, thinly sliced  
1 medium zucchini, diced  
10 ounces cooked shredded chicken,  
(about 1 large 1/2 breast), or use one  
roasted at grocery store  
1/2 cup sour cream  
1/4 cup chopped cilantro  
1 small can whole green chilies,  
sliced lengthwise  
4 to 6 large tortillas  
shredded Mexican mix cheeses

Sauce: Sauté onion and garlic in olive oil until fragrant. Whisk in tomato sauce, tomato paste and chicken broth. Add chili powder, cumin, oregano and sugar. Bring to a boil and simmer, uncovered, 10 minutes.

Filling: In medium skillet, sauté in olive oil onion 4 to 5 minutes. Add zucchini and sauté additional 6 to 7 minutes. Transfer to a medium bowl and mix in chicken, sour cream and cilantro, 1 cup cheese.

Assembly: Spray 9” by 13” glass baking dish with Pam. Transfer sauce to a medium skillet and reheat if necessary. For each enchilada, brush both sides of a tortilla with sauce and shake off the excess. Add some chicken mixture and a slice of chili, roll up and put in baking dish. Repeat. Pour sauce evenly over enchiladas. Bake in 375 preheated oven 30 minutes. For the last 10 minutes of baking, sprinkle the top with the cheese. Serve 1/2 enchilada per person with other side dishes.

Suggestion: Serve with mixed green salad, chopped avocado and grapefruit sections cut in half.

## Lemon-Garlic Chicken with Mushrooms

Serves 4

Martha Rose Shulman

2 large chicken breasts  
2 tablespoons olive oil  
3 tablespoons lemon juice  
2 garlic cloves, minced  
1 teaspoon minced rosemary

salt and pepper to taste  
2 tablespoons flour  
2+ tablespoons vegetable oil  
1 pound mushrooms, sliced  
1 teaspoon minced thyme  
1/4+ cup dry white wine

Remove bones and skin from chicken breasts. Slice each breasts in half crosswise and then slice each piece horizontally. Stir together olive oil, lemon juice, garlic, rosemary, and salt and pepper in a flat baking dish. Marinate chicken 15 to 30 minutes, turning frequently.

Remove chicken from marinade and pat dry. Pound each piece to about 1/4-inch thickness. Lightly season with salt and pepper on one side only. Dredge lightly in flour.

Preheat oven to 250-degrees. Heat vegetable oil in heavy browning skillet. Cook chicken for 1 to 1 1/2 minutes per side. Transfer to a sheet pan covered with light foil and keep warm in the oven.

Adjust the oil in the skillet to about 1 tablespoon and turn down the heat to medium-high. Sear the mushrooms for 30 seconds to a minute without moving them. When they have softened slightly, add wine and salt and pepper to taste. Scrape the bottom of the skillet to deglaze. Continue to stir until wine has evaporated somewhat, 5 to 10 minutes. Add additional wine if necessary. Spoon over the chicken, garnish with thyme and serve

## **Chicken Stuffed Poblano Peppers**

Serves 2, South Beach Diet

2 large poblano peppers

1 can low sodium black beans

1/4 cup diced onion

1 large garlic clove

1/2 chicken breast

1/3 cup salsa, drained

2 ounces reduced fat cheddar cheese, grated

1/4 cup light sour cream

garnish: freshly chopped cilantro

Cut around stem of peppers and remove. Cut in half and remove seeds and membranes. Microwave covered on high for 2 minutes or until somewhat softened.

Drain beans saving liquid. Sauté onion and garlic in olive oil. Add drained beans and cook heat until softened. Mash beans lightly with potato masher, adding reserved liquid as desired.

Remove skin and bones from chicken. Chop into 1/2 to 3/4-inch pieces. Lightly season with chili powder and salt. Sauté in olive oil for about 5 minutes or until cooked throughout. Drain and cool slightly; mix with salsa.

Assembly: Spoon about 1/4 cup of refried beans into each pepper shell. Add chicken/salsa mixture. Bake 350-degrees for 15 minutes. Spread 1 tablespoon sour cream on each pepper half; top with cheese and bake an additional 5 minutes. Garnish with cilantro.

## Smoked Whole Chicken

1 whole chicken (about 3.5 pounds) butterflied

Brine: 1 gallon water, 1 cup kosher salt, 1 cup sugar

olive oil

1/4 cup apple cider or beer

Brine chicken for 4 hours. Rinse thoroughly and dry. Rub with olive oil.

Heat BBQ to 225-degrees. Set water rack below chicken

Smoke chicken breast side down for 1 1/2 hours. Cover in foil with apple cider. Cook for about 1 hour longer. Test doneness with meat thermometer.

## Duck Breasts with Orange Sauce

Serves: 4

Scott Leysath

- 4-6 skinless duck breast fillets
- 3 tablespoons olive oil or duck skin
- 1/2 teaspoon kosher salt
- 1/4 teaspoon white pepper
- 1/2 teaspoon ground coriander
- 1 tablespoon sugar
- 1 cup freshly squeezed orange juice
- 1 tablespoon orange zest
- 1/3 cup orange liqueur
- 1/2 cup chilled butter, cut into 6-7 pieces
- salt to taste
- 2 green onions, shredded lengthwise

Preheat oven to 250-degrees.

Rub the duck breast fillets with olive oil, salt, white pepper, and ground coriander. If time allows, wrap the seasoned duck in plastic wrap and refrigerate for 1-2 hours. If using duck skin, render in heavy skillet over low heat until you have 3 to 4 tablespoons fat; discard the skin. Brown the fillets on both sides or until medium-rare, about 2 to 4 minutes per side. Transfer the duck to a plate and keep warm in oven.

Pour most of the fat from the skillet. Add the orange juice, sugar, orange zest, and half of the orange liquor. Bring to a boil, uncovered, over medium-high heat. Reduce heat to medium and simmer until the liquid is reduced to 4 tablespoons. Remove the pan from the heat and whisk in butter, a few pieces at a time, until thoroughly blended, and then whisk in the remaining orange liquor. Add salt to taste.

Slice duck diagonally into 1/4-inch-thick slices. Spoon the sauce onto warm plates and arrange the duck over the sauce. Top the duck with shredded green onions.

## Chicken Ball Salad with Oven-Dried Tomatoes

Serves 3

Bon Appétit

### Oven-Dried Tomatoes:

1 pint cherry tomatoes, halved  
3 fresh thyme sprigs  
2 garlic cloves, crushed  
1 teaspoon salt  
2 tablespoons olive oil

1/4 cup parsley  
2 tablespoons white wine  
1/2 tablespoon salt  
1/2 teaspoon ground fennel  
1/2 teaspoon black pepper  
1 tablespoon olive oil

### Chicken Meatballs:

1 pound ground chicken, or 1 pound  
Italian chicken sausage (omit  
following ingredients)  
1 egg  
1/4 cup bread crumbs

### Salad:

1 bunch watercress, ends discarded  
1 cup white beans  
1/4 red onion, halved and cut into  
1/2-inch slices  
2 tablespoons apple cider vinegar

Oven-Dried Tomatoes: Preheat oven to 275-degrees. Toss together tomatoes, thyme, garlic, salt and olive oil. Spread out on parchment covered baking sheet. Bake about 1 1/2 hours or until tomatoes are shriveled but not browned. Cool.

Chicken Meatballs: Preheat oven to 450-degrees. Mix by hand chicken, egg, breadcrumbs, parsley, wine, salt, fennel and pepper. Oil parchment covered baking sheet. Roll chicken mixture into 1-balls and place on parchment. Bake 15 to 20 minutes. Brush tops of meatballs with olive oil and bake until crisp on top, about 5 minutes.

Assembly: Combine watercress, tomatoes, beans and onions in a bowl and toss lightly with apple cider vinegar. Transfer salad to individual plates and top with hot chicken balls.

## Peking Duck

Serves 4 to 6

Taste.com

1 to 1 1-2 roasted ducks, bone, skin and fat removed, thinly sliced  
6 green onions, sliced thin on the diagonal  
1/2 cup hoisin sauce

### Pancakes:

1/2 cup flour  
2 tablespoons corn flour  
1/4 cup water  
1/4 + 1 to 2 tablespoons milk  
2 eggs  
2 tablespoons melted butter, divided

Pancakes: whisk together until smooth: flour, corn flour, water, milk, eggs, 1 tablespoon melted butter, Cover and let stand for 15 minutes. Heat 12-inch non-

stick pan over medium heat and brush with 1 tablespoon butter. Pour about 3 tablespoons batter (one at a time) into frying pan, spreading each in a circular motion with the back of the tablespoon to form a 6 to 7-inch pancake. If the batter is too thick, whisk in an additional tablespoon of milk. Cook about 2 minutes per side. Transfer to plate and separate with squares of wax paper. Repeat with remaining batter.

Serving: Thinly spread hosin sauce over each pancake, add some slices of duck and garnish with sliced green onion. Fold pancake in half and serve.

## Grilled Sesame Lime Chicken Thighs

Serves 2 to 4

Note: Marinate up to 4 hours.

2 tablespoons soy sauce

2 teaspoons Asian-style fish sauce

1 (2-inch) piece ginger, peeled and grated

3 garlic cloves, grated

2 limes, as needed

4 chicken thighs, skinless and boneless

2 tablespoons peanut oil, more for grill

Sesame oil, as needed

optional garnish: coarsely chopped cilantro, thinly sliced red or green chilies

In a large bowl, whisk together soy sauce, fish sauce, ginger and garlic. Grate in zest of 1 lime and squeeze in its juice. Whisk in peanut oil. Place chicken thighs in bowl and turn well to evenly coat with mixture. Cover and

refrigerate for at least 1 hour and up to 4 hours. Remove chicken from fridge and dry on paper towels while you heat the grill.

Light the grill to high. Once grill is fully heated, brush thighs lightly with sesame oil and place on the grill. (Newport grill) Cook and flip until both sides are browned, 3 to 5 minutes per side. Check the temperature. If necessary, continue cooking until internal temperature is 175 to 180-degrees.

Garnish with lime juice and cilantro, and chilies if desired.

## Three Cup Chicken (Taiwanese)

Serves 4

Sam Sifton

3 tablespoons sesame oil

1 2-to-3-inch pieces ginger, peeled and sliced into coins

12 cloves garlic, peeled

4 whole scallions, cut into 1-inch pieces

1/2 to 1 teaspoon red pepper flakes

2 pounds chicken thighs, boneless or bone-in, cut into bite-size pieces

1 tablespoons light brown sugar

1/2 cup sake

1/4 cup light soy sauce

fresh basil leaves

rice or other grain (must serve)

Heat non-stick skillet over high heat and add 2 tablespoons sesame oil. When the oil shimmers, add the ginger, garlic, scallions and peppers. Cook until fragrant, about 2 minutes.

Scrape the aromatics to the side of the skillet; add remaining oil and allow to heat through. Add chicken and cook, stirring occasionally, until it is browned and crisping at the edges, about 5 to 7 minutes.

Add sugar and stir to combine. Add rice wine and soy sauce; bring just to a boil. Lower heat and simmer until sauce has reduced and started to thicken, about 10 to 15 minutes.

Turn off the heat, add the basil and stir to combine. Serve with rice or over stir-fried vegetables.

## Chicken Roulade a 'Orange with Sage

Serves our family of 10, (optional)

6 chicken breasts skinless and boneless  
8 thin slices prosciutto di Parma (1/2 pound Gruyere, grated)  
1/2 cup all-purpose flour  
Kosher salt and freshly ground black pepper  
2 cups Panko bread crumbs

sage leaves minced  
(1 large clove garlic, minced)  
4 tablespoons unsalted butter, melted  
3 eggs beaten with a little milk  
extra-virgin olive oil  
Single Orange Sauce recipe

Preheat oven to 350 degrees F full convection.

(If a breast is very thick, slice horizontally into two pieces.) Lay the chicken breast between 2 pieces of plastic wrap. Using the flat side of a meat mallet, gently pound the chicken to 1/4-inch thickness. Remove the top sheet of plastic and lay 1 slice of prosciutto neatly over the top to cover the breast. (Sprinkle

cheese over prosciutto.) Roll lengthwise up tight like a jellyroll inside the plastic wrap. Squeeze the log gently to seal and twist both ends tight to form a nice log. Repeat with remaining chicken. Refrigerate overnight.

Season the flour with salt and pepper. Mix the bread crumbs with kosher salt, pepper (sage, garlic) and melted butter. The butter will help the crust brown. Beat together the eggs; add a little salt. and season so the flour, the eggs and the crumbs are all seasoned.

Remove the plastic wrap. Lightly dust the chicken with flour, dip in the egg mixture and gently coat in the bread crumbs. Lightly coat a baking pan with olive oil and carefully transfer the roulades onto it. Bake to 160-degrees, about 20 to 25 minutes depending on the thickness of the rolls, until browned and cooked through. You may need to broil for a few minutes to get a nice brown color. Let rest for 5 minutes. Cut into pinwheels and serve over orange sauce. Garnish with minced sage.

## Indonesian-Style Chicken Salad

Serves 2

### Salad:

1/2 chicken breast Salt  
freshly ground pepper (optional)  
3 scallions, white part and green,  
thinly sliced  
2 tablespoons slivered fresh mint  
leaves  
2 tablespoons chopped cilantro  
1/4 red bell pepper, cut in thin strips  
1/2 serrano pepper, finely chopped  
seeded if desired  
1 cup sprouts, or shredded napa  
cabbage  
butter lettuce leaves

2 tablespoons chopped  
roasted peanuts

### Dressing:

2 tablespoons freshly squeezed lime  
juice  
1 teaspoon finely chopped fresh  
ginger  
1 small garlic clove, minced  
1 1/2 teaspoons Asian fish sauce  
Pinch of cayenne  
1 tablespoon crunchy or smooth  
natural peanut butter (more to taste)  
2-1/2 tablespoons mayo or olive oil

Salad: Bring a medium pot of salted water to boiling; add a little onion, carrot, celery, herbs if desired. Add chicken breast and reduce to a simmer. For a large breast poach 25 minutes, 165-degrees.

Place the chicken in a large bowl, and season with salt and pepper. Add the white part of the scallions, the mint, cilantro, red pepper, minced chile pepper and sprouts. Toss together.

Dressing: Combine the lime juice, ginger, garlic, fish sauce and cayenne. Stir together. Add the peanut butter, and combine well. Whisk in the buttermilk. Taste and adjust seasonings.

Assembly: Line a platter with the lettuce leaves. Toss the chicken mixture with the dressing, and arrange over the lettuce. Sprinkle

## Chicken Yakitori

Serves 2

Note: 4 thighs serve 3 people

NY Times, Andrew Scrivani

2 large chicken thighs, bone in

1/4 cup soy sauce

2 tablespoons mirin

1 tablespoon sake or dry sherry

1/2 tablespoon brown sugar

1 garlic clove, minced

1/2 teaspoon grated fresh ginger, or  
to taste

dash rice wine vinegar

garnish: green onions, thinly sliced

Remove chicken bone and skin. Cut into 1-1/2 inch strips (or chunks) and place in zip-lock bag

Bring to a low simmer soy sauce, mirin, sake, brown sugar, garlic, ginger and vinegar. Cook for 4-5 minutes until thickened; cool. Reserve 1 tablespoon sauce for serving. Mix in remaining sauce with chicken. Chill for at least one hour and up to 4 hours.

Thread chicken onto skewers and grill for about 2 minutes. Turn over the skewers and turn off the burners. Grill for 2-3 minutes longer until 180-degrees. Serve drizzled with reserved sauce and garnish with green onions.

## **Stir-Fried Chicken and Bok Choy**

Serves 2 to 3, Evan Sung for The New York Times

2 tablespoons soy sauce

2 tablespoons rice wine vinegar

2 teaspoons sesame oil

2 teaspoons light brown sugar

$\frac{3}{4}$  pound boneless chicken breast, cut into 1/2-inch strips

2 tablespoons finely chopped gingerroot

2 cloves garlic, finely chopped

1 tablespoons peanut or vegetable oil

$\frac{1}{2}$  pound bok choy (1 head), trimmed and chopped

2 leeks (1/2 pound), halved lengthwise and chopped

Pinch chile flakes

Salt, as needed

Cooked rice, for serving

In a medium bowl, whisk together soy sauce, vinegar, sesame oil, and sugar. Pour half the mixture over the chicken, along with half the ginger and half the garlic. Let stand 20 minutes. Drain.

Heat a large, 12-inch skillet over high heat until extremely hot, about 5 minutes. Add 1 tablespoon peanut oil and the chicken. Cook, stirring constantly, until meat is cooked through, about 3 minutes. Transfer to a plate.

Add the remaining peanut oil to the skillet. Add the bok choy and cook 2 minute. Stir in the leeks and chili flakes; cook, tossing frequently until bok choy and leeks are tender, about 2 minute. Stir in the marinade (perhaps a little less) and a pinch of salt. Move vegetable mixture to the border of the pan. Add remaining ginger and garlic to center of pan and cook, mashing lightly, until fragrant, about 30 seconds. Return chicken to skillet and combine with ginger, garlic, and vegetables. Serve immediately, over rice or quinoa.

## Spinach and Chicken/Salad

Serves 4 as a main dish

Martha Rose Shulamn

*Note: The salad can be assembled and the dressing mixed several hours before serving. Refrigerate and toss together when ready to serve*

2 cups (12 ounces) shredded cooked turkey or chicken breast  
1 6-ounce bag baby spinach  
6 white or cremini mushrooms, thinly sliced  
1 cup cooked wild rice  
2 tablespoons chopped walnuts  
1 to 2 hard boiled eggs (to taste), finely chopped (optional)  
2 tablespoons chopped chives  
1 to 2 tablespoons chopped fresh herbs such as parsley or oregano

### Dressing:

2 tablespoons fresh lemon juice  
1 tablespoon red wine vinegar or sherry vinegar  
1 teaspoon Dijon mustard  
Salt and freshly ground pepper  
1 small garlic clove, pureed  
1/3 cup extra virgin olive oil  
2 tablespoons plain low-fat yogurt

Combine all of the salad ingredients in a large salad bowl. Whisk together the lemon juice, vinegar, Dijon mustard, salt, pepper, garlic, olive oil and yogurt. Toss with the salad just before serving.

## **Roasted Chicken Thighs With Winter Squash**

Serves 4

- 2 lemons, ends trimmed, halved lengthwise, seeds removed, and thinly sliced crosswise into wedges
- 4 bone-in, skin-on chicken thighs(about 1 and 1/2 pounds)
- 1 tablespoon plus 1 teaspoon extra-virgin olive oil
- 2 tablespoon chopped sage
- 1 tablespoon coriander seed
- 1 tablespoon teaspoons kosher salt
- 2 teaspoons black pepper
- 1/2 cup maple syrup
- 3 tablespoons unsalted butter, cut into cubes
- 1 teaspoon chili powder
- 1 Delicata or acorn squash (1 and 1/4 pounds), seeded and sliced into 1/2-inch-thick rings
- 1/4 1/2cup thinly sliced scallions, white and light-green parts

Bring a small pot of salted water to a boil; drop in lemon slices and cook for two minutes. Drain well.

In a small saucepan over medium heat, combine sage, coriander, syrup, butter, remaining 1/2 teaspoon salt, pepper and chili powder. Simmer for 3 minutes. Toss mixture with squash. Microwave in baking dish until tender. Remove squash from baking dish and set aside.

Brown chicken on both sides. If necessary, bake at 400-degrees for 15 to 20 minutes or until temperature reaches 180-degrees. The recipe can be prepared ahead to this point.

Serve chicken thighs over squash rings topped with lemon slices. Pour some of the remaining liquid over the chicken. Reheat in oven if necessary. Garnish with scallions before serving.

Yes, you can eat the lemon too; yummy!

## **Turkey (or Chicken) Soup (Entre) With Lime and Chile**

Serves 4 to 6 large servings

2 tablespoons vegetable oil  
1 cup diced onion  
1 cup diced celery  
1 cup diced carrot  
½ teaspoon cumin  
½ teaspoon coriander  
½ teaspoon black pepper  
6 garlic cloves, roughly chopped  
1 cinnamon stick, 2 inches long  
Cayenne  
2 teaspoons salt, or to taste  
8 cups unsalted turkey or chicken  
broth

Vegetable oil for frying (about 1  
cup)  
4 corn tortillas, at least a day old,  
cut in 1/2-inch strips  
4 to 6 cups cooked turkey meat,  
chopped or shredded  
1 or 2 firm-ripe avocados, sliced  
3 to 6 scallions, thinly sliced  
2 jalapeños, minced  
1 small bunch cilantro, leaves and  
tender stems, roughly chopped  
Lime wedges

Heat vegetable oil in a heavy-bottomed soup pot over medium heat. Add the onion, celery and carrot and let soften, stirring occasionally, for about 5 minutes. Push vegetables to the sides of the pot. In the center, toast the cumin, coriander and over medium-high heat until fragrant, about 1 minute. Stir in the garlic, cinnamon, a pinch of cayenne and salt.

Add the broth and bring to a boil, then reduce to a brisk simmer. Cook for 15 minutes, then add the chicken. Taste for salt and adjust. Keep hot, covered, over very low heat.

Pour vegetable oil to a depth of 1/2 inch into a wide skillet over medium-high heat. When the oil is hot and looks wavy, add the tortilla strips and fry until barely colored, 1 to 2 minutes. Remove with tongs and drain on paper towels. Sprinkle lightly with salt.

Divide the soup into bowls and garnish avocado slices, scallions, jalapeño, chopped cilantro, tortilla strips and a generous squeeze of lime juice.

## Chicken With Shallots

Serves 2 to 4, Rishia Zimmern

4 bone-in chicken thighs  
flour

1 1/2 teaspoons kosher salt

1 1/2 teaspoons ground black pepper

1 tablespoons unsalted butter

1 tablespoon olive oil

3 whole medium shallots, peeled

1 cup white wine

1 tablespoon Dijon mustard

2 sprigs thyme

1 cup cherry tomatoes, cut in half.

1 to 2 tablespoons minced parsley

Rinse chicken thighs in water, and pat them very dry with paper towels. Sprinkle over them the flour, salt and pepper.

Melt the butter and oil in a large, heavy-bottomed, 12-inch browning skillet set over medium-high heat. When the butter foams, cook the chicken, in batches if necessary, until well browned and crisp on all sides. Set aside.

Halve the shallots lengthwise twice, then each piece crosswise. Add the shallots to the skillet and sauté them in the butter and chicken fat until they begin to soften and caramelize, approximately 10 to 12 minutes. Add the wine to deglaze the pot, stir with a large spoon. Stir in the mustard and thyme, then add the chicken thighs. Cover the skillet; turn the heat to low and simmer for 30 minutes.

Remove the lid, and allow the sauce to reduce and thicken. Stir in the cherry tomatoes. Garnish with parsley and serve immediately.

## Buttermilk Fried Chicken

Serves 3 to 4

NY Times Cooking

6 chicken thighs or drumsticks  
3 cups buttermilk  
3 tablespoons kosher salt  
2 teaspoons ground pepper  
1 ½ cups flour

poultry seasoning  
oil for deep frying  
¼ cup honey  
pinch red pepper flakes

Place chicken in sealable plastic bag along with buttermilk, salt and pepper. Refrigerate overnight. Drain.

Heat about 5-inches of oil in a large heavy-bottomed pot to 350-degrees. Preheat oven to 350-degrees. Set a rack on a baking sheet; set aside. Heat honey mixed with a pinch of red pepper flakes in a small pot. Set aside.

Combine flour, 1 tablespoon salt and 2 teaspoons pepper in a bag and poultry seasoning. Toss chicken in flour mixture. Shake off excess flour. Fry

chicken in batches until lightly browned, about 8 to 10 minutes. Remove chicken to baking sheet and bake for 10 minutes.

Remove chicken from the oven, sprinkle with salt and drizzle with peppered honey.

### **How to Reheat Fried chicken**

We had the most success when we allowed the chicken to come up to room temperature for 30 minutes to 1 hour before rewarming it in the oven, which helped it heat more quickly and ensured that the odd-shaped pieces would heat more evenly. We placed it on a wire rack set in a baking sheet to keep the bottom from steaming and then baked it in a 400-degree oven, which quickly recrisped the crust before the meat had time to dry out. Heating the chicken to an internal temperature of 120 degrees, which took 14 to 18 minutes for breasts and 8 to 12 minutes for legs and thighs, gave us chicken at the perfect serving temperature.

## Chicken Flautas Ahogadas

Serves 4 with other main dishes; otherwise, serves 2

Lesley Tellez

1 medium-small onion, peeled  
1 ½ pounds tomatillos, husked and rinsed  
1 serrano chiles  
2 garlic cloves, peeled  
2 cups shredded white and dark meat (about 10 ounces) from half a rotisserie chicken  
¾ teaspoon ground cumin  
½ teaspoon Mexican oregano

Kosher salt and ground pepper  
1 tablespoon canola oil, plus about 2 cups for frying  
12 corn tortillas  
½ cup Mexican crema or sour cream  
¾ cup crumbled cotija cheese (about 4 ounces)  
½ cup cilantro leaves and stems

Fill a large saucepan halfway with water and bring to a boil over high. Thinly slice half the onion crosswise into thin rounds, leaving the remaining onion half in one large piece. Add the onion wedge, tomatillos, chiles and garlic

to the boiling water, reduce the heat to medium-low and simmer, stirring occasionally until softened, about 8 to 10 minutes while the tomatillos still hold their shape. Reserve 1 ½ cups cooking water and pour the remaining contents of the saucepan into a colander to drain. Soak sliced onions in salted water for 15 minutes; drain.

Meanwhile, toss the chicken with the cumin, oregano, 1/2 teaspoon salt and 1/2 teaspoon black pepper.

Coarsely chop the cooked onion and garlic; reserve the chili. Transfer to a blender with tomatillos and blend until smooth. Add some of the reserved liquid to reach the desired thickness. Deseed the chili, coarsely chop and blend, one piece at a time, with the tomatillo mixture, tasting along the way for the desired hotness.

Heat 2 tablespoons oil in the saucepan over medium. Add the sauce and 1/4 teaspoon salt. Simmer over low, stirring often, until flavors meld, about 10 minutes. Add additional reserved cooking water if desired. Add more salt if necessary. Cover and keep warm.

While the sauce cooks, wrap the tortillas in a damp dish towel and microwave, 1 minute. Shuffle the tortillas to redistribute the heat, then microwave, 1 minute more. Transfer to a dry dish towel and wrap tightly to keep warm. Or microwave each tortilla individually for about 20 seconds.

Heat about 1/2-inch oil in a large, heavy skillet over medium-high to about 350-degrees (not any higher). Working with one at a time, pull out a warm tortilla and add about 2 tablespoons chicken in a line down the center of the tortilla. Roll tightly and secure crosswise using two toothpicks.

Once you've rolled all 12 tortillas, gently transfer them to the hot oil using tongs and cook, seam side down, until golden brown on all sides, turning occasionally, about 4 to 5 minutes. (Work in batches to avoid crowding while maintaining the oil at 350-degrees.) Using tongs, tilt flautas over skillet to allow excess oil to drain, then transfer flautas to a paper towel-lined platter and carefully remove and discard toothpicks.

To serve, divide the sauce among 4 shallow bowls (about 1/2 cup per serving). Divide the flautas among bowls and slather flautas with crema. Top with cheese, sliced onion and cilantro and serve immediately.

## Crispy Sour Cream and Onion Chicken

---

Tip: Freezing the chicken breasts for 15 minutes to firm them up will make slicing them through the middle easier.

4 boneless, skinless chicken breasts, halved horizontally (see Tip) and pounded 1/8-inch thick, or use 4 chicken cutlets (don't split or pound)

Kosher salt and black pepper

1/2 cup sour cream or Greek yogurt

1/4 cup thinly sliced chives (or 1 tablespoon dried chives), plus more for serving

2 tablespoons onion powder

2 cups panko bread crumbs

Canola oil, for frying

Pat chicken dry, and lightly season both sides with salt and pepper. In a medium bowl, stir together the sour cream, chives and 1 tablespoon onion powder. Season with salt and pepper. Add the chicken and turn to coat.

In a shallow bowl or lipped plate, stir together the panko and remaining 1 tablespoon onion powder; season with salt and pepper.

Working one at a time, press the chicken breasts into the panko, using your fingers to pack the panko onto both sides of the chicken, and place on a large plate or a sheet pan.

Line a plate with paper towels. Heat 1/8-inch canola oil in a large skillet over medium-high. Drop a piece of panko in: If it sizzles, the oil's ready. Add a chicken cutlet (or two, if they can fit comfortably), and cook until golden brown, 2 to 4 minutes per side. Transfer to the paper towel-lined plate and sprinkle with salt. Repeat with remaining chicken, adding and heating more oil as needed, and removing excess panko from the pan with a slotted spoon.

Serve chicken with more chives.

## Tikki Masala

Serves 4

Samin Nosrat, NY Times Cooking

4 cups cooked turkey, chicken or  
tofu, cut into 1-inch pieces

2 tablespoons ghee or neutral-tasting  
oil

1/2 large onion, thinly sliced

1/2 teaspoon cardamon

1 bay leaf

1/2 teaspoon paprika

1/2 teaspoon red pepper flakes  
(optional)

1/2 teaspoon garam masala

3/4 teaspoon kosher salt, plus more to  
taste

1 tablespoon finely grated fresh  
ginger

2 cloves garlic, finely grated or  
pounded in a mortar and pestle

1 serrano peppers, finely chopped

1 tablespoon tomato paste

1 (14-ounce) can whole peeled  
tomatoes

1 cup heavy cream

1/4+ cup coarsely chopped fresh  
cilantro, plus a few sprigs for garnish

Juice of 1 small lemon

Steamed basmati rice, for serving  
cooked peas (optional)

On the stove top, heat a Dutch oven or similar pot over medium-high heat. Add 2 ½ tablespoons ghee or neutral oil, then add onion, cardamom, bay leaf, paprika, pepper flakes (if using), garam masala and a pinch of salt. Reduce heat to medium and cook, stirring occasionally, until onions are brown and tender, 10 to 15 minutes, adjusting temperature as needed so the onion doesn't burn.

Make space among onions in center of pot, and add ½ tablespoon ghee or neutral oil. When ghee has melted or oil begins to shimmer, add ginger, garlic and serrano peppers, and sizzle for about 10 seconds. Combine that mixture with the spiced onions. Stir in tomato paste. Add tomatoes and their juices, crushing them with your hands as you add them. Bring to a boil, then reduce heat and simmer, stirring often, until the liquid is almost gone, 8 to 10 minutes.

Add cream and chopped cilantro to the pot. Season salt to taste and adjust seasoning as needed. Simmer over low heat, stirring occasionally, until sauce thickens, about 40 minutes. Discard bay leaf.

Use a blender to purée the sauce, then add the meat or tofu and return the sauce to a simmer for 5 to 10 minutes, stirring occasionally, until just warmed through. Just before serving, stir in lemon juice. Taste and adjust salt as needed.

To serve, garnish with cilantro sprigs. Serve hot, with steamed basmati rice and peas. Cover and refrigerate leftovers for up to 3 days, or freeze for up to 2 months.

## Slow-Cooker Chicken Curry

Jennifer Steinbauer, NY Times Cooking

Serves 4

2 tablespoons vegetable oil  
3/4 medium yellow onion, diced  
2 cloves garlic, finely chopped  
2 tablespoons grated ginger  
3/4 tablespoon garam masala  
4 1/2 ounces tomato paste  
1/2 teaspoon kosher salt

1 1/2 pounds boneless,  
skinless chicken thighs or breasts,  
cut into 2-inch pieces  
1 teaspoon lime zest  
1 tablespoon lime juice  
3/4 cup coconut milk  
1/3 cup chicken stock  
Cooked basmati or jasmine rice

cilantro leaves, for garnish (optional)

Naan, for serving (optional)

In medium skillet, heat oil over medium-high heat. Add onions to skillet, and cook until softened, about 3 minutes. Reduce heat to medium, add garlic and ginger, and cook another 2 minutes. Add garam masala, tomato paste and salt; cook and stir 2 minutes.

Place chicken pieces in a slow cooker, then add tomato paste mixture, lime zest and juice, coconut milk and chicken stock. Stir everything together, cover and cook on high heat setting for 3 to 4 hours, until the chicken is cooked through. Serve with basmati rice and, optionally garnish with cilantro and serve naan.

## **Chicken Koftas with Lime Couscous**

Yield: 4 servings

By Nik Sharma, NY Times Cooking

### For the Couscous

1½ cups low-sodium chicken stock  
2 tablespoons lime juice, plus ½ teaspoon lime zest  
1 tablespoon extra-virgin olive oil  
pinch red-pepper flakes  
Fine sea salt and freshly ground black pepper  
1 cup couscous  
¼ cup loosely packed cup chopped flat-leaf parsley leaves

¼ cup dried sweet-tart cherries or cranberries  
3 tablespoons toasted pine nuts

### For the Koftas

1 pound ground chicken (dark meat) or lamb  
2 shallots, peeled and minced  
1 large egg, lightly whisked  
2 tablespoons chopped flat-leaf parsley leaves  
½ serrano chile, seeded and deveined

4 garlic cloves, peeled and minced  
2 tablespoons peeled and grated  
(continued)  
fresh ginger

Fine sea salt and freshly ground  
black pepper  
Olive oil  
1 lime, cut into wedges, for  
serving

Make the couscous: In a medium saucepan over high heat, bring the stock, lime juice, olive oil, red-pepper flakes and 1 teaspoon salt to a rolling boil. Remove from the heat and stir in the couscous. Cover with a lid and let sit for 10 minutes.

As the couscous sits, prepare the koftas: Place the ground chicken, shallots, egg, parsley, serrano, garlic, ginger, 1 teaspoon salt and 1 teaspoon pepper in the bowl of a food processor and pulse until the mixture resembles a coarse paste. Or, mix by hand.

Grease your hands with a little oil and divide and shape the ground chicken mixture into 12 balls (If the mixture is too soft, refrigerate for at least 2 hours.)

When you are ready to serve, heat 2 to 3 tablespoons of olive oil in 2-12-inch nonstick skillets over medium-low.

Fry them in the hot oil, in batches if necessary, until golden brown on all sides and the internal temperature reads 165 degrees on an instant-read thermometer, about 8 to 10 minutes. Using a slotted spoon, transfer the koftas to a tray or plate lined with paper towels.

Uncover the couscous, fluff the mixture with a fork and break up any lumps. Transfer the couscous to a large mixing bowl. Fold in the lime zest, parsley, cherries and pine nuts, then season to taste with salt and pepper. Fold in the koftas and serve immediately with the lime wedges.

## Spring Chicken with Mushroom and Lemon

Yield: 2 servings

David Tanis, NY Times Cooking

unsalted butter

4 large crimini mushrooms

Salt and black pepper

2 medium chicken thighs, cut into

½-inch pieces

flour, for dusting

1 shallot, diced

½ small bay leaf

¼ cup dry white wine or vermouth

½ cup chicken broth

6 ounces wide egg noodles

¼ cup sour cream

½ cup frozen peas

½ tablespoons snipped chives

½ tablespoons roughly chopped

dill

½ tablespoon roughly chopped

mint

1 tablespoon roughly chopped

parsley

Zest of 1 lemon (about 1

tablespoon)

Put ½ tablespoon butter in an All-Clad skillet over medium-high heat. When butter sizzles, add mushrooms, season with salt and pepper, and cook, stirring, until mushrooms are lightly browned and softened, 3 to 4 minutes. Turn off heat. Transfer mushrooms to a plate and set aside.

Season chicken with salt and pepper. Dust lightly with flour; shake off excess. Add the ½ tablespoon butter to the same Dutch oven and turn heat to medium. When butter sizzles, add the chicken, letting it brown on all sides, about 5 minutes. Remove from the skillet. Add remaining chicken and repeat, setting aside the chicken. (You may have to add more butter or oil.)

Add shallots to the skillet, and cook over medium-high heat until softened, about 2 minutes. Add bay leaf and wine, and simmer for about 2 minutes, scraping the pot to deglaze any browned bits. Return chicken to pot and turn heat to high.

Add chicken broth (you may need more broth for the gravy) and bring to a boil. Turn down heat to maintain a brisk simmer and cook, uncovered, until the chicken is tender, then raise heat to high and let liquid reduce by half, about 5 minutes.

Meanwhile, cook noodles in salted water.

Add reserved mushrooms, sour cream and peas. Reduce sauce again, until thickened to a gravylike consistency, a few minutes more. Taste and adjust seasoning. To finish, stir in half of the herbs and lemon zest, reserving part of the herb mix to sprinkle over top.

Drain noodles, transfer to warm plates and spoon chicken and sauce on top, and finish with more of the herb mixture.

## Spring Chicken With Mushroom and Lemon

Yield: 4 to 6 servings By David Tanis

4 tablespoons unsalted butter or extra-virgin olive oil, plus more as needed

1 pound button mushrooms, or a mix of other mushrooms, sliced

Salt and black pepper

1½ pounds boneless, skinless chicken thighs, cut into ½-inch pieces

2 tablespoons all-purpose flour, for dusting

2 large shallots, diced

1 small bay leaf

½ cup dry white wine or vermouth

2 cups chicken broth

12 ounces wide egg noodles or wide-cut pasta, for serving

¼ cup crème fraîche

1 cup frozen peas (optional)

2 tablespoons snipped chives

2 tablespoons roughly chopped dill

1 tablespoon roughly chopped tarragon

(continued)

1 tablespoon roughly chopped  
mint  
3 tablespoons roughly chopped  
parsley

Zest of 2 lemons (about 2  
tablespoons)

Put 2 tablespoons butter in a Dutch oven or deep, wide skillet over medium-high heat. When butter sizzles, add mushrooms, season with salt and pepper, and cook, stirring, until mushrooms are lightly browned and softened, 3 to 4 minutes. Turn off heat. Transfer mushrooms to a plate, and set aside.

Season chicken with salt and pepper. Dust lightly with flour; shake off excess. Add the remaining 2 tablespoons butter to the same Dutch oven and turn heat to medium. When butter sizzles, add half of the chicken, letting it brown on all sides, about 5 minutes per batch. Remove from the pot. Add remaining chicken and repeat, setting aside the chicken. (You may have to add more butter or oil.)

Add shallots to the Dutch oven, and cook over medium-high heat until softened, about 2 minutes. Add bay leaf and wine, and simmer for about 2 minutes, scraping the pot to deglaze any browned bits. Return chicken to pot and turn heat to high.

Add chicken broth and bring to a boil. Turn down heat to maintain a brisk simmer and cook, uncovered, until the chicken is tender, about 20 minutes, then raise heat to high and let liquid reduce by half, about 5 minutes.

Meanwhile, cook noodles or pasta in salted water.

Add reserved mushrooms, crème fraîche and peas, if using, to the stew. Reduce sauce again, until thickened to a gravylike consistency, a few minutes more. Taste and adjust seasoning. To finish, stir in half of the chives, dill, tarragon, mint, chervil and lemon zest, reserving part of the herb mix to sprinkle over top.

Drain noodles or pasta, transfer to a warm serving platter and spoon chicken and sauce on top, and finish with more of the herb mixture.