

TODAY'S COOKING

Welcome!



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Introduction



I like to cook! I cook every day. Many years ago I owned a restaurant in the Caribbean, so I've known my way around the kitchen for quite some time. Since then I have continued to experiment, have tried new ways of doing things and searched for new recipes. This book is a compilation of just a few of those recipes that I have received, read and created over the years. Some are as is; some have been modified; some are original and some not so original. All are good, although a few "questionables" may have slipped in (if so, please let me know).

The premise here is that you know how to cook, but you're tired of the same old things and would like to add a little variety and zip to your meals, whether for entertaining and special occasions or simply Thursday night's dinner.

(To keep the file size within reason, photos of the dishes were not included.)

Feed mynde with myrth, thy mawe with meate

And eat to lyve not lyve to eate.

For gorging doth offende thy health,

Thy God, thy soul, thy witt and wealth.

(from a set of English roundels - approximately 1600 AD)

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“Cooking is one of the oldest arts...” - Brillat-Savarin

“With money anyone can offer succulent dishes and famous wines, but courtesy and kindness cannot be bought.” - Lucien Tendret

“Intellectual men who quickly wolf down whatever nourishment is necessary for their bodies with a kind of disdain, may be very rational and have a noble intelligence, but they are not men of taste.” - Sainte-Beuve

“The cook is no less an artist...To give life to beauty, the painter uses a whole range of colours, musicians of sound, the cook of tastes - and it is indeed remarkable that there are seven colours, seven musical notes and seven tastes.” - Lucien Tendret

“The discovery of a new dish does more for the happiness of mankind than the discovery of a star.” - Brillat-Savarin

“Those who have a profound indifference to the pleasures of the table are generally gloomy, charmless and unamiable.” - Lucien Tendret

“The science which feeds men is worth at least as much as the one which teaches how to kill them.” - Brillat-Savarin

“Gastonomy is the joy of all conditions and all ages. It adds wit to beauty.”
- Monselet

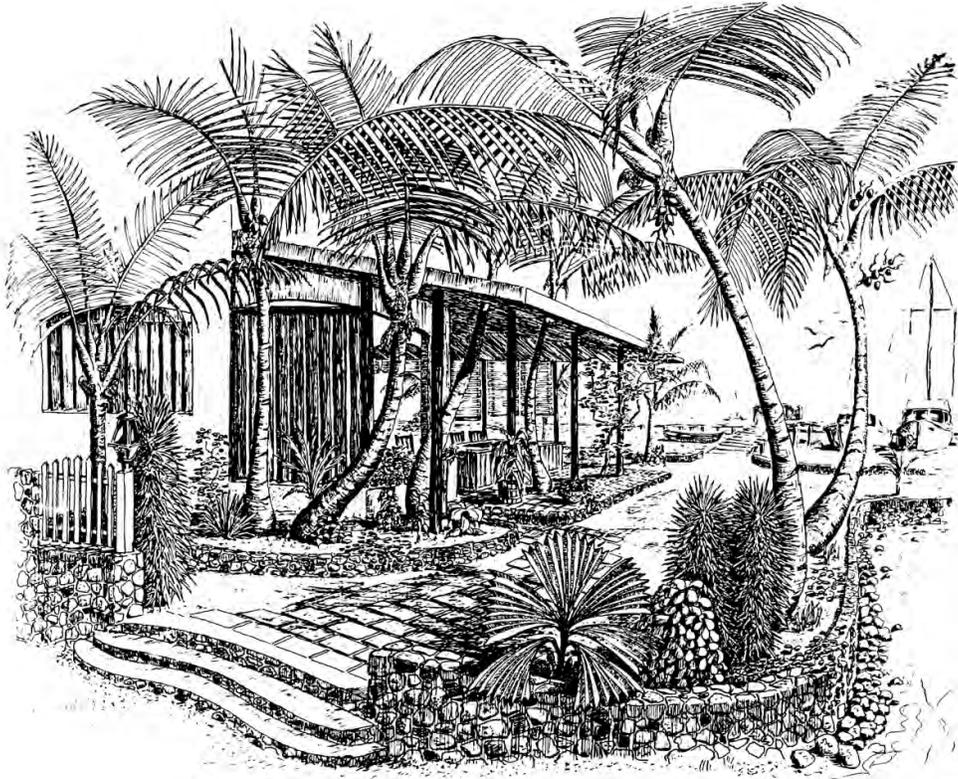
“The most indispensable quality of a cook is punctuality; it should also be that of a guest.” - Brillat-Savarin

“Good cookery is the food of a pure conscience.” - Des Essarts

“Those who give themselves indigestion or get drunk, do not know how to eat or drink.” - Brillat-Savarin

Hunger is nothing more than the need to eat. Appetite is anticipating the pleasure of eating well. - SD

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Rusty Pelican Restaurant Sint Maarten Dutch West Indies 1979

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Chicken Recipes

ROASTED CHICKEN - SERVES 6

Ingredients

1. 1 (4 lb.) whole chicken
2. 2 tsp. salt
3. 1 tsp. granulated sugar
4. 5 cloves garlic, crushed
5. 1 tsp. ea. fresh chopped chives, tarragon & thyme
-
6. 1 stick unsalted butter, softened to room temperature
7. 2 oranges roughly chopped

Preparation

1. Preheat oven to 425° F (220° C).
2. In a small bowl, combine items 2 through 5 and rub on the chicken. Lift the skin on top of the chicken, place the butter between the meat and skin. Stuff the chicken with the oranges.
3. Place the chicken, breast side down, on a rack in a roasting pan. Roast 15 minutes; reduce heat to 350° F (180° C) and continue roasting, basting frequently, about 40 minutes until internal temperature is 165° F (73.9° C) on an instant-read thermometer. Remove chicken from the oven and let rest for 15 minutes before serving.

OVEN FRIED CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. hoisin (fish) sauce
2. 1/2 tsp. salt
3. 4 pieces chicken leg with thigh

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-
- 4. Mix 1/2 cup flour with 1/2 cup dry bread crumbs
- 5. Mix together 1/2 teaspoon each: salt, white pepper, black pepper, sage, paprika, savory, onion powder, marjoram, garlic powder, ginger & pepper. Add to flour/bread crumbs
-
- 6. Beat 1 egg & 1 tablespoon water

Preparation

1. Mix ingredients 1 & 2. Add chicken and marinate 2 hours in refrigerator.
2. Pre-heat oven @ 425°F (220 °C).
3. Mix items 4 & 5
4. Spray a baking sheet
5. Drain chicken. Dip into egg and then coat with flour/crumbs and place on sheet.
6. Cook for 20 minutes.

CRISPY OVEN CHICKEN - SERVES 4

Ingredients

1. 1 cup sour cream
2. 2 Tbs. ea. lemon juice & Worcestershire sauce
3. 1 tsp. paprika
4. 1/2 tsp. ea. celery salt, garlic powder & black pepper
5. 4 pieces chicken leg with thigh
6. 1 pkg. (8 oz.) seasoned stuffing mixture - store bought or home-made (see [Todays Cooking Breads pg. 93](#)).
7. 3 Tbs. butter, melted

Preparation

1. Pre-heat oven @ 350°F (180 °C).
2. Mix ingredients 1 through 4 and coat the chicken.
3. In a blender, process the stuffing to fine crumbs.
4. Roll the chicken in the crumbs and place on a greased baking dish. Drizzle with the butter and bake 55 to 60 minutes.

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CRISPY ROASTED CHICKEN - SERVES 4

Ingredients

1. 4 cloves garlic
2. 1 Tbs. minced fresh thyme leaves or 1/2 tsp. dried
3. 2 tsp. salt & 1 tsp. pepper
-
4. 2 cups Panko crumbs
5. 1 Tbs. lemon zest (1 large lemon)
6. 2 Tbs. olive oil
7. 2 Tbs. butter, melted
-
8. 2 Tbs. Dijon mustard
9. 1/2 cup dry white wine
-
10. 8 small chicken thighs

Preparation

1. Heat oven to 350°F (180 °C).
2. Place ingredients 1 through 3 in a food processor and pulse until the garlic is finely minced.
3. Add ingredients 4 through 7 and pulse a few times to mix. Pour onto a large plate.
4. Whisk ingredients 8 & 9 in a bowl. Pat chicken dry and season with salt & pepper. Coat the chicken in the mustard/wine and then place skin side down into the crumb mixture. Press the crumbs into all sides of the chicken.
5. Place chicken on a baking sheet and bake for 40 minutes; increase temperature to 400°F (200°C) and bake another 10 minutes.

CIDER CHICKEN - SERVES 4

Ingredients

1. 4 pieces chicken leg with thigh, skinned
2. 1/2 tsp. salt
3. 1/4 tsp. pepper
-

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4. 3/4 cup apple cider
5. 1 Tbs. scallions, chopped
6. 1 chicken bouillon cube
7. 1/2 tsp. orange peel
8. 1 tsp. dried tarragon
-
9. 1 Tbs. cornstarch mixed into 1 Tbs. white wine or water
10. 2/3 cup seedless grapes, halved

Preparation

1. Season chicken with ingredients 2 & 3 and place in an oven proof dish.
2. Heat oven to 350°F (180°C).
3. Mix items 4 through 8 and pour over the chicken.
4. Bake uncovered for 1 hour.
5. Pour the chicken drippings into a small sauce pan and add the cornstarch & heat, stirring until thickened. Add the grapes; stir; pour over the chicken and return to the oven for another 2 to 3 minutes.

ROSEMARY CHICKEN FRICASSEE - SERVES 4

Ingredients

1. 4 Tbs. olive oil, divided
2. 5 oz. fresh mushrooms, sliced
-
3. 4 cloves garlic, peeled and halved
4. 2 Tbs. fresh rosemary, chopped
5. 1 lb. chicken thighs
6. Salt and freshly ground black pepper to taste
-
7. 1/4 tsp. crushed red pepper flakes
8. 3/4 cup dry white wine

Preparation

1. Heat 2 tablespoons olive oil in a large skillet over medium heat. Stir in mushrooms, and cook until soft. Remove to a plate.

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2. Wipe out skillet, and heat 2 tablespoons olive oil over medium-high heat. Place garlic, rosemary, and chicken thighs in hot oil. Season with salt and pepper. Cook, turning chicken, until chicken and garlic are well browned.
3. Return mushrooms to skillet, and sprinkle red pepper flakes over chicken. Pour in white wine, scraping the bottom of the skillet with a wooden spoon. Cook about 3 minutes.
4. Reduce heat to low; cover, and simmer gently for 1 hour.

CHICKEN & DUMPLINGS - SERVES 6

Ingredients for stew

1. 2-1/2 lbs. chicken thighs, skin-on, bone-in, trimmed of fat
2. 1 tsp. salt & 1/4 tsp. black pepper
3. 2 tsp. canola or grape seed oil
-
4. 2 small onions, chopped fine
5. 2 medium carrots, peeled and cut into 3/4" pieces
6. 1 rib of celery, chopped
-
7. 1/4 cup dry sherry
-
8. 6 cups chicken stock
9. 1 tsp. fresh thyme, minced or 1/2 tsp. dried
10. 1 lb. chicken wings
-
11. 1/4 cup parsley, chopped

Preparation for stew

1. Pat thighs dry with paper towels and season with salt & pepper.
2. In a large pot or Dutch oven, heat the oil until shimmering. Add thighs skin side down and brown, 5 to 7 minutes. Turn and brown another 5 to 7 minutes. Set chicken aside and save the drippings in the pot, returning 1 tsp. back to the pot.
3. Add items 4 through 6 and cook about 9 minutes or until caramelized. Stir in sherry and scrape up browned bits on the bottom.
4. Add items 8 through 10 plus the thighs and accumulated juices. Bring to simmer and cook 45 to 55 minutes. Remove from heat and transfer chicken to a cutting board. When cool enough to

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handle, remove and discard skin and bones; return meat to pot and bring to a simmer. Stir in parsley and add dumplings.

Ingredients for dumplings

1. 2 cups all-purpose flour
2. 1/2 tsp. baking soda
3. 1 tsp. ea. salt & sugar
-
4. 3/4 cup buttermilk or whole milk, warmed (buttermilk substitute: 1/2 cup plain yogurt thinned with 1/4 cup milk)
5. Reserved drippings plus 3 Tbs. butter, melted
6. 1 large egg - white only

Preparation for dumplings

1. In a large bowl, whisk together items 1 through 3.
2. In a medium bowl, combine items 4 & 5 and stir thoroughly. Whisk in egg white.
3. Add the milk mixture to the dry and stir with a rubber spatula until batter pulls away from the sides of the bowl.
4. Use a greased tablespoon to drop level spoonfuls of the batter onto the simmering stew about 1/4" apart from each other.
5. Drape a kitchen towel over the pot and then cover with the lid. Gently simmer for about 15 minutes or when dumplings are doubled and a tooth pick inserted in the dumpling comes out clean. Serve.

CHICKEN BLANQUETTE - SERVES 4

Ingredients

1. 4 chicken thighs, skin removed
2. 1 large carrot, peeled & diced (approximately 1 cup)
3. 1 large celery, sliced (approximately 1 cup)
4. 1 large onion, sliced (approximately 1 cup)
5. 1/2 medium red pepper, chopped (approximately 1/2 cup)
6. 3 large potatoes, diced (approximately 3 cups)(peel thick skin potatoes, thin skin leave on)
7. 4 cups chicken stock
-

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8. 4 bay leaves
9. 4 sprigs fresh thyme or 1 tsp. dried
10. 1/8 tsp. ground clove
11. 1/8 tsp. garlic powder
12. Pinch of nutmeg
13. 1/2 tsp. each salt & pepper or to taste
-
14. 1/2 cup or more of oatmeal
-
15. 1 cup baby frozen peas
16. 1 cup fresh or frozen corn
17. 4 sprigs fresh tarragon, stems removed, chopped fine or 1/2 Tbs. dried
18. 1/4 cup parsley, chopped

Preparation

1. Place items 1 through 7 in a large pot and bring to a boil. Cover; reduce heat and simmer 20 minutes. Remove chicken; cool and de-bone.
2. Add items 8 through 13 to the pot and simmer 25 minutes.
3. Add item 14, stirring to blend. When thickened, return meat to the pot.
4. Add items 15 through 18 and simmer another 10 minutes.

CHICKEN TARRAGON - SERVES 4

Ingredients

1. 4 chicken legs
2. Salt & pepper to taste
3. 3 Tbs. butter
-
4. 1 small onion, finely chopped
5. 1 clove garlic, minced or pressed
-
6. 2 Tbs. flour
7. 1/2 cup dry white wine
8. 1 cup water
9. 2 Tbs. fresh chopped tarragon or 1-1/2 tsp. dried
-
10. 3/4 cup half'n'half

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Preparation

1. Season the chicken with salt & pepper and cook over medium-low heat for 5 minutes. Turn chicken; add ingredients 4 & 5 and cook 7 minutes.
2. Sprinkle the flour over the chicken; toss and cook 1 minute. Add ingredients 7 through 9. Cover and simmer 20 minutes.
3. Remove chicken; cover and keep warm.
4. Boil the sauce until reduced by half, stirring constantly (about 5 minutes). Add the cream and simmer 3 minutes. Season with salt & pepper to taste. Pour over chicken and serve.

ZIPPY GLAZED CHICKEN - SERVES 4

Ingredients

1. 6 Tbs. butter, melted
2. 1 chicken bouillon cube or 1 tsp. chicken stock base
3. 1/2 tsp. salt
4. 2 tsp. Worcestershire sauce
5. 2 tsp. curry powder
6. 1 tsp. turmeric
7. 1 tsp. oregano
8. 1/2 tsp. each dry mustard and garlic powder
9. 1/4 tsp. paprika
10. 1/2 tsp. hot sauce or to taste
11. Chicken legs or thighs for 4

Preparation

1. Combine sauce ingredients 1 through 10.
2. Use an ovenproof dish to marinate the chicken in the sauce, covered with foil, for 2 hours or more in the refrigerator. Remove from the refrigerator 1 hour prior to cooking.
3. Bake the chicken with foil covering @ 375°F (190°C) for 20 minutes. Turn chicken and bake 10 minutes. Uncover and bake another 10 minutes. Option: grill instead.

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BBQ CHICKEN - SERVES 4

Ingredients

1. 1/4 cup finely chopped onion
2. 1/8 cup olive oil
3. 1 large clove garlic, minced
-
4. 3/4 cup ketchup
5. 3 Tbs. brown sugar
6. 3 Tbs. Worcestershire sauce
7. 1 Tbs. molasses
8. 1/4 cup cider vinegar
9. 1/8 to 1/4 tsp. cayenne pepper (optional)
10. 1/4 tsp. turmeric
11. 1/2 tsp. cumin
-
12. Dash of hot sauce
13. 4 large bone-in chicken thighs

Preparation

1. Sauté the onion in the oil about 10 minutes. Add the garlic and cook another 2 minutes.
2. Combine ingredients 4 through 12 and add to the onion/garlic mix.
3. Bring to a boil; reduce heat and simmer 1 hour. Let cool and use half of the sauce to marinate the chicken in a resealable plastic bag for 2 hours or more (also the remaining sauce) in the refrigerator. Remove from the refrigerator 1 hour prior to cooking.
4. On a oiled grill over medium-high heat, cook the chicken 10 minutes; turn and baste. Cook another 10 minutes; turn and baste. Reduce heat and cook another 10 minutes, basting frequently. (To use the oven, preheat it to 350°F (180°C) and cook as for the grill.)

CHICKEN GALIANO - SERVES 4

Ingredients

1. 2 apples, peeled, cored & sliced
2. 2 Tbs. lemon juice

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- 3. 8 small chicken thighs, skinned
- 4. 3 Tbs. each butter and canola or grape seed oil
-
- 5. 3 large scallions, chopped
- 6. 5 large parsley sprigs, chopped
- 7. 2 oz. chopped walnuts
- 8. 2 Tbs. chopped dill
-
- 9. Dry white wine or dry vermouth
- 10. 2 Tbs. Galiano

Preparation

1. Soak the apple slices in ice water with lemon juice.
2. Brown the chicken in the butter and oil. Add ingredients 5 through 8 and cook 5 minutes.
3. Add enough wine to scrap and loosen the brown bits on the bottom of the pan. Add the galiano; cover and simmer 10 minutes.

MARYLAND CHICKEN - SERVES 6

Ingredients

1. 1 cup finely crushed crackers (about 28 to 30 saltines)
2. 1 tsp. thyme
3. 1/2 tsp. paprika
4. 1/8 tsp. each salt & pepper
-
5. 1 egg, beaten
6. 3 Tbs. milk
-
7. 3 Tbs. canola or grape seed oil
8. 2-1/2 to 3 lbs. chicken parts
9. 1 cup milk

Preparation

1. Combine ingredients 1 through 4

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2. Combine ingredients 5 & 6. Dip the chicken pieces into the egg and then roll in the crumb mixture.
3. In a large skillet heat the oil over medium-high and cook the chicken until browned (10 to 15 minutes).
4. Drain off fat and add the 1 cup of milk. Reduce heat to medium-low; cover and cook 30 minutes. Uncover and cook another 10 minutes.

DANISH CHICKEN FRICASSEE - SERVES 4 TO 6

Ingredients

1. 3 to 4 lbs. cut up chicken
2. 1/2 lemon
3. 2 onions, sliced
4. 2 carrots, sliced
5. 3 celery ribs, sliced
6. 3 sprigs parsley
7. 1 bay leaf
8. 1/4 tsp. thyme
9. 2 cups chicken stock
-
10. 2 Tbs. butter
11. 2 Tbs. flour
-
12. 2 egg yolks, beaten
13. 4 Tbs. heavy cream
14. 3 Tbs. horseradish
-
15. Salt & pepper to taste

Preparation

1. Place ingredients 1 through 9 in a large pot (add more water or stock to cover if necessary). Bring to a boil; cover and reduce heat to simmer for 35 to 40 minutes.
2. Remove chicken to a cutting board and let cool. Skin and de-bone the chicken. Remove the vegetables and set aside. Discard the bay and lemon. Strain the stock into another sauce pan. Cook over medium-high heat until stock is reduced to 2 cups.

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3. Melt the butter in the large pot and stir in the flour. Cook over medium-low for 5 minutes and then add the reduced stock, stirring until smooth. Add ingredients 12, 13 & 14 and stir until blended. Reduce heat to very low and do not let the sauce boil.
4. Add the chicken and vegetables; season and reheat to serve.

MARGO'S CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. canola or grape seed oil
2. 1-1/2 lbs. chicken drumsticks and/or thighs
-
3. 1 large onion, chopped
4. 2 cloves garlic, minced or pressed
-
5. 1/2 cup cider vinegar
6. 1/4 cup low sodium soy sauce
7. 1/2 cup chicken stock
8. 2 bay leaves
9. 10 peppercorns in cheese cloth or tea ball
10. 1 cinnamon stick

Preparation

1. Heat canola oil in a large pot over medium heat, and brown the chicken until golden, about 5 minutes per side. Remove the chicken pieces, and set aside. Stir onion and garlic into the pot, and cook and stir until the vegetables are browned, about 10 minutes.
2. Add the rest of the ingredients and bring to a boil over medium heat, scraping up and dissolving any browned flavor bits from the bottom of the pot. Return chicken with any juices to the pot.
3. Cover, reduce heat to a simmer, and cook about 35 minutes.

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CHICKEN OREGANO - SERVES 4

Ingredients

1. Salt & pepper to taste
2. 2 tsp. dried oregano
3. 8 small chicken thighs
-
4. 1/4 cup olive oil
5. Juice of half a lemon

Preparation

1. Mix oregano with salt and pepper to taste. Rub well over all of the chicken pieces. Put chicken in a greased 9x13 inch baking dish.
2. Whisk the oil with the lemon juice and drizzle half over the chicken. Bake @ 350°F (180°C) in preheated oven for 15 minutes. Turn the chicken pieces and drizzle with the remaining oil/lemon mixture. Bake for another 15 to 20 minutes. Serve warm, cold or at room temperature.

CHICKEN PORK STYLE - SERVES 4

Ingredients

1. 4 large chicken thighs
2. 3 Tbs. each Dijon mustard and horseradish
3. 1/2 Tbs. dried rosemary
4. Salt & pepper to taste
-
5. 1/4 cup port or dry red wine

Preparation

1. Mix ingredients 2, 3 & 4 and coat the chicken. Season with the salt & pepper and place in a baking dish.
2. Add the wine; cover with foil and bake @ 350°F (180°C) for 30 minutes.

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CORNELL CHICKEN - SERVES 4

Ingredients

1. 1 egg
2. 3 Tbs. salt
3. 1 Tbs. each poultry seasoning & black pepper
4. 1 cup canola or grape seed oil
5. 2 cups cider vinegar
6. 4 half chickens

Preparation

1. Combine ingredients 1, 2 & 3 in a blender and while processing slowly pour in the oil. Blend in the vinegar.
2. Pour the marinade over the chicken; cover and refrigerate 24 hours.
3. Grill the chicken over low heat 45 minutes; baste with marinade and grill another 15 minutes (be careful of grill flare-up).

OVEN FRIED CHICKEN - SERVES 6

Ingredients

1. 1/2 cup ea. dry bread crumbs & stone-ground cornmeal
2. 1/3 cup grated Parmesan cheese
3. 1/4 cup minced fresh parsley or 4 tsp. dried parsley flakes
4. 3/4 teaspoon garlic powder
5. 1/2 tsp. ea. onion powder & dried thyme
6. 1/2 tsp. ea. salt & pepper
-
7. 1/2 cup buttermilk
8. 3 to 4 lbs chicken thighs, skin removed
9. 1 Tbs. butter, melted

TODAY'S COOKING

Preparations

1. Preheat the oven @ 375° F (190° C).
2. In a large shallow dish, combine the first 6 items. Place the buttermilk in a shallow bowl and add the chicken. Dip a few pieces at a time into the crumb mixture, turning to coat.
3. Place in a baking sheet coated with cooking spray. Bake for 10 minutes and drizzle with the butter. Bake another 30 to 40 minutes or until juices run clear.

Buttermilk substitute: Place 1-1/2 tsp. white vinegar or lemon juice in a measuring cup and add enough milk to measure 1/2 cup. Stir and then let stand for at least 5 minutes.

CURRIED CHICKEN POT PIE - SERVES 4

Ingredients

1. 4 bone-in chicken thighs
2. 2 cups water
3. Chicken base if needed
-
4. 2 Tbs. olive oil
5. 1 large onion, diced
6. 1 red bell pepper, diced
7. 2 celery stalks, sliced
8. 1 large carrot, diced
9. 2 small to medium sized red potatoes, diced
10. 1-1/2 cups sliced mushrooms
-
11. 4 Tbs. flour
12. 1 Tbs. curry powder
13. 1 cup frozen peas
14. 1 cup frozen corn kernels
15. Salt & pepper to taste
-
16. 1 (9") refrigerated pie crust at room temperature or home-made crust (see [Breads_Doughs pg. 90](#))

TODAY'S COOKING

Preparation

1. In a large stock pot, add the chicken and water; bring to a boil; reduce heat and simmer 20 minutes. Remove the chicken and let cool. Strip the meat and set aside, returning the skin and bones to the pot. Bring the broth to a boil; reduce heat slightly and cook down slightly. Strain and if necessary, fortify the broth with some chicken base.
2. Heat the oil in a large skillet and add items 5 through 10. Cook 10 minutes. Stir in the flour and curry. Cook 2 minutes and add the broth. Stir and simmer to thicken. Add the chicken, peas and corn and reduce heat to low. Adjust seasonings.
3. Preheat the oven to 400°F (200°C)
4. Place the chicken/vegetables into a deep oven-proof casserole dish . Top with the pie crust; brush with some milk or egg wash and bake for 20 minutes.

BAKED LEMON CHICKEN - SERVES 4

Ingredients

1. 3 Tbs. all-purpose flour
2. 1/4 tsp. pepper
3. 4 boneless skinless chicken breast halves (1-1/2 lb.)
4. 2 Tbs. vegetable oil
-
5. 1 medium-sized onion, chopped
6. 1 Tbs. butter
7. 1 cup chicken broth
8. 3 Tbs. lemon juice
9. 2 tsp. dried basil
10. 1/2 tsp. dried thyme
-
11. 4 lemon slices
12. 2 Tbs. minced fresh parsley
13. Hot cooked rice, optional

Preparation

1. In a shallow bowl, combine flour and pepper; dredge the chicken. Set remaining flour mixture aside. In a skillet, brown chicken in oil; transfer to an ungreased 9-in. square baking dish.

TODAY'S COOKING

2. In a saucepan, sauté onion in butter. Add reserved flour mixture; stir to form a thick paste. Gradually add items 5 through 10, mixing well. Bring to boil; cook and stir for 2 minutes or until thickened and bubbly. Pour over the chicken. Top each half with a lemon slice. Sprinkle parsley. Cover and bake at 350° F (180° C) for 25 to 30 minutes or until the juices run clear. Serve over rice if desired.

LEMON CHICKEN IN SOUR CREAM - SERVES 4

Ingredients

1. 2 cups sour cream
2. 1/4 cup lemon juice
3. 4 tsp. Worcestershire sauce
4. 2 tsp. each celery salt, paprika & black pepper
5. 1/2 Tbs. each parsley, dill & chives
6. 1 garlic clove, minced or pressed
-
7. 3 whole chicken breasts, split & skinned
8. 3/4 to 1 cup dry bread crumbs
9. 1/2 cup (1 stick) butter, melted

Preparation

1. Combine ingredients 1 through 6 in a large bowl. Add the chicken; cover and marinate in the refrigerator over night.
2. Roll the chicken in bread crumbs; place into a large baking dish. Drizzle the butter over the chicken and bake 30 to 35 minutes at 350°F (180°C).
3. Remove chicken and keep warm. In a small sauce pan heat the sauce until thickened to the desired consistency. Plate the chicken and top with sauce.

CHICKEN MARENGO - SERVES 4

Ingredients

1. 1/4 lb. mushrooms
2. 2 medium tomatoes, quartered

TODAY'S COOKING

3. 1 large onion, quartered
4. 2 garlic cloves
5. 1/4 cup parsley
6. 1/2 cup flour
7. 1-1/2 tsp. salt
-
8. 1/2 tsp. dried rosemary
9. 1/4 tsp. each pepper and dried tarragon
10. 1/4 cup dry white wine
-
11. 4 large chicken thighs
12. 2 Tbs. butter
13. 1 Tbs. canola or grape seed oil

Preparation

1. Remove the mushroom stems and set the caps aside.
2. In a blender combine the stems with ingredients 2 through 10. Blend on high for 40 seconds.
3. In a large skillet sauté the chicken in the butter and oil until brown. Add the sauce from the blender and the mushroom caps. Cover and simmer 45 minutes, stirring occasionally.

CHICKEN BREASTS IN VERMOUTH - SERVES 4

Ingredients

1. 4 half chicken breasts
2. Salt & white pepper
3. 1 Tbs. canola oil
4. 2 Tbs. unsalted butter
5. 1 Tbs. minced shallots
6. 1/2 cup dry vermouth (or use half dry and half sweet vermouth)
-
7. 1/2 cup chicken stock
8. 1/2 tsp. dried tarragon
9. 2 tsp. flour
10. 2 Tbs. heavy cream

TODAY'S COOKING

Preparation

1. Season the chick with salt & pepper. In a large skillet over medium-high heat, quickly brown the chicken in the oil and butter, about 5 minutes total. Remove to a warm platter.
2. Add the shallots to the skillet and cook 2 minutes; add the vermouth and scrape the bottom of the skillet.
3. Marinate the chicken for at least 30 minutes in half the sauce.
4. Remove chicken (discard the marinade) and grill over medium/low heat for 30 minutes or bake at 375°F (190°C), basting occasionally, 40 to 50 minutes.
5. To the remaining sauce add items 7 & 8; bring to a boil; reduce heat and stir in the flour until smooth. Reduce heat; add the cream and cook until thickened. Serve the chicken with the sauce.

CHICKEN ITALIANO - SERVES 4

Ingredients

1. 1/2 cup dry white wine
2. 2 Tbs. vinegar
3. 1 tsp. dried tarragon
4. 1/2 tsp. dried basil
5. 1/4 cup each coarsely chopped celery, onion & green pepper
6. 1 clove garlic, minced or pressed
7. 1/4 cup olive oil
8. 4 large or 8 small chicken thighs
-
9. 2 Tbs. butter
10. 1 Tbs. canola or grape seed oil
11. 4 Tbs. tomato paste
12. 1/2 lb. mushrooms, sliced
13. Salt & pepper to taste

Preparation

1. In a large bowl combine ingredients 1 through 7. Add the chicken; cover and refrigerate several hours.
2. Remove the chicken, saving the marinade. In a large skillet, brown the chicken in the butter and oil until brown. Transfer to a baking dish.
3. Blend the tomato paste into the marinade and pour over the chicken. Add the mushrooms.

TODAY'S COOKING

4. Cover and bake 1 hour at 350°F (180°C).

SEASONED GRILLED CHICKEN - SERVES 6

Ingredients

1. 2 cloves garlic, minced
2. 1-1/2 cups chili sauce (such as Heinz)
3. 3/4 cup red wine vinegar
4. 1-1/2 Tbs. horseradish
-
5. 4 bone-in chicken breasts or 8 thighs, skinned

Preparation

1. Combine the sauce ingredients. Pour half of the sauce over the chicken. Marinate the chicken a minimum of 2 hours (Refrigerate both the chicken and remaining sauce).
2. Grill the chicken over medium/low heat 30 minutes, turning and basting with the sauce 3 or 4 times as the chicken cooks.
3. Heat the remaining sauce and serve with the chicken.

HONEY MUSTARD CHICKEN - SERVES 4

Ingredients

1. 1/3 cup Dijon mustard
2. 1/3 cup honey
3. 2 Tbs. chopped fresh dill or 1 Tbs. dried
4. 1 tsp. grated fresh orange peel or 1/2 tsp. dried
5. 8 chicken thighs, skinned

Preparation

1. Combine ingredients 1 through 4.
2. Marinate the chicken for at least 30 minutes in half the sauce.
3. Remove chicken (discard the marinade) and grill over medium/low heat for 30 minutes or bake at 400°F (200°C), basting often with the reserved sauce.

TODAY'S COOKING

CHEAP BBQ CHICKEN - SERVES 4

Ingredients - Rub

1. 4 tsp. paprika
2. 4 tsp. sea salt
3. 1 tsp. black pepper
4. 1 tsp. granulated garlic
5. 1/2 tsp. cayenne pepper
6. 1/4 tsp. baking soda

Preparation - Rub

Combine all the items; mix thoroughly and store in an air-tight container

Ingredients - Sauce (makes approx. 1/2 gallon)

1. 1 quart (4 cups) apple cider vinegar
2. 1 can (28 oz.) tomato puree
3. 1 cup ketchup
4. 1 cup apple juice (100% juice)
5. 1/4 cup molasses
6. 3 oz. salt
7. 2 Tbs. crushed red pepper
8. 1/2 Tbs. cayenne pepper
9. 1/2 tsp. each granulated garlic, dry mustard, black pepper & chili powder
10. 1/2 can regular Cola

Preparation

Mix all the sauce items together in a large pot; bring to a boil; reduce heat and simmer, uncovered, for 1 hour. Cool and store in the refrigerator.

Ingredients - Chicken

1. 4 chicken drumsticks & 4 thighs
2. 4 Tbs. chicken rub

TODAY'S COOKING

Preparation - Chicken

1. Sprinkle a few pinches of the rub on each chicken piece. Rub some under the skin, too. Let stand, refrigerated, for 2 hours.
2. Grill chicken approximately 30 minutes or until the internal temperature reaches 165°F. Brush with some of the BBQ sauce during the last 10 minutes of cooking. Let rest 5 to 10 minutes and serve.

HONEY & LIME CHICKEN - SERVES 4

Ingredients - Rub

1. 8 chicken thighs or a 3 lb. whole chicken cut up
2. 2 tsp. ground cinnamon
-
3. 1/2 cup honey
4. 1/4 cup dry sherry
5. 2 Tbs. lime juice
6. 2 cloves garlic, minced or pressed
7. 1/2 tsp. each sea salt and fresh ground pepper

Preparation

1. Sprinkle the cinnamon over the chicken and place in a baking dish.
2. Combine the remaining ingredients; pour over the chicken.
3. Cover and marinate in the refrigerator 3 hours or more. Turn the pieces occasionally.
4. Bake in a preheated 350°F (180°C) oven for 50 minutes, turning chicken frequently.

SUGAR-SMOKED CHICKEN - SERVES 6 TO 8

Ingredients

1. 6 lb. whole chicken
2. Salt
3. 1/2 lb. brown sugar

TODAY'S COOKING

Preparation

1. Quick-cure the chicken by rubbing it inside and out with a lot of salt. Refrigerate 24 hours covered in plastic wrap or bag.
2. Gently steam the chicken approximately 1 hour (do not let the chicken touch water). Cool; wrap and refrigerate overnight.
3. Form a large pan with high sides out of heavy duty foil. Sprinkle the sugar evenly over the bottom of the pan.
4. Use an old grill or smoker and place the sugar pan directly on the flame. Place the chicken directly above the pan as soon as the sugar starts to smoke. Smoke the chicken, turning occasionally, for 15 to 20 minutes. Serve warm or refrigerate and serve cool.

CURRIED CHICKEN #2 - SERVES 4

Ingredients

1. 2 Tbs. butter
2. 1 medium onion, chopped
3. 2 stalks celery with greens, sliced
4. 1 garlic clove, minced or pressed
-
5. 1 apple, peeled, cored and roughly chopped
-
6. 1-1/2 cups chicken stock
7. 1 Tbs. curry powder or more to taste
8. 1 can (15 oz.) diced tomatoes (separate liquid and reserve)
9. 2 Tbs. chopped parsley
10. 2 cups cooked chicken, chopped (leftover roast chicken is best)
-
11. 1 heaping Tbs. cornstarch
12. Golden raisins
13. Coconut flakes, toasted

Preparation

1. Melt the butter and add ingredients 2, 3 & 4. Sauté 7 to 10 minutes.
2. Add the apple and sauté about 3 minutes.
3. Add ingredients 6 through 10. Cover and simmer 15 minutes.

TODAY'S COOKING

4. Combine the cornstarch and reserved liquid and mix well. Add to the sauté and simmer until thickened. Serve over seasoned rice and garnish with raisins and coconut.

SWEET & SOUR CHICKEN - SERVES 4

Ingredients

1. 3 lbs. chicken legs
2. 3 Tbs. olive oil
-
3. 1 large onion, chopped
4. 3 Tbs. ketchup
5. 2 Tbs. each lemon juice, soy sauce & sugar
6. Fresh ground pepper to taste
7. 1/2 cup chicken stock
-
8. 1 Tbs. cornstarch
9. 1/4 cup white wine or water

Preparation

1. In a large skillet heat the oil over medium. Cook the chicken about 10 minutes, turning occasionally.
2. Combine ingredients 3 through 7 and blend well. Pour over the chicken; cover and cook over low 20 minutes.
3. Remove chicken to a warm platter. Mix the cornstarch into the wine and add to the sauce. Bring to a boil and cook 2 minutes, stirring until thickened. Add the chicken, turn to coat and serve.

CHICKEN IN SMOOTH MUSTARD SAUCE - SERVES 6

Ingredients

1. 1 Tbs. olive oil
2. 8 skinless chicken thighs
-

TODAY'S COOKING

3. 6 Tbs. butter, divided in half
4. 1/2 lb. mushrooms, sliced
-
5. 4 Tbs. flour
6. 2 to 2-1/2 cups chicken or vegetable stock
7. 2 Tbs. honey
8. Freshly ground pepper to taste
9. Freshly chopped parsley
10. 4 Tbs. grainy mustard

Preparation

1. Heat the oil over medium in a large skillet and add the chicken. Cook, turning midway through, for 12 to 15 minutes. Remove to a plate.
2. Place half the butter in the skillet and cook the mushrooms until just brown. Remove and set aside.
3. Add the remaining butter in the skillet and brown. Whisk in the flour. Cook 1 minute and add the stock. Cook until the sauce thickens and then add the remaining ingredients. Stir well and return the chicken and mushrooms to the skillet. Simmer, stirring for 5 minutes and serve. Note: sauce is also very good on vegetables.

CHICKEN IN CREAMY MUSTARD SAUCE - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 8 medium-sized, bone-in, skin-on chicken thighs
3. Salt & pepper to taste
-
4. 2 medium to large onions, sliced thin
5. 1 cup crème fraîche
6. 2 Tbs. dry white wine
7. 1 Tbs. Dijon
8. 1 tsp. whole grain mustard
-
9. Freshly chopped parsley

TODAY'S COOKING

Preparation

1. Pat the chicken dry and season both sides with salt and pepper.
2. Heat the oil over medium in a large skillet (preferably cast iron) and add the chicken, skin side down. Cook for 12 to 15 minutes undisturbed. Add the onions; turn the thighs and place on top of the onions. Cook another 12 to 15 minutes, stirring the onions occasionally. Remove the chicken to a plate and brown the onions. Stir in items 5 through 8 and cook 1 minute. Add the chicken and juices back in, skin side up. Garnish with the parsley and serve.

CHICKEN & BARLEY STEW - SERVES 4

Ingredients

1. 2 medium carrots, 1" pieces
2. 2 ribs celery, sliced
3. 1 large onion, chopped
4. 1/2 cup barley
5. 1/2 cup dried navy beans
6. 1/2 tsp. salt
7. Fresh ground pepper to taste
8. 6 sprigs fresh thyme, one sprig set aside
9. 2 cups each chicken stock and water
10. 1-1/2 lbs. chicken legs or thighs, skinless

Preparation

1. In a 5 to 6 quart slow cooker combine ingredients 1 through 9. Insert the chicken into the vegetables.
2. Cover and cook 5 to 6 hours on low (3 to 4 hours on high) until chicken is cooked. Remove the thyme and discard. Remove the chicken and let cool enough to handle. De-bone; break chicken into large pieces and return to the cooker. Strip the thyme from the last sprig and add to the stew. Adjust seasonings and serve.

TODAY'S COOKING

CHICKEN WITH TROPICAL FRUIT - SERVES 4

Ingredients

1. 4 large bone-in chicken thighs
-
2. 2 Tbs. red wine vinegar
3. 2 Tbs. tomato paste
4. 1 (16 oz.) can unsweetened pineapple chunks, including the liquid
5. 2 Tbs. soy sauce
6. 1 tsp. ground ginger or 1 Tbs. fresh grated ginger
-
7. 1 medium onion, chopped
8. 1 green pepper, chopped
-
9. 1 firm banana, sliced
10. 1/4 cup dark rum (optional)
-
11. 1 Tbs. cornstarch
12. 2 Tbs. white wine or water

Preparation

1. Season chicken with salt & pepper. Place in a lightly oiled casserole and bake 20 minutes at 450°F (230°C).
2. Combine ingredients 2 through 6 in a large bowl, mixing well. Add the onion and green pepper.
3. Reduce oven temperature to 325°F (170°C). Pour the sauce over the chicken, cover and bake 30 minutes.
4. Add the the bananas and rum and bake another 10 minutes, covered.
5. Remove the chicken; pour the sauce into a strainer over a bowl to separate the liquid from the solids. Put the chicken and sauce solids back into the casserole and keep warm. In a pan bring the sauce to a boil. Mix the last 2 ingredients and add to the sauce, stirring constantly until thickened. Pour over the chicken and serve.

TODAY'S COOKING

COUNTRY CURRY CHICKEN - SERVES 6

Ingredients

1. 1 can (14-1/2 oz.) stewed tomatoes, chunky style
2. 1/4 cup chopped parsley
3. 1/4 cup currants or raisins
4. 1 Tbs curry powder
5. 1 tsp. chicken base or 1 chicken bouillon cube, crushed
6. 1/2 tsp. nutmeg
7. 1/4 tsp. sugar
8. 2-1/2 to 3 lbs. chicken thighs
-
9. 1 Tbs. cornstarch
10. 1 Tbs. cold water or dry white wine

Preparations

1. In a large skillet, combine items 1 through 8 and bring to a boil. Reduce heat; cover and simmer for 35 to 45 minutes.
2. Stir together items 9 & 10 and stir into the chicken and cook until thickened.
3. Serve over rice or noodles.

COGNAC BAKED CHICKEN #1 - SERVES 6

Ingredients

1. 1 cup golden raisins
2. 1/4 cup Cognac
3. 1/2 cup water
-
4. 4 lbs. chicken parts
5. 1 Tbs. olive oil
6. 3 Tbs. butter
-
7. 3 large onions, sliced

TODAY'S COOKING

-
- 8. Zest of 1 lemon
- 9. 3 Tbs. lemon juice
- 10. Fresh ground pepper to taste

Preparation

1. Combine the first 3 ingredients in a small bowl and let sit 45 minutes to an hour.
2. In a large skillet, heat the butter and oil over medium heat and brown the chicken. Remove chicken to a roasting pan.
3. Add the onions to the pan and sauté 5 minutes. Add the raisins mix and the last 3 ingredients. Pour over the chicken and bake at 350°F (180°C) for 40 to 50 minutes.

COGNAC BAKED CHICKEN #2 - SERVES 6

Ingredients

1. 3/4 cup golden raisins
2. 1/4 cup Cognac
3. 3 Tbs. unsalted butter
4. 1 Tbs. canola or vegetable oil
5. 4 lbs. chicken parts
6. 3 large onions, sliced
7. Zest of 1 lemon
8. 3 Tbs. lemon juice
9. 1/2 Tbs. liquid smoke

Preparation

1. Preheat the oven @ 350°F (180°C).
2. In a small bowl, combine the first 2 items with 1/2 cup water and soak the raisins for about 1 hour.
3. In a large skillet over medium, heat the butter and oil. Sauté the chicken in batches until brown, about 5 minutes per side. Place in a large roasting pan.

TODAY'S COOKING

4. Add the onions to the skillet and cook 5 minutes. Add the raisin mix and remaining ingredients; mix and pour over the chicken. Bake 25 minutes. Turn the chicken; stir the onions and bake another 25 to 30 minutes.

CHICKEN RATATOUILLE - SERVES 4

Ingredients

1. 1 whole chicken (about 3 lbs.), cut up
2. 3 Tbs. olive oil
-
3. 1 large onion, chopped
4. 2 garlic cloves, minced or pressed
5. 1 green pepper, cut into 1" pieces
6. 1 red pepper, cut into 1" pieces
-
7. 1 medium zucchini, cut into 1" cubes
8. 2 tomatoes, quartered
9. 1 Tbs. lemon juice
10. 1 Tbs. minced parsley
11. 1/2 tsp. oregano
12. 1/4 tsp. basil
13. Fresh ground pepper to taste

Preparation

1. Heat oil in a large skillet over medium heat. Brown the chicken in batches, about 5 minutes a side. Remove and set aside.
2. Add ingredients 3 & 4 to the skillet and sauté 2 minutes. Add ingredients 5 & 6; sauté 2 minutes. Add the remaining ingredients; mixing well. Return the chicken to the skillet and simmer, uncovered 30 minutes until tender.

TODAY'S COOKING

EASY BAKED CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. oil
2. 4 chicken thighs
-
3. 1/2 cup honey
4. 1/4 cup dry sherry
5. 2 Tbs. lime juice
6. 2 minced garlic cloves
7. 1-1/2 tsp. cinnamon
8. 1/2 tsp. salt & pepper

Preparation

1. Heat oil in a large oven-proof skillet over medium heat. Brown the chicken, about 2 minutes a side. Remove from heat.
2. Combine the remaining ingredients in a bowl and coat the chicken. Return the chicken and sauce to the skillet; cover with foil and bake at 350°F (180°C) for 35 minutes.

SIMPLE BAKED CHICKEN - SERVES 4

Ingredients

1. 4 large, skinless thighs
2. Salt & pepper
3. 4 slices Swiss cheese
-
4. 1 can (10-3/4 oz.) condensed cream of celery soup
5. 1/3 cup dry white wine or chicken stock
6. 1 can (4 oz.) sliced mushrooms, optional
7. Paprika
8. Chopped parsley

TODAY'S COOKING

Preparation

1. Preheat the oven @ 350° F (180° C).
2. Season the chicken with the salt & pepper. Place in a casserole; place a piece of cheese on each thigh.
3. Combine the soup and wine or stock and mix well. Add the mushrooms, if using and spread over the chicken. Sprinkle on the paprika and bake 40 minutes. Top with parsley and bake another 5 to 10 minutes.

CHICKEN JAKARTA - SERVES 4

Ingredients

1. 3 lbs. of chicken drumsticks and/or thighs
2. 1/2 tsp. ea. dry mustard, ground coriander & cumin
3. 1/2 tsp. red pepper flakes
4. 1 medium onion, chopped
5. 1 Tbs. olive oil
-
6. 2 Tbs. butter
7. 1 cup chopped walnuts
8. 2 tsp. ground ginger
9. 2-1/2 Tbs. sugar
10. 3 Tbs. soy sauce
-
11. 2 Tbs. vegetable oil
12. 3/4 lb. kale, stemmed and coarsely chopped (use spinach as a substitute)
-
13. 3 Tbs. red wine vinegar
14. 2 tsp. cornstarch dissolved in 2 tsp. water

Preparation

1. Preheat the oven @ 375°F (190°C). Coat a casserole dish with cooking spray.
2. Place the chicken in the dish and sprinkle with items 2 & 3. Mix items 4 & 5 together and set aside.
3. Bake the chicken, uncovered, for 30 minutes. Place the oiled onions around the chicken and bake another 20 minutes.

TODAY'S COOKING

4. In a large skillet, melt the butter over medium heat. Toast the walnuts 2 to 3 minutes, stirring constantly. Add the ginger and 1-1/2 tsp. sugar and cook, stirring until the sugar melts. Stir in 1 Tbs. of the soy and keep cooking, stirring until it evaporates to a glaze. Remove the nuts from the pan and let cool.
5. In the same skillet, heat the oil over medium and add the kale (or spinach) and 1Tbs. of soy. Cook until just wilted. Remove from heat and set aside.
6. In a small saucepan, combine the remaining soy, the remaining sugar with the vinegar and 3 Tbs. of water. Bring to a boil, stirring until thickened. Remove from heat, cover and set aside. When the chicken is done, stir in the sauce, the greens and walnuts and return to the oven for a few minutes to heat up.

CHICKEN IN CREAMY MUSTARD SAUCE #2 - SERVES 4

Ingredients

1. 4 large chicken thighs
2. 2 tsp. sea salt
3. 1 tsp. fresh ground pepper
4. 2 Tbs. olive oil, divided
-
5. 2 onions, sliced
-
6. 2 Tbs. dry white wine
7. 1 cup crème fraîche*
8. 1 Tbs. Dijon mustard
9. 1 tsp. whole-grain mustard
10. 1 tsp. salt
11. Chopped parsley for garnish

Preparation

1. Pat the chicken dry and season both sides with the salt & pepper.
2. Heat half the oil in a large skillet (iron skillet preferred) over medium heat. Cook the chicken, skin side down, for 15 minutes. Turn the thighs and add the onions, including under the chicken. Cook another 15 minutes. Remove just the thighs.
3. Continue to cook the onions until browned. Add items 6 through 10 and cook, stirring for 1 minute. Return the chicken, skin side up, with the juices. Sprinkle with parsley and serve.

TODAY'S COOKING

4. * Use store-bought or make it using half'n'half and a Tbs. or more of any of the following: buttermilk, yogurt or sour cream.

BAKED GARLIC CHICKEN - SERVES 4

Ingredients

1. 4 large bone-in chicken thighs
2. 2 large heads of garlic
3. 3 celery stalks (ribs), thick sliced
-
4. 1/4 cup olive oil
5. 3/4 cup white wine
6. 3 Tbs. lemon juice
7. 2 Tbs. ea. chopped parsley and basil (1/2 tsp. dried)
8. 1/4 tsp. each salt & pepper
9. 1/2 tsp. lemon zest

Preparation

1. Place the chicken in a baking dish.
2. Separate and peel the garlic cloves and along with the celery, distribute over the chicken.
3. Combine items 4 through 9 in a small bowl and whisk until blended. Pour this over the chicken.
4. Bake in a 375°F (190°C) oven, covered for 40 minutes. Uncover and bake an additional 15 minutes.

CHICKEN CACCIATORE - SERVES 4

Ingredients

1. 4 large bone-in chicken thighs
2. 1/2 tsp. salt*
3. 1/4 tsp. pepper
-
4. 1/2 Tbs, olive oil
5. 1/2 tsp. salt*

TODAY'S COOKING

6. 1 small onion, chopped
7. 3 to 4 oz. portobello mushroom caps, coarsely chopped
-
8. 2 garlic cloves, minced or pressed
9. 1 tsp. minced fresh thyme or 1/4 tsp. dried
-
10. 3/4 Tbs. flour
11. 3/4 cup dry red wine
-
12. 1/4 cup chicken stock
13. 1 can (14-1/2 oz.) diced tomatoes
14. Rind of Parmesan
-
15. 1 Tbs. chopped parsley
16. 1 tsp. minced fresh sage or 1/4 tsp. rubbed sage
17. Salt & pepper to taste

Preparation

1. Preheat the oven to 300° F (150° C).
2. Season the dry chicken with the salt and pepper. In an oven proof skillet over medium-high, heat the oil and when hot, brown the chicken, about 4 minutes per side. Remove the chicken and all but 1 Tbs. of the fat from the skillet. Strip off the chicken skin and discard.
3. Add items 5, 6 & 7 to the skillet and sauté, stirring occasionally, for about 7 minutes or until softened and starting to brown. Add items 8 & 9 and cook 1 minute. Stir in the flour and cook, stirring, 1 minute. Gradually stir in the wine.
4. Stir in items 12, 13 & 14 and bring to a simmer. Add the chicken; cover and bake 35 minutes.
5. Discard the rind; stir in the parsley and sage; adjust the seasonings and serve the chicken with sauce.

CHICKEN WITH 40 CLOVES OF GARLIC - SERVES 4

Ingredients

1. 2 Tbs. butter
2. 1 Tbs. olive oil
3. 1 (3lb.) chicken, cut up or use just bone-in thighs
-

TODAY'S COOKING

4. 40 garlic cloves, unpeeled
5. 2 Tbs. lemon juice
6. 1/2 tsp. dried thyme
7. 1/2 tsp. each salt & pepper
8. 1/4 cup water or chicken stock

Preparation

1. Preheat oven to 350°F (180°C)
2. In a large skillet, melt the butter in the oil and brown the chicken (5 to 10 minutes)
3. Spoon off all but 2 Tbs. fat; Add remaining ingredients; cover tightly with foil and bake for 1-1/2 hours.

PERUVIAN CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. butter
2. 3 lbs. of chicken drumsticks and/or thighs
-
3. 1 small onion, chopped
4. 4 whole cloves
5. 1 bay leaf
6. 1/2 tsp. cumin
7. 1 cup chicken stock
-
8. 1-1/4 cup dry white wine
9. 1/2 cup golden raisins
10. 1/2 cup sliced, blanched almonds
11. 1/2 cup heavy cream or half'n'half
12. 2 egg yolks
13. Salt & pepper to taste

Preparation

1. Melt the butter in a large skillet over medium heat. Brown the chicken 4 minutes on each side.
2. Add items 3 through 7. Reduce heat to low and cook, covered, 15 minutes.

TODAY'S COOKING

3. Add 1 cup of the wine and items 9 & 10. Increase the heat to medium-low and cook, partly covered, for 20 minutes.
4. In a small bowl, whisk together items 11 & 12 along with the remaining wine. Stir a small amount of the sauce from the skillet into the cream sauce and then stir all of the cream sauce into the skillet. Stir until thickened and do not let it boil. Season and serve.

CHICKEN & APPLE - SERVES 4

Ingredients

1. 4 bone-in chicken thighs
2. 1-1/2 tsp. grape seed, avocado or canola oil
3. 1-1/2 tsp. salt & pepper, divided
4. 1 Tbs. butter
-
5. 1 small red onion, sliced
6. 2 medium apples, peeled and thinly sliced
7. 1 Tbs. chopped fresh sage
8. 1-1/2 tsp. chopped fresh rosemary or 1/2 tsp. dried
-
9. 1/2 cup chicken stock
10. 1 Tbs. Dijon mustard
-
11. Cooked rice or noodles

Preparation

1. Season the chicken with half the salt and pepper. Cook in the oil in a large skillet over medium-high for 4 minutes a side; remove.
2. Add the butter to the skillet and add items 5 through 8. Cook 4 minutes.
3. Whisk the mustard into the stock and add to the skillet.
4. Return the chicken to the skillet and cook 3 minutes or until the liquid is reduced by half. Serve over rice or noodles.

TODAY'S COOKING

CHICKEN W/ APPLE & CABBAGE - SERVES 4

Ingredients

1. 1/2 cup flour
2. 1 tsp. seasoned salt
3. 1 tsp. pepper
4. 1-1/2 tsp. celery seed
5. 4 bone-in chicken thighs
6. 1 Tbs. grape seed, avocado or canola oil
7. 2 Tbs. butter, divided
8. 1 medium onion, sliced
9. 2 medium apples, peeled and chopped
10. 1 can (14.5 oz.) peeled tomatoes including juices
11. 1 can (8 oz.) tomato sauce
12. 2 tsp. caraway seed
13. 1 tsp. salt
14. 1 tsp. sugar
15. 4 cups shredded cabbage
16. 1 cup shredded mozzarella cheese

Preparation

1. Mix items 1 through 4 in a bag. Add the chicken and shake to coat.
2. Heat the oil and half the butter in a large skillet over medium heat. Add the chicken and brown, turning 3 or 4 times (about 10 minutes). Remove to a baking dish.
3. Preheat oven to 350°F (180°C).
4. Add the remaining butter to the skillet and cook the onion 5 minutes. Add items 9 through 14 and bring to a boil. Mix in the cabbage and pour over the chicken. Cover tightly with foil and bake 50 minutes. Remove foil; sprinkle the cheese on top and bake another 5 minutes.

GRILLED CHICKEN - SERVES 4

Ingredients

1. 1 Tbs. butter
2. 1 small onion, chopped

TODAY'S COOKING

3. 1 garlic clove, minced or pressed
4. 1/3 cup chopped green pepper
-
5. 1 cup ketchup
6. 1/4 cup brown sugar
7. 1/4 cup cider vinegar
8. 1 Tbs. Worcestershire sauce
9. 1/2 Tbs. liquid smoke
10. 1/2 tsp. dried oregano
11. 1/2 tsp. ground cinnamon
12. 4 large chicken thighs

Preparation

1. In a medium saucepan, melt the butter and sauté the next 3 ingredients until tender.
2. Add items 5 through 11; stir well and cook 5 minutes. Remove from the heat and let cool.
3. Place the chicken and half of the sauce in a plastic bag and marinate in the refrigerator for 2 hours. Refrigerate the remaining sauce as well.
4. Cook the chicken on the grill over low, direct heat, basting occasionally, for 25 to 30 minutes. Turn the thighs half way through the cooking time.

CHICKEN STEW - SERVES 4

Ingredients

1. 2 Tbs. high temperature oil such as grape seed or avocado oil
2. 4 chicken thighs
-
3. 2 ribs celery, cut on the bias into 1" pieces
4. 2 carrots, cut on the bias into 1" pieces
5. 2 red potatoes, cut into 1" pieces
6. 1 medium onion, diced
-
7. 1 can (14.5 oz.) chopped or diced tomatoes
8. 1 Tbs. tomato paste
9. 14 oz. chicken stock
10. 2 Tbs. each chopped fresh basil and thyme or 1/2 tsp. dried of each
11. 1 bay leaf

TODAY'S COOKING

Preparation

1. In a large skillet brown the chicken in the oil over medium heat. Remove and set aside.
2. Add to the skillet items 3 through 6 and sauté 5 minutes. Stir in items 7 through 11.
3. Add the chicken; bring to a simmer; reduce heat to medium-low and gently cook, uncovered for 25 to 30 minutes.
4. Remove chicken and keep warm. Increase the heat and cook to a stew consistency. Season with salt & pepper; return the chicken to the skillet; heat and serve.

GENERAL TSO'S CHICKEN STEW - SERVES 6

Ingredients

1. 1 cup tomato juice
2. 1/2 cup pickled cherry peppers, chopped
3. 2 Tbs. soy sauce
4. 2 Tbs. hoisin sauce
5. 1 Tbs. peanut oil
6. 1 to 2 tsp. crushed red pepper flakes
-
7. 1 lb. shredded cooked chicken
8. 1-1/2 cups chopped onion
9. 1 cup chopped fresh broccoli
-
10. 1/4 cup chopped green onions
11. 1 tsp. sesame seeds, toasted

Preparation

1. In a 4 or 5 qt. slow cooker, combine the first 6 items. Add the next 3 items. Cook, covered, on low about 2 hours, until vegetables are tender. Top with green onions and sesame seeds to serve.

TODAY'S COOKING

SLOW COOKER CHICKEN STEW - SERVES 4

Ingredients

1. 1 lb. small red potatoes, halved
2. 1 large onion, thinly sliced
3. 2 ribs celery, cut on the bias into 1/2" pieces
4. 3/4 cup shredded carrot
5. 6 garlic cloves, minced or pressed
6. 3 Tbs. flour
7. 2 tsp. ea. lemon zest and dried thyme
8. 1/2 tsp. salt
9. 1/4 tsp. pepper
-
10. 1-1/2 lbs. chicken thighs, skin removed
11. 16 oz. chicken stock
12. 2 Tbs. each chopped fresh basil and thyme or 1/2 tsp. dried
13. 2 bay leaves
14. 2 Tbs. finely chopped parsley

Preparation

1. Add items 1 through 5 to a slow cooker. Sprinkle with items 6 through 9 and toss to coat.
2. Place the chicken on top and add the next 3 items.
3. Cover and cook on low until chicken and vegetables are tender, anywhere from 7 to 9 hours. Sprinkle each serving with the parsley.

ASIAN CHICKEN THIGHS - SERVES 4

Ingredients

1. 4 tsp. olive oil
2. 4 bone-in chicken thighs, skin removed
-
3. 1/3 cup water
4. 1/4 cup packed brown sugar

TODAY'S COOKING

5. 2 Tbs. ea. orange juice, soy sauce & ketchup
6. 1 Tbs. white vinegar
7. 4 garlic cloves, minced or pressed
8. 1/4 tsp. crushed red pepper flakes
9. 1/2 tsp. Chinese five-spice powder
-
10. 2 tsp. cornstarch
11. 2 Tbs. cold water
12. Sliced green onions
13. Hot cooked rice, optional

Preparations

1. In a large skillet, heat oil over medium. Add chicken; cook 8 to 10 minutes on each side or until no longer pink.
2. In a small bowl, whisk together items 3 through 9. Pour over the chicken and bring to a boil. Reduce heat and simmer, uncovered, 30 to 35 minutes, turning chicken occasionally.
3. In a small bowl, mix cornstarch and cold water until smooth. Stir into the skillet and bring to a boil. Cook, stirring, 1 minute or until sauce is thickened.
4. Sprinkle with green onions and serve over rice.

EASY ASIAN BAKED CHICKEN - SERVES 4

Ingredients

1. 1 cup low-salt soy sauce
2. 1/2 cup diced onion
3. 2 garlic cloves, minced or pressed
4. 4 tsp. five spice blend
5. 4 chicken thighs

Preparation

1. Combine items 1 through 4 and mix well. Add the chicken; cover and marinate 3 to 4 hours in the refrigerator.
2. Place the chicken and marinade in a greased baking dish. Cover and bake @ 325°F (170°C) for 1 hour.

TODAY'S COOKING

LEMON & THYME BAKED CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. lemon juice
2. 1 Tbs. each chopped garlic, parsley and thyme
3. 1/2 tsp. salt
4. 1/4 tsp. red pepper flakes
5. 4 chicken thighs

Preparation

1. Combine items 1 through 4 and mix well. Add the chicken; cover and marinate 2 hours in the refrigerator.
2. Line a baking sheet with foil. Place a rack on the sheet and coat with cooking spray. Add a little water to the baking sheet. Roast @ 425°F (170°C) for 15 to 20 minutes.

EASY SAUCED CHICKEN THIGHS - SERVES 4

Ingredients

1. 4 bone-in chicken thighs
2. 1/2 tsp. salt
3. 1/4 tsp. pepper
4. 3/4 cup barbecue sauce
5. 1/2 cup honey
6. 2 tsp. Dijon mustard
7. 2 tsp. Worcestershire sauce
8. Hot sauce to taste

Preparation

1. Season the chicken with the salt and pepper. Broil for 3 to 4 minutes on each side and place in a slow cooker.
2. Combine items 4 through 8 and mix well. Pour over the chicken, making sure the thighs are completely covered. Cook on low 4 to 5 hours.

TODAY'S COOKING

HONEY & LIME GLAZED CHICKEN - SERVES 4

Ingredients

1. 2 tsp. cinnamon
2. 1 chicken (2 to 2-1/2 lbs.) cut up
3. 1/2 cup ea. honey and dry sherry
4. 2 Tbs. lime juice
5. 1 garlic clove, minced or pressed
6. Salt & pepper to taste (approx. 1/2 tsp. salt & 1/4 tsp. pepper)

Preparation

1. Preheat the oven @ 350°F (180°C).
2. Place the chicken in a large bowl and sprinkle on the cinnamon .
3. In a small bowl, combine the remaining items and pour over the chicken. Cover and marinate for about 3 hours in the refrigerator, turning the chicken occasionally.
4. Preheat the oven @ 350°F (180°C). Place the chicken in a large roasting pan and bake 50 minutes, basting and turning the chicken frequently.

COGNAC BAKED CHICKEN - SERVES 6

Ingredients

1. 3/4 cup golden raisins
2. 1/4 cup Cognac
3. 3 Tbs. unsalted butter
4. 1 Tbs. canola or vegetable oil
5. 4 lbs. chicken parts
6. 3 large onions, sliced
7. Zest of 1 lemon
8. 3 Tbs. lemon juice
9. 1/2 Tbs. liquid smoke

Preparation

1. Preheat the oven @ 350°F (180°C).

TODAY'S COOKING

2. In a small bowl, combine the first 2 items with 1/2 cup water and soak the raisins for about 1 hour.
3. In a large skillet over medium, heat the butter and oil. Sauté the chicken in batches until brown, about 5 minutes per side. Place in a large roasting pan.
4. Add the onions to the skillet and cook 5 minutes. Add the raisin mix and remaining ingredients; mix and pour over the chicken. Bake 25 minutes. Turn the chicken; stir the onions and bake another 25 to 30 minutes.

CHICKEN THIGHS WITH MUSHROOMS & PORT - SERVES 4

Ingredients

1. 4 large bone-in chicken thighs with skin
2. 1 cup Port wine
3. 2 tsp. five spice blend (see [Dressings_Sauces_Seasonings](#) pg. 126)
4. 1/2 lb. sliced mushrooms
5. 2 cups chicken stock
6. 3 Tbs. cornstarch
7. 2 Tbs. chopped parsley

Preparation

1. Preheat the oven to 350°F (180°C). Place the chicken, skin side up, in a baking dish and bake for 30 to 35 minutes.
2. In a large skillet, heat the Port over medium heat for 5 minutes. Add items 2 & 3 and simmer another 5 minutes, stirring occasionally.
3. Mix the cornstarch into 1/4 cup of the stock until smooth. Pour the remaining stock into the mushrooms; reduce heat to low and cook while slowly adding the cornstarch mix. Bring to a boil, stirring constantly until the sauce thickens. Serve the chicken with the mushroom sauce over hot noodles and garnish with parsley.

BAKED COCONUT CHICKEN - SERVES 4

Ingredients

1. 1 cup seasoned, dry bread crumbs
2. 1-1/2 cups coconut flakes

TODAY'S COOKING

3. 2 eggs
4. 4 Tbs. butter
5. 3 lbs. chicken thighs or drumsticks

Preparations

1. Preheat the oven @ 375° F (190° C).
2. Combine the first 2 items. Melt the butter and pour onto a large, rimmed baking sheet.
3. Dip the chicken into the egg and then roll in the coconut. Place on the baking sheet skin side down. Bake 20 minutes; turn and bake another 20 minutes or until lightly browned.

SHAKE & BAKE CHICKEN - SERVES 4

Ingredients

1. 1/2 tsp. ea. salt, pepper, garlic powder & dried thyme
2. 1 tsp. paprika
3. 1/2 cup flour
4. 1/2 cup milk
5. 4 chicken legs with thighs

Preparations

1. Preheat the oven @ 375° F (190° C).
2. Combine thoroughly the first 3 items in a plastic bag. Dip the chicken in the milk; shake off excess; drop into the bag and shake until evenly coated. Place on a greased baking pan. Bake 40 to 45 minutes or until the coating is crisp.

FILIPINO CHICKEN

Ingredients

1. 1 cup white vinegar
2. 1/4 cup soy sauce
3. 1 whole garlic bulb, smashed and peeled
4. 2 tsp. kosher salt
5. 1 tsp. coarsely ground black pepper

TODAY'S COOKING

6. 1 bay leaf
7. 2 lbs. bone-in chicken thighs
-
8. 1 Tbs. canola oil
9. 1 cup water

Preparations

1. Combine the first 6 items in a sealable plastic bag; add the chicken and marinate 30 minutes in the refrigerator.
2. Remove the chicken and pat dry. Save the marinade.
3. Heat the oil in a large skillet over medium-high. Brown the chicken; stir in the water and marinade. Bring to a boil; reduce heat and simmer, uncovered, 20 to 25 minutes. Serve with the sauce.

CHICKEN STROGANOFF - SERVES 6

Ingredients

1. 1 Tbs. canola oil
2. 1/2 lb. sliced mushrooms
3. 1 large onion, chopped
-
4. 2 Tbs. AP flour
5. 3 cups chicken stock
6. 1/3 cup dry white wine
7. 1 Tbs. Dijon mustard
-
8. 4 cups uncooked egg noodles
9. 2 cups cubed, cooked chicken
10. 3/4 cup cubed, cooked ham
11. 1/2 cup shredded Swiss cheese, divided in half
12. 1/2 cup sour cream
13. 1/4 tsp. ea. salt & pepper
14. 1 green onion, thinly sliced

Preparations

1. In a stockpot over medium-high, heat the oil and cook items 2 & 3 for about 8 minutes.

TODAY'S COOKING

2. Stir in flour and cook 2 minutes. Gradually stir in the next 3 items. Bring to a boil; add the noodles; return to a boil. Reduce heat and simmer, uncovered, for 10 to 12 minutes, stirring occasionally.
3. Stir in the chicken, ham and half of the cheese until it melts. Remove from heat and stir in items 12 & 13. Sprinkle with green onions and remaining cheese.

SOUTHWEST CHICKEN & LIMA STEW - SERVES 6

Ingredients

1. 4 bone-in skinless chicken thighs
2. 2 cups frozen lima beans
3. 2 cups frozen corn
4. 1 large green pepper, chopped
5. 1 large onion, chopped
- 6.
7. 2 cans (14 oz. each) fire-roasted diced tomatoes, undrained
8. 1/4 cup tomato paste
9. 3 Tbsp. Worcestershire sauce
10. 3 garlic cloves, minced
11. 1-1/2 tsp. ea. ground cumin & dried oregano
12. 1/4 tsp. ea. salt & black pepper
13. Chopped fresh cilantro or parsley

Preparations

1. Place the first five ingredients in a 5 qt. slow cooker.
2. In a large bowl combine items 6 through 11 and pour over top.
3. Cook, covered, on low 6-8 hours or until chicken is tender. Remove chicken from slow cooker. When chicken is cool enough to handle, remove meat from bones. Shred meat with two forks; return to the slow cooker and heat through. Sprinkle with cilantro.

TODAY'S COOKING

SLOW-COOKER ROASTED CHICKEN W/ VEGGIES - SERVES 6

Ingredients

1. 2 celery ribs, halved lengthwise and cut into 3"pieces
2. 2 medium-sized carrots, halved lengthwise and cut into 3"pieces
3. 8 small red potatoes, quartered
-
4. 3/4 tsp. salt, divided
5. 1/8 tsp. black pepper
6. 1 medium-sized lemon, halved
7. 2 garlic cloves, crushed
8. 1 broiler/fryer chicken (3 to 4 lbs.)
-
9. 1 Tbs. dried rosemary, crushed
10. 1 Tbs. lemon juice
11. 1 Tbs. olive oil
12. 2 tsp. paprika

Preparations

1. Place the first 3 items in a 6 qt. slow cooker; toss with 1/4 tsp. salt and the pepper. Place
2. lemon halves and garlic in chicken cavity. Tuck wings under chicken; tie drumsticks together. Place chicken over vegetables in slow cooker, breast side up.
3. Mix together the last 4 items and the remaining salt; rub over the chicken.
4. Cook, covered, on low 6 to 8 hours or until a thermometer inserted in thigh reads 180° and the vegetables are tender.
5. Remove chicken to a serving platter; tent with foil. Let stand 15 minutes before carving. Serve
6. chicken with the vegetables.

SLOW-COOKER COCONUT CHICKEN - SERVES 6

Ingredients

1. 1/2 cup light coconut milk
2. 2 Tbs. brown sugar
3. 2 Tbs. reduced-sodium soy sauce

TODAY'S COOKING

4. 2 garlic cloves, minced
5. 1/8 tsp. ground cloves
6. 6 boneless skinless chicken
7. thighs (about 1-1/2 lbs.)
8. 6 Tbs. flaked coconut, toasted
9. Minced fresh cilantro

Preparations

1. In a large bowl, combine the first 5 ingredients. Place chicken in a 3 qt. slow cooker.
2. Pour coconut milk mixture over top. Cook, covered, on low 4-5 hours or until chicken is tender. Serve chicken with coconut and cilantro.

GRILLED SPICED CHICKEN - SERVES 6

Ingredients

1. 1 Tbs. chili powder
2. 1 Tbs. brown sugar
3. 2 tsp. ground cinnamon
4. 1 tsp. baking cocoa
5. 1/2 tsp. salt
6. 1/2 tsp. black pepper
7. 3 Tbs. olive oil
8. 1 Tbs. balsamic vinegar
9. 6 bone-in chicken breast halves (8 oz. ea.)

Lime Butter

1. 1/3 cup butter, melted
2. 1/4 cup minced fresh cilantro
3. 2 Tbs. finely chopped red onion
4. 1 Tbs. lime juice
5. 1 serrano pepper, finely chopped
6. 1/8 tsp. black pepper

TODAY'S COOKING

Preparations

1. In a small bowl, combine the first 8 items. Brush onto the chicken.
2. Place chicken skin side down on grilling rack. Grill, covered, over indirect
3. medium heat for 15 minutes. Turn and grill until a thermometer inserted reads 165°, about 20 to 25 minutes longer.
4. In a small bowl, combine the butter ingredients and drizzle over chicken just prior to serving.

BAKED MARINATED CHICKEN - SERVES 6 TO 8

Ingredients

1. 1 cup plain yogurt
2. 2 Tbs. olive oil
3. 4 garlic cloves, minced or pressed
4. 1/2 tsp. ea. salt & dried oregano
5. Pepper to taste
6. Zest of 1 lemon
7. 1 Tbs. lemon juice
8. 1 cup loosely packed chopped parsley
9. 3 to 4 lbs. chicken drums or thighs

Preparations

1. In a large bowl, combine well the first 8 items. Place chicken in a zip lock bag; pour in the marinade and refrigerate 30 to 60 minutes.
2. Preheat the oven @ 375° F (190° C).
3. Discard the marinade and place the chicken in a baking dish. Bake 50 to 60 minutes or until golden.

POACHED CHICKEN - SERVES 4 TO 6 MAKES 4 CUPS

Ingredients

1. 10 sprigs parsley
2. 2 sprigs fresh thyme

TODAY'S COOKING

3. 1 small onion, halved
4. 1 small carrot, halved
5. 1 stalk celery, halved
6. 3 lbs chicken breasts halves, on the bone and fat trimmed
7. 5 to 6 cups chicken broth, homemade or canned

Preparations

1. Put the parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken for 20 minutes or until firm to the touch. Remove the pan from the heat, uncover, cool the chicken in the liquid for 30 minutes.
2. Transfer the chicken to a cutting board and reserve the liquid. Discard the bones and skin and pull or cut the meat into bite-size pieces.

POACHED CHICKEN - SERVES 8 TO 12 MAKES 8 CUPS

Ingredients

1. 2 whole chickens (about 4 lbs. ea.)
2. 1 tsp. whole black peppercorns
3. 4 cloves garlic, crushed
4. 2 large bay leaves
5. 2 carrots, peeled and coarsely chopped
6. 2 ribs celery, coarsely chopped
7. 2 onions, peeled and quartered
8. 1 lemon, sliced
9. Fresh parsley, rosemary and thyme tied into a bundle
10. Salt & pepper to taste.

Preparations

1. Place the chicken in a very large stockpot or use 2 pots. Add the remaining items.
2. Cover the chickens with chicken stock and bring to a boil. Reduce heat to a rolling simmer. Cook 1 hour and 15 to 30 minutes. Cool the chickens in the stock and strain. Discard the skin and bones and pull or cut the meat into bite-size pieces.

TODAY'S COOKING

Boneless &/or Skinless Chicken

For best results dry brine the boneless chicken

For 4 breasts: Pound breasts some so they will cook evenly. Pat dry with paper towels. Sprinkle with 1 tsp. salt & 1/2 tsp. pepper. Refrigerate, uncovered, for at least 30 minutes. Again, pat dry.

Boneless/skinless chicken breast is most flavorful, juicy, plump and tender when poached. Purchase smaller breasts. If they're too large, they are often tough before you even cook them. To poach: Fill a 4 or 5 quart stockpot with a mix of 6 or 7 cups of water and chicken stock. Add 1 cup of dry, white wine, your choice of herbs and sliced carrots, onion and celery. Add the chickens; bring to a hard boil. Cook a minute or just a little more; remove from heat; cover and let sit an hour. They're ready!

BAKED CHICKEN IN SOUR CREAM - SERVES 4

Ingredients

1. 1 cup sour cream
2. 1 Tbs. lemon juice
3. 2 tsp. Worcestershire sauce
4. 1 tsp. each celery salt, paprika & black pepper
5. 1 garlic clove, minced or pressed
6. 4 large boneless and skinless chicken thighs.
-
7. 1 cup panko crumbs
8. 1 Tbs. chopped parsley 1/4 cup (1/2 stick) butter, melted
9. 1/8 cup olive oil

Preparation

1. Combine ingredients 1 through 5 in a large bowl. Submerge the chicken in the sauce; cover and marinate in the refrigerator 3 or 4 hours.
2. Mix parsley and panko and coat the chicken in bread crumbs; place into a large baking dish. Mix the butter and oil and drizzle over the chicken. Bake 50 to 60 minutes at 350°F (180°C).

TODAY'S COOKING

CURRIED CHICKEN - SERVES 4

Ingredients

1. 1/4 cup shredded sweetened coconut (soak 10 minutes in hot water)
2. 3/4 cup milk
-
3. 3 large boneless, skinless chicken breasts, cubed
4. 1 Tbs. olive oil
5. Salt & pepper
6. 1/4 cup chopped green onions
7. 2 garlic cloves, minced or pressed
-
8. 2 Tbs. cornstarch
9. 1-1/2 cups chicken stock
10. 1 Tbs. lime juice
11. 1 Tbs. curry powder or more to taste
12. 1 tsp. soy sauce
13. 1/4 cup raisins (optional)

Preparation

1. Combine the milk and coconut.
2. Cook the chicken in the oil with salt and pepper 2 to 3 minutes over medium heat. Add the onions and garlic and cook 1 minute.
3. Combine the cornstarch and stock; mix well and add to the chicken.
4. Add the remaining ingredients and bring to a boil.
5. Serve over rice.

CHICKEN CHARDONNAY - SERVES 4

Ingredients

1. 4 boneless chicken breasts
2. Flour
3. 2 Tbs. butter
4. 1 Tbs. canola or grape seed oil

TODAY'S COOKING

-
- 5. 3 Tbs. butter
- 6. 4 or 5 green onions, chopped
- 7. 2 cloves garlic, minced or pressed
-
- 8. 1/2 cup Chardonnay or other dry white wine
- 9. 1/4 cup lemon juice

Preparation

1. Place the chicken between wax paper and lightly pound. Flour the chicken and sauté in the butter and oil until brown (about 5 minutes per side). Remove and keep warm.
2. To the pan add ingredients 5 through 7 and cook 5 minutes on medium heat. Add the wine and lemon juice; reduce heat and simmer on low another five minutes.
3. Add the chicken to the pan; cover and simmer 8 to 10 minutes. Serve over rice or pasta.

SPINACH CHICKEN PARMESAN - SERVES 6

Ingredients

1. 1/3 cup grated parmesan
2. 1/4 tsp. Italian seasoning
3. 6 skinless, boneless chicken breasts
-
4. 1/4 cup chopped green onions
5. 1 Tbs. butter
6. 1 Tbs. flour
7. 1/2 cup skim milk
-
8. 1/2 package (10 oz.) frozen chopped spinach, thawed & drained
9. 1 Tbs. chopped pimento
10. Salt & pepper to taste

Preparation

1. In a small bowl combine cheese and seasoning. Roll chicken pieces in cheese mixture to coat lightly. Set remaining cheese mixture aside. Arrange coated chicken in an 8x8x2" baking dish.

TODAY'S COOKING

2. In a small saucepan, sauté green onion in butter/margarine until tender. Stir in flour, then add milk all at once. Simmer, stirring, until bubbly. Stir in drained spinach and pimiento and mix together. Spoon spinach mixture over chicken and sprinkle with remaining cheese mixture. Adjust seasonings. Bake uncovered @ 350°F (180°C) for 30 to 35 minutes or until tender and chicken juices run clear.

CHICKEN ROLLS - SERVES 4

Ingredients

1. 4 large boneless chicken breasts
2. 2 Tbs. flour
3. 1/4 tsp. salt
4. 1/8 tsp. pepper
-
5. 1/3 cup fine dry bread crumbs
6. 2 Tbs. parmesan cheese
7. 1/2 tsp paprika
-
8. 4 oz. sharp cheddar cheese
-
9. 2 Tbs. chopped sun-dried tomatoes
10. 1/2 Tbs. ground sage
-
11. 1 egg beaten with 1 Tbs. water
12. 4 Tbs. melted butter

Preparation

1. Place the chicken between wax paper and pound to about 1/8" thickness.
2. Combine ingredients 2, 3 & 4 and set aside. Combine ingredients 5, 6 & 7 and set aside.
3. Cut the cheese into 4 equal pieces and place on the chicken.
4. Sun-dried tomatoes: if dry packed, soak in hot water for 10 minutes; dry and chop. If oil packed, dry on paper towels and chop. Combine with the sage.
5. Sprinkle the sage/tomatoes over the chicken; fold in the sides and tightly roll.
6. Place the rolls in the flour mix; dip into the egg and then roll in the crumbs.
7. Place seam side down in a baking dish and drizzle with the butter. Bake @350°F (180°C) for 20 to 25 minutes.

TODAY'S COOKING

CHICKEN THIGHS WITH APPLE - SERVES 4

Ingredients

1. 4 large boneless, skinless thighs
2. 1 tsp. ea. salt & pepper, divided in half
3. 4 tsp. olive oil, divided in half
-
4. 1 Tbs. chopped fresh sage or 1/2 tsp rubbed sage
5. 1-1/2 tsp. chopped fresh rosemary or 1/4 tsp. dried
6. 2 medium-sized apples, peeled & sliced
7. 1 small red onion, thinly sliced
8. 1/2 cup chicken stock
9. 1 tsp. Dijon
10. 2 Tbs. chopped parsley

Preparation

1. Season the chicken with half the salt & pepper
2. Heat a large skillet over medium-high heat. Add half the oil and cook the chicken 4 minutes per side. Remove the chicken and set aside.
3. Add the remaining oil to the skillet and add items 4 through 7 plus the remaining salt & pepper. Cook 4 to 5 minutes, stirring occasionally.
4. Whisk together items 8 & 9 and pour into the skillet. Add the chicken and cook 3 minutes; stir in the parsley; cook 1 minute and serve.

PAN-SEARED CHICKEN BREASTS - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breasts
2. 1 tsp. salt
3. 1/2 tsp. pepper
4. 1 Tbs. grape seed or avocado oil
5. 1 tsp. butter

TODAY'S COOKING

Preparation

1. Pound breasts some to make them cook evenly. Pat dry with paper towels. Sprinkle with the salt & pepper and refrigerate, uncovered, for at least 30 minutes. Again, pat dry.
2. Heat the oil in a skillet over medium-low until the oil shimmers. Place the chicken smooth side down and cook 9 minutes without moving the breasts. Swirl in the butter and lift the chicken so the butter gets underneath. Cook 1 minute; turn the breasts over and continue cooking 6 minutes. An instant-read thermometer in the thickest part should read 155° (68°C). Let rest 3 minutes.

APRICOT-CHILI GLAZED CHICKEN BREASTS - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breasts
2. 1 tsp. salt
3. 1/2 tsp. pepper
4. 1/2 cup apricot preserves
5. 1/4 cup chili sauce
6. 1-1/2 Tbs. Dijon mustard
7. 1/2 tsp. garlic powder
8. 1 Tbs. grape seed or avocado oil
9. 1 tsp. butter

Preparation

1. Pound breasts some to make them cook evenly. Pat dry with paper towels. Sprinkle with the salt & pepper and refrigerate, uncovered, for at least 30 minutes. Again, pat dry.
2. In a small saucepan heat ingredients 4 through 7 until melted and well combined.
3. Heat the oil and butter in an ovenproof skillet over medium-low until the oil shimmers. Place the chicken smooth side down and cook 4 minutes without moving the breasts; turn the breasts over and cover with the sauce mixture. Place in a 350°F (180°C) pre-heated oven and cook 20 minutes. Serve over rice or noodles.

Note: many other preserves work equally well.

TODAY'S COOKING

BALSAMIC CREAM CHICKEN BREASTS - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breasts
2. 1 tsp. salt
3. 1/2 tsp. pepper
4. 1 Tbs. butter
5. 1 Tbs. grape seed or avocado oil
6. 1 small onion, sliced
7. 1/2 lb. mushrooms, quartered
8. 1/4 cup flour
9. 1/2 cup chicken stock
10. 2 Tbs. balsamic vinegar
11. 1/4 cup heavy cream or substitute
12. 1-1/2 tsp. fresh, chopped thyme or 1/2 tsp. dried
13. Salt & pepper to taste

Preparation

1. Pound breasts some to make them cook evenly. Pat dry with paper towels. Sprinkle with the salt & pepper.
2. In a large skillet, melt the butter and add the oil. Sauté the chicken 2 to 3 minutes per side. Remove and set aside.
3. Add the mushrooms and sauté 4 to 5 minutes. Stir in the flour; make a smooth paste and cook 2 minutes. Stir in the stock and bring to a boil. Stir in the remaining items; reduce heat and when the sauce has thickened, add in the chicken. Serve when thoroughly heated.

KUNG PAO CHICKEN - SERVES 4

Ingredients

1. 1-1/4 lbs. boneless, skinless chicken breasts cut into 1/2" cubes
2. 1 egg white
3. 1 Tbs. cornstarch*
-
4. 1 tsp. Szechwan chili paste with garlic

TODAY'S COOKING

5. 2 Tbs. soy sauce
6. 1 tsp. dry sherry
7. 1 tsp. red wine vinegar
8. 1/4 cup chicken stock
9. 1 tsp. cornstarch*
10. 1 tsp. sesame oil
-
11. 3 Tbs. canola or vegetable oil
12. 1/2 cup raw peanuts
-
13. 2 garlic cloves, minced or chopped
14. 4 scallions, cut into 1/2" pieces
15. 1/2 tsp. red pepper flakes

Preparation

1. In a small bowl, combine the first 3 items and toss to coat. Set aside.
2. In a second small bowl, blend items 4 through 10 and set aside.
3. Heat the oil in a wok or large skillet over medium-high heat. Fry the chicken until it separates and turns white, about 4 minutes. Remove to drain on paper towels. Add the peanuts and fry to golden, about 3 minutes. Remove and drain.
4. Drain off all but 2 Tbs. of the oil. Stir-fry the last 3 items over high heat for 1 minute. Add the chicken and cook 1 minute. Add the sauce and cook until thickened. Add the peanuts; stir and serve over hot, cooked rice.

CHICKEN & CRAB - SERVES 4

Ingredients

1. 4 Tbs. butter, divided
2. 1 shallot, chopped
3. 1 clove garlic, minced or pressed
4. 3 Tbs. flour
5. 2 cups chicken stock
6. 1 cup sliced mushrooms
7. 2 egg yolks
8. 1/2 cup half'n'half
9. Salt & pepper to taste

TODAY'S COOKING

10. 3 cups roughly chopped cooked chicken or turkey
11. 1 cup cooked crab meat
12. 1 package frozen baby peas, thawed

Preparation

1. In a medium sized skillet over medium heat, melt half the butter and cook the shallot and garlic about 3 minutes.
2. Stir in the flour and cook 2 to 3 minutes. Whisk in the stock; bring to a boil and cook, stirring until thickened. Reduce heat and simmer 10 minutes. Remove from heat.
3. Preheat oven to 400°F (200°C). In another skillet, melt the butter and sauté the mushrooms until most of the moisture has evaporated. Set aside.
4. Place the yolks and cream in a small bowl and whisk together. Add in 1/2 cup of the hot sauce, mixing well. Pour back into the sauce and mix well.
5. Place items 10, 11 & 12 in a baking dish and pour on the sauce. Bake 25 to 30 minutes.

CHICKEN MEATLOAF - SERVES 6

Ingredients

1. 1 lb. ground chicken or turkey
2. 1/2 cup each minced zucchini, onion & bell pepper
3. 1/2 cup fresh bread crumbs
4. 4 Tbs. chopped parsley
5. 4 tsp. Dijon mustard
6. 2 tsp. minced garlic
7. Salt & pepper to taste
8. 2 eggs
9. 6 Tbs. peach or your favorite fruit preserve
10. 2 tsp. Dijon mustard

Preparation

1. In a large mixing bowl, combine items 1 through 8. Form into 2 loaves and place on a foil lined baking sheet.
2. Combine items 9 & 10 well and brush onto the loaves.
3. Bake @ 400°F (200 °C) for 20 to 25 minutes. Let rest 10 minutes before serving.

TODAY'S COOKING

CHICKEN LIVER STROGANOFF - SERVES 4

Ingredients

1. 1/2 stick butter (4 Tbs.)
2. 1 large onion, sliced
3. 6 oz. fresh sliced mushrooms (canned OK, too)
4. 1 lb. chicken livers
5. 1/2 tsp. es. salt & paprika
6. 1 cup sour cream, at room temperature
7. 1 to 2 Tbs. dry sherry
8. Chopped parsley

Preparation

1. In a large skillet over medium heat, cook the onion in the Tbs. butter for 4 to 5 minutes. Add the mushrooms and cook 3 minutes.
2. Add items 4 & 5 and cook 7 to 9 minutes. Remove from the heat and stir in the remaining items. Serve over hot cooked noodles.

CHICKEN WITH ROSEMARY BUTTER SAUCE - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breast halves (4 oz. each)
2. 4 Tbs. butter, divided
3. 1/2 cup dry white wine or chicken stock
4. 1/2 cup heavy cream
5. 1 Tbs. minced fresh rosemary

Preparation

1. In a large skillet over medium heat, cook chicken in 1 Tbs. butter for 4 to 5 minutes on each side. Remove and keep warm.
2. Add the wine to the skillet and cook over medium-low heat, stirring. Add the cream and bring to a boil. Reduce heat and cook, stirring until thickened. Stir in the rosemary and remaining butter and serve over the chicken.

TODAY'S COOKING

CHICKEN BREASTS WITH CUMIN - SERVES 4

Ingredients

1. 1/4 tsp. garlic salt
2. 1/2 tsp. dried oregano
3. 1 tsp. ground cumin*
4. 4 boneless, skinless chicken breast halves
-
5. 1/2 cup picante sauce, (see [Dressings, Sauces & Seasonings - pg. 81](#)) or use store bought.
6. 1/4 cup chicken stock
7. 1 tsp. ground cumin*
8. 2 Tbs. chopped parsley

Preparation

1. Combine the first 3 items and use to season the chicken on all sides.
2. Combine items 5, 6 & 7.
3. In a large skillet, heat the oil over medium and brown the chicken on both sides. Combine items 5, 6 & 7 and pour over the chicken. Bring to a boil; reduce heat and simmer, covered, 8 to 12 minutes. Remove the chicken and keep warm.
4. Bring the sauce to a boil and cook, uncovered, stirring occasionally, until thickened.
5. Serve the chicken with the sauce over hot noodles or rice and garnish with parsley.

FIVE SPICE CHICKEN - SERVES 4

Ingredients

1. 1 Tbs. grape seed or avocado oil (any high temperature stable oil)
2. 4 boneless chicken breasts (can use boneless or bone-in thighs instead)
3. 2 tsp. five spice blend, (see [Dressings, Sauces & Seasonings - pg. 126](#))
4. 1/2 cup orange and/or mango juice
5. 1 Tbs. cornstarch
6. 1-1/2 Tbs. white wine
7. 2 Tbs. chopped parsley

TODAY'S COOKING

Preparation

1. In a large skillet over medium-high, heat the oil until it shimmers. Add the five spice and the chicken. Cook 5 minutes a side; remove and keep warm.
2. Add the juice and cook 1 minute. Mix the cornstarch into the wine and stir into the skillet a little at a time until the sauce is the desired consistency. Return the chicken to the pan; sprinkle with the parsley and serve.

CHINESE LEMON CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. grape seed or avocado oil (any high temperature stable oil)*
2. 2 tsp. soy sauce
3. 1/2 tsp. dry sherry
4. 1/4 tsp. black pepper
- 1.
2. 4 skinless, boneless chicken breasts
3. 1 Tbs. cornstarch#
- 4.
5. 2 Tbs. ketchup
6. 1 Tbs. sugar
7. 1/4 cup lemon juice
8. 1/2 tsp. salt
9. 1 tsp. oil*
10. 3/4 cup water
11. 1 tsp. cornstarch# dissolved with 2 Tbs. water
- 12.
13. 2 Tbs. Oil*
14. 2/3 cup ea. snow peas and sliced bamboo shoots
15. 1/2 cup thinly sliced water chestnuts
16. Hot sauce to taste (optional)

Preparation

1. In a small bowl, combine the first 4 items. Flatten the chicken to a 1/2" thickness and rub with the sherry marinade. Lightly dust with the cornstarch and refrigerate at least 30 minutes.

TODAY'S COOKING

2. In a small saucepan, add items 7 through 12; bring to a boil, stirring occasionally. Add the dissolved cornstarch and stir until the sauce starts to thicken. Keep warm.
3. In a large skillet or wok, heat the oil over medium-high and fry the chicken until golden on each side, about 6 to 8 minutes total. Set aside and cover to keep warm.
4. Stir-fry the remaining items for about 2 minutes. Serve with chicken over the vegetables and top with the sauce.

PORTUGUESE POACHED CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. grape seed or avocado oil (any high temperature stable oil)
2. 1 cup chopped scallions
3. 2 garlic cloves, minced or pressed
4. Hot sauce to taste
5. 4 medium tomatoes, chopped
6. 1 Tbs. red wine vinegar
7. 1 bay leaf
8. 1/2 tsp. ground clove
9. 1/2 tsp. Worcestershire sauce
10. 1/2 tsp. pepper
11. 4 boneless, skinless chicken breasts

Preparation

1. In a large skillet with a lid, over medium, heat the oil and add the scallions. Cook 3 minutes and add items 3 and 4. Cook 1 minute and then add items 5 through 10. Bring to a boil; reduce heat and simmer 15 minutes.
2. Place the chicken in the skillet; cover and poach for 15 to 20 minutes.

TODAY'S COOKING

POACHED CHICKEN - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breasts 6 oz. ea. (These are the easiest to cook, but you can also use bone-in and/or skin on breasts for more flavor. Just remove the skin after cooking)
2. 1 cup ea. roughly chopped carrot, celery & onion
3. 2 garlic cloves, smashed
4. 1/2 cup dry white wine or beer
5. 1 tsp. chicken base
6. 1 bay leaf, 3 sprigs thyme (or 1 tsp. dried), 1 sprig rosemary (or 1/2 tsp. dried), 6 peppercorns

Preparation

1. Place the chicken in a skillet or stockpot, large enough to fit the chicken without crowding, but small enough that it won't require too much water to cook.. Add items 2 through 6 and add enough cold water to cover the chicken by 1". Set the heat to medium-high and wait for the water to barely reach a simmer. Once a few bubbles form, turn the heat down to a low simmer. Poach for 15 to 20 minutes.
2. When a meat thermometer reads 165° F (73.9° C) to 170° F (76.6° C), remove the chicken..
3. Skim the cooking liquid and use it to make a sauce of your choice, or freeze it for future use.

VELVET CHICKEN - SERVES 4

Ingredients

1. 1 lb. boneless, skinless chicken breasts
2. 1 egg white, beaten
3. 1 Tbs. soy sauce
4. 1 tsp. cornstarch
5. 1/8 tsp. white pepper

Preparation

1. In a small bowl, beat the egg white. Stir in the soy sauce and cornstarch and place into a large resealable plastic bag. Add the chicken; seal it and shake to coat completely. Refrigerate at least 30 minutes.

TODAY'S COOKING

2. Bring a pot of salted water with 1-1/2 tsp. of chicken base to a boil. Drop in the individual pieces of chicken and cook for about 3 minutes until the chicken is just cooked through. (The meat should be milky white.) Use a slotted spoon to transfer the chicken to a plate lined with paper towels to dry.
3. Serve with your choice of sauce or use making soup. For soup, cool and shred the meat. Add the chicken to the hot soup just before serving..

CHICKEN CREOLE - SERVES 4

Ingredients

1. 1 Tbs. olive oil, divided
2. 1 lb. boneless, skinless chicken breasts, cubed
-
3. 1 medium onion, sliced
4. 1 celery stalk, chopped
5. 2 garlic cloves, minced or pressed
6. 1 medium green pepper, chopped
-
7. 1/4 lb. mushrooms, sliced
8. 1 can (14-1/2 oz.) diced tomatoes, undrained
9. 1/4 cup chicken stock
10. 1 Tbs. fresh oregano, minced or 1 tsp. dried
11. 1 Tbs. fresh basil, minced or 1 tsp. dried
12. 1 Tbs. lemon juice
13. 1/2 tsp. each salt, pepper & red pepper flakes
14. Parsley, minced for garnish

Preparation

1. Place 1/2 Tbs. of the oil to a large skillet and sauté the chicken until no longer pink. Set chicken aside.
2. Add the rest of the oil to the skillet and sauté ingredients 3 through 6 until tender. Add mushrooms and cook until the liquid has evaporated. Add ingredients 8 through 13; bring to a boil; reduce heat; cover and simmer 10 minutes.
3. Return chicken to the pan and simmer until hot. Serve over hot cooked rice and garnish with parsley.

TODAY'S COOKING

CREOLE CHICKEN & SHRIMP - SERVES 6

Ingredients

1. 4 Tbs. unsalted butter, divided
2. 2 Tbs. canola or vegetable oil, divided
3. 1-1/4 to 1-1/2 lbs. boneless, skinless chicken breasts, cut into 1/2" cubes
4. 1 lb. cleaned shrimp
5. 1 tsp. dried oregano
6. Salt & pepper to taste
7. 1/4 tsp. cayenne pepper (optional)
-
8. 1 medium onion, sliced
9. 1 celery stalk, chopped
10. 2 garlic cloves, minced or pressed
11. 1 medium green bell pepper, chopped
-
12. 1 can (14-1/2 oz.) diced tomatoes, undrained
13. 1/4 cup chicken stock
14. 2 Tbs. lemon juice
15. 2 Tbs. Worcestershire sauce
-
16. Chopped parsley

Preparation

1. Over medium-high heat, place 2 Tbs. of the butter and 1 Tbs. oil to a large skillet and sauté the chicken 1-1/2 minutes. Add items 4 through 7 and sauté another 1-1/2 minutes. Remove the shrimp and chicken from the skillet and set aside.
2. Add the rest of the butter and oil to the skillet and sauté ingredients 8 through 11 for 3 to 5 minutes. Add ingredients 12 through 15; bring to a boil; reduce heat to low; return chicken and shrimp to the pan and simmer until hot. Serve over hot cooked linguine or rice and garnish with parsley.

TODAY'S COOKING

GREEK CHICKEN WITH CREAMY PASTA - SERVES 4

Ingredients

1. 8 oz. penne pasta
-
2. 2 Tbs. olive oil
3. 1 lb. boneless chicken breasts cut into 1" pieces
4. 1 tsp. dried oregano
5. 1/2 tsp. ea. sea salt & black pepper

6. 3/4 cup diced red onion
7. 1 Tbs. minced garlic
-
8. 1/2 cup ea. chicken broth and milk
9. 2 oz. cream cheese
10. 1 tsp. lemon zest
-
11. 3/4 cup cherry or grape tomatoes, halved
12. 1/2 cup diced English cucumber
13. 1/4 cup chopped parsley
14. 1/3 cup pitted and halved Kalamata olives
-
15. Serve grated Parmesan cheese on the side

Preparation

1. Cook the pasta per package directions. Drain and set aside.
2. In a large skillet over medium-high, heat the oil until it shimmers. Toss the chicken with items 4 & 5 and add to the skillet. Cook 5 minutes; remove and keep warm.
3. Add items 6 & 7 to the skillet and sauté 3 minutes. Stir in items 8, 9 & 10 and cook until the cheese melts. Stir in items 11 through 14. Add the pasta and chicken and simmer until heated and serve.

TODAY'S COOKING

EASY BBQ PULLED CHICKEN - SERVES 8

Ingredients

1. 1 can (8 oz.) tomato sauce
2. 1 can (4 oz.) chopped green chiles, drained
3. 3 Tbs. cider vinegar
4. 2 Tbs. honey
5. 1 Tbs. sweet or smoked paprika
6. 1 Tbs. tomato paste
7. 1 Tbs. Worcestershire sauce
8. 2 tsp. dry mustard
9. 1 tsp. ground chipotle
10. 1/2 tsp. salt
11. 2-1/2 lbs. boneless, skinless chicken breast halves (4 oz. each)
12. 1 small onion, finely chopped
13. 1 garlic clove, minced or pressed
14. 1/4 cup chopped fresh parsley

Preparation

1. Combine the first 10 items and place in a slow cooker. Add the last 4 items; cover and cook on low about 5 hours. Remove the chicken to a cutting board and shred with a fork. Return to the slow cooker and mix well. Serve on buns, rice & beans, grits or mashed potatoes.

BRAISED ASIAN CHICKEN - SERVES 4

Ingredients

1. 1 Tbs. oil
2. 1 tsp. sesame oil
3. 4 large boneless, skinless chicken thighs
4. 2 peeled shallots, sliced thin
-
5. 2 to 3 large heads of garlic

TODAY'S COOKING

6. 1" piece of ginger, grated
7. 2 Tbs. brown sugar
8. 1 Tbs. sambal oelek (you can use hot sauce, but it's just not the same)
9. 1/2 cup low salt soy sauce
10. 1/2 cup chicken stock
-
11. 1 Tbs. toasted sesame seeds
12. 4 green onions, sliced

Preparation

1. Preheat the oven to 350°F (180°C)
2. Heat oil in a large oven-proof skillet over medium heat. Brown the chicken, about 2 minutes a side. Remove chicken and set aside.
3. Reduce heat and add shallots to the skillet and cook until soft. Add items 5 through 10, stirring well.
4. Return the chicken to the pan, turning to coat.
5. Bake in the oven for 30 minutes. Add the last 2 items and serve.

CREAMY CHICKEN W/ ARTICHOKE & SPINACH - SERVES 4

Ingredients

1. 1/4 cup flour
2. Kosher or sea salt and freshly ground black pepper
-
3. 4 (6oz. ea.) boneless, skinless chicken breasts
4. 3Tbs. vegetable oil
-
5. 1 small onion, chopped
6. 2 cloves garlic, minced or pressed
7. 4 oz. cream cheese, cut into chunks
8. 1 cup half'n'half
9. 1 package (15 oz.) baby spinach (about 4 cups)
10. 1 jar (14 oz.) artichoke hearts, drained and quartered
11. Steamed rice, for serving

TODAY'S COOKING

Preparation

1. Whisk together the first 2 items in a shallow dish. Coat both sides of the chicken breasts in the seasoned flour, shaking off any excess. Set aside.
2. Heat 3 the oil in a large skillet over medium-high. Add the chicken and cook, without moving for about 4 minutes or until golden. Remove the chicken to a plate.
3. Add the onion and cook, stirring occasionally, until it begins to soften, about 5 minutes. Add the garlic and cook 30 seconds, stirring.
4. Add the cream cheese and stir until melted. Pour in the half-and-half and use a wooden spoon to scrape up any brown bits from the bottom of the skillet. Season with salt and pepper. Add the chicken back to the skillet, seared-side up. Reduce heat to medium, cover and cook 6 to 7 minutes; turn the chicken and cook another 6 to 7 minutes.
5. Remove the chicken and add the spinach to the skillet; cover and cook until wilted, about 5 minutes. Stir in the artichoke hearts and cook about 1 minute. Season to taste with salt and pepper. Serve the chicken and sauce over cooked rice.

GREEK CHICKEN W/ ARTICHOKEs - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 small onion, chopped
3. 1 lb. boneless, skinless chicken breasts, cut into 1" cubes
4. 1/4 tsp. ea. granulated or powdered garlic and freshly ground black pepper
-
5. 1 jar (14 oz.) artichoke hearts, drained and chopped
6. 1 jar (12 oz.) roasted red peppers, drained and chopped
7. 1/2 cup sun-dried tomatoes packed in oil, chopped
8. 1/3 cup Greek olives, sliced
-
9. 1/4 cup chopped parsley
10. Cooked rice, for serving

Preparation

1. Heat the oil in a large skillet over medium. Add the onion and cook, covered for 10 minutes. Uncover and cook another 5 minutes.

TODAY'S COOKING

2. Season the chicken with the garlic and pepper and add to the skillet and cook 8 minutes. Stir in items 5 through 8 and cook 5 minutes. Sprinkle with the parsley and serve over cooked rice.

APPLE AND WALNUT BRANDIED CHICKEN - SERVES 4

Ingredients

1. 1 Tbs. unsalted butter*
2. 1/2 cup chopped walnuts
-
3. 2 Tbs. unsalted butter*
4. 2 shallots, minced
5. 4 boneless, skinless chicken breasts, cut into 1/2" strips
6. 2 small to medium sized, tart apples, peeled, cored and sliced
7. 1/4 cup Calvados
8. 1 cup heavy cream or half'n'half
9. 1 tsp. Dijon mustard
10. Salt & pepper to taste
-
11. 2 Tbs. chopped parsley

Preparation

1. Melt the butter in a small skillet over medium heat. Toast the walnuts, 1 to 2 minutes and set aside.
2. Melt the remaining butter in a large skillet over medium heat. Add the shallots and cook for 2 minutes. Add the chicken and cook, tossing frequently. Cook 3 to 5 minutes until the meat turns white.
3. Add items 6 & 7. When the brandy has warmed, off the heat, ignite the brandy. Add items 8, 9 & 10. Simmer 5 minutes and serve with the parsley as garnish.

BOLIVIAN CHICKEN - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breasts, cut into 1/2" strips
2. Salt & pepper
3. 2 Tbs. canola or vegetable oil

TODAY'S COOKING

- 4.
5. 1 large onion, sliced
6. 2 small to medium sized red bell peppers sliced into 1/4" strips
7. 2 garlic cloves, minced or pressed
8. 1/2 tsp. red pepper flakes or to taste
9. 1-1/2 cups chicken stock
10. 6 Tbs. smooth peanut butter
11. 1/2 or more of a 10 oz. pkg. frozen, baby peas, thawed
12. 1/4 cup fine bread crumbs
-
13. Hot cooked rice

Preparation

1. Heat the oil in a large skillet over medium. Add the chicken and sauté, tossing frequently, for 3 minutes and set aside.
2. In the same skillet over medium heat add items 4, 5 & 6 and cook for 3 minutes. Add items 7, 8 & 9 and simmer 10 minutes, stirring occasionally.
3. Stir in items 10 & 11 and simmer, stirring occasionally, for 5 to 10 minutes, or until the sauce thickens. Serve over rice.

BRAZILIAN CHICKEN - SERVES 6

Ingredients

1. 3 Tbs. unsalted butter
2. 1 small onion, chopped
3. 2 garlic cloves, minced or pressed
-
4. 1-1/2 cups rice
5. 1 can (14-1/2 oz.) peeled tomatoes, coarsely chopped - reserve juices separately
6. Salt & pepper to taste
7. 1 red bell pepper, sliced into rings
8. 1/2 can (Net 6 oz.) black, pitted olives, sliced
9. 1 pkg. (10 oz.) frozen, baby peas, thawed
10. 2 hard-cooked eggs, (see Today's Cooking Eggs - pg. 7)
11. 3 Tbs. grated Parmesan
12. 3 cups cooked, chopped chicken

TODAY'S COOKING

13. 2 egg yolks, beaten
14. 1/2 cup dry bread crumbs

Preparation

1. Preheat oven @ 350°F (180°C).
2. In a large saucepan with a lid, over medium, melt 2 Tbs. of the butter and add items 2 & 3. Cook 3 minutes and add the rice; cook, stirring, until the rice is translucent. Add items 5 & 6. To the reserved tomato juice, add enough hot water to make 3 cups and stir into the rice; cover and simmer 25 minutes.
3. Coat a 2-1/2 quart casserole dish with cooking spray. Use the pepper rings and half the olives to make a design on the bottom of the casserole dish. Spread 1 cup of the cooked rice over the design. Combine the remaining rice and olives plus items 9 through 13 and mix well. Add a little chicken stock if it's too dry. Press the rice mixture into the dish; sprinkle with the crumbs and dot with the remaining 1 Tbs. of butter.
4. Bake 30 minutes; cool 15 minutes and run a knife around the edge. Invert the dish to un-mold onto a serving platter.

QUICK CHICKEN MARSALA - SERVES 4

Ingredients

1. 4 boneless, skinless chicken breast halves
-
2. 1/2 tsp. ea. salt & pepper
3. 1/2 tsp. lemon zest
4. 1/4 cup flour
-
5. 2 Tbs. olive oil, divided
6. 4 cups sliced mushrooms
7. 1 garlic clove, minced or pressed
8. 1 cup dry Marsala
-
9. Cooked and hot angel hair pasta
10. Chopped parsley

TODAY'S COOKING

Preparation

1. Pound the chicken to a 1/4" thickness.
2. Combine items 2, 3 & 4 in a resealable bag and shake to mix well. Add the chicken one piece at a time and coat well.
3. Heat 1 Tbs. of the oil in a large skillet over medium. Cook the chicken 4 to 5 minutes per side; remove and keep warm. Add the remaining oil; up the heat to medium-high and cook the mushrooms until hot. Add the garlic and cook 1 minute. Add the wine and bring to a boil. Cook, stirring, until reduced by half, about 5 minutes. Add the chicken to the pan; coat with the sauce and heat through.
4. Serve the chicken and sauce over the hot pasta and garnish with parsley.

GINGERED CHICKEN WITH CASHEWS - SERVES 4

Ingredients

1. 1 Tbs. oil
2. 1 tsp. sesame oil
3. 4 large boneless, skinless chicken thighs
4. 2 peeled shallots, sliced thin
5. 2 to 3 large heads of garlic
6. 1" piece of ginger, grated
7. 2 Tbs. brown sugar
8. 1 Tbs. sambal oelek (you can use hot sauce, but it's just not the same)
9. 1/2 cup low salt soy sauce
10. 1/2 cup chicken stock
11. 1 Tbs. toasted sesame seeds
12. 4 green onions, sliced

Preparation

1. Preheat the oven to 350°F (180°C)
2. Heat oil in a large oven-proof skillet over medium heat. Brown the chicken, about 2 minutes a side. Remove chicken and set aside.
3. Reduce heat and add shallots to the skillet and cook until soft. Add items 5 through 10, stirring well.
4. Return the chicken to the pan, turning to coat.
5. Bake in the oven for 30 minutes. Add the last 2 items and serve.

TODAY'S COOKING

CHICKEN & BROCCOLI STIR-FRY - 4 SERVINGS

Ingredients

1. 2 Tbs. soy sauce
2. 1 Tbs. orange juice
3. 1 Tbs. light brown sugar
4. 1 Tbs. rice wine vinegar
5. 1/2 Tbs. cornstarch
6. 1/2 Tbs. sesame oil
7. 1/2 to 1 tsp. red pepper flakes, or more if desired
8. 1 Tbs. peanut or grape seed oil, plus more as needed
9. 1 lb. boneless, skinless chicken thighs, cut into 1/2" pieces
10. 2 Tbs. peeled and chopped fresh ginger
11. 4 cloves garlic, minced
12. 4 green onions, sliced
13. 4 cups broccoli florets, pre-cooked
14. Hot cooked rice

Preparation

1. In a small bowl, whisk together the soy sauce, orange juice, light brown sugar, rice wine vinegar, cornstarch, sesame oil and red pepper flakes. Reserve.
2. Set a wok over medium-high heat and coat with 1 tablespoon of the peanut oil. When the oil shimmers, add about half of the chicken thigh pieces. Stir-fry until the chicken is fully cooked through, 3 to 4 minutes. Transfer to a plate and repeat the process with the remaining chicken thighs.
3. Add enough oil to the hot wok to coat the bottom. Add the ginger, garlic and green onions and stir-fry until fragrant, about 1 minute. Add the chicken back to the wok along with the broccoli florets and stir to warm through. Pour in the reserved sauce and stir until the sauce is thickened and bubbly, about 45 seconds. Transfer to a serving bowl and serve with rice.

CHICKEN A LA KING - SERVES 4 TO 6

Ingredients

1. 1/4 cup plus 1 Tbs. unsalted butter
2. 2 large shallots, minced

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3. 6 Tbs. all-purpose flour
4. 1/4 cup dry sherry
5. 3-3/4 cups chicken stock
6. 1 sprig fresh thyme
7. 1 tsp. kosher salt
8. 1/2 tsp. freshly ground black pepper
9. Pinch ea. cayenne pepper and nutmeg
10. 1/2 lb. shiitake mushrooms, trimmed and cut into 1/2" slices
11. 1/2 cup crème fraîche or heavy cream
12. 4 cups 1" cubed poached chicken
13. 1 Tbs. chopped fresh chives

Preparations

1. In a large saucepan over medium heat, melt 1/4 cup of the butter, and sauté the shallots until softened, about 4 to 5 minutes. Sprinkle in the flour, and cook, stirring with a wooden spoon for 2 minutes. Whisk in the sherry and broth and bring to a boil while stirring. Add the parsley and thyme sprigs, lower the heat to maintain a gentle simmer. Cook the sauce for 30 minutes, stirring frequently.
2. Meanwhile, heat the remaining butter in a large skillet over medium-high heat, sauté the mushrooms until golden brown, about 5 minutes. Season with salt and pepper. Strain the sauce into mushrooms and season with the salt, pepper, cayenne, and nutmeg. Whisk in the creme fraiche.
3. Add the minced parsley, chicken, and chives to the sauce, and bring to a simmer. Adjust seasoning with salt and pepper. Serve immediately over noodles, toast points, or biscuits.

Poached Chicken Ingredients

1. 3 lbs. chicken breasts halves, on the bone and fat trimmed
2. 5 to 6 cups chicken broth, homemade or low-sodium canned
3. 1 stalk celery, halved
4. 1 small carrot, halved
5. 1 small onion, halved
6. 2 sprigs fresh thyme
7. 10 sprigs parsley

Preparations

1. Put the parsley, thyme, onion, carrot, celery, and chicken breasts in a medium saucepan. Cover with the broth, and bring just to a boil. Lower the heat to very low and cover. Poach the chicken for

TODAY'S COOKING

20 minutes or until firm to the touch. Remove the pan from the heat, uncover, and cool the chicken in the liquid for 30 minutes.

2. Transfer the chicken to a cutting board and reserve the liquid. Bone and skin the chicken and cut the meat into cubes. Discard the bones and skin.
3. Strain the broth and store, covered, in the refrigerator for 3 days or freeze for later use. Remove any fat from the surface of the broth before using.

CREAMED CHICKEN & BROCCOLI - SERVES 6

Ingredients

1. 1/2 stick (4 Tbs.) butter
2. 1-1/2 cups coarsely chopped broccoli or 1 pkg. (10 oz.) frozen chopped broccoli, thawed, drained
3. 1 Tbs. minced onion
4. 1 garlic clove, minced or pressed
-
5. 2 Tbs. flour
6. 1 tsp. salt
7. 3/4 cup milk
-
8. 1 cup sour cream
9. 2 cups cooked chicken, chopped or cubed
10. 1 hard-cooked egg, chopped, ([see Today's Cooking Eggs - pg. 7](#))

Preparations

1. In a large skillet, melt the butter, sauté items 2, 3 & 4 for 3 minutes. Stir in items 5 & 6 and cook 2 minutes.
2. Slowly stir in the milk; bring to a boil over medium-high heat and boil 1 minute.
3. Reduce heat to low and add the remaining items. Heat through and serve over rice, popovers or toast points. Garnish with chopped parsley and/or toasted, slivered almonds.

TODAY'S COOKING

ONE POT CURRIED CHICKEN - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 large onion, sliced
3. 1 medium red bell pepper, sliced
4. 1/4 tsp. salt
5. 3 garlic cloves, minced or pressed
-
6. 1 tsp. turmeric
7. 1 to 2 Tbs. curry powder (use yellow for a milder dish or red for spicier)
8. 4 skinless chicken thighs
-
9. 1 can (13.5 oz.) coconut milk
10. 1 Tbs. honey
11. Salt & pepper to taste

Preparation

1. In a large skillet heat the oil over medium-low heat, add items 2 through 5 and sauté, stirring occasionally, until the onion is soft and translucent (about 10 minutes).
2. Add items 6 & 7 and cook 2 minutes. Add the chicken and cook 3 minutes, turning often.
3. Add the last 3 items; increase the heat to high and bring almost to a boil.
4. Reduce heat and simmer 10 minutes. Serve over rice or egg noodles.

CURRIED CHICKEN STEW - SERVES 6

Ingredients

1. 2 lbs. boneless, skinless chicken breasts, cubed
2. 2 Tbs. olive oil
-
3. 1/2 cup chopped onions
4. 1/4 cup chopped green bell peppers
5. 2 garlic cloves, minced or pressed
6. 1 Tbs. curry powder or more to taste

TODAY'S COOKING

-
- 7. 1 can (28 oz.) Italian peeled tomatoes (broken up) w/ liquid
- 8. 1 Tbs. Kitchen Bouquet
- 9. 2 Tbs. chopped parsley
- 10. 1/4 cup raisins

Preparation

1. Season the chicken with the salt & pepper. Heat the oil over medium heat in a large skillet. Cook the chicken about 10 minutes, turning occasionally. Remove to a platter
2. Add ingredients 3 through 6 and cook, stirring, about 3 minutes.
3. Return the chicken to the skillet.
4. Add the remaining ingredients; partially cover and simmer 45 minutes.
5. Serve over rice. Note that these accompaniments are good with all curry dishes - toasted, shredded coconut - chopped peanuts - raisins - chutney - chopped onion - fruits such as mandarin oranges.

CURRIED CHICKEN STEW W/ FRUIT - SERVES 8 TO 10

Ingredients

1. 2 lbs. boneless, skinless chicken breasts, cubed
2. 2 Tbs. butter
3. 1 Tbs. olive oil
-
4. 1 cup chopped onions
5. 1 cup chopped green bell peppers
6. 1 cup chopped, peeled apple
7. 2 garlic cloves, minced or pressed
8. 1 Tbs. curry powder or more to taste
-
9. 1/4 cup brown sugar
10. 2 tsp. cornstarch
11. 1/4 cup cider vinegar
12. 1/2 cup chicken stock
-
13. 1 can (28 oz.) Italian peeled tomatoes, broken up w/ liquid reserved
-
14. 1 can (8 oz.) unsweetened pineapple chunks w/ liquid reserved

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15. 1 can (11 oz.) mandarin orange segments w/ liquid reserved
16. 1/4 cup raisins

Preparation

1. Season the chicken with the salt & pepper. Heat the oil and butter over medium heat in a large skillet. Cook the chicken about 10 minutes, turning occasionally. Remove to a platter.
2. Add ingredients 4 through 8 and cook, stirring, about 10 minutes.
3. In a sauce pan, combine ingredients 9, 10 & 11. Measure the reserved juices and stock to make 1-1/2 cups of liquid and add to the sauce pan. Bring to a boil, stirring constantly; reduce heat and cook, stirring, until thickened.
4. Return the chicken to the skillet. Add the tomatoes; partially cover and simmer 15 minutes.
5. Add the fruit and simmer 10 minutes. Serve over rice.

SALSA CHICKEN - SERVES 4

Ingredients

1. 4 boneless skinless chicken breast halves*
2. 1 jar (16 oz.) salsa or use homemade salsa
3. 1-3/4 cups frozen corn, thawed
4. 1 can (15 oz.) pinto beans, rinsed and drained
5. 1 can (15 oz.) no-salt-added black beans, rinsed and drained
6. 1 can (10 oz.) diced tomatoes and green chiles, undrained
7. 1 tsp. sugar
8. 1/2 tsp. salt
9. 1/4 tsp. pepper

Preparations

1. Place the chicken in a 4- or 5-qt. slow cooker. Top with the remaining items and cook, covered, on low for 3-4 hours or until a thermometer inserted in chicken reads 165°. If desired, serve with these optional ingredients: Hot cooked rice or noodles, cubed or sliced avocado, chopped fresh tomato, sliced green onions and lime wedges

*For even more flavor, use large thighs (bone-in or boneless) instead of the breasts

TODAY'S COOKING

CHICKEN WITH EGGPLANT & SQUASH - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 2 yellow squash, chopped
3. 1 small eggplant, cut into 1 inch cubes
4. 10 oz. sliced fresh mushrooms
5. 1 small onion, chopped
6. 4 cloves garlic, chopped
-
7. 2 (10.75 oz.) cans condensed cream of chicken soup with herbs
8. 1 (14.5 oz.) can chicken broth
9. 1 tsp. garlic salt
10. 1 tsp. ground black pepper
11. 8 boneless, skinless chicken thighs
12. 2 cups shredded Swiss cheese

Preparation

1. Preheat the oven to 350°F (180°C).
2. Heat olive oil in a large skillet over medium-high heat. Add the squash, eggplant, mushrooms, onion and garlic. Cook and stir for about 5 minutes, until lightly browned. Transfer to a 9x13 inch baking dish.
3. In a medium bowl, stir together the condensed soup, chicken broth, garlic salt and pepper. Pour half of this mixture over the vegetables. Place chicken thighs over the top of the vegetables, and sprinkle with Swiss cheese. Pour the rest of the soup over all.
4. Bake uncovered for 45 minutes in the preheated oven, or until chicken is cooked through and juices run clear.

CHICKEN POT STICKERS - MAKES 4 DZ.

Ingredients

1. 2 cups finely chopped cooked chicken breast
2. 1 can (8 ounces) water chestnuts, drained and chopped
3. 4 green onions, thinly sliced
4. 1/4 cup shredded carrots

TODAY'S COOKING

5. 1/4 cup reduced-fat mayonnaise
6. 1 large egg white
7. 1 tablespoon reduced-sodium soy sauce
8. 1 garlic clove, minced
9. 1 teaspoon grated fresh ginger
10. 48 wonton wrappers
11. Cooking spray

Sauce

1. 1/2 cup jalapeno pepper jelly
2. 1/4 cup rice vinegar
3. 2 tablespoons reduced-sodium soy sauce

Preparation

1. Preheat oven @ 425° F (220° C).
2. In a large bowl, combine the first nine ingredients. Place 2 tsp. of filling in center of a wonton wrapper. (Cover rest of wrappers with a damp paper towel until ready to use.)
3. Moisten wrapper edges with water. Fold edge over filling and roll to form a log; twist ends to seal. Repeat with remaining wrappers and filling.
4. Place pot stickers on a baking sheet coated with cooking spray; lightly coat each with cooking spray. Bake 12-15 minutes or until edges are golden brown.
5. Place jelly in a small microwave-safe bowl; microwave, covered, on high until melted. Stir in vinegar and soy sauce. Taste and add a little sugar if needed.

ASIAN BOWL - SERVES 4

Ingredients

1. 1 lb. lean ground chicken or turkey
2. 1-1/2 cups sliced fresh mushrooms
3. 1 medium onion, chopped
4. 2 garlic cloves, minced or pressed
5. 1 tsp. minced fresh ginger
6. 2 Tbs. reduced-sodium soy sauce
7. 1 package (14 ounces) coleslaw mix
8. 1 Tbs. sesame oil

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9. 3 cups hot cooked brown rice
10. 1/2 cup sweet-and-sour sauce - (see [Todays Dressings, Sauces, Seasoning pg. 52 & 53](#))

Topping: Wonton strips or Chinese noodles, optional

Preparation

1. In a large cast-iron or other heavy skillet, cook and crumble chicken with mushrooms, onion, garlic and ginger over medium-high heat until no longer pink, 6-8 minutes; drain. Stir in soy sauce.
2. Add coleslaw mix; cook and stir until wilted, 3-4 minutes. Stir in sesame oil. Serve with rice and sweet-and-sour sauce and topping. **Note:** this can be used as a filling for egg rolls, spring rolls or pot stickers.

CHICKEN STIR-FRY - SERVES 4

Ingredients

1. 1/3 cup soy sauce
2. 1 Tbs. grated ginger
3. 1 Tbs. honey
4. 1 Tbs. white wine vinegar
5. 2 garlic cloves, minced or pressed
6. 1 Tbs. canola oil*
7. 4 boneless, skinless chicken thighs, sliced
-
8. 2 carrots
-
9. 3 packages ramen noodles (seasoning packets discarded) or use rice vermicelli (rice noodles)
-
10. 1 Tbs. canola oil*
11. 1 cup sliced purple cabbage
12. 1 cup sliced yellow onion
13. 4 scallions, thinly sliced

Serve with hot sauce and lime

Topping: Wonton strips or Chinese noodles, optional

TODAY'S COOKING

Preparation

1. In a medium bowl, whisk together items 1 through 6. Add the chicken and let marinate for 15 minutes.
2. Use a vegetable peeler to create ribbons from the carrots; there should be about 1 cup.
3. Bring a medium pot of water to a boil, remove from the heat and add the ramen noodles; let sit for 2 minutes, then drain.
4. Heat the oil in a large skillet or wok. Remove the chicken from the marinade, reserving the marinade and stir-fry the chicken about 5 minutes; transfer to a plate and set aside. Add items 11, 12, & 13 and stir-fry for 30 seconds. Add 1/4 cup water, scraping up any browned chicken bits from the bottom. Add the cooked ramen noodles or rice noodles, cooked chicken and reserved marinade to the skillet. Stir-fry until everything is heated through, about 1 minute. Serve immediately with hot sauce and lime wedges.

How to cook rice vermicelli (rice noodles).

Place into boiling water; cover and remove from heat. Let sit 3 to 4 minutes and then loosen the noodles with a fork. Drain and rinse with cold water. Noodles are now ready for stir frying.

CHICKEN CHOP SUEY - SERVES 4 TO 6

Ingredients

1. 1 Tbs. olive oil
2. 1 lb. boneless, skinless chicken (thighs preferred, but can also use breast)
3. 1/2 tsp. ea. dried tarragon, basil, marjoram and lemon zest
-
4. 1 cup ea. chopped carrots and celery
5. 1 cup unsweetened pineapple tidbits, drained
6. 1 medium-sized tart apple, peeled, cored and chopped
7. 1 can (8 oz.) sliced water chestnuts, drained
8. 1/2 cup chopped onion
9. 3/4 cup water*
10. 3 Tbs. ea. unsweetened pineapple juice and teriyaki sauce
-
11. 2 Tbs. cornstarch
12. 1/4 cup water*
13. Hot cooked rice

TODAY'S COOKING

Topping: Wonton strips or Chinese noodles, optional

Feel free to use other vegetables such as broccoli, bell peppers, bok choy, spinach, kale

Preparation

1. In a large skillet over medium heat, add the oil. Cut the chicken into 1" pieces and add to the skillet along with item 3. Sauté until the meat is lightly browned.
2. Add items 4 through 10 and bring to a boil. Reduce heat; cover and simmer for 10 to 15 minutes.
3. Stir together the cornstarch and water and slowly add to the skillet. Bring to a boil and cook until thickened, about 2 minutes. Server over rice.

CHICKEN LO MEIN - SERVES 4

Ingredients

1. 2 bundles (3 oz. ea.) lo mein noodles (or use spaghetti instead)
2. 1 lb. ground chicken
3. 2 tsp. Chinese five-Spice seasoning (see [Dressings, Sauces & Seasonings - pg. 126](#))
4. 3 Tbs. soy sauce
5. 3 Tbs. extra virgin olive oil
6. Juice from 1 lime, plus extra wedges for garnish
7. 1 Tbs. brown sugar
8. 1 tsp. fish sauce
9. 3 Tbs. orange juice, divided
10. About 3/4 of a 15 oz. can bean sprouts, drained
11. 1 red bell pepper, finely chopped
12. 3 scallions, finely diced

Preparations

1. Bring a large pot of salted water to a boil. Cook the lo mein noodles until al dente, about 3 minutes. Drain, and drizzle with about a Tbs. of sesame or olive oil, to keep the noodles from sticking.
2. Heat a large skillet over medium-high heat. Add the ground chicken and brown, breaking it up with a wooden spoon. Add the Chinese five-spice powder and a pinch of salt. Continue to cook until the seasoning coats the chicken, about 30 seconds.

TODAY'S COOKING

3. In a small bowl, whisk together items 4 through 9. Pour the mixture over the chicken and add the last 3 items and sauté for 3 more minutes. Now add the noodles to the pan and toss to combine.

CHICKEN LO MEIN #2 - SERVES 4

Ingredients

1. 4 oz. stir-fry egg noodles (can also use angel hair pasta)
-
2. 2 tsp. cornstarch
3. 1/4 cup soy sauce
4. 2 Tbs. rice wine vinegar (can also use white vinegar)
5. 2 Tbs. hoisin sauce
6. 1 Tbs. minced fresh ginger or 1 tsp. ground ginger
7. 1 tsp. minced or pressed garlic
-
8. 2 Tbs. canola or vegetable oil, divided
9. 2 cups broccoli florets
10. 1 cup julienned carrots
11. 1 large rib of celery, sliced
-
12. 1 lb. boneless, skinless chicken, cut into strips
-
13. 1/4 cup finely chopped salted peanuts
14. 1/4 cup chopped scallions or chives

Preparation

1. In bowl, combine items 2 through 7. Stir until the cornstarch is fully incorporated and the mixture is smooth. Set aside.
2. Cook the noodles or pasta according to package directions.
3. Heat a wok or large skillet over high heat. Add 1 Tbs. of the oil and stir-fry the chicken 5 to 8 minutes or until no longer pink. Remove with a slotted spoon.
4. Add the remaining oil and stir-fry items 9, 10 & 11 for 5 minutes or until crisp-tender. Drain the noodles. Stir and add the cornstarch mixture to the skillet; bring to a boil and cook, stirring, 2 minutes or until thickened. Stir in the chicken and noodles; cook, stirring, until heated. Sprinkle on the last 2 items and serve.

TODAY'S COOKING

QUICK MUSHROOM ORIENTAL CHICKEN - SERVES 4

Ingredients

1. 3 Tbs. butter
2. 1/2 lb. oyster mushrooms, stems removed
3. 1 Tbs. chopped shallots or onion
4. 1/2 lb. boneless chicken breast, cut into strips
5. 1 can (10 oz.) diced tomatoes, drained
6. 2 cups Chinese pea pods or snow peas
7. 1 tsp. soy sauce
8. Cooked hot rice

Preparations

1. In a medium-sized skillet over medium heat, melt the butter and sauté items 2 & 3, stirring constantly until tender. Remove mushrooms with a slotted spoon and set aside.
2. In the same skillet, sauté the chicken until golden brown. Add the remaining items and stir fry for 3 minutes. Add the mushrooms, cover and simmer 1 minute. Serve over hot rice.

TERIYAKI CHICKEN SIR-FRY - SERVES 2

Ingredients

1. 1 Tbs. grape seed or canola oil
2. 1/2 lb. boneless skinless chicken thighs, cut into strips
3. 1 medium sweet onion, sliced
-
4. 2 medium carrots, julienned
5. 1/2 medium head of broccoli cut into florets
6. 1/2 green bell pepper
-
7. 1/2 cup soy sauce
8. 1/4 cup packed brown sugar
9. 1 tsp. ea. Hoisin sauce & Oyster sauce, optional
10. 1 can (4 oz.) mushrooms, drain and reserve the liquid
11. 4 oz. roasted red peppers, cut into strips

TODAY'S COOKING

-
- 12. Hot cooked rice or cooked stir-fry noodles
- 13. Toppings: toasted sesame seeds, sliced scallions and Chow Mein noodles

Preparations

1. In a large skillet over medium-high heat, stir-fry the chicken in the oil until no longer pink, 3 to 4 minutes. Remove chicken and set aside.
2. Add the onion to the same skillet; reduce heat to medium-low and cook 5 minutes.
3. Use a steamer to cook items 4, 5 & 6 for about 5 minutes and add to the onions.
4. Combine items 7, 8 & 9; add to the skillet; bring to a boil. Add the chicken, drained mushrooms and red pepper. Cook until the vegetables are tender and the sauce thickens, about 5 minutes longer. If needed, thin the sauce with some of the reserved liquid.
5. Serve over rice or stir-fry noodles. Sprinkle with sesame seeds, sliced scallions and Chow Mein noodles.

CHICKEN WITH SUMMER SQUASH - SERVES 4

Ingredients

1. 2 Tbs. olive oil
2. 2 cloves garlic, minced
3. 1 onion, chopped
-
4. 4 skinless, boneless chicken breast halves - cut into 1 inch cubes
5. 1/4 tsp. paprika
6. 1 (28 oz.) can diced tomatoes with juice
7. 1 small yellow squash, sliced
8. 1 small zucchini, sliced
9. 3 carrots, diced
10. 8 oz. fresh mushrooms, sliced
11. salt to taste
12. ground black pepper to taste
-
13. 8 oz. penne pasta
14. 2 Tbs. grated Parmesan cheese

TODAY'S COOKING

Preparation

1. Cook pasta in boiling salted water until al dente. Drain.
2. Sauté items 2 & 3 in olive oil until onions are soft. Over high heat, add the chicken and quickly sauté. Sprinkle with paprika, and cook until chicken is nicely browned.
3. Transfer sautéed mixture to a Dutch oven, and add items 6 through 12. Simmer till vegetables are tender. Season with salt and pepper to taste.
4. Cook pasta in boiling salted water until al dente. Drain.
5. Add pasta to Dutch oven, and stir into sauce. Serve with grated parmesan cheese if desired.

MEDITERRANEAN CHICKEN VERMOUTH - SERVES 4

Ingredients

1. 4 boneless chicken breasts
2. Salt & white pepper
3. 1 Tbs. canola or grape seed oil
4. 2 Tbs. butter
-
5. 1 Tbs. minced shallots
6. 1/2 cup dry vermouth or 1/4 cup each dry and sweet vermouth
7. 2 tsp. flour
8. 1/2 cup chicken stock
9. 1/2 tsp. tarragon
10. 2 Tbs. heavy cream

Preparation

1. Season the chicken with the salt & pepper to taste.
2. Heat butter and oil and brown the chicken quickly on both sides, about 5 minutes total. Remove to a hot platter and keep warm.
3. Add shallots to the pan and cook 2 minutes. Pour in the vermouth, swirling and scraping the pan. Blend in the flour and then add the stock and tarragon. Cook 2 minutes.
4. Stir in the cream; heat and pour over the chicken.

TODAY'S COOKING

20 MINUTE CHICKEN CACCIATORE - SERVES 4

Ingredients

1. 1 lb. boneless chicken, cut into strips
2. 1 Tbs. butter
3. 2 Tbs. canola or grape seed oil
4. 1/2 cup chopped onion
5. 1 clove garlic, minced or pressed
-
6. 1 cup coarsely chopped green pepper
7. 1 can (28 oz.) diced tomatoes
8. 1 can (8 oz.) tomato sauce
9. 1 tsp. salt
10. 1/2 tsp. each oregano and basil
11. 1/8 tsp. red pepper
-
12. 1-1/2 cups minute rice

Preparation

1. In a large skillet that has a cover, in the butter & oil quickly brown the chicken with the onion and garlic.
2. Add ingredients 6 through 11 and bring to a boil. Stir in rice; cover and remove from heat. Let stand 5 minutes; stir and serve.

IRON SKILLET CHICKEN & VEGETABLES - SERVES 4

Ingredients

1. 1 Tbs. olive oil
2. 1 medium lemon, thinly sliced
3. 4 garlic cloves, minced or pressed
4. 1/4 tsp. salt*
5. 1/8 tsp. pepper^

TODAY'S COOKING

6. 1/4 tsp. lemon zest
7. 8 skinless, boneless chicken thighs (4 oz. ea.)
-
8. 1/4 tsp. salt*
9. 1/8 tsp. pepper^
10. 1/4 tsp. dried, crushed rosemary
11. 1 lb. fingerling potatoes, halved lengthwise
12. 12 cherry tomatoes
13. Broccoli florets of half a small head (optional)
14. Chopped parsley

Preparation

1. Preheat the oven @ 450° F (230° C).
2. Grease a large cast-iron skillet with 1 tsp. of the oil. Place the lemon slices in the skillet in a single layer.
3. Combine items 3 through 6 and 1 tsp. of the oil. Rub over the chicken and place over the lemons.
4. In a large bowl combine the remaining oil and items 8, 9 & 10 and mix well. Add items 11, 12 & 13 and coat well. Add to the chicken and bake, uncovered, about 30 minutes or until the potatoes are tender and the chicken is no longer pink. Sprinkle with parsley and serve.

CREAMY CHICKEN GALETTE - SERVES 8

Ingredients Dough

1. 1-1/4 cups AP flour
2. 1/2 cup shredded sharp cheddar cheese
3. 2 Tbs. minced fresh thyme
4. 1/4 tsp. salt
5. 1/2 cup cold butter, cubed
6. 1/4 cup ice water

Ingredients Filling

1. 3 Tbs. butter
2. 2 large carrots, sliced
3. 1 celery rib, diced
4. 1 small onion, diced

TODAY'S COOKING

-
- 5. 8 oz. sliced fresh mushrooms
- 6. 3 cups julienned swiss chard
- 7. 3 garlic cloves, minced or pressed
-
- 8. 1 cup chicken stock
- 9. 3 Tbs. AP flour
- 10. 1/2 tsp. salt
- 11. 1/4 tsp. pepper
-
- 12. 2 cups shredded cooked chicken
- 13. 1/2 tsp. minced fresh oregano
- 14. 2 Tbs. minced fresh parsley

Preparations Dough

1. Combine items 1 through 4; cut in the butter until crumbly. Add water and work just until dough holds together when pressed. Shape into a disk and chill 1 hour.

Preparations Filling

1. Melt the butter in a large saucepan over medium-high heat. Add items 2, 3 & 4 and sauté until softened, 5 to 7 minutes. Add the mushrooms and cook 3 minutes. Add items 6 & 7 and cook until the chard is wilted, 2 to 3 minutes. Whisk in items 8 through 11 and slowly pour over the vegetables, stirring constantly. Cook 3 minutes or until thickened. Stir in the chicken and oregano.
2. Preheat oven @ 400° F (200° C).
3. On a floured sheet of parchment paper, roll dough into a 12". circle. Transfer to a baking sheet. Spoon filling over pastry to within 2" of the edge. Fold pastry edge over the filling, pleating the edge and leaving the center open. Bake on a lower oven rack until crust is golden brown and filling is bubbling, about 30 to 35 minutes. Cool 15 minutes and sprinkle with the parsley.

STIR-FRY CHICKEN W/ CASHEWS & GINGER - SERVES 6

Ingredients

1. 2 Tbs. cornstarch
2. 1 Tbs. brown sugar
3. 1-1/4 cups chicken broth
4. 2 Tbs. soy sauce

TODAY'S COOKING

-
- 5. 3 Tbs. canola oil, divided
- 6. 1-1/2 lbs. boneless skinless chicken breasts, cut into 1-inch pieces
-
- 7. 1/2 lb. sliced fresh mushrooms
- 8. 1 small green pepper, cut into strips
- 9. 1 can (8 oz.) sliced water chestnuts, drained
- 10. 1-1/2 tsp. grated fresh ginger root
-
- 11. 4 green onions, sliced
- 12. 3/4 cup salted cashews
- 13. Hot cooked rice or noodles

Preparations

1. Mix first 4 items until smooth. In a large skillet, heat 2 tablespoons oil over medium-high heat; stir-fry chicken until no longer pink. Remove from pan.
2. In same pan over medium-high heat, add the remaining oil and stir-fry items 7 through 10 for 3 to 5 minutes. Stir broth mixture and add to pan with green onions; bring to a boil. Cook and stir until sauce is thickened, 1 to 2 minutes.
3. Stir in chicken and cashews; heat through. Serve with rice or noodles.

INDONESIAN PEANUT CHICKEN - SERVES 6

Ingredients

1. 6 large bone-in chicken thighs
2. 1/3 cup chopped onion
3. 1/3 cup water
4. 1/4 cup reduced-fat creamy peanut butter
5. 3 Tbs. chili sauce
6. 1/4 tsp. salt
7. 1/4 tsp. cayenne pepper
8. 1/4 tsp. pepper
-
9. 3 cups hot cooked brown or white rice
-
10. 6 Tbs. chopped salted peanuts

TODAY'S COOKING

11. 6 Tbs. chopped sweet red pepper
12. Julienned green onions, optional

Preparation

1. Place chicken in a 4-qt. slow cooker. In a small bowl, combine items 2 through 8 and pour over the chicken.
2. Cook, covered, on low until meat is tender, 4 to 5 hours. Plate with rice and sprinkle each serving with the last 3 items.

HONEY CHICKEN STIR-FRY - SERVES 4

Ingredients

1. 2 tsp. cornstarch
2. 1 Tbs. cold water
3. 3 tsp. olive oil, divided
4. 1 lb. boneless skinless chicken breasts, cut into 1-inch pieces
5. 1 garlic clove, minced
6. 3 Tbs. honey
7. 2 Tbs. reduced-sodium soy sauce
8. 1/8 tsp. salt
9. 1/8 tsp. pepper
10. 1 pkg. (16 oz.) frozen broccoli stir-fry vegetable blend
11. Hot cooked rice, optional

Preparations

1. Mix cornstarch and water until smooth. In a large nonstick skillet over medium-high heat, add 2 tsp. oil and stir-fry the chicken and garlic 1 minute. Add items 6 through 9 and cook, stirring until the chicken is no longer pink, 2 to 3 minutes. Remove from pan.
2. In same pan, stir-fry vegetable blend in remaining oil just until tender, 4 to 5 minutes. Return chicken to pan. Stir cornstarch mixture; add to pan and bring to a boil. Cook and stir until thickened, about 1 minute. Serve with rice or noodles.

TODAY'S COOKING

CHICKEN W/ ORANGE & SWEET CHILI - SERVES 4

Ingredients

1. 1 lb. boneless skinless chicken thighs or breasts, cut into 1" pieces
2. 1/4 tsp. salt
3. 1/4 tsp. pepper
4. 2 Tbs. butter
5. 3/4 cup sweet chili sauce
6. 1/3 cup thawed orange juice concentrate
7. Hot cooked jasmine rice
8. Minced fresh basil

Preparations

1. Toss chicken with salt and pepper. In a large skillet, melt the butter over medium-high heat; stir-fry chicken until no longer pink, 5 to 7 minutes. Remove from pan and keep warm.
2. Add chili sauce and juice concentrate to skillet; cook and stir until heated through. Stir in chicken. Serve with rice topped with a sprinkle of basil.

ASIAN GLAZED CHICKEN - SERVES 4

Ingredients

1. 1/4 cup rice vinegar
2. 3 Tbs. reduced-sodium soy sauce
3. 2 Tbs. honey
4. 2 tsp. canola oil
5. 4 boneless skinless chicken thighs (about 1 pound)
6. 3 garlic cloves, minced
7. 1 tsp. minced fresh ginger root or 1/2 tsp. ground ginger
8. Toasted sesame seeds, optional

Preparations

1. In a small bowl, whisk the first 3 items until blended. Set aside.

TODAY'S COOKING

2. In a large nonstick skillet, heat oil over medium-high heat. Brown chicken on both sides. Add garlic and ginger to skillet; cook and stir 1 minute (do not brown the garlic). Stir in the vinegar mixture and bring to a boil. Reduce heat; simmer, covered, 8-10 minutes.
3. Uncover; simmer 1 to 2 minutes longer or until sauce has thickened. Cut the chicken into bite-size pieces and sprinkle with sesame seeds.

CHICKEN & BROCCOLI STIR-FRY - SERVES 4

Ingredients

1. 2 Tbs. rice vinegar
2. 2 Tbs. mirin (sweet rice wine) Use a dry white wine or sherry instead
3. 2 Tbs. chili garlic sauce
4. 1 Tbs. cornstarch
5. 1 Tbs. soy sauce
6. 2 tsp. fish sauce or additional soy sauce
7. 1/2 cup reduced-sodium chicken broth, divided
8. 2 cups instant brown rice
9. 2 tsp. sesame oil
10. 4 cups fresh broccoli florets
11. 2 cups cubed cooked chicken
12. 2 green onions, sliced

Preparations

1. In a small bowl, mix the first six ingredients and 1/4 cup chicken broth until smooth. Cook rice according to package directions.
2. In a large skillet, heat oil over medium-high heat. Add broccoli; stir-fry 2 minutes. Add remaining broth; cook 1-2 minutes or until broccoli is crisp-tender. Stir sauce mixture and add to pan. Bring to a boil; cook and stir 1-2 minutes or until sauce is thickened. Stir in chicken and green onions; heat through. Serve with rice.

TODAY'S COOKING

CRISPY HOLIDAY CHICKEN - SERVES 8

Ingredients

1. 8 boneless, skinless chicken thighs
-
2. 1 cup sour cream
3. 1/8 cup lemon juice
4. 2 tsp. Worcestershire sauce
5. 1 tsp. celery salt
6. 2 tsp. pepper & paprika
7. 1/4 tsp. ea. seasoned salt & garlic salt
-
8. 1 cup crushed butter-flavored crackers
9. 1/4 cup ea. canola oil & butter, melted

Preparation

1. Place the chicken in a large bowl. In another bowl, combine items 2 through 7. Pour over the chicken. Turn to coat; cover and refrigerate overnight.
2. Preheat oven @ 350° F (180° C). Combine items 8 & 9 and coat the chicken with it. Place in a lightly greased baking sheet and bake 20 minutes. Check the chicken with an instant thermometer. Continue to bake the chicken until the thermometer reads 165° F (73.9° C).

ROASTED LEMON CHICKEN - SERVES 4

Ingredients

1. 1/4 cup olive oil
2. 3 Tbs. minced garlic
-
3. 1/3 cup dry white wine
4. 1 Tbs. grated lemon zest (2 lemons)
5. 2 Tbs. freshly squeezed lemon juice
6. 1-1/2 tsp. dried oregano
7. 1 tsp. minced fresh thyme leaves (1/4 tsp. dried)

TODAY'S COOKING

8. 1 tsp. Kosher salt
-
9. 4 boneless chicken breasts, skin on (6 to 8 oz. ea.)
10. 1 lemon cut into 8 wedges

Preparations

1. Preheat the oven @ 400° F (200° C).
2. Over medium-low heat, warm the olive oil in a small saucepan, add the garlic, and cook for just 1 minute. Off the heat, add items 3 through 8 and pour into a baking dish.
3. Pat the chicken breasts dry and, along with the lemon wedges, place them skin side up over the sauce. Baste the chicken with the olive oil mixture and sprinkle with more salt and pepper.
4. Bake for 15 minutes, reduce the heat to 350° F (180° C) and bake another 15 to 20 minutes or until the chicken is done (instant thermometer reads 165° F (73.9° C) and the skin is lightly browned. If the chicken isn't browned enough, put it under the broiler for 2 minutes. Remove from the oven and cover the pan tightly with foil; rest for 10 minutes. Serve with the pan juices.

CURRIED CHICKEN STEW - SERVES 4

Ingredients

1. 1 lb. boneless, skinless chicken breasts, cubed
2. 1 Tbs. olive oil
-
3. 1/4 cup chopped onions
4. 2 Tbs. chopped green bell peppers
5. 1 garlic clove, minced or pressed
6. 1/2 Tbs. curry powder or more to taste
-
7. 1 can (15 oz.) Italian peeled tomatoes (broken up) w/ liquid
8. 1/2 Tbs. Kitchen Bouquet
9. 1 Tbs. chopped parsley
10. 2 Tbs. raisins
-
11. Cooked rice

TODAY'S COOKING

Preparation

1. Season the chicken with the salt & pepper. Heat the oil over medium heat in a large skillet. Cook the chicken about 10 minutes, turning occasionally. Remove to a platter
2. Add ingredients 3 through 6 and cook, stirring, about 3 minutes.
3. Return the chicken to the skillet.
4. Add the remaining ingredients; partially cover and simmer 45 minutes.
5. Serve over rice.

Note: These garnishes/accompaniments are good with all curry dishes - toasted, shredded coconut - chopped peanuts - raisins - chutney - chopped onion - mandarin oranges or pineapple.

BISQUICK ® CHICKEN POTPIE - SERVES 4

Ingredients

1. 1-2/3 cups frozen mixed vegetables, thawed
2. 1-1/2 cups cubed cooked chicken
3. 1 can (10-3/4 oz.) condensed cream of chicken soup, undiluted
4. 1/4 tsp. dried thyme
-
5. 1 cup Bisquick ® or make homemade (see [Todays Cooking Breads_Doughs pg. 16](#)).
6. 1/2 cup milk
7. 1 large egg

Preparations

1. Preheat oven @ 400° F (200° C).
2. In a large bowl, combine items 1 through 4. Pour into an ungreased casserole dish.
3. Combine items 5, 6 & 7; pour over the chicken mixture.
4. Bake until topping is golden brown and toothpick comes out clean, 25 to 30 minutes.

TODAY'S COOKING

QUICK & EASY CHICKEN POT PIE

makes 2 pies - each pie serves 4 to 6

Ingredients

1. 4 cups cubed chicken
2. 4 cups frozen cubed hash browns, thawed
3. 1 pkg. (16 oz.) frozen mixed vegetables, thawed & drained
4. 1 can (10-1/2 oz.) condensed cream of onion soup
5. 1 can (10-1/2 oz.) condensed cream of chicken soup
6. 1 cup milk
7. 1 cup sour cream
8. 1/2 tsp. ea. salt & pepper or to taste
9. 1/2 tsp. each dried sage, marjoram & thyme
10. 1/4 tsp. garlic powder
-
11. 2 (9") refrigerated pie crust or home-made crusts ([see Today's Cooking Breads_Doughs pg. 90](#))

Preparation

1. Preheat the oven @ 400°F (200°C)
2. Combine items 1 through 10 and fill 2 deep dish pie plates.
3. Place on a baking sheet and bake 35 to 40 minutes.
4. To freeze, seal with plastic wrap and place into a resealable bag. Remove from the freezer 1/2 hour before baking. Loosely cover the edges with foil and place on a baking sheet. Bake 30 minutes @ 425°F (220°C). Reduce heat to 350°F (180°C); remove foil and bake another 50 minutes or until the center reads 165°F (74°C) on a thermometer.

CHICKEN POT PIE - SERVES 4 TO 6

Ingredients

1. 1-1/2 lbs. cubed chicken or turkey
2. 2 cups water
3. 1 large potato, peeled & cubed
4. 2 medium carrots, peeled & sliced

TODAY'S COOKING

5. 1 medium onion, sliced thin
-
6. 1/8 cup each butter & olive oil
7. 1/3 cup flour
8. Salt & pepper to taste
9. 1/2 tsp. each dried sage, marjoram & thyme
-
10. Broth
11. 2/3 cup milk
12. 1 package frozen peas
-
13. 1 (9") refrigerated pie crust or home-made crust ([see Todays Cooking Breads_Doughs pg. 90](#))

Preparation

1. Place items 1 through 5 in a large stock pot; bring to a boil; reduce heat and simmer 15 minutes. Drain and set aside, reserving 1 cup of the broth.
2. Heat butter and oil and stir in items 7, 8 & 9. Cook 2 minutes.
3. Add the broth and the milk; cook until bubbly. Add the chicken/vegetables and peas. Cook until bubbly and transfer to a lightly greased casserole dish. Top with the pie crust; brush with some milk and bake @ 350°F (180°C) for 20 to 25 minutes.

GOLDEN CHICKEN POTPIE - MAKES 2 PIES - SERVES 6 EA.

Ingredients

1. 4 cups cubed cooked chicken
2. 4 cups frozen cubed hash brown potatoes, thawed
3. 1 pkg. (16 oz.) frozen mixed vegetables, thawed and drained
4. 1 can (10-1/2 oz.) condensed cream of chicken soup, undiluted
5. 1 can (10-1/2 oz.) condensed cream of onion soup, undiluted
6. 1 cup whole milk
7. 1 cup sour cream
8. 2 Tbs. AP flour
9. 1/2 tsp. ea. salt & pepper
10. 1/4 tsp. garlic powder
-

TODAY'S COOKING

11. 2 sheets refrigerated pie crust or home-made crust (see [Todays Cooking Breads_Doughs pg. 90](#))

Preparations

1. Preheat oven to 400° F (200° C). Combine the first 10 items. Divide between two 9" deep-dish pie plates.
2. Roll out crusts to fit top of each pie. Place over filling; trim, seal and flute edges. Cut slits in top. Bake until golden brown, 35 to 40 minutes.
3. To freeze: Cover and freeze unbaked pies up to 3 months. Remove from freezer 30 minutes before baking (do not thaw). Preheat oven to 425° F (220° C). Place pie on a baking sheet and cover edges loosely with foil. Bake 30 minutes. Reduce heat to 350° F (180° C). Remove foil and bake until golden brown and a thermometer inserted in center reads 165° F (73.9° C), about 50 to 55 minutes.

FAVORITE CHICKEN POTPIE - MAKES 2 PIES - SERVES 8 EA.

Ingredients

1. 2 cups diced peeled potatoes
2. 1-3/4 cups sliced carrots
- 3.
4. 1 cup butter, cubed
5. 2/3 cup chopped onion
- 6.
7. 1 cup all-purpose flour
8. 1-3/4 tsp. salt
9. 1 tsp. dried thyme
10. 3/4 teaspoon pepper
11. 3 cups chicken broth
12. 1-1/2 cups whole milk
13. 4 cups cubed cooked chicken
14. 1 cup ea. frozen peas & frozen corn
15. 4 sheets refrigerated pie crust

Preparations

1. Preheat oven @ 425° F (220° C).
2. Place potatoes and carrots in a large saucepan; add water to cover. Bring to a boil. Reduce heat; cook, covered, 8 to 10 minutes or until crisp-tender; drain.

TODAY'S COOKING

3. In a large skillet over medium-high heat, melt the butter and cook the onion until tender, about 8 minutes. Stir in the flour and seasonings until blended. Gradually stir in broth and milk. Bring to a boil, stirring constantly; cook and stir 2 minutes or until thickened. Stir in chicken, peas, corn and potato-carrot mixture; remove from heat.
4. Unroll a pie crust into each of two 9-in. pie plates; trim crusts even with rims of plates. Add chicken mixture. Unroll remaining crusts; place over filling. Trim, seal and flute edges. Cut slits in the tops.
Bake 35 to 40 minutes or until crust is lightly browned. Let stand 15 minutes before cutting.

CHICKEN POTPIE GALETTE - SERVES 8

Ingredients - crust

1. 1-1/4 cups all-purpose flour
2. 1/2 cup shredded sharp cheddar cheese
3. 2 Tbs. minced fresh thyme
4. 1/4 tsp. salt
5. 1/2 cup cold butter, cubed
-
6. 1/4 cup ice water

Ingredients - filling

1. 3 Tbs. butter
2. 2 large carrots, sliced
3. 1 celery rib, diced
4. 1 small onion, diced
5. 3 garlic cloves, minced
-
6. 8 oz. sliced fresh mushrooms
7. 3 cups julienned Swiss chard
-
8. 1 cup chicken broth
9. 3 Tbs. all-purpose flour
10. 1/2 tsp. salt
11. 1/4 tsp. pepper
-
12. 2 cups shredded cooked chicken

TODAY'S COOKING

13. 1/2 tsp. minced fresh oregano
14. 2 Tbs. minced fresh parsley

Preparation

1. Combine flour, cheese, thyme and salt; cut in butter until crumbly. Gradually add ice water, tossing with a fork until dough holds together when pressed. Shape into a disk and refrigerate 1 hour.
2. For filling, melt butter in a large saucepan over medium-high heat. Add items 2 through 5 and cook, stirring until slightly softened, 5 to 7 minutes. Add mushrooms and cook 3 minutes longer. Add Swiss chard and cook until wilted, 2 to 3 minutes.
3. Whisk together items 8 through 11 and slowly pour over vegetables, stirring constantly. Cook until thickened, 2 to 3 minutes. Stir in the chicken and oregano.
4. Preheat oven to 400°. On a floured sheet of parchment, roll dough into a 12" circle. Transfer to a baking sheet. Spoon filling over crust to within 2" of the edge. Fold crust edge over filling, pleating as you go, leaving center uncovered. Bake on a lower oven rack until crust is golden brown and filling is bubbly, 30 to 35 minutes. Cool 15 minutes before slicing. Sprinkle with parsley.

Potpie Tips:

1. For a single-crust pie, pre-bake the crust before filling. Do not prick the bottom of a pastry crust when the filling and crust are to be baked together. Instead, brush the crust with a beaten egg white. This will help seal the crust and prevent the liquid filling from making the crust soggy.
2. While still hot, pour the filling into the crust and immediately place the potpie on a lower rack in the oven. The potpie is done when the crust is lightly browned and the filling is bubbly.
3. To freeze, wrap unbaked pies in plastic wrap and cover with foil.
4. To use, remove from the freezer 30 minutes before baking (**do not thaw**). Preheat oven @ 425° F (220° C). Place pies on baking sheets; cover edges loosely with foil. Bake 30 minutes. Reduce oven setting @ 350° F (180° C); bake 70 to 80 minutes longer or until crust is golden brown and a thermometer inserted in center reads 165° F (73.9° C).

CHICKEN OVER GRITS - SERVES 6

Ingredients

1. 1 lb. boneless skinless chicken thighs
2. 1/4 tsp. pepper
3. 1 can (14-1/2 oz.) chicken stock, divided
4. 1 cup hickory smoke-flavored barbecue sauce

TODAY'S COOKING

5. 1/4 cup molasses
6. 1 Tbs. hot sauce
7. 1/2 tsp. ground cinnamon
-
8. 2-1/4 cups water
9. 1 cup ea. quick-cooking grits & canned pumpkin
10. 3/4 cup shredded pepper jack or cheddar cheese
-
11. Chopped tomato
12. 6 Tbs. sour cream
13. 2 green onions, chopped
14. 2 Tbs. minced fresh parsley

Preparations

1. Sprinkle chicken with pepper and place in a large nonstick skillet.
2. In a large bowl, combine 1/2 the stock and items 4 through 7. Pour over the chicken and bring to a boil. Reduce heat; cover and simmer until a thermometer inserted in chicken reads 165° F (73.9° C), 20 to 25 minutes. Shred the meat and return to the skillet.
3. In a large saucepan, bring water and remaining broth to a boil. Slowly stir in grits and pumpkin. Reduce heat; cook and stir until thickened, 5 to 7 minutes. Stir in the cheese; mixing until melted.
4. Place grits into 6 serving bowls and top each with 1/2 cup of the chicken mixture. Serve with the last 4 items as an accompaniment.

SLOW-COOKER COUNTRY CHICKEN - SERVES 4

Ingredients

1. 1 ea. medium-sized onion & red bell pepper, chopped
2. 1 garlic clove, minced or pressed
3. 1-1/2 lbs. boneless skinless chicken thighs
-
4. 1/2 Tbs. ea. packed brown sugar & curry powder (or to taste)
5. 1/2 tsp. ea. ground cinnamon, ground ginger & dried thyme
6. 1/4 cup chicken broth
-
7. 1/4 cup raisins
8. 1 can (10 oz.) diced tomatoes, undrained

TODAY'S COOKING

-
- 9. Hot cooked rice
- 10. Chopped fresh parsley, as garnish

Preparations

1. Place the first 3 items in a slow cooker. Arrange chicken pieces over vegetables.
2. Whisk together items 5 through 8 and pour over the chicken. Cover and cook on high for 1 hour.
3. Add the raisins and tomatoes. Reduce heat to low and cook until chicken reaches 165° F (73.9° C), about 2 hours. Serve over rice; if desired, sprinkle with parsley.

BAKED CHICKEN & MUSHROOMS - SERVES 6

Ingredients

1. 6 boneless, skinless chicken thighs or breasts (4 to 5 oz. ea.)
2. 1/4 tsp. paprika
-
3. 1/2 lb. fresh mushrooms, sliced
4. 1 Tbs. butter
-
5. 1/2 cup sherry or chicken broth
6. 3 green onions, chopped
7. 1 garlic clove, minced
8. 1/2 tsp. salt
9. 1/8 tsp. pepper
-
10. 3/4 cup shredded mozzarella

Preparation

1. Place the chicken in a baking dish coated with cooking spray. Sprinkle with paprika. Bake, uncovered, @ 350° F (180° C) for 15 minutes.

TODAY'S COOKING

FRENCH ONION CHICKEN - SERVES 4

Ingredients

1. 2 Tbs. olive oil*
2. 1 large onion, halved and thinly sliced
3. 2 tsp. freshly chopped thyme
4. Sea salt & ground black pepper to taste
-
5. 2 cloves garlic, minced
6. 1-3/4 lbs. boneless skinless chicken breasts, cut into 1" pieces
7. 1/2 tsp. dried oregano
8. 2 Tbs. all-purpose flour
9. 1 Tbs. olive oil*
10. 1-1/2 cups low salt beef broth
11. 1 cup shredded Gruyère
12. Freshly chopped parsley, for garnish (optional)

Preparations

1. In a large skillet over medium heat, heat 2 Tbs. oil. Add onions and season with salt, pepper, and thyme. Reduce heat to medium-low and cook, stirring occasionally until onions are caramelized, about 25 minutes.
2. Stir in garlic and cook 1 minute more. Turn off heat and remove onion mixture. Wipe skillet clean.
3. In a large bowl, season chicken with salt, pepper and oregano, then toss with flour. Heat remaining oil in the skillet over medium-high heat. Add chicken and cook until golden on all sides and mostly cooked through, about 8 minutes.
4. Add beef broth and return caramelized onions to skillet. Bring mixture to a boil, then reduce heat and simmer until chicken is cooked and beef broth reduces slightly, about 10 minutes. Add Gruyère and cover skillet with a lid. Cook until cheese is melted, about 2 minutes. Remove from heat and garnish with parsley before serving.

Have leftover homemade onion soup? Use that - skip ingredients 1, 2 & 10.

TODAY'S COOKING

Turkey, Duck, Game Birds

Turkey Guide

1. Plan on 1 lb. per person and you will have enough for dinner and some leftovers. For lots of leftovers, plan on 1-1/2 lbs. per person.
2. Thaw frozen turkeys in the refrigerator in its original wrapping on a tray with a lip. Allow 24 hours for every 4 to 5 pounds: 4 to 12 lbs. - 1 to 3 days; 12 to 16 lbs. - 3 to 4 days; 16 to 20 lbs. - 4 to 5 days and 20 to 24 lbs. - 5 to 6 days. After properly thawed, a turkey will keep another 1 to 2 days in the refrigerator.
3. Prep the turkey by dry-brining or liquid-brining. Both methods will produce a juicy bird. Dry-brining is simply salting the bird inside and out and refrigerate overnight. Drain; pat dry and roast. Liquid-brining uses various liquids (broths, cider, even beer) and flavorings. A basic brine is 2 quarts water, 1 cup kosher or sea salt and 1/4 cup sugar. Over high-heat, simmer until the solids dissolve. Cool; add another 2 quarts of water and chill. Add herbs, spices or other flavor enhancers if desired. Double bag the bird in turkey roasting bags; place on a tray; add the brine; seal and refrigerate 12 to 18 hours. Drain; rinse and pat dry before roasting.
4. Cooking time @ 350°F (180°C): Under 12 lbs. 10 minutes per pound, 12 to 16 lbs. 2 to 2-1/2 hours, 16 to 20 lbs. 2-1/2 to 3 hours, 20 to 24 lbs. 3 to 3-1/2 hours.

ROASTED TURKEY - SERVES 10

Ingredients

1. 3 Tbs. salt
2. 1 Tbs. minced fresh rosemary leaves or 1 tsp. dried
3. Zest of 1 lemon
4. 1 (12 to 14 lb.) turkey, washed and patted dry
-
5. 1 large unpeeled onion, quartered
6. 1 lemon, quartered
7. 8 sprigs fresh thyme
8. 4 Tbs. butter, melted
9. Salt & pepper

TODAY'S COOKING

Preparation

1. Combine ingredients 1 through 3. Sprinkle 1 Tbs. into the turkey cavity and rub the rest on the outside. Place turkey onto a shallow dish and wrap the entire thing tightly with plastic wrap. Refrigerate one to two days. The day prior to cooking, unwrap it and leave in the refrigerator (the skin will dry out and that's what's wanted).
2. Heat oven to 450°F (230°C). The oven should be very clean, or it will smoke.
3. Place ingredients 5 through 7 into the cavity. Tie the legs together and the wings to the body. Brush the butter on the turkey and season with salt & pepper.
4. Place the bird legs first into the oven and roast for 45 minutes. Drop temperature to 325°F (180°C) and roast about 1 hour or until the breast reads 165°F (70°C) on an instant read thermometer. Remove from oven; tightly cover with foil and rest at least 20 minutes.

BRINED ROASTED TURKEY - SERVES 8 TO 10

Ingredients

1. 8 cups apple cider
2. 2/3 cup each kosher salt and sugar
3. 1 Tbs. coarsely ground black pepper
4. 1 Tbs. coarsely ground allspice
5. 8 (1/8" thick) slices of fresh ginger
6. 6 whole cloves
7. 2 bay leaves
-
8. 1 (12 lb.) turkey, washed and patted dry
9. 2 oranges, quartered
-
10. 1 large unpeeled onion, quartered
11. 4 garlic cloves
12. 4 sage leaves
13. 2 cups chicken stock
-
14. 1 stick butter at room temperature
15. Salt & pepper to taste

TODAY'S COOKING

Preparation

1. Place the first 7 ingredients in a sauce pan and boil for 5 minutes. Set aside to cool.
2. Place the oranges into the turkey cavity. Place turkey into an oven roasting bag and add the cooled brine. Tie the bag off and just to be safe, place into a second roasting bag and tie that off. Refrigerate 12 to 24 hours.
3. Heat oven to 500°F (260°C). The oven should be very clean, or it will smoke.
4. Discard the brine and place the turkey breast side down on a rack set in a large roasting pan. Cook for 30 minutes. Pull out the turkey and reduce the heat to 350°F (180°C). Turn the turkey breast side up and tie the legs together and the wings to the body. Place the oranges into the body cavity and items 10 through 13 into the roasting pan. Smear the butter on the turkey and season with salt & pepper.
5. Roast for 1 hour 15 minutes or until the breast reads 165°F (70°C) on an instant read thermometer. Remove from oven; tightly cover with foil and rest at least 15 to 20 minutes.

MAPLE BRINED TURKEY - SERVES 20

Ingredients

1. 4 qt. water
2. 1-1/2 cups packed brown sugar
3. 1 cup sea salt
4. 1 cup pure maple syrup
5. 1 cup cider vinegar
6. 24 fresh sage leaves
7. 6 bay leaves
8. 2 Tbs. yellow mustard
9. 2 Tbs. coarsely ground pepper
10. 1 tsp. ground cloves
-
11. 4 qt. ice water
12. 2 turkey-size oven roasting bags
13. 1 turkey (14 to 16 lbs.)
14. 2 Tbs. olive oil
15. 1/2 tsp. pepper
16. 1/2 tsp. salt, optional

TODAY'S COOKING

Preparations

1. In a large stockpot, combine the first 10 items and bring to a boil. Cook and stir until sugar and salt are dissolved. Remove from the heat. Add the ice water and cool the brine to room temperature.
2. Place one turkey-size oven roasting bag inside the other and place in a large stockpot. Place turkey inside both bags; pour in cooled brine. Seal the bags, pressing out as much air as possible. Refrigerate 18 to 24 hours.
3. Preheat oven to 350° F (180° C).
4. Remove the turkey from the brine; rinse and pat dry. Discard the brine. Place turkey on a rack in a shallow roasting pan, breast side up. Tuck wings under the turkey; tie drumsticks together.
5. Rub oil over outside of turkey; sprinkle with pepper and, if desired, salt.
6. Roast the turkey, uncovered, until a thermometer inserted in thickest part of the thigh reads 170° to 175° F (77° to 79° C), 2-1/2 to 3 hours. (Cover loosely with foil if turkey browns too quickly.) Remove the turkey from the oven and tent with foil. Let stand 20 minutes before carving.

MAPLE SAGE GRAVY - MAKES 3-1/2 CUPS

See more gravies @ Dressings....etc. pg. 102 to 109

Ingredients

1. 2 turkey wings, halved, or 1-1/2 lbs. chicken wings
-
2. 1 small onion, quartered
3. 8 to 10 fresh sage leaves
4. 4 cups chicken stock
5. 4 cups water
-
6. 1/2 cup butter
7. 1/2 cup AP flour
8. 2 Tbs.maple syrup
9. 1 Tbsp. minced fresh sage

Preparations

1. Preheat oven@ 450° F (230° C).
2. In a 15"x 10" pan coated with cooking spray, bake the wings, uncovered, until dark golden brown, about 1 hour.
3. Transfer wings to a stockpot; add items 2 through 5. Slowly bring to a boil over low heat; gently simmer, partially covered, 1-1/2 hours.

TODAY'S COOKING

4. Strain the stock and discard the solids. Measure stock and simmer until reduced to 5 cups. If using immediately, skim the fat. Otherwise cool and then refrigerate 8 hours or overnight. Skim off the fat before using.
5. In a Dutch oven, melt butter over medium-low heat. Add flour and cook, stirring frequently, until dark golden brown, 10 to 12 minutes. Carefully stir in 4 cups of the stock. Bring to a boil; reduce the heat and simmer, stirring constantly, for 10 minutes. Stir in maple syrup and sage. Add enough of the remaining stock to achieve desired consistency.

MAKE-AHEAD TURKEY GRAVY - MAKES 4-1/2 CUPS

See more gravies @ Dressings....etc. pg. 102 to 109

Ingredients

1. 2 turkey wings (1-1/2 to 2 lbs.)
2. 2 medium onions, quartered
-
3. 2 cartons (32 oz. each) chicken broth, divided
-
4. 2 medium carrots, cut into 2" pieces
5. 2 celery ribs with leaves, cut into 2" pieces
6. 4 fresh thyme sprigs
-
7. 1/2 cup plus 2 Tbs. AP flour
-
8. 1/4 tsp. pepper
9. 1 Tbs. butter
10. A touch of soy sauce - optional

Preparation

1. Preheat the oven @ 400° F (200° C).
2. Place the first 2 items in a greased roasting pan and bake, uncovered, for 35 minutes and turn. Bake another 35 to 40 minutes. Remove the wings and onions to a stock pot and add 2 cups of the broth to the warm roasting pan. Use a spatula to scrape the brown bits off bottom of the pan and add to the stock pot. Add 4 cups of the broth and items 4, 5 & 6. Bring to a boil; reduce heat and simmer, uncovered, for about 45 minutes. Strain and discard the solids. Skim off the fat and add enough broth to the cooking liquid to make 3-1/2 cups. (Can be made ahead to this point and stored in the refrigerator for up to 2 or 3 days.)

TODAY'S COOKING

3. In a large saucepan add the remaining broth and whisk in the flour until smooth. Slowly stir in the cooking liquid. Bring to a boil and cook, whisking, until thickened, about 2 minutes. Let cool and refrigerate for up to 3 days.
4. To finish, gently heat it in a saucepan over low until hot. Stir in the last items and serve.

TURKEY SURPRISE - SERVES 4 TO 6

Ingredients

1. 1 tablespoon olive oil
2. 1 lb. ground turkey
3. 1-1/2 teaspoons olive oil
4. 1 large yellow onion, chopped
5. 1 green bell pepper, chopped
6. 4 cloves garlic, minced
7. 2 bay leaves
-
8. 1/2 cup white wine
9. 1 (8 oz.) can tomato sauce
10. 1/3 cup chopped green olives
11. 1 Tbs. olive brine
12. 1/3 cup raisins
13. 1/2 cup canned black beans, rinsed
14. 1 Tbs. capers, rinsed
15. 2 tsp. cayenne pepper, or to taste
16. 2 tsp. ground cumin

Preparations

1. Heat 1 Tbs. olive oil in a large skillet over medium-high heat and stir in the ground turkey. Cook and stir until the turkey is crumbly, evenly browned, and no longer pink. Remove the turkey and drain and discard any excess grease.
2. Heat 1-1/2 teaspoons olive oil in the skillet over medium heat. Add items 4 through 7; cook and stir until the onion has softened and turned translucent, about 5 minutes. Stir in the cooked turkey and the remaining items. Simmer about 15 minutes.

TODAY'S COOKING

TURKEY BREAST WITH CRANBERRY SAGE STUFFING - SERVES 10

Ingredients

1. 1 cup diced celery
2. 2 leeks, white part only or 1 small to medium onion, diced
3. 2 slices whole wheat bread, crusts removed, cubed
4. 1 cup dried cranberries
5. 1/2 cup chicken stock*
6. 1 tsp. rubbed sage
7. 1/4 tsp. black pepper
-
8. 1 (3 to 4 lb.) boneless, skinless turkey breast
9. 1 Tbs. canola oil
10. 3 cups chicken stock*
11. 1 cup water
12. 1/2 cup AP flour

Preparation

1. Combine ingredients 1 through 7 and set aside.
2. Pat turkey dry and butterfly it by cutting lengthwise down the center. Do not cut completely through the breast. Lay out flat; cover with plastic wrap and pound to flatten the breast.
3. Place the stuffing down the middle of the turkey; bring the turkey up around the stuffing and tie with kitchen twine every 2".
4. Heat oven to 350°F (180°C).
5. Heat the oil over medium-high heat in a Dutch oven. Brown the turkey for about 2 minutes each side. Add the stock; cover and bake 45 to 50 minutes or until the breast reads 165°F on an instant read thermometer. Let rest on a cutting board.
6. Bring to a boil the broth in the Dutch oven over medium-high heat. Combine the last 2 items and whisk into the broth and cook for 3 to 4 minutes or until thickened and bubbly.

TODAY'S COOKING

TURKEY W/ CURRY & PEANUTS - SERVES 6

Ingredients

1. 4 cups turkey meat, chunked
2. 2 Tbs. grape seed or olive oil
3. 2 cups peeled and chopped apples
4. 1 large onion, sliced
5. 2 celery, sliced thin
6. 2 Tbs. flour
7. 2 tsp. curry
8. 1/2 tsp. salt
9. 1/4 tsp. pepper
10. 2 bouillon cubes
11. 2 cups milk
12. 1/4 cup peanuts, chopped

Preparations

1. In a large skillet sauté the onion 2 minutes in the oil. Add the apple and celery and sauté 5 minutes.
2. Add items 6 through 10 and stir well.
3. Slowly add milk while stirring.
4. As the sauce thickens, add the turkey and nuts
5. Serve over rice or noodles

BOW TIE & TURKEY - SERVES 6

Ingredients

1. 1/2 lb. ground turkey breast
2. 1-1/2 tsp. vegetable oil
3. 3/4 cup chopped celery
4. 1/2 cup chopped onion
5. 1/2 cup chopped green pepper
6. 1 garlic clove, minced
7. 1 (14-1/2 oz.) can chicken broth

TODAY'S COOKING

8. 2 cups uncooked bow tie pasta
9. 1 (14-1/2 oz.) can stewed tomatoes
10. 1 Tbs. white vinegar
11. 3/4 tsp. sugar
12. 1/2 tsp. chili powder
13. 1/2 tsp. garlic salt
14. 2 Tbs. grated Parmesan cheese
15. 1 Tbs. minced fresh parsley

Preparations

1. In a large skillet or Dutch oven, cook turkey in oil over medium heat until no longer pink. Add the celery, onion, green pepper and garlic; cook until vegetables are tender. Remove the turkey and vegetables with a slotted spoon and keep warm.
2. Add chicken broth to the pan; bring to a boil. Add bow tie pasta; cook for 10 minutes or until tender. Reduce heat; stir in the stewed tomatoes, vinegar, sugar, chili powder, garlic salt and turkey mixture. Simmer for 10 minutes or until heated through. Sprinkle with Parmesan cheese and fresh parsley.

TURKEY TETRAZZINI DELUXE - SERVES 4

Ingredients

1. 6 Tbs. butter
2. 1/2 lb. fresh mushrooms, thinly sliced
3. 1 Tbs. Madeira
-
4. 1 medium onion, sliced
5. 1 large carrot, julienned
6. 1 celery rib, thinly sliced
-
7. 1/4 cup flour
8. 1-1/2 cups chicken stock
9. 1/2 cup heavy cream or 'half and half'
10. 3 cups cooked turkey, cut into 3/4" cubes
-
11. 1/2 lb. of linguine, cooked al dente
12. 1/3 to 1/2 cup grated Parmesan cheese

TODAY'S COOKING

13. 2 Tbs. dry, fine bread crumbs
14. Salt & pepper

Preparation

1. Sauté the mushrooms with 2 Tbs. of the butter in a large skillet over high heat 2 to 3 minutes. Stir in the Madeira and cook until evaporated. Remove mushrooms.
2. Add 1 Tbs. of butter to the skillet and add items 4, 5 & 6. Cook until the vegetables are tender but still firm. Remove vegetables.
3. To the skillet melt the remaining butter and stir in the flour. Cook 2 minutes. Whisk in the stock and bring to a boil. Reduce heat; cook over low heat about 5 minutes or until thickened. Remove from the heat and stir in the cream. Season with the salt and pepper. Fold in the mushrooms, turkey and vegetables into the sauce.
4. Butter or spray a casserole dish. Place half the pasta in the dish and top with half the sauce mixture. Repeat layers.
5. Combine the cheese and bread crumbs and sprinkle over the top. Spray the top or use an additional tablespoon of butter cut into pieces to dot the top. Place into a preheated 350°F (180°C) and bake, uncovered for 45 minutes.

CURRIED TURKEY W/SUMMER SQUASH - SERVES 2

Ingredients

1. 2 Tbs. butter
2. 2 Tbs. all-purpose flour
3. 1/2 tsp. curry powder
4. 1 cup chicken stock
5. 1/4 cup milk
-
6. 2 tsp. canola oil
7. 1 small yellow summer squash, sliced
8. 1 small zucchini, sliced
9. 1/2 small onion, thinly sliced
-
10. 2 cups cooked turkey breast, cubed
11. 1/2 tsp. grated lemon zest
-
12. Hot cooked rice

TODAY'S COOKING

13. 3 Tbs. chopped cashews

Preparations

1. In a small saucepan, melt butter over medium heat. Stir in flour and curry powder until smooth. Gradually whisk in the broth and milk. Bring to a boil and cook, stirring constantly, for 1 to 2 minutes or until thickened. Remove from heat and set aside.
2. In a large skillet, heat oil over medium-high. Add items 7, 8 & 9 and cook, stirring, until tender. Add items 10 & 11 and the sauce; heat through. Serve with rice and top with the cashews.

SLOW COOKER THAI TURKEY - SERVES 6

Ingredients

1. 1-1/2 lbs. Turkey breast cut into 3/4" pieces
2. 1 medium onion, sliced
3. 3 garlic cloves, minced or pressed
4. 1 each small green and red bell peppers, cut into thin strips
5. 1 carrot, peeled and julienned
6. 1 celery stalk, julienned
7. 1-1/4 cups chicken broth (1/4 cup separate)
8. 1/4 cup low sodium soy sauce
9. 3/4 tsp. red pepper flakes
-
10. 2 Tbs. cornstarch
11. 3 green onions, cut into 1/2" pieces
12. 1/3 creamy peanut butter
-
13. 3/4 cup ea. cashew or peanut pieces & chopped parsley or cilantro
14. Salt & pepper to taste
15. 12 oz. vermicelli, cooked and hot

Preparation

1. In a slow cooker, combine items 1 through 9 and cook, covered on low for 3 hours.
2. Mix the 1/4 cup broth into the cornstarch and add to the cooker. Set the cooker to high and add items 11 and 12. Cover and cook 30 minutes. Stir in items 13; adjust seasonings and serve over the vermicelli.

TODAY'S COOKING

GINGERED DUCK - SERVES 4

Ingredients

1. 1 frozen 4 to 5 lb. duck
2. 3/4 cup low salt soy sauce
3. 3 Tbs. ground ginger
4. Salt & pepper

Preparation

1. Partially thaw the duck and from the cavity and neck, pull out as much fat as possible. Rub the duck with some of the soy and ginger. Let stand until fully thawed. Pat the bird dry inside and out.
2. Place the duck in a large pot; add the remaining soy and ginger and add enough water to completely cover the duck. Bring to a boil; reduce heat and simmer 1 hour. Preheat the oven @ 450°F (230°C). Thoroughly drain*. Use a roasting pan and place the duck on a rack. Cook for approximately 1/2 hour until the skin is crispy.
3. * Cool the liquid; de-fat and use to make duck soup or poultry stock.

ROAST DUCK WITH BING CHERRIES - SERVES 4

Ingredients

1. 2 fresh or frozen 4 to 5 lb. ducks
2. 1 lemon, cut in half
3. Sea salt

Preparation

1. Pull out as much fat as possible from the cavity and neck. If using frozen duck, partially thaw the duck first. Rub the duck with some of the soy and ginger and if using frozen let stand until fully thawed. Pat the bird dry inside and out
2. Preheat the oven @ 350°F (180°C).
3. Rub the duck inside and out with the lemon and then the salt. Truss the duck and place on a roasting pan. Cook 30 minutes and then prick the skin well with a fork (do this at least once more later during the cooking). Be sure to remove excess fat from the pan (have no more than 1 cup at

TODAY'S COOKING

one time in the pan). Total cooking time: 1 hour for rare, 1-1/2 hours for medium-rare and 2 hours for medium. For crispy skin, increase heat to 500°F (260°C) for the last 15 minutes of cooking time. To serve, use poultry shears to cut each duck in half lengthwise.

Ingredients for the sauce

1. 1 lb. frozen unsweetened pitted Bing cherries, thawed, drained, juices reserved.
2. 1/4 cup kirsch liqueur (cherry brandy)
3. Orange juice
4. 1 tsp. orange zest
5. 3 Tbs. sugar
6. 1 Tbs. cornstarch
7. 2 tsp. lemon juice
8. 1 Tbs. unsalted butter

Preparation of the sauce

1. Combine the reserved cherry juice, kirsch and enough cold orange juice to measure one total cup.
2. Whisk together the sugar and cornstarch in a small saucepan until no lumps remain. Gradually whisk in the cherry juice mixture and cook over high heat until the mixture comes to a boil. Add the cherries and continue cooking until the sauce has thickened, stirring occasionally, about 5 minutes, remove from heat and add the lemon juice. Swirl in the butter. Serve over the duck.
3. If using fresh cherries: on a cutting board, put the flat side of a chef's knife on top of the cherry. Hit the knife with the heel of your hand to split the cherry and remove the pit.

DUCK IN WHITE WINE - SERVES 4

Ingredients

1. 2 ducks, 4 to 5 lbs. ea.
2. Sea salt
3. 1/2 Tbs. ground ginger
4. 1/4 Tbs. ground cloves
-
5. 1/3 cup cognac, warmed
6. 2 cups dry white wine
7. 2 carrots
8. 2 small to medium onions

TODAY'S COOKING

-
- 9. 2/3 cup raisins
-
- 10. 1 Tbs. cornstarch dissolved into 1 Tbs. cold water

Preparation

1. Preheat the oven @ 350°F (180°C).
2. Pull out from the cavity and neck as much fat as possible. Pat dry both the inside and outside of the duck. Rub both inside and out using items 2, 3 & 4. Truss the ducks and cook on a rack for 1 hour. Remove and place into a deep oven-proof pan. Pour on the cognac and flame the ducks.
3. Add the wine and items 7 & 8 to the pan and place back into the oven to cook about another 40 minutes, basting occasionally. Discard the vegetables; strain the juices and return to the pan along with the raisins. Cook an additional 15 minutes, basting once.
4. Remove the ducks. Pour the sauce into a sauce pan; bring to a boil and thicken with the cornstarch.

ROAST GOOSE WITH STUFFING - SERVES 8

Ingredients

1. 8 to 10 lb. goose
2. Sea salt
-
3. 1/4 cup butter
4. 1/2 cup ea. chopped onion and celery
5. 6 cups day old bread, cubed
6. 1/2 tsp. thyme
7. 1/2 tsp. pepper
8. 1 tsp. salt
9. 1 cup chopped dried apricots
10. 2 cups chopped apples
-
11. 1/3 cup cognac, warmed
12. 2 cups dry white wine
13. 2 carrots
14. 2 small to medium onions
-

TODAY'S COOKING

15. 2/3 cup raisins
-
16. 1 Tbs. cornstarch dissolved into 1 Tbs. cold water

Preparation

1. Preheat the oven @ 400°F (200°C).
2. Remove giblets and pull out from the cavity and neck as much fat as possible. Pat dry both the inside and outside of the goose. Rub both inside and out with the salt.
3. In a large skillet, melt the butter and sauté items 4 & 5 until limp. Add items 5 through 10 and mix well. Stuff the cavity, but do not pack it - leave some space.
4. Truss and skewer openings of the bird and cook on a rack for 1 hour. Use a fork to prick the skin and reduce heat to 350°F (180°C). Roast an additional hour and test for doneness by pricking the thickest part of the thigh. You want the juices to run clear. If additional cooking is required (no more than 30 minutes), reduce heat to 325°F (170°C).
5. Remove the goose and let rest 15 minutes.

CORNISH HENS WITH FRUIT - SERVES 2

Ingredients

1. 2 Cornish game hens.
2. 1/8 tsp. nutmeg
3. 1/4 tsp. cinnamon
4. Salt & pepper to taste
-
5. 2 Tbs. butter
6. 1 Tbs. grape seed or canola oil
7. 1/2 cup each dry red wine and chicken stock
8. 2 nectarines, peeled and chopped

Preparation

1. Split the hens in half and pat dry. Combine items 2, 3 & 4 and rub onto the hens.
2. In a large skillet, add items 5 & 6 and over medium heat, brown both sides of the hens, about 5 minutes each side.
3. Reduce heat; add the remaining items and simmer 15 minutes. Remove hens and keep warm.
4. Bring the sauce to a boil and reduce by half, about 5 minutes. Add the sauce to the hens and serve.

TODAY'S COOKING

CRISPY CORNISH HENS - SERVES 4

Ingredients

1. 4 Cornish game hens.
2. 8 Tbs. unsalted butter
-
3. 1/2 tsp. salt
4. 1/4 tsp. pepper
5. 1 Tbs. dry mustard
6. 2 cups Italian bread crumbs
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7. 1/2 cup dry white wine
8. 1 Tbs. Dijon mustard
9. 1/4 cup water or stock

Preparation

1. Preheat oven @425°F (220°C)
2. Split the hens in half with backbone removed. Pat dry. Melt the butter in a medium sized sauce pan.
3. Combine items 3, 4, 5 & 6 in a wide dish. Dip the hens in the butter and then into the crumb mix.
4. Place the hens in a greased baking dish and bake 30 minutes, basting once with the butter.
5. In a small saucepan, combine the last 3 items; bring to a boil and reduce by half. Serve the sauce with the hens.

FIG-GLAZED CORNISH HENS - SERVES 4

Ingredients

1. 3/4 cup wild rice or 1 cup white or brown rice
2. 1-1/2 tsp. tarragon
3. Salt & pepper to taste
-
4. 4 Cornish game hens.
-
5. 1 jar (approx. 12 oz.) fig preserves

TODAY'S COOKING

6. 3 Tbs. unsalted butter
7. 1/4 cup Grand Marnier or orange juice

Preparation

1. Preheat oven @350°F (180°C).
2. Prepare rice according to package directions (if using wild rice, be sure to thoroughly rinse in cold water prior to cooking). Add items 2 & 3 to cooked rice and mix well.
3. Pat the hens dry and loosely stuff with the rice. Truss and season the hens with salt & pepper.
4. Combine items 5, 6 & 7 in a small saucepan and heat over medium-low, stirring until well blended. Brush the hens on all sides with the glaze and place breast side up on a roasting pan. Bake for 1 hour and 15 minutes, basting frequently. Pour remaining glaze over hens and serve.

CORNISH HENS IN WINE & HERBS - SERVES 2

Ingredients

1. 2 Cornish game hens.
2. 1/4 tsp. each basil, oregano and salt
3. 1/8 tsp. pepper
-
4. 1 Tbs. each butter and olive oil
5. 2 shallots, finely chopped
6. 1/2 cup dry white wine or chicken stock

Preparation

1. Preheat oven @350°F (180°C).
2. Split the hens in half; remove backbone and pat dry. Combine items 2 & 3 and rub onto the hens.
3. In a large skillet over medium-high heat, melt the butter in the oil and add the hens. Cook 4 minutes per side and remove to a baking dish.
4. Add the shallots to the skillet and sauté 2 minutes. Add the wine; bring to a boil, stirring. Pour over the hens; cover with foil and bake 20 minutes, basting occasionally. Uncover; increase heat to 425°F (200°C) and bake 5 to 8 minutes.

TODAY'S COOKING

SAUTÉED CORNISH HENS - SERVES 2

Ingredients

1. 2 Cornish game hens.
2. Salt & pepper
3. 3 Tbs. canola oil
4. 1 shallot, finely chopped
5. 1 garlic clove, minced or pressed
6. 3 medium onions, halved
7. 4 medium red potatoes, quartered
8. 2 large carrots, sliced
9. 1/2 cup chicken stock
10. 1/4 tsp. thyme

Preparation

1. Split the hens in half; remove backbone; pat dry and season with salt & pepper.
2. In a large skillet over medium-high heat, heat the oil and add the hens. Cook 4 minutes per side and pour off all but 1 Tbs. of the drippings.
3. Add items 4 & 5 to the skillet and sauté 2 minutes. Add the remaining items and bring to a boil; reduce heat to medium; cover and cook 25 minutes, basting occasionally.

CORNISH HENS FLORENTINE - SERVES 4

Ingredients

1. 4 Cornish game hens.
2. Salt & pepper
3. 5 Tbs. butter
4. 1/3 cup finely chopped onion
5. 1 garlic clove, minced or pressed
6. 1 cup coarsely chopped mushrooms
7. 1 pkg. (10 oz.) frozen, chopped spinach, thawed, drained and squeezed
-
8. 1 cup ricotta cheese
9. 1/4 cup sour cream

TODAY'S COOKING

10. 1/4 tsp. salt & pepper
11. 1/8 tsp. nutmeg
-
12. 4 Tbs. butter, melted

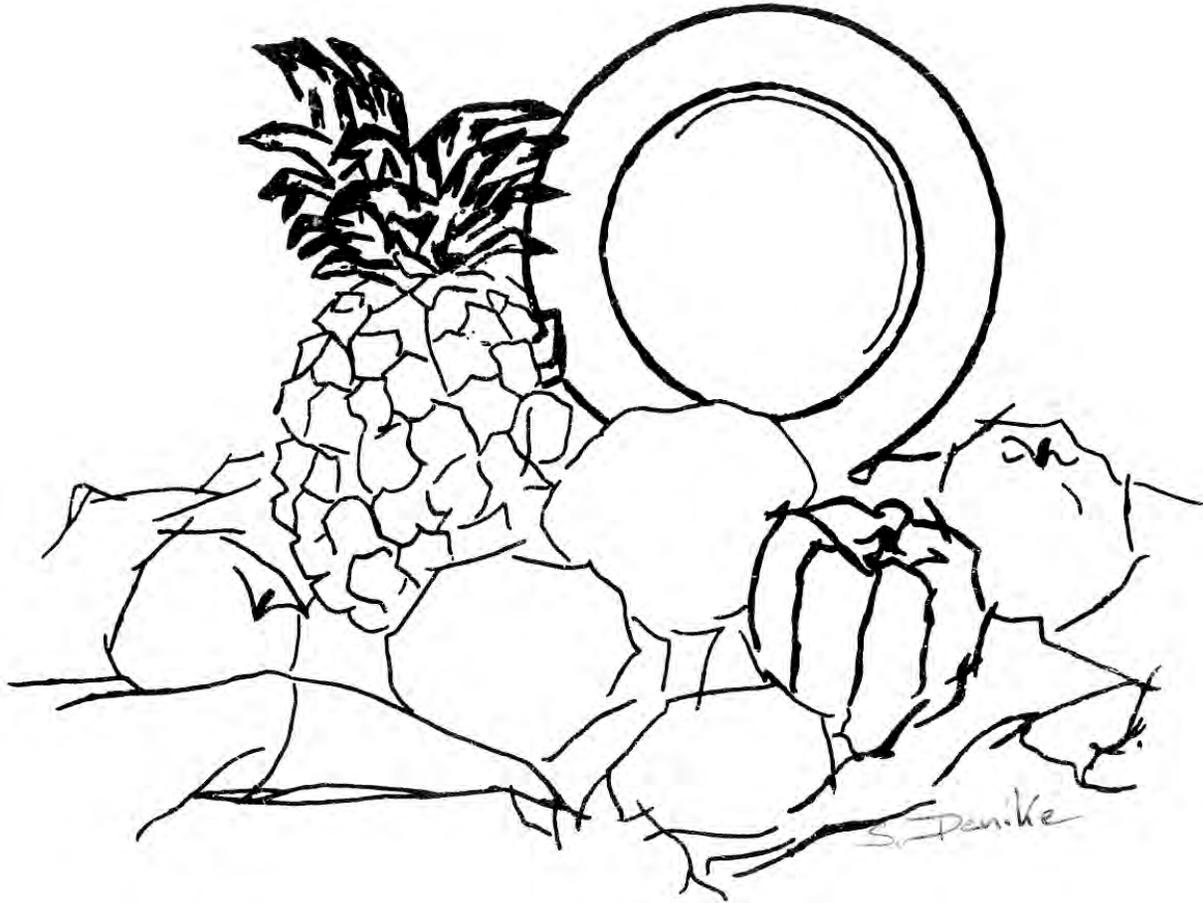
Preparation

1. Preheat the oven @ 350° F (180° C).
2. Wash the hens inside and out; pat dry and season both the skin and cavity with salt & pepper.
3. In a skillet over medium heat, melt the butter and add items 4 & 5. Cook 3 minutes and add the mushrooms. Cook until the liquid evaporates. Add the spinach and cook another 2 minutes. Remove from the heat and cool a little. Add items 8 through 11 and mix well.
4. Loosely stuff the birds; fold the wings back and tie the legs together. Bake breast side up, basting frequently with the butter, for about 1-1/4 hours.

TODAY'S COOKING



TODAY'S COOKING



BUON APPETITO!
ITALIAN

EET SMAKELIJK
DUTCH

¡BUEN APETITO!
SPANISH

BOM APETITE!
PORTUGUESE

BON APPÉTIT !
FRENCH

GUTEN APPETIT!
GERMAN

ITADAKIMASU
JAPANESE

SMAKLIG MÅLTID!
SWEDISH

CHIAH HOK
TAIWANESE

DA KANA!
FIJIAN

VÆR SÅ GOD!
DANISH

KALÍ ÓREKSI!
GREEK

E 'AI KĀUA
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HINDI

NIZHÓNÍGO ADÍYÍÍŁ
NAVAJO

GIN HĀI A-RÒI
THAI

JAL MEOKKESSEUMNIDA
KOREAN

ES GEZUNTERHEYT!
YIDDISH

SMAKLIG MÅLTID!
SWEDISH

POFTĀ BUNĀ!
ROMANIAN

MWYNHEWCH EICH BWYD!
WELSH

THOKOLEZA UKUDLA!
ZULU

SMACZNEGO!
POLISH

TAMA'A
TAHITIAN

VÆR SÅ GOD!
NORWEGIAN

ĂN NGON NHÉ
VIETNAMESE

BIL-HANĀ' WA ASH-SHIFĀ'
ARABIC