

# Meat Based Dishes

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# Beef Recipes

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[amyl](#)

# Amriswiler Buuretopf (Marinated beef knuckle)

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sun, 3 Oct 1993 12:00:00 +0100

Amriswil is a small town in the canton 'Thurgau':

Servings: 4

MMMMM-----BEEF MARINADE-----  
3 dl Red wine (1 1/4 cup) 40 g Parsley root(1.5oz),chopped  
3 dl Water 3 x Cloves  
3 x Shallots, coarsely chopped 1 x Bay leaf  
120 g Carrots (4.25 oz), diced 10 x Peppercorns  
80 g Knob celery (2.75 oz),diced 1 ts Granulated sugar  
1 x Clove garlic, chopped 1 ts Salt

MMMMM-----FRUITS MARINADE-----  
160 g (5.25oz) dried fruits(pears, 1 x Stick cinnamon  
- raisins, apples, prunes) 1 x Orange, rind  
4 dl Black tea (1 3/4 cups) 1 x Lemon, rind  
5 x Cloves

MMMMM-----BEEF-----  
1 kg Beef knuckle (2 lbs) 2 1/2 dl Marinade (1 cup)  
2 tb Cooking oil 2 dl Whipping cream (7/8 cup)  
5 dl Red wine (2 1/8 cups) Salt, freshly ground pepper

MMMMM-----VEGETABLES-----  
2 x Carrots 1 tb Parsley, finely chopped  
1/2 x Knob celery 20 g Butter (0.75 oz)  
1/2 x Cucumber 1 x Twig parsley (to garnish)

## Meat

Place meat (boned and cut into cubes 40 g (1.75 oz) each) in a bowl and combine with all ingredients for the beef marinade. Mix well. Cover bowl. Marinate in the refrigerator for 3 (three !) days.

One day ahead of time marinate fruits. Combine all ingredients for the fruits marinade in a bowl and cover.

Preheat oven to 180 oC (356 oF).

Remove meat from marinade, dry with a clean cloth. Strain marinade through a fine sieve. Set marinade and vegetables (from marinade) aside

separately.

In a fireproof casserole heat oil. Brown meat well on all sides. Add vegetables (from marinade), brown. Moisten with wine and cover with marinade. Drain dried fruits, add to meat. Cover, set in oven and braise for 1 1/2 hours.

Remove meat and fruits from casserole. Keep warm. Remove spices from sauce, stir in cream (2 dl), boil until sauce thickens. Return meat to sauce and correct seasoning.

#### Vegetables

Clean and trim vegetables. Cut into slices and cook 'al dente' in lightly salted water. Drain, heat butter and saute' vegetables briefly. Add parsley.

#### Serving

Arrange meat in center of plate. Decorate with vegetables, garnish with parsley. As a side dish serve fried potatoes.

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# Beef Fillet in Filo for a Picnic

From: maryb@cix.compulink.co.uk (Mary Branscombe)

Date: Tue, 10 Aug 1993 20:13:39 +0000

2lb fillet of beef - tied into shape if necessary  
clove or 3 of garlic  
filo pastry 3-4 large sheets  
melted butter/olive oil

cut garlic into slivers and stab beef - push slivers into the stab wounds

brown the fillet of beef in frying pan briefly

roast 10 minutes in 180 oven

chill 30 minutes

wrap in filo, brushing between the layers with olive oil/melted butter

roast at 180 for 20 minutes

nice with potato salad with sour cream (boil potatoes, chop onion, drain potatoes, add to onion and sour cream)

[mara](#)

# East Coast Pepper Steak

From: lmetcalf@OAVAX.CSUCHICO.EDU (LORETTA METCALF)

Date: 26 Aug 1993 17:09:21 GMT

round steak 1-2 lbs.  
1 medium onion  
2 cloves garlic  
1 large green bell pepper  
1 small can tomato sauce  
mushrooms  
salt  
pepper  
cornstarch  
olive oil  
2 cups of water  
2 tablespoons of good (not cooking) Sherry  
or dry red wine such as Cabernet Savionagne (misspelled)

trim all fat from steak, cut into small chunks and put aside. Use cusinart or chop onion and garlic into tiny pieces. Brown the onion and garlic in two tablespoons of the olive oil in a heavy skillet. Remove from pan and put steak in and turn heat up high and brown steak well. Remove steak from pan and add the wine or Sherry and boil down to evaporate, add water and scrape the pan to get the brown etc. mixed well with the water. Add the steak and browned onion/garlic. Add 1/2 to full can of the tomato sauce depending on your taste, if steak isn't covered with the liquid, add more water. Let simmer for several hours, (adding water if too much evaporates) keep a cover on the skillet, but leave it slightly cracked to allow steam to escape. One hour into the cooking, remove one cup of liquid and reserve for later use. Taste steak occasionally till very tender, then add mushrooms and pepper strips to mixture and let it cook till they are tender/crisp. At the time you add the last two ingredients mix 2-4 tablespoons of cornstarch with the reserved liquid (which should have cooled by this time) and slowly add this mixture to the pepper steak to thicken the dish and cook at least (bubbling) 10 min. serve over rice, with a green salad dressed with oil and vinegar, you've got a great meal

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# Hawaiian Meatballs

From: arielle@taronga.com (Stephanie da Silva)

Date: Sat, 31 Jul 93 16:59:56 CDT

Combine: 1 lb 4oz can crushed pineapple 1 lb ground beef 1 egg 2 bread slices, crumbled 1 tablespoon onion 1 teaspoon salt 1/8 teaspoon cloves 1/8 teaspoon allspice 2 tablespoons pineapple syrup/juice  
Sauce Combine in saucepan: 1/3 cup syrup/juice 1/2 cup ketchup 1/3 cup brown sugar Hm, I don't have cooking instructions with this. Make them like you usually make meatballs. Form the meatball mixture in little balls and fry them in a skillet until browned. Cook the sauce a few minutes over medium heat, then pour over meatballs and cook until done. Or something like that. Keep warm in a chafing dish. [mara](#)

# Homemade Beef Stick

From: Jody Lynn Delong jld6m@darwin.clas.virginia.edu

Date: Tue, 20 Jul 1993 22:37:01 GMT

5 lbs cheap lamb or beef (ground)  
2 1/2 tsp liquid smoke (Wright's)  
2 1/2 tsp garlic salt  
2 1/2 tsp mustard seed  
5 heaping tsp Morton's tender quick

Mix all ingredients together well and refrigerate. Remove and knead for 5 minutes each of the next three days. On day 4, divide into 6 segments and form into logs (~1 1/2-2 inch diameter). Place on broiler pan and bake in oven at 160 F for 9 hrs. When done, pat with paper towel to remove excess grease. Keeps in refrigerator for 3 wks, and can be frozen.

[mara](#)

# Lebanese Sirloin Tips and Sauce

From: v313mdm8@ubvmsd.cc.buffalo.edu (ROCHELLE NEWMAN)

Date: Sun, 18 Jul 1993 01:42:00 GMT

This is from my fiance's Lebanese grandmother, and measurements are not exact....

1 1/2 lbs. sirloin tips, cubed  
1 can tomato sauce (16 oz. can)  
1/4 lb butter  
1 onion  
salt  
pepper  
cinnamon  
Vermicelli  
1 cup rice

Brown onion in 1/2 stick butter; Add meat, then simmer until brown. Add can of tomato sauce, and let simmer for 1 hour. Then add spices (about a shake each of salt, pepper, and cinnamon).

Meanwhile, make rice dish. Get 1 serving of Vermicelli, and brown in 1/4 stick butter. Wash 1 cup rice, and add to vermicelli, mix well. Add 1 1/2 cups hot water, and cook until rice is done.

Serve and enjoy!

[mara](#)

# Sauerbraten (Sour roasted beef)

From: detig@iti.informatik.th-darmstadt.de (Christine Detig)

Date: Thu, 12 Aug 1993 21:08:52 GMT

Use for 4-6 servings:

1kg piece of beef (e.g. from the upper back hip, no usual roast beef!)  
1/4 l vinegar from red whine or a mixture 50:50 red whine and vinegar  
2 bay leafs  
2 tblsp whole black pepper  
2 big onions  
1 big carrot  
200g potatoes  
1/4 l bouillon  
2 tblsp creme fraiche (or sour cream)  
salt, pepper, oil

1. Place meat in a high dish, fill with vinegar (or mixture) until covered. Add bay leafs and pepper grains and place dish in the refrigerator. Leave there for 2-3 days, turn meat around at least once.
2. Get meat out of marinade and dry. Spice meat with pepper all around.
3. Cut onions, carrots and potatoes in little cubes. Heat oil, place meat in it and roast until brown from all sides. Add onions until brown, too.
4. Salt the meat, add potatoes and carrots, then the bouillon, and, optionally, some more red whine (esp. if you used only vinegar before). Add also a little of the marinade (without leafs and pepper).
5. Simmer for at least 1 1/2 hours on low heat in a closed pot, turn once.
6. Get meat out of the pot and keep warm. Puree the sauce, let reduce a little. Add creme fraiche or sour creme, add salt and pepper to your taste.
7. Cut meat into slices, serve.

Traditional side dishes are potatoes or Kloesse (dumplings), and some vegetable like Rotkraut (that is hot red crabbage).

In some areas of germany, they add raisins and sliced apples to the sauce so that it gets a more sweet-and-sour taste.

Enjoy.

Sauerbraten (Sour roasted beef)

Christine

[mara](#)

# Sauerbraten

From: arielle@taronga.com (Stephanie da Silva)

Date: Fri, 13 Aug 1993 02:59:07 GMT

2 lb (1 kg) beef bottom round, in 1 piece  
5 tablespoons (74 ml) lard  
1 cup (1/4 liter) raisins, soaked in warm water for 20 minutes and drained  
salt and pepper  
1 cup Lebkuchen or gingerbread crumbs  
1 tablespoon (15 ml) apple syrup (or substitute dark corn syrup)  
1 cup (1/4 liter) sour cream

## Spiced vinegar marinade

2 cups (1/2 liter) water  
1 cup (1/4 liter) wine vinegar  
1 tsp (5 ml) salt  
2 onions  
1 carrot  
5 peppercorns  
2 whole cloves  
1 bay leaf  
2 juniper berries

Put all the marinade ingredients into a large pan. Bring to a boil, then lower the heat and simmer for 15 minutes; set the marinade aside to cool. Place the meat in a glazed earthenware pot, pour in the marinade and leave the pot in a cool place or the refrigerator for two to three days, turning the meat occasionally.

Drain the meat, pat it dry with paper towels and brown it in the lard in a large, heavy fireproof casserole. Strain the marinade -- discarding the vegetables and the seasonings -- and pour it over the beef. Cook the beef in an oven, preheated to to 350F, for about 1 1/2 hours, basting regularly. Add the raisins about 15 minutes before the end of cooking. When the meat is well done and very tender, transfer it to a warmed platter.

Degrease the sauce remaining in the casserole and season it with salt and pepper. Over moderate heat, thicken the sauce with the Lebkuchen or gingerbread crumbs, then mix in the apple syrup or dark corn syrup and the sour cream.

Slice the sauerbraten and serve it in its sauce with potato dumplings or potato pancakes and unsweetened applesauce.

[mara](#)

# German Sauerbraten

From: marple@cs.ubc.ca (Kirk Marple)

Date: 12 Aug 1993 18:05:59 -0700

Someone from Germany posted a sauerbraten recipe which is probably more authentic than this, but ginger snaps in sauerbraten seem to be a real American tradition (according to Fanny Farmer, which is where I got this)!

Laura  
marple@cs.ubc.ca

Sauerbraten

Serves: 10

4 lb. top or bottom round roast  
1 cup dry white wine  
1 1/2 teaspoons salt  
10 peppercorns, crushed  
1 onion, sliced thin  
2 bay leaves  
2 tablespoons pickling spices  
2 cups water  
3 tablespoons shortening  
1/2 cup gingersnaps, crushed fine  
1/2 cup sour cream

Two days before you plan to use it, put the beef in a deep glass or pottery bowl. In a saucepan, mix the wine, salt, peppercorns, onion, bay leaves and pickling spices with 2 cups water and bring to a boil. Remove from the heat. When it is cool, pour over the beef. Cover the bowl tightly with foil, and refrigerate for at least two days, turning the meat in the marinade twice a day.

Preheat the oven to 350. Melt the shortening in a covered roasting pan or casserole. Remove the meat from the marinade, pat it dry with paper towels, and brown it well on all sides in the hot shortening. Drain off the fat, strain the marinade, and pour it over the meat. Cover and cook in the oven for 2-2 1/2 hours, or until tender.

Remove the meat and keep warm on a platter. Put the roasting pan on a burner and add the gingersnap crumbs, stirring until the gravy is smooth and thickened. Stir in the sour cream, letting it get hot, but not allowing it to boil, lest it curdle. Slice the meat, pour the gravy into a sauce bowl, and serve with the sauerbraten.

[mara](#)

# Chicken Dishes

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# Buffalo Wings

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# Buffalo Chicken Snacks

From: "Rita M. Motor" rm6v+@andrew.cmu.edu  
Date: Mon, 13 Sep 1993 15:34:32 -0400 (EDT)

I'm posting all information that was included in the recipe, including prep time, calories, comments, etc.

(from Woman's Day 1/12/93 magazine)

Prep: (including standing time) 45 min  
Broil: 5 min  
Cost per Serving: \$1.18

"Buffalo chicken wings are a killer. Wings are deep-fried, tossed with a butter-based hot sauce and served with a mayonnaise/blue-cheese dip. Here, chicken breasts are spiced up, broiled and served with a low-fat dip."

## The Breakdown:

Before	After
Calories	
300 (69% from fat)	97 (9% from fat)
Fat (grams)	
23	1

## Ingredients

-----  
6 boneless, skinless chicken-breast halves (about 1-1/2 pounds)  
Twenty-four (24) 6-inch wooden skewers  
3 Tablespoons extra-light vegetable-oil spread (like Promise Extra Light)  
1 Tablespoon EACH hot paprika and hot-pepper sauce  
1/4 teaspoon garlic powder

## Blue Cheese Dip ingredients

-----  
3/4 cup nonfat cottage cheese  
1/4 cup water  
1/4 teaspoon onion powder  
1/4 cup crumbled blue cheese (1 ounce)

Accompaniments: jimcama, celery and carrot sticks

## Directions:

-----

1. Place chicken breasts on a cutting board so the tubular fillet (along outer edge of each breast half) faces up. Pull the fillet from each breast. Cut each breast lengthwise into thirds. (When you're done, you'll have 24 strips - including fillets.)
  2. Thread chicken on skewers. Wrap exposed ends of skewers with foil. Arrange chicken on a broiler rack.
  3. Melt spread in a small saucepan over low heat. Stir in paprika, hot-pepper sauce and garlic powder. Brush all over chicken. Let stand 30 minutes.
  4. Meanwhile, put all dressing ingredients except 2 tablespoons of the blue cheese in a blender or food processor. Blend until smooth, scraping down sides of container once or twice as necessary. Stir in remaining blue cheese.
  5. Turn broiler to high. Broil chicken 4 inches from heat source 5 mins, turning once. Remove foil from skewers. Arrange chicken on a platter. Serve with Blue-Cheese Dip and vegetable sticks
- o serves 12 as a snack. Per serving with 1 tablespoon dressing:  
97 cal, 15 g protein, 3 g carb., 1 g fat, 36 mg cholesterol, 165 mg sodium.

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# Buffalo Wings

From: stevew@rb-csd.sandiegoca.ncr.com

Date: Sat, 7 Aug 93 17:27:55 PDT

This is a wing recipe from a guy who used to cook wings for a living in Buffalo.

Get some Durkee's Frank's Original Red Hot Cayenne Pepper Sauce, there is "no" adequate substitute, you may have to ask your grocer to order it, or call Durkee/French's at 714-526-3363. If it's the little bottles, get two or three of them, I get the gallon jug from a restaurant supply place, cheap! It used to be called Frank's Red Hot Pepper Sauce, then it was Durkee's Louisiana Hot Sauce, but there already was a brand name Louisiana Hot Sauce. Still tastes the same!

Acquire some margarine. Only margarine works right (correct taste and resistance to burning). Neither oil nor butter will substitute.

Get the wings cut up, and start heating up the frying grease. Some revisionist (or health-conscious) types insist on other cooking methods, but there is nothing like the real crisp-on-the-outside moist -and-chewy-on-the-inside texture of fried wings.

Make up the sauce. Put the Durkee's and margarine into a skillet or saute pan big enough to comfortably hold one fryer-load of wings. The total amount of sauce at once should be about a quarter of an inch in the bottom of the pan.

The proportions are:

Equal parts is the nominal starting point (called "medium" in Buffalo). A bit of tingle, but not very spicy.

Undiluted Durkee's doesn't taste as good, but is pretty hot. Three to one, Durkee's to margarine is about as hot as I like it.

For the really timid (like kids) just a splash of Durkee's in the margarine gives a little flavor but no noticeable hot. The idea is to cook up the Durkee's and margarine to a bit thicker consistency. It should simmer for 5 minutes or so, then be kept hot.

You can make up just one batch of sauce for a bunch of wings. You can just add more ingredients to the pan as you use up the sauce. When you add more ingredients, you can adjust the spiciness.

I use this to satisfy everybody, I start out with all the margarine I plan

## Buffalo Wings

to use, and put in just a splash of Durkee's. That makes a few wings for the kids. Then a bunch more Durkee's to make the wings medium. Still more Durkee's to get it the way I like it.

Fry the wings. They're cooked when the bubbles slow down significantly. This takes seeing it once to know just how much bubbling corresponds to "done," but it doesn't take a rocket scientist to get it right. At home, I put the "drumettes" in first, because they take a minute or two longer to cook. As always with frying, be sure that you don't put in so much food that the temperature of the fat drops below 325 or so, and have the heat on so it gets back up to 375 ASAP.

As the wings finish cooking, take them out and drain thoroughly. I generally put them in a strainer held over the fat. Don't pile them up in a bowl, or the fat will cool and congeal before it runs off!

Once the wings are drained, put them in the sauce and get the wings covered with sauce. The official restaurant way to do this is to toss them in the air, but your stove cleaner may not appreciate this.

Use tongs to pick the wings out of the pan and let the sauce drain off. Toss the wings on a grill or in a hot oven for a few minutes at this point to "bake on" the sauce.

Serve with celery sticks and blue cheese dressing on the side. Yes, the BCD *\*is\** for the wings! But make sure it is good BCD, with nice chunks of good cheese. (One of the sadder realizations of my growing up is that there are some things you just can't get, restaurants get a special Kraft dressing that comes only in five-gallon containers that must be continuously refrigerated. Great stuff, not available to you and me.)

[mara](#)

# Buffalo Chicken Wings (Anchor Bar & Restaurant, Buffalo, NY)

From: mnh@catfish.ocpt.ccur.com (Michele Hardy)

Date: Wed, 8 Sep 1993 13:53:39 GMT

Here is the original recipe created by Ms. Teresa Bellissimo, owner of the Anchor Bar and Restaurant, in Buffalo, NY. It is taken from Totally Hot! The Ultimate Hot Pepper Cookbook.

4 to 5 Lbs Chicken wings  
    Freshly ground black pepper  
    Salt (if desired)  
4 C Vegetable Oil  
4 Tbs butter or margarine (1/2 stick)  
5 Tbs Louisiana-brand hot sauce or Tabasco sauce  
1 Tbs white wine vinegar

1. Chop off the tip of each chicken wing, and discard it. Chop the wing in half (cutting at the joint) to make 2 pieces. Grind on fresh black pepper and sprinkle with salt if desired.
2. Heat the oil over high heat in a deep skillet, Dutch oven, or deep-fat fryer until it starts to pop and sizzle (around 400 degrees F). Add half the chicken wings and cook until they're golden and crisp, stirring or shaking occasionally. When done, remove them to drain on paper towels and cook the remaining wings.
3. Melt the butter or margarine over medium heat in a heavy saucepan, add the hot sauce and the 1 tablespoon of vinegar. Stir well and remove from the flame immediately.
4. Place the chicken on a warm serving platter, pour the sauce on top, and serve

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# Buffalo Chicken Wings

From: Peter.Klug@software.mitel.com (Peter Klug)

Date: Fri, 24 Sep 1993 17:25:17 -0400

(4-6 Servings)

24 wings	4 cups oil (peanut, corn, or other)
4 tbs. butter	1 tbs. white vinegar
2-5 tbs. (one 2.5 oz. bottle) Frank's Louisiana Hot Sauce	
2.5 cups blue cheese dressing (Marie's or see recipe below)	
salt and pepper	celery sticks

Discard small tip of each wing, split at large joint and sprinkle with salt and pepper.

Heat oil in large casserole or fryer (until quite hot). Add half of wings and cook, stirring occasionally. When brown and crisp (15-20 min.), remove and drain well. Cook remaining wings.

Melt butter in saucepan and add hot sauce and vinegar.

Put wings on a warm platter and pour sauce over them (or put wings and sauce in a closed container and shake).

Serve with celery sticks, blue cheese dressing (for dipping), and beer.

## Blue Cheese Dressing

1 cup mayonnaise (Hellman's or homemade, see below)	
2 tbs. finely chopped onion	1 tsp. finely minced garlic
1/4 cup finely chopped parsley	1/2 cup sour cream
1 tbs. lemon juice	1 tbs. white vinegar
1/4 cup crumbled blue cheese	salt, pepper, cayenne to taste

Combine and chill for an hour or longer. Makes 2.5 cups.

## Homemade Mayonnaise

1 egg yolk  
1 tsp. vinegar or lemon juice  
salt and freshly ground pepper

1 tsp. Dijon mustard  
1 cup oil (peanut, olive,  
or other)

Beat egg yolk, mustard, salt, pepper and vinegar (or lemon juice) for a few seconds with wire whisk or beater.

Add oil gradually and continue beating to correct consistency. Makes 1 cup.

The unfortunate part of the referenced recipe is that it is loaded with fat. For a low(er) fat variation that still tastes good, (got rave reviews when we served them at our last party) broil the wings instead of frying them, and then mix 1/2 cup hot sauce, 4 tbs honey, 2 tbs vinegar, 2 tbs lemon juice, 1 heaping tsp dry mustard, like Coleman's. Heat the sauce until it thickens, and then put the wings in, and then cook till it thickens even more, while stirring the wings around. Still taste good with celery sticks and blue cheese dressing. Might as well go all the way and use lower fat cheese dressing, though.

Wings, being mostly chicken skin, have a large amount of fat in them, no matter what you do. You can help a little by broiling them so that some of the fat melts away, and not adding any more. I would recommend grilling the wings. That way, you lose the fat (a good thing) without losing the flavor (which would be a bad thing).

[amyl](#)

# Buffalo Chicken Wing Recipes : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Tue, 7 Sep 93 11:55:35 +0200

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From: arielle@taronga.com (Stephanie da Silva)

BUFFALO CHICKEN SALAD  
=====

Marinate a few boneless chicken breasts in Durkee's Red Hot Sauce (I swear by the stuff at work, I should have known it was the best for Buffalo Wings - it is great in Crab Dip, too) and a little olive oil,

lemon juice, salt and pepper.

I like to let the chicken sit overnight so that it soaks up the true flavor of the durkee's. Bake off the chicken at 350 until cooked through, and no pink shows. Let cool and tear into pieces, drizzling more Durkee's if the flavor is not enough.

Then I just toss it with chopped celery, and homemade blue cheese dressing. The dressing certainly does not have a recipes (We really don't use recipes in catering) - basically it is Mayo, Sour Cream, Chopped Green onion, salt, pepper, lemon juice, and crumbled blue cheese - Saga Blue usually. The secret is to let the blue cheese set in the fridge at least overnight.

%%

\*

From: arielle@taronga.com (Stephanie da Silva)

BUFFALO CHICKEN WINGS

=====

(Yield: 8 servings)

Ingredients:

-----

Seasoning Mix (Makes 2 tblsp plus 1 3/4 tsp)

- 2 tsp salt
- 2 tsp paprika (mild, or Hungarian hot paprika)
- 1 tsp cayenne pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 3/4 tsp white pepper
- 10 tblsp (1 1/4 sticks) unsalted butter, in all
- 1 tblsp plus 1 tsp Tabasco sauce, in all
- 24 chicken wings, tips removed, room temperature
- 2 cups vegetable oil
- Blue Cheese Dressing (recipe follows)
- Celery sticks (optional)

Instructions:

-----

Thoroughly combine the seasoning mix ingredients in a small bowl.

Melt 5 tablespoons of the butter with 2 teaspoons of the Tabasco sauce in a small saucepan over low heat. Pour into a small shallow bowl or pie plate, and let cool slightly.

Put the chicken wings into a large bowl and coat well with 2 tablespoons of the seasoning mix. Add the butter/Tabasco mixture and work in well

with your hands until chicken is completely coated and seasonings are well distributed. (Make sure the chicken wings are at room temperature; otherwise, the seasoning mixture will congeal and you'll have a mess of gunk that won't stick well to the chicken.) Set aside to marinate (for up to 30 minutes, covered) and heat the oil.

Heat the oil in a large heavy skillet over high heat until it is very hot. Add the chicken wings, fitting in as many as there is room for in a single layer. Fry until crisp and golden brown, about 8 to 12 minutes, turning several times. Drain on paper towels. Repeat with the remaining wings.

Meanwhile, make a sauce to finish the wings by melting the remaining butter and adding the remaining Tabasco and seasoning mix. Dip the cooked wings into the finishing sauce and place on a serving platter. Serve with the Blue Cheese Dressing and celery sticks, if desired.

Blue Cheese Dressing:

-----

- 2 eggs
- 1 tblsp fresh lemon juice
- 1 tblsp apple cider vinegar
- 1/4 cup chopped onions
- 1/4 cup chopped celery
- 1/2 tsp salt
- 1/2 tsp white pepper
- 1/8 tsp cayenne pepper
- 1/2 tsp minced fresh garlic
- 1 tsp Worcestershire sauce
- 2 cups vegetable oil
- 1/2 cup crumbled blue cheese

Instructions:

-----

Put everything but the oil and blue cheese into a blender or food processor and process for 15 to 20 seconds. Continue to process, adding the oil slowly in a thin stream. When oil has been added, process for an additional 45 seconds, or until well thickened. Add the cheese and mix well. Refrigerate until ready to use.

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From: arielle@taronga.com (Stephanie da Silva)

BUFFALO CHICKEN WINGS

=====

Basic Ingredients:

-----  
2 lbs disjointed chicken wings  
1 gallon vegetable oil  
1/4 lb margarine (melted)  
1/8 tsp garlic powder

For MEDIUM:

-----  
8 oz. cayenne pepper sauce

For HOT:

-----  
16 oz. cayenne pepper sauce

For SUICIDE:

-----  
24 oz cayenne pepper sauce,  
1 cup diced jalapenos, and  
1 tsp cayenne pepper powder

Instructions:

-----  
Deep fry wings in oil for about 25 minutes at 375F; make sure wings remain separated.

Put melted margarine in bowl and add garlic powder and cayenne pepper sauce (plus jalapenos and cayenne powder for Suicide wings).

Place cooked wings in large pan, add sauce, cover and shake.

Blue Cheese Dip

-----  
4 oz crumbly blue cheese  
4 oz sour cream  
4 oz mayonnaise  
1/8 tsp garlic powder  
1/8 tsp onion powder

Mix ingredients and refrigerate 1/2 hour before serving.

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From: arielle@taronga.com (Stephanie da Silva)

BUFFALO STYLE CHICKEN WINGS

=====

Ingredients:

-----  
 24 wings  
 4 cups oil (peanut, corn, or other)  
 4 T butter  
 2-5 T (one 2.5 oz. bottle) Frank's  
 1 T white vinegar  
 Louisiana Hot Sauce  
 2-1/2 C Blue Cheese Dressing  
 salt and pepper  
 celery sticks

Instructions:  
 -----

Discard small tip of each wing, split at large joint and sprinkle with salt and pepper. Heat oil in large casserole or fryer (until quite hot). Add half of wings and cook, stirring occasionally. When brown and crisp (15-20 min.), remove and drain well. Cook remaining wings. Melt butter in saucepan and add hot sauce and vinegar. Put wings on a warm platter and pour sauce over them (or put wings and sauce in a closed container and shake). Serve with celery sticks, blue cheese dressing (for dipping), and beer.

The unfortunate part of the referenced recipe is that it is loaded with fat. For a low(er) fat variation that still tastes good, (got rave reviews when we served them at our last party) broil the wings instead of frying them, and then mix 1/2 cup hot sauce, 4 tbs honey, 2 tbs vinegar, 2 tbs lemon juice, 1 heaping tsp dry mustard, like Coleman's. Heat the sauce until it thickens, and then put the wings in, and then cook till it thickens even more, while stirring the wings around. Still taste good with celery sticks and blue cheese dressing. Might as well go all the way and use lower fat cheese dressing, though.

Wings, being mostly chicken skin, have a large amount of fat in them, no matter what you do. You can help a little by broiling them so that some of the fat melts away, and not adding any more. I would recommend grilling the wings. That way, you lose the fat (a good thing) without losing the flavor (which would be a bad thing).

Blue Cheese Dressing  
 -----

1 c mayonnaise  
 2 Tbsp finely chopped onion  
 1 tsp finely minced garlic  
 1/4 c finely chopped parsley  
 1/2 c sour cream  
 1 Tbsp lemon juice  
 1 Tbsp white vinegar  
 1/4 c. crumbled blue cheese  
 salt, pepper, cayenne to taste

Combine and chill for an hour or longer.

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From: jenkinsb@albert.Colorado.EDU (Brian)

BUFFALO WINGS  
=====

If we make them at home we don't usually deep-fry them.

Instead, we bake them for awhile and then broil each side to try and get them a little crispy. For a sauce, we simply mix some hot sauces and a little Italian salad dressing until we think it tastes ok and then roll the wings around in it. They're not bad this way but they're not quite like you'd get back in NY.

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From: fluke!ness@uunet.UU.NET

BUFFALO WINGS  
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The Sauce:  
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- 1 bottle (8 oz.) Durkee Red Hot Sauce (trust me!)
  - 2 tblsp butter or margarine
  - 1 tblsp garlic wine vinegar
  - 1 tblsp honey
  - 1 tblsp lemon juice
- (some folks even add cayenne pepper and tobasco sauce  
use your own judgement. I think it's got enough muscle)

Note:  
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- Measurements are not critical.
- The vinegar makes it aromatic.
- The lemon gives it tang.
- The red hot gives it bang.
- The honey softens the blow.

Instructions:  
-----

Put all the ingredients in a sauce pan and simmer on low until it is all melted/mixed well. When you first taste it, it's kind 'nasty'. It seems to mellow while your deep frying the chicken. Keep warm while

doing the chicken.

2 or 3 packages chicken wing 'drumettes' (or cut whole wings into pieces do not use the wing tip!)

Deep fry the chicken in peanut oil at 350 deg. In a wok when the 'wingettes' are golden brown and floating, they are done. (When you first put them in the oil they sink). Drain the batches on paper towels in a warm oven. Broiling will not create the 'right' texture - they should be brown and crispy

When all the chicken is done put them in a large bowl and pour the sauce on them. Toss the chicken to coat all the pieces.

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From: javtah@world.std.com

BUFFALO WINGS  
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Ingredients:  
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- 1 Family pack of wings (?lbs)
- 1 bottle of hot sauce (could use louisiana style, I prefer to find or make one with more of a tomato base than vinegar base. If you like super hot wings try to find Inner Beauty Sauce)
- 1 stick of margarine or butter (margarine works better)

Instructions:  
-----

Deep fry the wings until golden brown. Soak out the grease. Preferred method is to shake in a brown bag. In a fry pan melt margarine and hot sauce together.

Dip dried, fried wings in the hot sauce mixture. If you like them crispy put them on a baking sheet in the oven (350F) for 10 minutes.

The secret for my taste is to get them crispy in the deep frier, then replace the grease in the crispy skin with hot sauce properly formulated in its own grease. IMHO no good way to go fat free on this one!

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From: kranf@alcor.concordia.ca

BUFFALO WINGS

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Ingredients:

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Sauce:

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- 6 tblsp (3 oz.) of FRANK'S Louisiana Hot Sauce (now Durkee's)
- 1/2 stick of margarine (not butter!)
- 1 tblsp of white vinegar
- 1/8 tsp of celery seed
- 1/8-1/4 tsp of Cayenne pepper
- 1/4 tsp of red pepper
- 1/8 tsp of garlic salt
- dash of black pepper
- 1/4 tsp of Worcestershire Sauce
- 1-2 tsp of Tabasco Sauce

Instructions:

-----

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

This makes enough for about 30 "wingettes"

The Wings:

-----

Fry the wings in a deep fryer set at 375 degrees F., using vegetable or peanut oil. I fry 15 wings at a time for 12-15 minutes.

Drain the wings for a few minutes then put them in a bowl. After all the wings have been fried, pour the sauce over them, cover the bowl, and shake to completely coat the wings.

They can be eaten now, or you can put them on a baking sheet and bake them for a few minutes to get an extra-crispy coating.

Serve with carrot and celery sticks, Marie's Bleu Cheese Dressing, and cold beer (Genee Cream Ale is traditional).

Note: It is supposed to be the REAL Buffalo Wing recipe from the Anchor Bar in Buffalo.

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From: arielle@taronga.com (Stephanie da Silva)

BUFFALO WINGS

=====  
(Serves 2 - 4)

Ingredients:  
-----

- 2 lb Chicken Wings
- 1/4 cup Margarine (not butter)
- 1/2 cup Durkee's Louisiana Hot Sauce (used to be Frank's)

Instructions:  
-----

Heat cooking oil in a deep fryer to 375 F.

Cut each wing into 3 pieces and discard the wingtips. Do not remove the skin from the wings.

Fry them for 12 - 15 minutes in small enough batches that the oil temp won't drop below 325 F. My deep fryer will handle 2 lb at a time. I usually put the "drumettes" in first because they take slightly longer to cook; then I add the other pieces after the drumettes have cooked for about 1 minute. They're cooked when the bubbles slow down and the wing pieces are all floating. Agitate the pieces occasionally during frying so they don't stick together.

While the wings are frying, put the margarine and sauce in a small saucepan or skillet and heat it on low. Bring the mixture to a simmer, stirring occasionally.

When the wings are done, remove them from the oil and drain. Place the wing pieces in a plastic bowl with a tight fitting lid (I use a Tupperware container) and pour the hot sauce mixture over the wing pieces. Put the lid on the plastic container and shake it well, thoroughly coating the wing pieces with sauce.

Remove the wing pieces from the sauce, allowing excess sauce to drain off of them. I use a pair of tongs and shake the excess sauce off before putting them on a serving platter. They can be eaten hot, cold, or room temperature.

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From: arielle@taronga.com (Stephanie da Silva)

BUFFALO WINGS  
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The Sauce - this makes enough for about 48 "wingettes"

Buffalo Wings Sauce -- Medium Heat:

-----  
6 Tblsp (3 oz.) of Louisiana Hot Sauce  
1/2 stick of margarine (not butter!)  
1/2 to 1 Tblsp of white vinegar  
1/4 jar (3 oz.) of Nancy's Chicken Wing Sauce (Medium)  
1/4 tsp of Worcestershire Sauce  
1 to 2 tsp of Tabasco Sauce  
1/8 tsp of Celery seed powder  
1/4 tsp of Red Pepper  
1/8 to 1/4 tsp of Cayenne Pepper  
1/8 tsp of Garlic Salt  
Dash of Black Pepper

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

Buffalo Wings Sauce -- Hot:

-----  
6 Tblsp (3 oz.) of Louisiana Hot Sauce  
1/2 stick of margarine (not butter!)  
1/2 to 1 Tblsp of white vinegar  
1/4 jar (3 oz.) of Nancy's Chicken Wing Sauce (Hot)  
1 to 2 Tblsp Melinda's extra hot sauce (Original Habanero Pepper Sauce)  
800-748-2861 Old SW Trading Co  
1/4 tsp of Worcestershire Sauce  
1 to 2 tsp of Tabasco Sauce  
1/8 tsp of Celery seed powder  
1/4 tsp of Red Pepper  
1/4 tsp of Cayenne Pepper  
1/4 tsp of Habanero molido (powder) 800-748-2861 Old SW Trading Co  
1/8 tsp of Garlic Salt  
Dash of Black Pepper

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

The Wings:

-----  
Fry the wings in a deep fryer set at 360 degrees F., using vegetable oil. My outdoor cast iron kettle type deep fryer with 1 gallon of oil will do 24 wingettes in 8 minutes. 30 in 10 minutes. Hotter oil for 8 minutes = crispier. Hotter oil for 10 minutes = crispier and dry inside. Your mileage may vary! With the basket and cooking thermometer in the hot oil, @360 degrees I drop in one wing at a time. If the count stops at 24 I then set the timer for 8 minutes. Every couple minutes toss the basket contents to redistribute. The above method of loading the basket eliminates the wings from sticking to the basket. IMHO.

Drain the wings for a minute then put them in a bowl. Pour the sauce

over them, cover the bowl, and shake to completely coat the wings. Watch how they do it at Hooters!

Serve with carrot and celery sticks, Marie's Blue Cheese Dressing, and cold beer.

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From: stevew@rb-csd.sandiegoca.ncr.com

BUFFALO WINGS  
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This is a wing recipe from a guy who used to cook wings for a living in Buffalo.

Get some Durkee's Frank's Original Red Hot Cayenne Pepper Sauce, there is "no" adequate substitute, you may have to ask your grocer to order it, or call Durkee/French's at 714-526-3363. If it's the little bottles, get two or three of them, I get the gallon jug from a restaurant supply place, cheap! It used to be called Frank's Red Hot Pepper Sauce, then it was Durkee's Louisiana Hot Sauce, but there already was a brand name Louisiana Hot Sauce. Still tastes the same!

Acquire some margarine. Only margarine works right (correct taste and resistance to burning). Neither oil nor butter will substitute.

Get the wings cut up, and start heating up the frying grease. Some revisionist (or health-conscious) types insist on other cooking methods, but there is nothing like the real crisp-on-the-outside moist -and-chewy-on-the-inside texture of fried wings.

Make up the sauce. Put the Durkee's and margarine into a skillet or saute pan big enough to comfortably hold one fryer-load of wings. The total amount of sauce at once should be about a quarter of an inch in the bottom of the pan.

The proportions are:

Equal parts is the nominal starting point (called "medium" in Buffalo). A bit of tingle, but not very spicy.

Undiluted Durkee's doesn't taste as good, but is pretty hot. Three to one, Durkee's to margarine is about as hot as I like it.

For the really timid (like kids) just a splash of Durkee's in the margarine gives a little flavor but no noticeable hot. The idea is to cook up the Durkee's and margarine to a bit thicker consistency. It should simmer for

5 minutes or so, then be kept hot.

You can make up just one batch of sauce for a bunch of wings. You can just add more ingredients to the pan as you use up the sauce. When you add more ingredients, you can adjust the spiciness.

I use this to satisfy everybody, I start out with all the margarine I plan to use, and put in just a splash of Durkee's. That makes a few wings for the kids. Then a bunch more Durkee's to make the wings medium. Still more Durkee's to get it the way I like it.

Fry the wings. They're cooked when the bubbles slow down significantly. This takes seeing it once to know just how much bubbling corresponds to "done," but it doesn't take a rocket scientist to get it right. At home, I put the "drumettes" in first, because they take a minute or two longer to cook. As always with frying, be sure that you don't put in so much food that the temperature of the fat drops below 325 or so, and have the heat on so it gets back up to 375 ASAP.

As the wings finish cooking, take them out and drain thoroughly. I generally put them in a strainer held over the fat. Don't pile them up in a bowl, or the fat will cool and congeal before it runs off!

Once the wings are drained, put them in the sauce and get the wings covered with sauce. The official restaurant way to do this is to toss them in the air, but your stove cleaner may not appreciate this.

Use tongs to pick the wings out of the pan and let the sauce drain off. Toss the wings on a grill or in a hot oven for a few minutes at this point to "bake on" the sauce.

Serve with celery sticks and blue cheese dressing on the side. Yes, the BCD \*is\* for the wings! But make sure it is good BCD, with nice chunks of good cheese. (One of the sadder realizations of my growing up is that there are some things you just can't get, restaurants get a special Kraft dressing that comes only in five-gallon containers that must be continuously refrigerated. Great stuff, not available to you and me.)

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From: stephen@admin1.unbsj.ca

HAWAIIAN CHICKEN WINGS  
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Ingredients:

-----

1/4 cup butter or margarine

- 1/2 cup tomato ketchup
- 1 clove garlic, minced
- 3 lbs chicken wings, tips removed
- 1 cup fine dry bread crumbs
- 1 (14 oz/398mL can) pineapple chunks
- 2 Tbsp brown sugar
- 1 Tbsp minced fresh ginger (I use a teaspoon of dry)
- 1 Tbsp Worcestershire sauce
- Dash Hot pepper sauce (Tobasco)

Instructions:

-----

Melt butter in shallow baking pan in 400F oven. Stir together ketchup and garlic; brush over wings, then roll wings in bread crumbs to coat evenly. Place in pan, turning to coat lightly with butter and bake for 30 minutes. Meanwhile, drain pineapple, reserving juice in 2-cup measure; add water to make 3/4 cup liquid. Stir in brown sugar, ginger, Worcestershir sauce and hot pepper sauce. After wings have cooked 30 minutes, turn and pour on sauce; bake about 20 to 30 minutes longer or until chicken is tender, adding pineapple for last 5 minutes. Care should be taken to ensure wings ar lightly browned. Makes about 4 servings.

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From: arielle@taronga.com (Stephanie da Silva)

JAMES' WORLD'S HOTTEST WINGS!  
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Caution: The fumes from preparing this will make it difficult to breathe! Don't attempt to eat with an ulcer.

Ingredients:

-----

- 2 Lbs Chicken Wings cut up Buffalo style
- 6 whole sorano chili peppers
- 6 whole red chili peppers
- 10 whole jalapeno peppers
- 2 cups white wine
- 1 bottle Tabasco Sauce
- 1/2 bottle Worcestershire sauce
- 10 Tblsp Cayenne pepper
- 10 Tblsp Durkee red-hot sauce
- 1 Tblsp salt
- 3 Tblsp pepper
- 1/2 Cup Vinegar
- 1 Fire Extinguisher (Optional....)

Instructions:

-----

In a blender, carefully puree the peppers, wine, vinegar and all spices. Caution, the fumes are deadly and wear rubber gloves or your fingers will burn! Put the puree into a bowl and marinate the wings in the bowl in the fridge for 5 days. After 5 days, carefully remove the wings and broil them until cooked. Usually approx 15 mins (+/- 5 mins). Take the marinade, put it on the stove, add 1/4 cup sugar and heat to a boil. reduce until thick. Pour over wings and re-broil for about 5 more minutes, serve with soda water for maximum heat effect but keep plenty of ice water handy.

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From: arielle@taronga.com (Stephanie da Silva)

JANICE OKUN'S BUFFALO CHICKEN WINGS

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(Yield: 4 to 6 servings)

Ingredients:

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- 24 chicken wings, about four pounds
- Salt, if desired
- Freshly ground pepper
- 4 cups peanut, vegetable, or corn oil
- 4 tsp butter
- 2 - 5 Tbs (one 2-1/2 ounce bottle) Frank's Louisiana Red Hot Sauce
- 1 Tbs white vinegar
- Blue-cheese dressing (see recipe)
- Celery sticks

Instructions:

-----

1. Cut off and discard the small tip of each wing. Cut the main wing bone and second at the joint. Sprinkle the wings with salt, if desired, and pepper to taste.
2. Heat the oil in a deep-fat fryer or large casserole. When it is quite hot, add half of the wings and cook about 10 minutes, stirring occasionally. When the wings are golden brown and crisp, remove them and drain well.
3. Add the remaining wings and cook about 10 minutes or until golden brown and crisp. Drain well.
4. Melt the butter in a saucepan and add two to five tablespoons of the

hot sauce and vinegar. Put the chicken wings on a warm platter and pour the butter mixture over them. Serve with blue-cheese dressing and celery sticks.

Blue-cheese dressing:

-----

- 1 cup homemade mayonnaise (see recipe)
- 2 Tbs finely chopped onion
- 1 tsp finely minced garlic
- 1/4 C finely chopped parsley
- 1/2 C sour cream
- 1 Tbs lemon juice
- 1 Tbs white vinegar
- 1/4 C crumbled blue cheese
- Salt to taste, if desired
- Freshly ground pepper to taste
- Cayenne pepper to taste

Instructions:

-----

1. Combine all of the ingredients in a mixing bowl.
2. Chill for an hour or longer.

Yield: About two and one-half cups.

Mayonnaise:

-----

- 1 egg yolk
- Salt, if desired
- Freshly ground pepper ..
- 1 tsp imported mustard, such as Dijon or Dusseldorf
- 1 tsp vinegar or lemon juice
- 1 C peanut, vegetable, or olive oil.

Instructions:

-----

1. Place the yolk in a mixing bowl and add salt, if desired, and pepper to taste, mustard, and vinegar or lemon juice. Beat vigorously for a second or two with a wire whisk or electric beater.
2. Start adding the oil gradually, beating continuously with the whisk or electric beater. Continue beating and adding oil until all of it is used.

Yield: About one cup.

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From: sharon@comlab.ox.ac.uk (Sharon Curtis)

Well, here is my all-time favourite chicken recipe. The original recipe says to use chicken wings, but I've always used part-boned chicken thighs, and it tastes wonderful with them. Also, I've tried the recipe with and without the skin on the chicken, and either works fine. The skin's calorific and I'm not too keen on it anyway, so why bother, reason I.

#### MARINATED CHICKEN WINGS

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#### Ingredients:

-----

8 chicken wings / 4 chicken thighs  
1 small onion, finely chopped  
1 tblsp oil  
1 tblsp clear honey  
3 tblsp tomato ketchup  
2 tblsp soy sauce  
1 tsp smooth French mustard

#### Instructions:

-----

Mix onion + oil + honey + ketchup + soy sauce + mustard in a plastic or glass bowl (don't use a metal one as acidic juices in the marinade tend to react with metal). Put the chicken pieces into the bowl and make sure thoroughly coated with the marinade.

Leave to marinate for either 1 1/2 hours in the fridge, or for 45 minutes at room temperature. (I often leave it to marinate for several hours in the fridge sometimes if my time schedule prefers it, and it still works out fine).

Preheat the oven to 180 degrees C.

Again make sure the chicken pieces are thoroughly coated in the marinade and put the pieces on a wire rack above a roasting pan (just something to catch the drips really). Cook for 45 mins, and during that time take the tray out of the oven a couple of times to baste the chicken pieces with remaining marinade.

(Can serve with a green salad if you like, or garnished with chopped spring onions)

Serves: Well for the original recipe with the 8 chicken wings it said serve 4. Me loving this recipe soooo much, I usually do 2 chicken thighs/half quantities for my one serving.

Calories: Not bad at all. 2 chicken wings (with skin) as a serving is

less than 300 calories - about 260. I guess 2 thighs without the skin wouldn't be too different from 260. So this is a meal you can enjoy without feeling guilt pangs!

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From: arielle@taronga.com (Stephanie da Silva)

MODIFIED BUFFALO WINGS  
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Ingredients:

-----

- 2 tbsp butter (or margarine)
- 1 bottle Louisiana hot sauce (I think this is an 8 oz bottle I can't remember exactly)
- juice of 1 lime (or two to taste)
- celery
- blue cheese dressing (the chunky kind works best, I use Maries)

Instructions:

-----

Put butter, hot sauce and lime into a sauce pan. Bring to a VERY slow boil then reduce the heat to low and simmer for 30 minutes. This will help to reduce the sauce a bit and it will take some of the heat out of the hot sauce. The lime add a little flavor and gives the sauce some body. The citrus increases the bite but the lime flavor really enhances the overall taste. The butter add a little flavor but it isn't enough to make the wings slip out of your hands.

Lightly flour the wings and deep fry (just make sure that the wings are crispy and FULLY cooked, no trips to the hospital please!!)

Celery and bleu cheese dressing are a must... Buy extra so that your guests can nibble as they watch you deep fry the chicken.

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From: arielle@taronga.com (Stephanie da Silva)

ORIENTAL HOT WINGS  
=====

Marinade:

-----

- 1 cup soy sauce
- 1/2 cup sugar

- 1/4 cup sesame seeds
- 1 tblsp cayenne pepper

Combine the ingredients.

Instructions for Wings:

-----  
Cut 2-3 lbs of wings into 3 pieces. Discard the wingtips and marinate the remaining pieces for at least 30 minutes. Agitate the pieces occasionally while they are marinating.

Cover a cookie pan with foil and, using tongs, place the marinated wing pieces on it. I suggest using a cookie PAN, as opposed to a sheet, because the sides will insure that none of the marinade mixture drips off the edge and screws up your oven. There should be a slight seperation between each individual piece so they don't stick together.

Cook for one hour at 350 F, turning the wing pieces every 10 minutes. If you want them to come out nice and even, you need to turn them individually with a pair of tongs. If you don't turn them, they'll stick and burn on one side.

After they are done, let stand for at least 20 minutes. Serve hot or at room temperature.

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From: arielle@taronga.com (Stephanie da Silva)

REAL BUFFALO WINGS  
=====

Well I'll give the REAL "ORIGNAL" anchor bar recipe for Buffalo Wings. The anchor bar is the birthplace of Buffalo wings. I'll warn you that I'm not a great cook and never follow a recipe.

Instructions:  
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- 1) Mix flour and cyann pepper and toss the mix into a bag.
- 2) Dump a couple of bottles of tabasco sauce in a plastic bag.
- 3) Dump some vinegar (the good kind that gets your wife mad when you use it) into a bowl.
- 4) Dip the wings in the vinegar.
- 5) Shake them in the flour mix (you want a light dusting).

- 6) Toss them in the tabasco (get lots on em).
- 7) Deep fry until done.
- 8) Serve with blue cheese dressing (very cold), celery, carrots.

Note:

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If they are not quite hot enough add more pepper or dump the juice from a couple bottles of halopena (sp?) in with the tabasco.

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From: arielle@taronga.com (Stephanie da Silva)

STEVE'S WING SAUCE

=====

Ingredients:

-----

- 1/2 cup Durkee Red Hot (used to be franks louisiana hot sauce)
- 1.5 Tb honey
- 1 Tb butter
- 1 Tb white wine vinegar
- 1 Tb lemon juice
- 1/2 Tsp cayenne pepper
- 1/2 tsp tobasco

Instructions:

-----

Put all ingredients in a sauce pan and simmer on low temp until everything is mixed well/melted. Simmer on low for another 5-10 minutes to let the flavors blend and the sauce darken a little.

When the wings are cooked, put them in a bowl and pour the sauce over them. The sauce should cover a couple pounds of wings. Stir to coat.

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[amyl](#)

# Stephanie da Silva's Buffalo Wing Collection

From: arielle@taronga.com (Stephanie da Silva)

Date: Wed, 14 Jul 93 7:16:40 CDT

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- [Buffalo Chicken Wings](#)
- [Buffalo Style Chicken Wings \(1\)](#)

24 wings  
4 cups oil (peanut, corn, or other)  
4T butter  
2-5T (one 2.5 oz. bottle) Frank's  
1T white vinegar  
Louisiana Hot Sauce  
2-1/2C blue cheese dressing  
salt and pepper  
celery sticks

Discard small tip of each wing, split at large joint and sprinkle with salt and pepper. Heat oil in large casserole or fryer (until quite hot). Add half of wings and cook, stirring occasionally. When brown and crisp (15-20 min.), remove and drain well. Cook remaining wings. Melt butter in saucepan and add hot sauce and vinegar. Put wings on a warm platter and pour sauce over them (or put wings and sauce in a closed container and shake). Serve with celery sticks, blue cheese dressing (for dipping), and beer.

The unfortunate part of the referenced recipe is that it is loaded with fat. For a low(er) fat variation that still tastes good, (got rave reviews when we served them at our last party) broil the wings instead of frying them, and then mix 1/2 cup hot sauce, 4 tbs honey, 2 tbs vinegar, 2 tbs lemon juice, 1 heaping tsp dry mustard, like Coleman's. Heat the sauce until it thickens, and then put the wings in, and then cook till it thickens even more, while stirring the wings around. Still taste good with celery sticks and blue cheese dressing. Might as well go all the way and use lower fat cheese dressing, though.

Wings, being mostly chicken skin, have a large amount of fat in them, no matter what you do. You can help a little by broiling them so that some of the fat melts away, and not adding any more. I would recommend grilling the wings. That way, you lose the fat (a good thing) without losing the flavor (which would be a bad thing).

#### BLUE CHEESE DRESSING

1 c. mayonnaise  
2 Tbsp. finely chopped onion  
1 tsp. finely minced garlic  
1/4 c. finely chopped parsley  
1/2 c. sour cream  
1 Tbsp. lemon juice  
1 Tbsp. white vinegar  
1/4 c. crumbled blue cheese  
salt, pepper, cayenne to taste

Combine and chill for an hour or longer.

#### **Buffalo Wings (2)**

2 lb. Chicken Wings  
1/4 cup Margarine (not butter)  
1/2 cup Durkee's Louisiana Hot Sauce (used to be Frank's)

Heat cooking oil in a deep fryer to 375 F.  
Cut each wing into 3 pieces and discard the wingtips.  
Do not remove the skin from the wings.  
Fry them for 12 - 15 minutes in small enough batches that the oil temp won't drop below 325 F. My deep fryer will handle 2 lb at a time. I usually put the "drumettes" in first because they take slightly longer to cook; then I add the other pieces after the drumettes have cooked for about 1 minute. They're cooked when the bubbles slow down and the wing pieces are all floating. Agitate the pieces occasionally during frying so they don't stick together.

While the wings are frying, put the margarine and sauce in a small saucepan or skillet and heat it on low. Bring the mixture to a simmer, stirring occasionally.

When the wings are done, remove them from the oil and drain. Place the wing pieces in a plastic bowl with a tight fitting lid (I use a Tupperware container) and pour the hot sauce mixture over the wing pieces. Put the lid on the plastic container and shake it well, thoroughly coating the wing pieces with sauce.

Remove the wing pieces from the sauce, allowing excess sauce to drain off of them. I use a pair of tongs and shake the excess sauce off before putting them on a serving platter. They can be eaten hot, cold, or room temperature.

Serves 2 - 4

## Buffalo Wings

The Sauce- This makes enough for about 48 "wingettes"

### MEDIUM HEAT

-----

6 Tablespoons (3 oz.) of Louisiana Hot Sauce  
1/2 stick of margarine (not butter!)  
1/2 to 1 Tablespoon of white vinegar  
1/4 jar (3 oz.) of Nancy's Chicken Wing Sauce (Medium)  
1/4 teaspoon of Worcestershire Sauce  
1 to 2 teaspoons of Tabasco Sauce  
1/8 teaspoon of Celery seed powder  
1/4 teaspoon of Red Pepper  
1/8 to 1/4 teaspoon of Cayenne Pepper  
1/8 teaspoon of Garlic Salt  
Dash of Black Pepper

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

### HOT

-----

6 Tablespoons (3 oz.) of Louisiana Hot Sauce  
1/2 stick of margarine (not butter!)  
1/2 to 1 Tablespoon of white vinegar  
1/4 jar (3 oz.) of Nancy's Chicken Wing Sauce (Hot)  
1 to 2 Tablespoons Melinda's extra hot sauce (Original Habanero Pepper Sauce)  
800-748-2861 Old SW Trading Co  
1/4 teaspoon of Worcestershire Sauce  
1 to 2 teaspoons of Tabasco Sauce  
1/8 teaspoon of Celery seed powder  
1/4 teaspoon of Red Pepper  
1/4 teaspoon of Cayenne Pepper  
1/4 teaspoon of Habanero molido (powder) 800-748-2861 Old SW Trading Co  
1/8 teaspoon of Garlic Salt  
Dash of Black Pepper

Mix all the ingredients in a small sauce pan over low heat until the margarine is completely melted. Stir occasionally.

The Wings

-----

Fry the wings in a deep fryer set at 360 degrees F., using vegetable oil. My outdoor cast iron kettle type deep fryer w/1 gallon of oil will do 24 wingettes in 8 minutes. 30 in 10 minutes. Hotter oil for 8 minutes= crispier. Hotter oil for 10 minutes = crispier and dry inside. Your mileage may vary! With the basket and cooking thermometer in the hot oil, @360 degrees I drop in one wing at a time. If the count stops at 24 I then set the timer for 8 minutes. Every couple minutes toss the basket contents to redistribute. The above method of loading the basket eliminates the wings from sticking to the basket. IMHO

Drain the wings for a minute then put them in a bowl. Pour the sauce over them, cover the bowl, and shake to completely coat the wings. Watch how they do it at Hooters!

Serve with carrot and celery sticks, Marie's Blue Cheese Dressing, and cold beer.

### **James' World's Hottest Wings!**

Caution: The fumes from preparing this will make it difficult to breathe! Don't attempt to eat with an ulcer.

2	Lbs	Chicken Wings cut up Buffalo style
6	whole	sorano chili peppers
6	whole	red chili peppers
10	whole	jalapeno peppers
2	cups	white wine
1	Bottle	Tabasco Sauce
1/2	Bottle	Worcestershire sauce
10	Tablespoons	Cayenne pepper
10	Tablespoons	Durkee red-hot sauce
1	Tablespoon	salt
3	Tablespoons	pepper
1/2	Cup	Vinegar
1		Fire Extinguisher (Optional....)

In a blender, carefully puree the peppers, wine, vinegar and all spices. Caution, the fumes are deadly and wear rubber gloves or your fingers will burn! Put the puree into a bowl and marinate the wings in the bowl in the fridge for 5 days. After 5 days, carefully remove the wings and broil them until cooked. Usually approx 15 mins (+/- 5 mins). Take the marinade, put it on the stove, add 1/4 cup sugar and heat to a boil. reduce until thick. Pour over wings and re-broil for about 5 more minutes, serve with soda water for maximum heat effect but keep plenty of ice water handy.

### **Buffalo Chicken Wings**

Yield: 8 servings

Seasoning Mix (Makes 2 tablespoons plus 1 3/4 teaspoons)

2 teaspoons salt  
2 teaspoons paprika (mild, or Hungarian hot paprika)  
1 teaspoon cayenne pepper  
1 teaspoon onion powder  
1 teaspoon garlic powder  
3/4 teaspoon white pepper

10 tablespoons (1 1/4 sticks) unsalted butter, in all  
1 tablespoon plus 1 teaspoon Tabasco sauce, in all  
24 chicken wings, tips removed, room temperature  
2 cups vegetable oil  
Blue Cheese Dressing (recipe follows)  
Celery sticks (optional)

Thoroughly combine the seasoning mix ingredients in a small bowl.

Melt 5 tablespoons of the butter with 2 teaspoons of the Tabasco sauce in a small saucepan over low heat. Pour into a small shallow bowl or pie plate, and let cool slightly.

Put the chicken wings into a large bowl and coat well with 2 tablespoons of the seasoning mix. Add the butter/Tabasco mixture and work in well with your hands until chicken is completely coated and seasonings are well distributed. (Make sure the chicken wings are at room temperature; otherwise, the seasoning mixture will congeal and you'll have a mess of gunk that won't stick well to the chicken.) Set aside to marinate (for up to 30 minutes, covered) and heat the oil.

Heat the oil in a large heavy skillet over high heat until it is very hot. Add the chicken wings, fitting in as many as there is room for in a single layer. Fry until crisp and golden brown, about 8 to 12 minutes, turning several times. Drain on paper towels. Repeat with the remaining wings.

Meanwhile, make a sauce to finish the wings by melting the remaining butter and adding the remaining Tabasco and seasoning mix. Dip the cooked wings into the finishing sauce and place on a serving platter. Serve with the Blue Cheese Dressing and celery sticks, if desired.

#### Blue Cheese Dressing

2 eggs  
1 tablespoon fresh lemon juice  
1 tablespoon apple cider vinegar  
1/4 cup chopped onions  
1/4 cup chopped celery  
1/2 teaspoon salt  
1/2 teaspoon white pepper  
1/8 teaspoon cayenne pepper  
1/2 teaspoon minced fresh garlic  
1 teaspoon Worcestershire sauce  
2 cups vegetable oil  
1/2 cup crumbled blue cheese

Put everything but the oil and blue cheese into a blender or food processor

and process for 15 to 20 seconds. Continue to process, adding the oil slowly in a thin stream. When oil has been added, process for an additional 45 seconds, or until well thickened. Add the cheese and mix well. Refrigerate until ready to use.

### Janice Okun's Buffalo Chicken Wings

24 chicken wings, about four pounds  
Salt, if desired  
Freshly ground pepper  
4 cups peanut, vegetable, or corn oil  
4 tsp butter  
2 - 5 Tbs (one 2-1/2 ounce bottle) Frank's Louisiana Red Hot Sauce  
1 Tbs white vinegar  
Blue-cheese dressing (see recipe)  
Celery sticks

1. Cut off and discard the small tip of each wing. Cut the main wing bone and second at the joint. Sprinkle the wings with salt, if desired, and pepper to taste.

2. Heat the oil in a deep-fat fryer or large casserole. When it is quite hot, add half of the wings and cook about 10 minutes, stirring occasionally. When the wings are golden brown and crisp, remove them and drain well.

3. Add the remaining wings and cook about 10 minutes or until golden brown and crisp. Drain well.

4. Melt the butter in a saucepan and add two to five tablespoons of the hot sauce and vinegar. Put the chicken wings on a warm platter and pour the butter mixture over them. Serve with blue-cheese dressing and celery sticks.

Yield: Four to six servings.

#### Blue-cheese dressing

1 cup homemade mayonnaise (see recipe)  
2 Tbs finely chopped onion  
1 tsp finely minced garlic  
1/4 C finely chopped parsley  
1/2 C sour cream  
1 Tbs lemon juice  
1 Tbs white vinegar  
1/4 C crumbled blue cheese  
Salt to taste, if desired  
Freshly ground pepper to taste  
Cayenne pepper to taste

1. Combine all of the ingredients in a mixing bowl.

2. Chill for an hour or longer.

Yield: About two and one-half cups.

#### Mayonnaise

- 1 egg yolk
- Salt, if desired
- Freshly ground pepper ..
- 1 tsp imported mustard, such as Dijon or Dusseldorf
- 1 tsp vinegar or lemon juice
- 1 C peanut, vegetable, or olive oil.

1. Place the yolk in a mixing bowl and add salt, if desired, and pepper to taste, mustard, and vinegar or lemon juice. Beat vigorously for a second or two with a wire whisk or electric beater.

2. Start adding the oil gradually, beating continuously with the whisk or electric beater. Continue beating and adding oil until all of it is used.

Yield: About one cup.

## Oriental Hot Wings

Combine the following ingredients to make a marinade:

- 1 cup soy sauce
- 1/2 cup sugar
- 1/4 cup sesame seeds
- 1 tbsp cayenne pepper

Cut 2-3 lbs of wings into 3 pieces. Discard the wingtips and marinate the remaining pieces for at least 30 minutes. Agitate the pieces occasionally while they are marinating.

Cover a cookie pan with foil and, using tongs, place the marinated wing pieces on it. I suggest using a cookie PAN, as opposed to a sheet, because the sides will insure that none of the marinade mixture drips off the edge and screws up your oven. There should be a slight separation between each individual piece so they don't stick together.

Cook for one hour at 350 F, turning the wing pieces every 10 minutes. If you want them to come out nice and even, you need to turn them individually with a pair of tongs. If you don't turn them, they'll stick and burn on one side.

After they are done, let stand for at least 20 minutes. Serve hot or at room temperature.

## Steve's wing sauce

- 1/2 cup Durkee Red Hot (used to be franks louisiana hot sauce)
- 1.5 Tb honey
- 1 Tb butter
- 1 Tb white wine vinegar
- 1 Tb lemon juice
- .5 tsp cayenne pepper
- .5 tsp tobasco

Put all ingredients in a sauce pan and simmer on low temp until everything is mixed well/melted. Simmer on low for another 5-10 minutes to let the flavors blend and the sauce darken a little.

When the wings are cooked, put them in a bowl and pour the sauce over them. The sauce should cover a couple pounds of wings. Stir to coat.

### Modified Buffalo Wings

2 tbsp butter (or margarine)  
1 bottle Louisiana hot sauce ( I think this is an 8 oz bottle I can't remember exactly)  
juice of 1 lime (or two to taste)  
celery  
blue cheese dressing (the chunky kind works best, I use Maries)

Put butter, hot sauce and lime into a sauce pan. Bring to a VERY slow boil then reduce the heat to low and simmer for 30 minutes. This will help to reduce the sauce a bit and it will take some of the heat out of the hot sauce. The lime add a little flavor and gives the sauce some body. The citrus increases the bite but the lime flavor really enhances the overall taste. The butter add a little flavor but it isn't enough to make the wings slip out of your hands.

Lightly flour the wings and deep fry (just make sure that the wings are crispy and FULLY cooked, no trips to the hospital please!!)

Celery and bleu cheese dressing are a must... Buy extra so that your guests can nibble as they watch you deep fry the chicken.

### Real Buffalo Wings

Well I'll give the REAL "ORIGINAL" anchor bar recipe for Buffalo Wings. The anchor bar is the birthplace of Buffalo wings. I'll warn you that I'm not a great cook and never follow a recipe.

- 1) mix flour and cayenne pepper and toss the mix into a bag.
- 2) dump a couple of bottles of tabasco sauce in a plastic bag.
- 3) dump some vinegar (the good kind that gets your wife mad when you use it) into a bowl.
- 4) dip the wings in the vinegar
- 5) shake them in the flour mix (you want a light dusting)

6) toss them in the tabasco (get lots on em)

7) deep fry until done

8) serve with blue cheese dressing (very cold), celery, carrots.

\* if they are not quite hot enough add more pepper or dump the juice from a couple bottles of halopena (sp?) in with the tabasco.

## Buffalo Chicken Salad

Marinate a few boneless chicken breasts in Durkee's Red Hot Sauce (I swear by the stuff at work, I should have known it was the best for Buffalo Wings - it is great in Crab Dip, too) and a little olive oil, lemon juice, salt and pepper. I like to let the chicken sit overnight so that it soaks up the true flavor of the durkee's. Bake off the chicken at 350 until cooked through, and no pink shows. Let cool and tear into pieces, drizzling more Durkee's if the flavor is not enough. Then I just toss it with chopped celery, and homemade blue cheese dressing. The dressing certainly does not have a recipes (We really don't use recipes in catering)- basically it is Mayo, Sour Cream, Chopped Green onion, salt, pepper, lemon juice, and crumbled blue cheese - Saga Blue usually. The secret is to let the blue cheese set in the fridge at least overnight.

## Buffalo Chicken Wings

MEDIUM

2 lbs disjointed chicken wings

1 gallon vegetable oil

1/4 lb margarine (melted)

1/8 tsp garlic powder

8 oz. cayenne pepper sauce (For HOT: 8 oz. more sauce;

For SUICIDE: 8 oz. more sauce, 1 cu. diced

jalapenos, and 1 tsp cayenne pepper powder)

Deep fry wings in oil for about 25 minutes at 375F; make sure wings remain separated.

Put melted margarine in bowl and add garlic powder and cayenne pepper sauce (plus jalapenos and cayenne powder for Suicide wings).

Place cooked wings in large pan, add sauce, cover and shake.

Blue Cheese Dip

4 oz. crumbly blue cheese

4 oz. sour cream  
4 oz. mayonnaise  
1/8 tsp garlic powder  
1/8 tsp onion powder

Mix ingredients and refrigerate 1/2 hour before serving.

## Hawaiian Chicken Wings

1/4 cup butter or margarine  
1/2 cup tomato ketchup  
1 clove garlic, minced  
3 lbs chicken wings, tips removed  
1 cup fine dry bread crumbs  
1 (14 oz/398mL can) pineapple chunks  
2 Tbsp brown sugar  
1 Tbsp minced fresh ginger (I use a teaspoon of dry)  
1 Tbsp Worcestershire sauce  
Dash Hot pepper sauce (Tobasco)

Melt butter in shallow baking pan in 400F oven. Stir together ketchup and garlic; brush over wings, then roll wings in bread crumbs to coat evenly. Place in pan, turning to coat lightly with butter and bake for 30 minutes. Meanwhile, drain pineapple, reserving juice in 2-cup measure; add water to make 3/4 cup liquid. Stir in brown sugar, ginger, Worcestershir sauce and hot pepper sauce. After wings have cooked 30 minutes, turn and pour on sauce; bake about 20 to 30 minutes longer or until chicken is tender, adding pineapple for last 5 minutes. Care should be taken to ensure wings ar lightly browned. Makes about 4 servings.

[mara](#)

# Almond chicken

From: v313mdm8@ubvmsb.cc.buffalo.edu (ROCHELLE NEWMAN)

Date: Fri, 29 Oct 1993 02:48:00 GMT

>From Chinese Cookery, by Rose Cheng & Michele Morris:

1 lb. skinned, boned chicken

## Marinade:

1/4 tsp salt  
1/8 tsp pepper  
1 tsp cornstarch  
1 Tblsp soy sauce  
1 egg white

1 cup veg. oil  
5 slices fresh ginger root  
3 green onions, chopped in 1 inch lengths  
1 green pepper, " " 1 inch pieces  
1/2 cup diced whole bamboo shoots

## Seasoning sauce:

1 Tblsp rice vinegar or white vinegar  
2 Tblsp soy sauce  
1 Tblsp rice wine or dry sherry  
1/2 tsp salt  
1 tsp sugar  
1/2 tsp cornstarch

1/3 cup Crisp almonds (see below)

## Instructions:

Dice chicken into 1 inch cubes. Combine marinade ingred. in a medium bowl; add chicken & mix well. Let stand 30 minutes. Heat oil in a wok over high heat 30 seconds. Add chicken to oil. Stir-fry 30 seconds until very lightly browned. Remove chicken with a slotted spoon; drain well and set aside. Remove oil from wok except 2 Tblsp. Reheat oil over medium heat 30 seconds. Add ginger, pepper, and bamboo shoots to oil. Stir-fry 1 or 2 minutes until vegetables are crisp-tender. Combine ingred. for seasoning sauce in a small bowl; mix well and add to wok. Bring to a boil. Add chicken to boiling sauce. Stir-fry until chicken is coated with sauce. Add almonds; mix well and serve hot. Makes 4 servings

## Crisp Almonds:

4 cups oil for deep-frying  
1 cup almond halves

Heat oil in a wok over medium heat to 350 degrees. Add nuts and stir 2-3 minutes until golden brown. Remove from hot oil and drain well on paper

Almond chicken

towels. Let stand 5 minutes before using.

-Rochelle Newman

[amyl](#)

# Brazilian Chicken Baked in Beer

From: [rosy@cco.caltech.edu](mailto:rosy@cco.caltech.edu) (Rosemary Macedo)

Date: 11 Oct 1993 19:24:34 GMT

serves 4

2 2.5 lb chickens (or equiv pieces) trimmed of fat, excess skin  
2 bottles dark lager (appx)  
1 onion  
1 T chopped garlic  
2 t dried oregano  
2 t dried tarragon  
1.5 t dried basil  
2.5 t paprika  
0.25 t black or white pepper  
0.25 t crushed red pepper  
salt

put chicken pieces skin side down in baking dish,  
pour in enough lager to just cover the chicken.  
slice the onion, lay over chicken pieces,  
sprinkle with herbs & spices  
marinate 2 hrs room temp (overnight in refrigerator +  
1/2 hr to come to room temp)  
bake 400 deg, preheated oven for 2 hours,  
drain and reduce the sauce to form a glaze.

Serve with:

collard greens shredded and sauteed in olive oil & garlic  
rice cooked with 1/4 t saffron threads

[amyl](#)

# COLLECTION: Chicken Recipes Vol.1 (of 3)

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Fri, 30 Jul 93 10:56:40 +0200

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From: thomase@tekig5.pen.tek.com (Stan England)

ARROZ CON POLLO

=====

Servings: 4

Ingredients:

-----

- 1 2 1/2 to 3 lb broiler
- 1 1/4 c Long grain rice
- 1 12 oz can beer
- 2 Cloves garlic, minced
- 1/4 t Pepper
- 3 T Olive oil
- 1 14 1/2 oz can chicken broth
- 1 T Ground cumin
- 1/4 t Ground saffron
- 2 10 oz pkg frozen peas

Instructions:

-----

Rinse chicken; pat dry. In a 12 inch skillet cook chicken uncovered in hot oil over medium heat for 10 to 15 minutes or till brown, turning to brown evenly. Remove chicken. Add uncooked rice to skillet. Cook and stir over medium heat till rice is light brown. Stir in chicken broth, beer, cumin, garlic, 1/2 teaspoon salt, saffron and pepper.

Place chicken on top of the rice mixtue. Season lightly with salt and pepper. Bring to boiling; reduce heat. Simmer, covered, for 30 to 35 minutes or till rice and chicken are tender.

Remove the chicken and keep warm. Stir the peas into the rice mixture; heat through. Transfer the rice mixture to a serving bowl. Arrange the chicken pieces on top of the rice. Makes 6 servings.

%%%

From: jgcallis@silver.ucs.indiana.edu (joseph gle callis)

Source: The Cowboy Cookbook

Author: Nancy Reagen

BAJA CALIFORNIA CHICKEN

=====

Ingredients:

-----

- 8 chicken breasts
- Seasoned salt and pepper
- 4 tbls tarragon vinegar
- 4 tbls olive oil
- 2 cloves garlic
- 2/3 c dry sherry

Instructions:

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Preheat oven to 350 degrees

Put the oil and vinegar into a skillet and press garlic into the mixture.

While the pan is heating up, sprinkle the seasoned salt and pepper onto the chicken.

Saute' the chicken breasts until they are "golden brown."

Place chicken into a baking pan and pour sherry over chicken. Place pan in the oven for 10 minutes.

Serve and enjoy!

%%%

From: peterl@devvax.mincom.oz.au

BEGGAR'S CHICKEN

=====

Back in the old day's the Oriental people used to wrap the chook in lotus leaves, then in clay, then throw it into a hot fire to cook. Be sure to have a hammer ready so you can eat the sucker!!!

Ingredients:

-----

- 1.5kg (3lb) chook
- 3 shallots

2.5cm (1") piece green ginger (the fresh stuff)  
1 tsp sugar  
3 tblsp soy sauce  
2 tblsp dry sherry  
1 tblsp water  
1/4 tsp five spice powder  
2 tblsp soy sauce, extra  
2 tblsp oil  
extra oil

Clay Dough:

-----

1kg (2lbs) cooking salt  
4 cups plain flour  
1 1/2 cups water (more or less)

Put flour and salt in a bowl, mix well, gradually add water, mixing to a firm dough. Use your hands to mix. More water may be needed, don't have dough too soft, it will be too hard to handle.

Place two very large sheets of aluminium foil on a flat surface, brush top sheet well with extra oil. Wack the chook onto the foil. In a bowl put roughly chopped shallots, sugar, peeled and sliced ginger, soy sauce, sherry, water and five spice powder; mix well. Rub the chook all over with extra soy sauce, then rub with the 2 tablesps of oil, rub well into the skin. Pull skin at neck end down under the chook and tuck the wing tips under as well to hold the neck skin in place. Carefully (the chook will feel like a greased pig at this stage!!) pour soy sauce mixture into the cavity, (hold the chook up a bit so none runs out). Secure the bum end with a small skewer (be careful it doesn't rip the foil). Wrap the foil around the chook, securing like a parcel.

Roll out the dough to about 1cm (1/2") thickness so it will completely cover the chook, fold dough over the bird, press edges together, press ends together so the chook is completely encased with no holes anywhere.

Place chook into lightly oiled baking dish, wet your fingers and smooth out all joins, making sure there are no holes in the dough (the steam will get out otherwise)

Bake in a hot (475-550F / 250-260C) oven for 1 hour. Reduce heat to moderately slow (325-350F / 160-180C) for a further 3 hours. Remove the end result from the oven (you don't have to worry about dropping it!!!), break open the dough with the hammer and remove from around the chook.

Put foil wrapped chook onto a serving dish, carefully remove foil and hook in. The meat will just fall off the bones so chop-stick will probably be in order.

Trust me, this is fantastic (especially when your friends see you carry a

hammer to the dining table!!!!)

%%

From: nkf@vnet.IBM.COM (Nancy)

BOB'S CHICKEN PESTO  
=====

Ingredients:

- 
- 1 lb. boneless chicken, cubed
  - 1 lb. box multi-colored pasta
  - 3 red peppers
  - 2 tomatoes
  - 3 cloves garlic
  - broccoli (or vegs of your choosing)
  - olive oil
  - pesto
  - fresh curly parsley
  - salt and pepper
  - parmesan cheese (optional)

Instructions:

-----

Start water for pasta. In skillet, brown garlic over a low heat in a generous amount of olive oil. Add chicken - cook over medium heat. When done, set aside covered to keep hot.

While chicken is cooking, cut red peppers into large strips. Put peppers under broiler; burn skin on each side. Then, remove from broiler and put peppers into a small sealed plastic (i.e. ziploc) or paper bag (to steam themselves). Set aside ~10 minutes; after which, remove skins, cut into cubes and toss with olive oil.

- While peppers are steaming in bag:
- Put pasta into boiling water - add salt to taste.
  - Steam vegs (don't overcook, they should remain a bit crunchy).
  - Cut up tomatoes into cubes.

When pasta is done, rinse under very hot water (don't want it to cool off). Add chicken with its oil, mix together. Then mix in vegs, cubed roasted peppers and tomatoes. Next add pesto, herbs and pepper to taste, mix. Optional: toss with parmesan cheese.

Serve with warm Italian bread.

%%

From: dolson@crl.ucsd.edu (Laura Dolson)

Source: \_20 Minute Menus\_ by Marian Burros.

Marian Burros has added the vegetables to make this a full meal. It is traditionally served over cucumber strips or bean sprouts. We usually put it over rice. Also good in Chinese mushi wrappers or flour tortillas, with Hoisin sauce, if desired.

BON BON CHICKEN WITH VEGETABLES

=====

(Serves 2)

Ingredients:

-----

- 1 lb broccoli or 8 oz flowerettes
- 10 oz whole carrots
- 12 oz boneless skinless chicken breasts
- 1" piece fresh ginger
- 2 T Oriental sesame paste (tahini works fine-LD)
- 1-2 garlic cloves
- 3-4 T water
- 1-2 T Oriental chili sauce or hot chili paste with garlic
- 1 t sugar
- 2 T rice vinegar
- 5 T reduced-sodium soy sauce

Instructions:

-----

1. Wash and trim broccoli. Cut into small flowerettes.
2. Scrape carrots. Slice thin in food processor.
3. Simmer veggies in enough water to steam them. Cover.
4. Cut chicken into strips. Add to veggies. Veggies should cook about 7 minutes in all. Chicken should be tender, and cooked through. Drain it all.
5. While the rest is cooking, whirl the other ingredients in the food processor, starting with the garlic and ginger.
6. Toss the chicken, veggies, and sauce together.

Serve as above.

%%%

From: arielle@taronga.com (Stephanie da Silva)

BSTILA - MOROCCAN CHICKEN/NUT PIE  
=====

Ingredients:

-----

meat of 1/2 chicken (e.g. two boneless breasts)  
1/2 lb blanched almonds  
1 medium onion  
1/2 tsp cinnamon  
up to 1/2c sugar or honey  
1 tbsp clarified butter  
1/3 cup butter

Preparation:

-----

Brown 1/2 lb blanched almonds in a little oil until golden. Chop coarsely or pound with a mortar and pestle. Add 1/2 tsp cinnamon and (optionally) honey or sugar to sweeten to taste (anc adds none but cites recipes calling for up to 1/2c sugar -- I favor a little honey as the contrast of the sweetness with the savory chicken is part of the exotic appeal of the dish). Set aside.

Heat 1 tbsp clarified butter and 1/3 cup butter in a large heavy pot. Add 1 minced medium onion and saute for a few minutes. Add chicken meat equivalent to about 1/2 chicken (e.g. two boneless breasts), cut in small pieces (as for a pot pie), along with:

1/2 tsp pepper  
1 pinch saffron (or, per ongoing thread, 1/2 tsp turmeric)  
1/2 tsp cinnamon  
3/4 cup minced parsley  
1/4 cup minced coriander (cilantro, chinese parsley)  
salt to taste

Simmer until the chicken is done. Beat 2 eggs and slowly stir them into the sauce. Remove from heat.

Have ready phillo sheets, melted butter (at least 1/4 lb), and a pastry brush. Select a shallow baking pan about 8" in diameter, such as an iron skillet. What you basically want to do is construct a pie by layering the phillo sheets in the pan and then folding them over the contents; it will probably be easiest if you cut the sheets in half or smaller, for instance into long rectangles about the width of the pan and twice as long. Brush one of the sheets with melted butter, and put it, butter side up, in the bottom of the pan, the excess dangling over the side. Add another sheet, at an angle to the first, and repeat so that you have phillo covering the bottom of the pan and dangling out all around (this is hard to describe). Use about 5 sheets to form this layer. Repeat the process, forming another layer. Now pour the chicken

and sauce into the pan. Put several more buttered sheets on top of the chicken, this time not overlapping the edge--use smaller pieces or fold them in half. Spread the nut mixture on top of this. Put another layer or so of phillo, then fold the dangling ends over the top so as to close the envelope. (Your mileage may vary on the number and details of layering the sheets). Brush the top with butter. At this point the bstila can be refrigerated if desired (this is time-consuming and you may wish to do all this the day before serving).

Just before serving, put the pan in a 350-degree oven for 15-20 minutes until the top is golden: flip it onto an oven-proof plate (or use an ordinary plate to flip it over back into the skillet) and return to brown the other side, 30-40 minutes total. Place on a serving platter, sprinkle with powdered sugar, then make fanciful decorative designs with ground cinnamon. (When I had this in a restaurant it said something like "eat me").

%%%

From: khammond@eng.auburn.edu (Kevin L. Hammond)

CAJUN-STYLE CHICKEN BREASTS

=====

(Servings: 8)

Ingredients:

-----

- 2 tsps diet margarine
- 4 boneless,skinless breasts halved
- 1 large onion, chopped
- 2 green bell peppers, seeded and chopped
- 2 cups tomato juice
- 1/4 tsp cayenne pepper
- 1/4 tsp dried thyme
- 1/4 tsp garlic flakes
- 1/4 tsp ground cloves
- 1/4 tsp ground allspice

Instructions:

-----

1. Melt margarine in a heavy nonstick skillet. Add chicken and brown quickly on both sides over high heat. Remove to a platter.
2. Add onion and bell peppers. Cook over moderate heat until soft. Add tomato juice and seasonings, return chicken to pan. Simmer until sause is thick.

160 calories per serving.

%%%

From: djh4c@weyl.math.virginia.edu (David James Hunter)

Source: The 60-Minute Gourmet by Pierre Franey

CASSEROLE DE POULET AU RIZ

=====

(Chicken and rice casserole)

Ingredients:

-----

2 whole chicken breasts, split in half about 2 lbs. total weight (4 pcs.)  
Salt and freshly ground pepper to taste  
2 tblsp butter  
1/2 cup finely chopped onion  
1 tsp chopped garlic  
1/3 pound fresh mushrooms, left whole if very small, otherwise  
sliced or quartered, depending on size  
1 bay leaf  
1/2 cup dry white wine  
1/2 cup raw rice  
1 cup chicken broth

Instructions:

-----

1. Do not skin or bone the chicken breasts. Sprinkle the chicken pieces with salt and pepper.
2. Heat the butter in a skillet and add the chicken pieces, skin side down. Brown about 5 minutes and turn.
3. Scatter the onion and garlic between the chicken pieces and add the mushrooms and bay leaf. Cook about 5 minutes.
4. Add the wine and cook until it is almost all evaporated. Add the rice and broth, taking care that the rice does not rest on top of the chicken pieces. Cover closely and cook about 20 minutes or until rice is tender.

Yield: Four servings

Note:

-----

I cook the whole thing in my favorite cast-iron skillet, which has a lid. You don't really have to worry about undercooking the chicken, so the dish is done when the rice tastes done. Sometimes I use shallots instead of onions if I have them, and maybe add a little (fresh) tarragon or something. Beats frozen pizza.

%%%

From: carolyn@brc.uconn.edu (Carolyn Pe)

CHICKEN ADOBO  
=====

Ingredients:  
-----

- 1 lb chicken parts, cut into serving pieces
- 1/2 cup vinegar, white or cider
- 2 tbsp soy sauce
- 5 cloves garlic, crushed
- salt and pepper

Instructions:  
-----

Combine all ingredients in saucepan. Bring to boil and simmer until chicken is cooked and tender, about 20 minutes.

Good served with rice and a side of diced tomatoes, sliced scallions, seasoned with salt and pepper.

This is a favorite Filipino dish and is extremely easy to make.

%%%

From: marple@cs.ubc.ca (Kirk Marple)

CHICKEN ADOBO  
=====

(serves 2)

Ingredients:  
-----

- 2 chicken breasts
- 1/2 cup soy sauce
- 1/2 cup white vinegar
- 1 cup water
- 3-4 garlic cloves, crushed
- prepared couscous or rice

Instructions:  
-----

I use one chicken breast (boneless or bones-in, it doesn't matter) per person. In a large pot, mix one part each soy sauce and white vinegar with two parts water. (For two people, one part = 1/2 cup, adjust for greater number of servings.) Add crushed garlic cloves to taste (3-4

cloves, more for true garlic hounds).

Bring pot to simmer. Add chicken to pot. Simmer covered for 1 1/2 to 2 hours (until chicken is tender and very dark from the sauce).

Serve chicken over plain couscous (or rice) with sauce poured over both.

%%%

From: mfrancis@binah.cc.brandeis.edu (Ma. Elena Y. Francisco)

CHICKEN ADOBO  
=====

Yes, it is, indeed, a Filipino dish. I like to do this the quick and easy way:

Take some chicken (I usually take about a pound or so of chicken parts, any part will do) and put it in a good-sized pot. Add to that 2-3 crushed cloves of garlic, 1 sliced onion, 1 crumbled bay leaf, about 5-10 whole peppercorns, two potatoes (cut them any way you want, but not in the french-fry style), and around 2 tablespoons each soy sauce, white vinegar and sugar. Mix all ingredients lightly, then put it over low to medium low heat. Cover and let cook for around 1 hour at the least, the longer it goes, the more flavoursome it is.

Serve over rice. Since I just cook for myself, this is usually good for around 3-4 meals, depending upon how hungry I am. This should serve around 2-4 people, comfortably.

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From: Jody Lynn Delong

CHICKEN AND DUTCH DUMPLINGS  
=====

Ingredients:  
-----

- 3 3/4 cups flour
- 2-3 tsp salt (adjust to taste)
- 4 tbs butter
- 1/2 cup water
- 4 eggs
- 2-3 gallons chicken broth
- chicken

Instructions:  
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Mix flour and salt together well. Cut in butter. Add water and beaten eggs, and mix until dough forms a ball. Divide dough if necessary and roll out on a well floured board. This should be rolled out \*very\* thin, ~1-1.5 mm thick. Cut the dough into 2-3 inch square pieces and set aside for the moment. Make sure the dough is not overlapping when you set it aside...it CANNOT be stacked.

In the meantime (at the beginning) prepare the chicken broth and season to taste. When all the dumplings are cut, quickly drop them one by one into the boiling broth. Allow to cook for 1/2 an hour. If the dumplings are too thick, they will come out tough. It's better to err on the thin side when rolling them out. This dish can be served with fried chicken, or with the chicken chopped up in the broth. Makes ~8-10 servings.

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From: arielle@taronga.com (Stephanie da Silva)

CHICKEN AND OYSTER SAUCE PIQUANT  
=====

Ingredients:

-----

- 1/3 cup plus 2 tblsp flour
- 6 tblsp oil
- 3 large onions, finely chopped
- 1/2 cup chopped ham
- 8 to 10 chicken breasts, skinned
- 1 6-ounce can tomato paste
- 1/2 can water
- 3 cloves garlic
- 1/2 cup celery, finely chopped
- 1/4 cup parsley, finely chopped
- 1/2 bunch green onions, thinly sliced
- 1 3-ounce bottle pitted green olives, finely chopped
- 1 small jar sour pickles, finely chopped
- 1/2 rind of a lemon, grated
- 2 6-ounce cans slice mushrooms with liquid
- 1/2 tsp red pepper
- salt and black pepper to taste
- 1 pint oysters
- 1 cup white wine

Instructions:

-----

Brown flour in oil very slowly, until dark brown. This takes about 30 minutes. Add chopped onions and cook slowly until tender. Then add chopped ham and cook a few minutes. Add raw chicken breasts and stir

thoroughly to coat each piece. Add tomato paste and water. Simmer for 30 to 45 minutes.

Add olives, sour pickle, lemon rind and cook for a few minutes, turning chicken to coat. Add mushrooms with the liquid. Season with salt and peppers. Simmer (over low heat) for 4 to 5 hours. Stir occasionally to keep chicken from sticking.

About 30 minutes before serving, add 1/2 cup wine and bring to a simmer. Add oysters with juice and cook until oysters curl at the edges. Just before serving, add another 1/2 cup of wine. Serve chicken on a bed of rice with sauce poured over.

%%%

From: bash@tware.com (Paul Bash)

Source: \_River Road Recipes\_ put out by the Junior League of Baton Rouge, LA.

CHICKEN AND SAUSAGE JAMBALAYA  
=====

- 1 pkg chicken thighs (6 count)
- 1/2 pkg Hilshire Farms Polish Kielbasa (or other smoked sausage), sliced
- 1/2 bell pepper, chopped
- 5 stalks celery, chopped
- 3 large white onions, chopped (DO NOT use a food processor)
- 2 cloves garlic, chopped fine
- 1/4 cup peanut oil
- 2 cups white rice (regular white rice. NOT Minute rice!!!)
- 2 1/2 cups water
- 1 12oz beer (Budweiser works fine)
- flour to coat chicken
- 1 1/2 tsp Rosemary
- 1 tsp Thyme
- A handful of chopped parsley (hard to put too much)
- Salt to taste
- Lots of cayenne pepper

Instructions:  
-----

Start off by washing the chicken and placing it skin side down on a plate (you can remove the skin if you want). Now, depending on how spicy you want it, coat the chicken with Cayenne pepper until very red (I use a LOT of Cayenne in mine). Don't worry about getting it too hot, since this is the majority of the pepper you are going to add and it will cook into the rest of the dish. Turn the chicken pieces over and lightly coat the skin side. Let sit for 15 minutes or so to soak it all up.

Heat the oil in the bottom of a large heavy cast iron or aluminum pot (don't use thin aluminum or stainless steel since the rice will tend to stick and burn if you're not really careful). Place the flour in a paper bag (season the flour lightly with salt, cayenne pepper, black pepper, garlic powder, etc). Place a couple of pieces of chicken at a time into the bag and shake to coat.

Fry the chicken in the oil until golden brown. Don't worry about cooking it all the way through just yet. Remove the chicken. Now place the onions, celery, garlic and bellpepper into the pot along with a bit more oil if necessary) and saute them until the onions are transparent, scraping the bottom of the pot often. Add the rosemary, thyme and parsley and cook for a minute or so.

Place the sausage slices, chicken, and a little water into the pot and mix well with the vegetables. Turn heat low, cover and simmer for about 30 minutes (until the chicken is tender). Stir the mixture frequently, always scraping the bottom to keep things from burning (break the chicken up a bit with the spatula as it cooks. It should break up naturally as the dish cooks, but this just helps things a little).

When the chicken is cooked, add the washed rice and stir it into everything for a couple of minutes. Pour the warm beer and the water in and stir things for another minute or so. Taste it at this point and adjust the salt if necessary. Now, keeping the heat low, cover the pot and cook until the rice is tender (anywhere from 30 minutes to an hour). Stir the mixture every now and then, scraping the bottom of the pot.

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From: riacmt@ubvmsb.cc.buffalo.edu (Carol Miller-Tutzauer)

Source: Chef Paul Prudhomme's Louisiana Kitchen, by Paul Prudhomme.  
NY: Wm. Morrow and Co, 1984, ISBN 0-6808-02847-0

CHICKEN BIG MAMOU ON PASTA

=====

(Makes 6 servings)

The town of Mamou, in southeastern Louisiana, claims itself as the "tomato capitol of the world." So dishes with the term "Mamou" usually mean that there are tomatoes in the dish. Calling the dish "... Little Mamou" means just a few tomatoes; "... Big Mamou" means lots of tomatoes. So here is a pasta dish that is Cajun in inspiration.

Ingredients:

-----

6 quarts            hot water

1/4 cup vegetable oil  
3 Tbsp salt  
1 1/2 pounds fresh spaghetti, or 1 pound dry  
1 pound unsalted butter  
4 Tbsp unsalted butter  
1 cup very finely chopped onions  
4 cloves garlic, medium-size, peeled  
2 tsp minced garlic  
3 1/4 cups rich chicken stock (in all)  
2 Tbsp worcestershire sauce  
1 Tbsp Tabasco sauce  
2 16-ounce cans tomato sauce  
2 Tbsp sugar  
2 cups very finely chopped green onions (in all)  
2 pounds boneless chicken (light and dark meat), cut into 1/2" cubes

Seasoning mix no. 1 (for sauce, see below)

Seasoning mix no. 2 (for chicken, see below)

Directions:

-----  
Place the hot water, oil and salt in a large pot over high heat; cover and bring to a boil. When water reaches a rolling boil, add small amounts of spaghetti at a time to the pot, breaking up oil patches as you drop spaghetti in. Return to boiling and cook to al dente stage (about 4 minutes if fresh, 7 minutes if dry); do not over cook. During this cooking time, use a wooden or spaghetti spoon to lift spaghetti out of the water by spoonfuls and shake strands back into the boiling water. (It may be an old wives' tale, but this procedure seems to enhance the spaghetti's texture.)

Then immediately drain spaghetti into a colander; stop cooking process by running cold water over strands. (If you used dry spaghetti, first rinse with hot water to wash off starch.) After the pasta has cooled thoroughly, about 2 to 3 minutes, pour a liberal amount of vegetable oil in your hands and toss spaghetti. Set aside still in the colander.

Meanwhile, thoroughly combine the seasoning mix ingredients in a small bowl and set aside.

In a 4-quart saucepan, combine 1 1/2 sticks of the butter, the onions and garlic cloves; saute over medium heat 5 minutes, stirring occasionally. Add the minced garlic and the seasoning mix no. 1; continue cooking over medium heat until onions are dark brown but not burned [not unlike you cook onions for Indian curry dishes], about 8 to 10 minutes, stirring often. Add 2 1/2 cups of the stock, the worcestershire and Tabasco; bring to a fast simmer and cook, about 8 minutes, stirring often. Stir in the tomato sauce and bring mixture to a boil. Then stir in the sugar and 1 cup of the green onions; gently simmer uncovered about 40 minutes, stirring occasionally.

Heat the serving plates in a 250 deg F. oven.

Combine the ingredients of the chicken seasoning mix no. 2 in a small bowl; mix well. Sprinkle over the chicken, rubbing it in with your hands. In a large skillet melt 1 1/2 sticks of the butter over medium heat. Add the remaining 1 cup green onions and saute over high heat about 3 minutes. Add the chicken and continue cooking 10 minutes, stirring frequently. When the tomato sauce has simmered about 40 minutes, stir in the chicken mixture and heat through.

To finish the dish, FOR EACH SERVING melt 2 Tbsp butter in a large skillet over medium heat. Add one-sixth of the cooked spaghetti (a bit less than a 2-cup measure); heat spaghetti 1 minute, stirring constantly. Add 1 1/4 cups chicken and sauce and 2 Tbsp of remaining stock; heat thoroughly, stirring frequently. Remove from heat. Roll spaghetti on a large fork and lift onto a heated serving platter. Repeat process for remaining servings.

Seasoning mix no. 1 (for sauce)

- 
- 2 tsp dried thyme leaves
- 1 1/4 tsp ground red pepper (preferably cayenne)
- 1 tsp white pepper
- 3/4 tsp black pepper
- 1/2 tsp dried sweet basil leaves

Combine all ingredients and set aside

Seasoning mix no. 2 (for chicken)

- 
- 1 1/2 Tbsp salt (reduce this if desired)
- 1 1/2 tsp white pepper
- 1 1/2 tsp garlic powder
- 1 1/4 tsp ground red pepper (preferably cayenne)
- 1 tsp black pepper
- 1 tsp ground cumin (optional)
- 1/2 tsp dried sweet basil leaves

Combine all ingredients and set aside

%%%

From: katzd@herald.usask.ca (David Katz)

Since Chicken Cacciatore is literally a Hunter's Stew, it is made from ingredients on hand, which means that recipes may vary considerably.

The following is the recipe that I use:

CHICKEN CACCIATORE

=====

Ingredients:

-----

- 1-2 lbs chicken
- 3 tbsp flour
- 2 tbsp olive oil
- 1 medium onion, chopped coarse
- 1 clove of garlic, minced
- 1 cup mushroom caps, quartered
- 2 tbsp tomato paste
- 1/2 cup white wine
- 1 14 fl oz can of tomatoes, crushed
- 1 tsp salt
- 1/4 tsp ground black pepper
- 3/4 tsp dried tarragon
- 1 tbsp paprika
- chicken stock as needed

Instructions:

-----

Depending on how fancy you want to be, the chicken can be breasts cut to bite size pieces, leftover chicken, whole thighs, etc. Remove any skin if fresh chicken is used.

Toss the chicken meat with the flour to coat. Shake off any excess flour and then saute the chicken over medium heat in the olive oil until nicely browned. Remove the meat from the pan and set aside.

Add the onion, garlic and mushroom caps and saute until the onion is translucent.

Add the tomato paste and continue to cook until the paste starts to get browned a little.

Deglaze with the wine, stirring well to dilute the tomato paste.

Add the canned tomatoes, the spices and seasonings and the cooked chicken. Cover, reduce heat and simmer for 30 minutes or longer, adding chicken stock if necessary to keep from drying out.

Serve with boiled pasta.

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From: starman@crash.amigans.gen.nz (Robin Halligan)

CHICKEN CASSEROLE

=====

- 1 Boiling Fowl cooked
- 300 g Bacon chopped and cooked
- 1-2 onions cooked salt and peppered lightly
- 1 Cup bread crumbs
- White Sauce (see below)

Instructions:

-----

Break up chicken meat and chop (not to fine), add bacon and onion and chicken to Casserole dish. Mix in 3/4 cup of bread crumbs and white sauce. Cover with rest of the bread crumbs. Place in oven at 350 (celsius) about 1 hour.

White Sauce:

-----

- 2 oz of butter
- 2 tblsp flour
- salt and pepper
- milk (with below to make about 1 pint)
- liquid from cooked chicken (with fat taken off)

Melt butter mix in flour cook for minute Then add milk liquid and stir continually over the heat making sure there are no lumps in mixture stir till it thickens

%%%

From: Maggie Workman

CHICKEN CORDON BLEU

=====

Ingredients:

-----

- 2 boneless chicken breasts
- 2 slices ham
- 2 slices swiss cheese
- 1/8 tsp garlic powder
- 1/8 tsp white pepper
- 1/8 cup bread crumbs
- 2/3 t vegetable oil
- minced parsley

Directions:

-----

Pound chicken breasts flat. Place one ham and cheese slice on each chicken piece. Sprinkle with minced parsley, garlic powder, salt and pepper. Roll up chicken to enclose ham and cheese. Secure with wooden toothpicks. Brush with oil. Bread with crumbs. Place on a nonstick baking sheet. Bake at 350 degrees F for 35 minutes.

%%%

From: [bss\\_graeme@segeb.gov.au](mailto:bss_graeme@segeb.gov.au) (Philippa Wightman)

CHICKEN CURRY  
=====

Ingredients:  
-----

- 2 tblsp oil or ghee
- 2 medium onions, sliced thinly
- 6 cloves garlic, crushed
- 2" piece fresh ginger, finely chopped
- 1.5 tsp turmeric
- 2 tsp chilli powder
- 1/2 tsp ground black pepper
- 1/2 tsp ground fenugreek
- 2 tsp ground coriander
- 1 tsp ground cumin
- 2 tsp hot paprika
- 1 kg lean diced chicken either breasts or thigh fillets - no skin
- 2 x 400ml coconut cream
- 1.5 tsp salt
- 2 curry leaves (optional)
- 1 pkt frozen 'Findus' chopped spinach

Instructions:  
-----

Heat oil in heavy pan. Add onions and fry until golden brown. Add garlic, ginger and all spices except salt. Fry for 5 minutes until fragrant. If mixture is too dry add a little water. Stir regularly to prevent burning.

Add chicken and toss through to coat with onion/spices. Fry further 10 minutes, stirring to prevent burning/sticking.

Add thawed spinach and mix thoroughly. Add coconut cream and salt. Stir well. Add curry leaves, bring to a rapid boil.

Reduce heat and allow to simmer for at least 1.5 hours covered.

Remove lid and simmer till sauce reduces, usually 15-30 minutes.

This is an exceptionally hot curry, if you prefer a milder curry reduce by half the following ingredients: chilli powder and hot paprika.

The original recipe I had for this dish was Turkari Molee a lamb dish, but as we like chicken I have substituted chicken for the lamb and it is wonderful. If you like lamb curries try it with lamb as well. particularly nice with Pumpkin Fugadh. Email if you would like the recipe.

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From: arielle@taronga.com (Stephanie da Silva)

CHICKEN CURRY BOMBAY  
=====

Ingredients:

-----

- 1/4 cup butter
- 2 cups cooked and cubed chicken
- 1 medium onion, minced
- 1 to 1/2 tblsp curry powder
- 1/4 cup chutney
- 1/4 cup sherry
- 2 avocados, halved, seeded and peeled
- Crumbled bacon
- Peanuts or toasted coconut, optional
- Bombay sauce

Instructions:

-----

Melt butter in a medium frying pan. Saute chicken and onion until lightly browned. Add curry powder; continue to saute. Stir in chutney and sherry. Pour Bombay Sauce into chicken mixture and place over low heat to warm through. Spoon into each avocado half. Garnish with bacon, peanuts or coconut and serve.

Bombay Sauce:

-----

- 2 tblsp butter
- 2 tblsp flour
- 1/2 tsp each pepper and paprika
- 1/4 tsp salt
- 3/4 cup milk
- 1 cup shredded mild Cheddar cheese

Melt butter in saucepan; add flour, pepper, paprika and salt and mix well. Whisk in milk until smooth and cook over low heat until thick and bubbly. Stir in cheese.

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From: lzsndt@ritvax.isc.rit.edu (Lynn Z. Schaeffer)

CHICKEN DIANE  
=====

Ingredients:  
-----

- 6 boneless, skinless chicken thighs or breast halves
- 1/4 cup butter
- 1 medium onion, chopped fine
- 1/3 cup fresh parsley
- 1/4 cup steak sauce
- 1/4 cup dry sherry
- 1 Tbsp Worcestershire sauce
- 1 Tbsp Dijon-style mustard

Instructions:  
-----

In a large skillet, heat half the butter over medium heat until bubbly and hot. Add the chicken and cook, turning frequently until lightly browned on all sides and, when pierced with a fork, juices run clear. Remove chicken to a plate and keep warm.

In the same skillet, heat remaining butter. Add onion and saute until translucent, about 2 minutes or less. Reduce heat and add remaining ingredients, except chicken. Cook, stirring occasionally, until heated through. Return chicken to skillet and turn to coat with sauce.

Serve with rice or noodles and a tossed salad.

%%%

From: rlwilliams@gallua.gallaudet.edu (skip)

CHICKEN DISH  
=====

Put a couple of cups of rice on to cook as per your choice. Cook it in a cube or two of bullion for flavor.

Skin enough chicken thighs and breasts in whatever combination your family prefers. Saute in a little olive oil. At the same time add a sliced onion (looks like a lot but it cooks down plenty) and some garlic.

When the chicken is browned, add a can of tomatoes (stewed or whole and

then chopped.) with all the juices. add a cup of white wine and a bullion cube (this will be both flavor and salt). a sprinkle of your favorite spices (Italian seasoning) is quick.

Cook for about a half an hour covered.

Serve over rice.

This can be prepared ahead of time and either frozen or eaten a few days later. If time permits, you can add sliced or canned mushrooms, a sliced carrot or whatever other vegetables you like.

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From: ruby@crash.amigans.gen.nz (Vida Halligan)

CHICKEN DISH  
=====

Chicken can be partly frozen as it is easier to work with. completely bone out the carcass leaving the leg bones in place use a boning knife if possible it makes the job easier.

Wash the insides and rub with lemon juice stuff in your usual stuffing. put a small lemon in the opening tie up and cook in oven.

Slice Hot or Cold

Not good for the microwave!

%%%

From: Margaret Reek

CHICKEN ETOUFFEE  
=====

Ingredients:

-----

- 1/3 cup vegetable oil
- 1/2 cup chopped onion
- 1/4 cup chopped green bell pepper (or mild hot pepper)
- 2 tsp minced garlic
- 8 ozs clam juice (can probably use wine or water instead)
- 1 3/4 tsp cajun spice mix
- 3 whole chicken breasts, bones and cubed
- 1 1/2 cups uncooked rice
- 1/3 cup all purpose flour

1/4 cup chopped celery  
1 lb can tomatoes, chopped  
1 tsp salt

Instructions:

-----

To cook the chicken stir in tomatoes, clam juice, 1 tsp cajun spice, salt and chicken. Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, for 10-15 mins.

In a heavy skillet heat the oil over med. heat. Stir in flour and cook, stirring constantly until dark-red brown, about 10 mins. Add the onion, celery, pepper and garlic; cook 5 mins. Stir in tomatoes, clam juice, 1 tsp cajun spice, salt and chicken. Heat to boiling. Reduce heat and simmer uncovered, stirring occasionally, for 10-15 mins.

Remove from heat and let stand 3 mins.

While the chicken is cooking, cook the rice according to the package directions, adding 3/4 tsp to the water. Serve the Etouffee over the rice.

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From: walllau@chico.acc.iit.edu (Laura Wallace)

CHICKEN FLAUTAS

=====

(from Pace Picante Sauce)

Instructions:

-----

2 cups finely shredded or chopped cooked chicken  
2/3 cup Pace Thick and Chunky Salsa  
1/4 cup green onion slices  
3/4 tsp ground cumin  
vegetable oil for frying  
32 corn tortillas  
2 cups shredded cheddar or Monterrey Jack cheese  
Guacamole

Instructions:

-----

Combine chicken, salsa, onion, and cumin; mix well. Heat about 1/2 inch oil in small skillet until hot but not smoking. Quickly fry each tortilla in oil to soften, about 2 seconds on each side. Drain on paper towels. Spoon 1 tablespoon chicken mixture and 1 tablespoon cheese down center of each tortilla. Roll tightly; secure with wooden pick. Place seam-side down on baking sheet. Bake in preheated oven at 400 F about

18 to 20 minutes or until crisp. Serve warm with guacamole and additional salsa. Makes 32 appetizers.

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From: arielle@taronga.com (Stephanie da Silva)

CHICKEN IN BROTH WITH COUSCOUS AND VEGETABLES  
=====

- 2 stalks lemongrass, trimmed to white center or 1 tsp grated lemon peel
- 3 cups chicken stock
- 2 small onions, thinly sliced
- 2 jalapenos, seeded and minced
- 1 large garlic clove, minced
- 4 boneless chicken breast halves, skinned and cut into 1-in pieces
- 16 4-inch asparagus spears
- 2 small plum tomatoes, seeded and cut into 1/2-inch dice
- 2 tblsp unsalted butter
- salt and freshly ground pepper
- 1/4 cup quick-cooking couscous, cooked according to package directions
- 1 cup fresh cilantro leaves

Instructions:

-----

Mince lemongrass in processor. Wrap in cheesecloth. Combine stock, lemongrass, onions, chilies and garlic in 2 1/2-quart squcepan. Bring to a boil. Reduce heat and simmer 10 minutes. Remove lemongrass. Add chicken and asparagus and cook until chicken is tender, about 3 minutes. Add tomatoes. Whisk in butter. Season with salt and freshly ground pepper.

Divide couscous among shallow soup bowls, mounding in center. Arrange asparagus spears around couscous. Ladle chicken, vegetables and broth over. Top with cilantro and serve.

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From: France Normandeau

CHICKEN KIEV  
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Ingredients:

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- boned, skinned, defatted/sinued chicken breast halves number of 1/2 breasts per person dependent upon basic glutony factor.
- salt
- pepper - freshly ground

scallions - thinly sliced  
egg(s) - light beaten with (for a lot of Kievs use 2)  
1(2) tbs milk  
bread crumbs - I often use commercial, season Italian  
flour  
butter - cold and cut into pieces about the size and  
shape of your little finger.

Instructions:

-----

Preparation procedure for each breast:

-----

Between two 1 gal. heavy-duty freezer bags pound breast until quite thin with a abalone mallet or other flat, heavy object. Careful, do not break holes in the middle of the chicken. Work slow and carefully!

When flattened, sprinkle with salt, pepper and about a tblsp of scallions. Place scallions near the center of the breast.

Place a finger of the butter in the middle of the breast and CAREFULLY fold the chicken over the butter and roll up. Keep in mind that you are trying to create a watertight package for the butter. Variant: Place butter at one end of breast and roll-up breast over the butter, folding the ends in during the process. Like a butcher wrapping meat.

Coat the breast in the flour, dip in the egg mix and finally coat with bread crumbs. This is part of the sealing process so make sure all the little nooks and crannies are covered.

Final cooking:

-----

Dependent upon size of deep fryer place 2 to 3 breasts in hot oil and cook until slightly darker than a brown paper shopping bag. Remove from fryer and cook for about 15 minutes in a 350 oven.

%%%

From: Laura.Aden@ebay.sun.com (Laura Aden)

CHICKEN LASAGNA

=====

Ingredients:

-----

- 8 to 10 Lasagna noodles, cooked
- 2 Cups cooked diced chicken
- 2 Tbsp butter or margarine
- 1 medium onion, chopped



-----

3 pounds chicken breasts  
 3 Tbl oil  
 2 cloves garlic, minced  
 6 cups chicken broth  
 1 tsp minced ginger or 1/4 tsp powdered ginger  
 1 1/2 Tbl salt  
 2 bundles (1 3/4 oz. each) long rice\*\*  
 1 can (6oz.) whole mushrooms, drained  
 2 Tbl thinly sliced green onions

Instructions:

-----

Remove skins and bones from chicken and use them to prepare chicken stock. Cube chicken. Heat oil in a large skillet; saute chicken and garlic until browned. Add broth, ginger and salt; simmer 1 hour or until chicken is tender. Soak long rice in warm water for 30 minutes; cut into 2 inch pieces. Add long rice and mushrooms to chicken; simmer 15 more minutes. Sprinkle with green onions just before serving.

%%%

From: dwilson@Ingres.COM (Dave Wilson)

CHICKEN MARINADE

=====

Ingredients:

-----

1/2 cup orange juice (approximately juice of 1 orange)  
 1/4 cup lemon juice (approximately juice of 1 lemon)  
 1/4 cup lime juice (approximately juice of 2 limes)  
 1/4 tsp cumin  
 1 clove garlic, smashed  
 a few drops Tabasco (or reasonable facsimile)

Instructions:

-----

Mix together, pour over enough chicken to serve 4, allow to marinate a couple hours or overnight. Broil or (my favorite) grill until done.

%%%

From: starman@crash.amigans.gen.nz (Robin Halligan)

CHICKEN MARINADE

=====

Ingredients:

-----

- 1 kg Chicken pieces
- 5 tblsp soy sauce
- 1-2 cloves garlic
- 2 tblsp Brown sugar
- 5 tblsp Treikai Marinade and sauce
- ginger
- fresh ground pepper
- salt

Instructions:

-----

I use Ginger granules but I have used fresh ginger.

Mix all ingredients except chicken, then pour over the chicken. Leave for 2-3 days turning the chicken at least 2 times per day, then cook over a hot plate or sling it on the BBQ.

%%%

From: davids@hpsdde.sdd.hp.com

Source: Aniversary Cookbook - National Evangelical Church, Kuwait  
Author: Alexander Shortpool of India.

CHICKEN MASALA (Mangalorean style)  
=====

- 1 kg chicken
- 4 tblsp curd (plain yoghurt)
- 1 tsp turmeric powder
- 1 cup onion, finely chopped
- 1 tsp ginger powder
- 1 tsp garlic powder
- 2 tsps chilli powder
- 2 tsps coriander powder
- 1/4 cup oil
- salt to taste

Instructions:

-----

Cut chicken into pieces and marinate with curd and salt and keep aside for an hour.

Heat oil and fry turmeric. Add onion and fry till light brown. Then add ginger and garlic mixed in a tblsp of water and stir well. Then add chilli and coriander mixed in 4 tsps water. Stir well till oil comes out clear. Now add the chicken and sufficient water to make good sauce.

Cover and let cook on gentile fire till chicken is done.

Notes:

-----

- 1) Cooking is about a half hour to 45 minutes, depending on size of chicken pieces and level of heat.
- 2) All of the curd (we used plain yoghurt) curdled (no pun, I think this is how you would describe it). So, we made another batch of sauce, using all of the ingredients except the chicken.
- 3) This was not hot, just spicy enough. You could probably spice it up with more chilli powder and more garlic, or fresh garlic instead of powdered.

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN NUGGETS  
=====

Ingredients:

-----

- 2 pounds chicken, deboned and skinned
- 1/2 pound pork sausage
- 3 cups fresh bread crumbs
- 3 eggs
- 1/2 tsp salt
- 1/8 tsp pepper
- Flour
- Oil for frying
- Pineapple Mustard sauce

Instructions:

-----

Finely chop chicken. Combine chicken, pork sausage, 1 cup of the bread crumbs, 1 of the eggs, salt and pepper; mix wel and form into balls 1 inch in diameter. Lightly beat the remaining 2 eggs. Roll chicken nuggets in four, then in the beaten eggs; then in the remaining 2 cups of the bread crumbs. Chill for several hours. Heat oil for shallow fring to 375F. Fry chicken nuggets until golden brown. Drain on paper towels. Serve hot or at room temperature with Pineapple Mustard sauce.

Pineapple Mustard Sauce

-----

- 1/2 cup pineapple preserves
- 2 tblsp sweet/hot mustard

In a small saucepan combine preserves and mustard on low heat. Cook slowly, stirring frequently, until well blended. Serve warm with Chicken Nuggets.

%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN 'ONO NUI

=====

Ingredients:

-----

- 3 tblsp oil
- 6 tblsp flour
- 3 cups milk
- 2 cups cooked chicken, diced
- 1/2 tsp salt
- 1 tblsp pimento, sliced
- 1 cup pineapple, diced
- 3 coconuts

Instructions:

-----

Trim rough fiber from coconut shells. Saw in half crosswise. Combine oil, flour and milk in a saucepan over low heat. Stire until you have a smooth white sauce. Add chicken, salt, pimiento, and pineapple. Fill coconut halves with chicken-pineapple mixture. Place in shallow baking pan. Bake at 350F for 1 hour. Coconut meat become firm and cannot be eaten.

Variation: Substitute tuna or turkey for chicken.

%%

From: thomase@tekig5.pen.tek.com (Stan England)

CHICKEN PAELLA

=====

Servings: 4

Instructions:

-----

- 3/4 lb Asparagus
- 1 lb Chicken meat; 1 inch sq.
- 1/8 t Pepper
- 2 T Olive Oil
- 1 Large onion
- 2 T White wine (Dry)

1 1/2 c Rice (long grain)  
1/2 c Pimiento or roast red bell  
1 c Water  
3/4 c Sweet peas  
3/4 lb Broccoli  
1/8 t Salt  
3 T Flour  
1/2 lb Zucchini, diced 1/2 inch  
1 Clove garlic, pressed  
1 lb Tomatoes, chop, seed, skin  
1 pinch Cayenne  
1 c Chicken broth (14 1/2 oz)  
1/2 t Saffron

Instructions:

-----  
Snap off and discard tough ends of asparagus. Cut off tips in 2 inch lengths and set aside. Cut stalks in 1/4 inch thick slices. Cut off broccoli florets and set aside with asparagus tips. Peel stems, quarter lengthwise, and cut in pieces the same size as asparagus slices. Cook sliced asparagus and broccoli in a pan of boiling water for 3 minutes or until barely tender. Drain and set aside.

Sprinkle chicken with salt and pepper. Roll in flour and shake off excess. Heat 1 tablespoon of the oil in a wide non-stick frying pan over medium high heat. Add chicken and cook 3 minutes on each side or until lightly browned. Remove chicken from pan and set aside.

Add the remaining tablespoon oil to pan. Add zucchini and cook over medium high heat 4 or 5 minutes or until lightly browned. Remove from pan with a slotted spoon and set aside.

Add onion and garlic to pan drippings. Stir once, add wine. Then cover and cook over low heat for 10 minutes or until onion is soft and liquid has been absorbed. Stir in tomatoes and cook, uncovered, for 4 minutes. Stir in rice and cayenne.

Transfer rice mixture to a wide shallow 4 quart casserole. Add blanched asparagus and broccoli, chicken, zucchini, and roasted bell pepper. At this point, you can cover and refrigerate up to 8 hours

In a pan, bring chicken broth and water to a boil. Stir in saffron. Pour over rice mixture. Tightly cover casserole with foil. Bake in a preheated 350 F oven for 40 minutes. Add the peas and stir gently into the rice with two forks. Cover and bake for 10 or 15 minutes more minutes or until rice is tender and all liquid is absorbed.

When rice is done, cook asparagus tips and broccoli florets in a pan of boiling water for 4 minutes or until barely tender. Drain and arrange as garnish over top of rice.

%%%

From: prkenne@lims02.lerc.nasa.gov (Carol Sharp)

CHICKEN PAPRIKA  
=====

Ingredients:  
-----

- 4 lbs chicken pieces
- 1 large onion finely chopped
- 2 to 3 tblsp sweet hungarian paprika
- 4 tblsp butter or margarine
- salt and pepper to taste
- sour cream (the new fat free type works well too)
- flour

Instructions:  
-----

Melt butter in large fry pan (I use a 4 qt. chicken fryer with a vent in the lid) and saute onion for a few minutes. Season chicken with salt and pepper and cook over medium high heat until just golden on both sides. Sprinkle paprika evenly over chicken. Add enough water to the pan to come about 1/2 way up the sides of the chicken pieces. Bring to a boil then cover and turn down to simmer. Leave lid slightly open or open the lid vent about half way. Simmer for about 2 hours (less if you use boneless chicken breast).

After the chicken is cooked remove to a platter and cool enough to handle without burning yourself. Meanwhile strain the juices and return to the pan. In a medium bowl have about 1/3 cup flour (you may need to add a little more). Whisk about half of the pan juices into the flour gradually until mixture is thick and smooth. Return to the remaining juices in the pan. Turn heat back up to medium and whisk this mixture until it is very thick and smooth (this is where you may need a little extra flour). In the same bowl stir about 1/2 cup (more if you like) sour cream until smooth. Whisk about 1/3 of the gravy into the sour cream gradually. Return this to the pan and reduce heat to avoid boiling. By time all of this is done the chicken should be cool enough to handle. Remove chicken from the bones and cut or tear into bite size pieces. Return to the pan with the gravy and simmer until heated through. Adjust seasoning to taste. If there are leftovers this freezes reasonably well and is even better the next time around.

%%%

From: sharen@iscnvx.lmsc.lockheed.com (Sharen A. Rund)

CHICKEN PAPRIKA

=====

Ingredients + Instructions:

-----

2-1/2 - 3 lb chicken cut up [skin removed optional]

Mix together:

-----

- 1/2 cup flour
- 1 tsp salt
- 1 tsp paprika
- 1/4 tsp pepper

Coat chicken with flour mixture.

Heat 1/4 cup shortening (bacon grease, etc) over medium heat. Cook chicken in shortening 15-20 minutes or until light brown. Remove chicken and set aside.

Add to the skillet:

2 medium onions, finely chopped (1 cup)

Stir until onion is soft, then stir in:

- 1 can tomato puree
- 1 tblsp paprika (add more to taste)
- 2 tsp salt
- 1/4 tsp pepper

Add chicken, cover tightly, simmer 30-40 minutes or until thickest pieces are fork-tender.

Remove chicken and keep warm. Stir 1/2 cup sour cream into tomato mixture, heat until warm

Pour over chicken and serve.

%%%

[mara](#)

# COLLECTION: Chicken Recipes Vol.2 (of 3)

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Fri, 30 Jul 93 10:56:43 +0200

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From: arielle@taronga.com (Stephanie da Silva)

CHICKEN PASTRY OR B'STILA

=====

Ingredients:

-----

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

Preparation:

-----

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

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

In the same skillet, with a little oil, fry the beaten eggs mixed with

salt and chopped cilantro. Place in another small bowl. Still in the same oiled skillet, toast almonds until slightly brown and grind them in a food processor. Set aside.

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

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

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

%%%

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

CHICKEN PEPERONI

=====

Ingredients:

-----

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

Instructions:

-----

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

Any left overs freezes well

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN RAVIOLI IN PORT MUSTARD CREME SAUCE WITH MANGO GINGER CHUTNEY  
=====

(serves 4 as a pasta dish before the main meal.)

Pasta

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

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

Egg wash

- 
- 1 egg
- 2 tbl water

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

Filling

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

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

Preparation:

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

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

When sauce is ready, cook ravioli until they rise.

Sauce

-----

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

Reduce over high heat until nearly dry.

1 cup chicken stock

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

- 1 cup cream
- 1 tbl mustard

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

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

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

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

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

%%%

From: thomase@tekig5.pen.tek.com (Stan England)

CHICKEN RICE

=====

Servings: 4

Instructions:

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

Instructions:

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

%%%

From: Alan J. DeWeerd

Source: Wisconsin State Journal

CHICKEN SATE

=====

Ingredients:

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

Instructions:

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

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

Peanut Sauce

-----

- 1/2" piece fresh ginger root, peeled and minced
- 1 to 2 serrano or other hot chiles, seeded and minced
- 1 clove garlic, minced
- 2 green onions, minced
- 1/3 cup creamy peanut butter
- 1/3 cup fresh or canned unsweetened coconut milk
- 2 to 3 T fresh lime or lemon juice
- 2 T fish sauce or soy sauce
- 1 t sugar
- 1/4 cup fresh cilantro

Instructions:

-----

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

%%%

From: mikesell@acsu.buffalo.edu (brian mikesell)

CHICKEN SOUVLAKI

=====

Ingredients:

-----

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

Instructions:

-----

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

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

This is absolutely required when making chicken souvlaki:

Grilled Pita:

-----

Store bought Pita Bread

Olive Oil  
dab of butter

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

%%

From: christy@cas.gab.unt.edu (Christy Strickland)

CHICKEN SPAGHETTI

=====  
(Feeds 6-8 maybe more)

Ingredients:

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

Instructions:

-----

Cook spaghetti separately - according to directions on package.

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

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

Serve with some type of bread and ENJOY!

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

%%

From: holland@matt.ksu.ksu.edu (Rich Holland)

CHICKEN STIR FRY

=====

Ingredients:

-----

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

Directions:

-----

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

Note:

-----

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

%%%

From: steo@dopey.cc.utexas.edu.cc.utexas.edu (Sharon Teo)

CHICKEN STIR FRY

=====

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

Basic Sauce:

-----

1 tbsp oyster sauce (I use "Lee Kum Kee" brand, from the oriental market)  
1 tsp soy sauce

pinch of salt  
1/4 tsp sugar (or MSG)  
1 tsp corn flour  
a little gound white pepper-optional

Method:

-----

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

Hints:

-----

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

%%%

From: deuelpm@craft.camp.clarkson.edu (Tracy and Pete Deuel)

CHICKEN TANDOORI

=====

(Indian Grilled Chicken)

Instructions:

-----

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

Instructions:

-----

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

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

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

Note:

-----

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

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN TIKKA

=====

Ingredients:

-----

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

The marinade:

-----

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

Instructions:

-----

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

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

Preheat the oven to 350 degrees F.

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

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

Note:

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

%%%

From: Vince McCoy

I not real good at giving a number of servings for my recipes. It depends upon the size of the chicken and how hungry you are but I guess this should serve at least 4 people. It is a very flexible recipe that can be adjusted for personal taste.

CHICKEN VERSUVIUS

=====

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

Instructions:

-----

Heat olive oil in oven proof skillet. Add whole garlic cloves, saute until cloves are a golden brown on all sides. Prepare chicken by washing thoroughly and then drying with paper towels. When garlic is brown remove from pan and set aside. Add chicken pieces to skillet, cook until skin is brown (chicken will not be done yet). Add quartered potatoes to the pan, fitting around and between chicken pieces. Return garlic cloves to the pan also fitting around chicken and potatoes.

Season all with salt and pepper to taste. Sprinkle rosemary over all. Add white wine around edges of skillet so as not to wash off spices from chicken and potatoes. Bring to a simmer on top of the stove, then cover skillet and place in a 400 degree oven. Cook until chicken is very tender and potatoes are soft, about 35-40 minutes.

Variations:

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

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHICKEN WALDORF PITAS WITH CURRIED YOGURT SAUCE

=====

Ingredients:

-----

Curried Yogurt Sauce

- 2 whole chicken breasts, skinned, boned, cooked and cubed
- 1/2 cup Italian dressing
- 1 medium green apple, cubed
- 1/4 cup thinly sliced celery
- 1/4 cup sliced almonds, toasted
- 3 tblsp raisins
- 2 avocados, seeded, peeled and cubed
- 4 pita breads, halved
- 8 pieces curly greenleaf lettuce
- Cherry tomatoes, optional

Instructions:

-----

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

Curried Yogurt Sauce:

-----

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

Stir ingredients together.

%%%

From: mjkelly+@cs.cmu.edu (Mary Jane Kelly)

This dish is loosly based on Madam Wong's Beef with Oyster Sauce.

CHICKEN WITH ASPARAGUS AND RED PEPPER

=====

Ingredients:

-----

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

Combine for sauce:

-----

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

Instructions:

-----

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

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

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

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

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

%%%

From: pchurch@swell.actrix.gen.nz (Pat Churchill)

Source: Lebanese Cookbook by Dawn, Elaine and Selwa Anthony (Ure Smith)  
ISBN 0 7254 0468 X

CHICKEN WITH CHICK PEAS AND RICE (D'jaaj b'Hoummus ou Ruz)

=====

(Serves 4-6)

Ingredients:

-----

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

Instructions:

-----

In a large saucepan brown the chicken in 1.4 cup of the ghee. Add eight cups water, half the chopped onions, the garlic, cinnamon stick and 2 tsps of salt. Bring to the boil, cover and continue to cook until the chicken is tender enough for the meat to fall off the bones.

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

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

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

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

stand for 10 minutes. Serve the chickpea and rice mixture on a platter garnished with the almond and chicken pieces.

Note:

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

%%%

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

CHICKEN WITH CREAM SAUCE

=====

Ingredients:

-----

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

Sauce:

-----

- 4 Tbs butter
- 1 cup chicken stock
- 1/8 tsp pepper
- 1/2 cup cream
- 1/2 cup flour
- 1/2 tsp salt
- 1/4 cup chopped parsley

Instructions:

-----

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

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

%%%

From: dfw@thumper.bellcore.com (Doris Woods)

CHICKEN WITH ORZO  
=====

Ingredients:  
-----

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

Instructions:  
-----

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

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

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

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

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

%%%

From: stigle@cs.unca.edu (Sue Stigleman)

CHICKEN WITH POMEGRANATE JUICE  
=====

Ingredients:  
-----

- 2 1/2 to 3 pound fryer
- 3 T shortening
- 1/2 poultry seasoning

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

Instructions:

-----

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

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

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

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

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

Arrange chicken pieces in this sauce.

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

%%%

From: clc3589@tamsun.tamu.edu (Christy Corse Kalahar)

CHICK WITH MUSHROOM SAUCE

=====

Instructions:

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

Instructions:

-----

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

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

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

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

Serve over rice or noodles.

%%%

From: erw@keynes.econ.duke.edu (E. Roy Weintraub)

CHINESE-JEWISH CHICKEN

=====

Ingredients:

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- 1 roasting chicken
- Master sauce

Instructions:

-----

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

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

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

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

Master sauce:

-----

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

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

%%%

From: arielle@taronga.com (Stephanie da Silva)

CHUTNEY GAME HENS

=====

Ingredients:

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

Instructions:

-----

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

%%%

From: s0361690@let.rug.nl (mw. C.A.E. le Clercq)

COCONUT CHICKEN WITH PINEAPPLE

=====

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

Ingredients:

-----

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

Instructions:

-----

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

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

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

Serve the pineapple and the juice with the chicken.

Goes well with rice and a salad.

%%

From: jmk5u@virginia.edu (Jeremy)

COLD CHICKEN RECIPE

=====

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

The night before combine reasonable proportions of canned tuna fish(one can), yogurt (just a touch), about 1/3 of a cup of basil, juice from half a lemon and three or four anchovies. Mix it all in the blender and achieve a decent consistency by adjusting the ingredients. To serve put a dollop of the sauce on the chicken, sprinkle with paprika and garnish with a basil leaf. Excellent and easy. (Sorry about not having the complete recipe.)

%%

From: dfw@thumper.bellcore.com (Doris Woods)

CORNISH GAME HENS

=====

Ingredients:

-----

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

Instructions:

-----

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

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

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

If you are going to use some Dahl, skip the stock and add the sour cream or yogurt right away. Mix until creamy, then add the Dahl also mixing well. Place hen pieces on top. Simmer covered for 30 to 40 min. Serve over rice-orzo mixture

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

Things you can add that would probably be good:

Chopped tomato

mushroom  
spinach

%%

From: sngundersen@ucdavis.edu (Sue Gundersen)

Source: 365 Ways of Cooking Chicken

CORNISH GAME HENS

=====

Ingredients:

-----

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

Instructions:

-----

Wash hens and season with salt and pepper

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

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

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

%%

From: giber@pollux.cs.uga.edu (Carolyn Giberson)

CORNISH HENS

=====

1. Split the birds in 2 along the backbone and breastbone.
2. Place in a ziplock bag along with a good measure of tarragon, chopped garlic, and freshly ground black pepper.

3. Add enough vermouth to cover all, and seal.
4. Let marinate all day.
5. Roast at 350 F until just done (no pink juices), basting with pan juices every 15 minutes (takes about 45 minutes).

%%%

From: lauraa@dragonwings.EBay.Sun.COM (Laura Aden)

CORNISH HENS  
=====

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

Sauce:  
-----

- 1/4 stick butter
- Water

Stuffing:  
-----

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

Instructions:  
-----

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

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

Put in over @ 450 for 20 minutes, lower temp to 350 and cook for 30 minutes (or until done - when poked the juice of the hen is clear).

Remove hens from over and bakeing dish. Add the butter and water to the

the baking dish and heat for a couple minutes to make a sauce.

%%

From: verkkila@nmsu.edu (Valeri Erkkila)

Source: Land O' Lakes Treasury of Country Recipes

COUNTRY CHICKEN PICCATA

=====

Ingredients:

-----

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

Instructions:

-----

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

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

%%

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Edmonds Cookery book, p92

CRUNCHY COATED CHICKEN

=====

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

Instructions:

-----

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

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

%%%

From: robert@anuenue.cba.hawaii.edu (Chu, Robert K.T.)

CURRY CHICKEN

=====

Ingredients:

-----

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

Instructions:

-----

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

carrots. Saute separately.

Combine with curry, salt, pepper, add water to cover, boil 20 minutes. While boiling add soy sauce and sugar and perhaps some more salt and pepper

Mix flour to 1/2 cup warm water.

Add flour mixture and boil 1-2 minutes.

Serve with rice.

%%%

From: jojo@leland.Stanford.EDU (Joanne Spetz)

CURRY CHICKEN  
=====

Ingredients:  
-----

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

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

\* Marinade:  
-----

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

Instructions:  
-----

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

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

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

%%%

From: PLANCHAJ@ctrvax.Vanderbilt.Edu (Tony Planchart)

CURRY CHICKEN  
=====

Marinade  
-----

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

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

Instructions:  
-----

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

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

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

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

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

%%%

From: arielle@taronga.com (Stephanie da Silva)

CURRY WITH PINEAPPLE

=====

- 3 cups milk
- 2 cups coconut
- 3 cloves garlic, minced
- 1 Tbl ginger root, chopped
- 2 apples, cored and diced
- 2 onions, chopped
- 2 Tbl curry powder
- 1/2 cup butter, softened
- 1/2 cup flour
- 1/2 tsp salt
- 1/2 cup cream
- 3 cups cooked chicken
- 1 cup pineapple, diced

Instructions:

-----

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

Variation:

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

%%%

From: danielh@sequent.com (Daniel Hobbs)

DAN'S FAVORITE CHICKEN RECIPE

=====

Ingredients:

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- 1 chicken cut up, or your favorite pieces  
(I use thighs and legs -- about 2 pounds worth)
- 1 jar anybody's spaghetti sauce



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

Instructions:

-----

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

%%%

From: tl5361s@acad.drake.edu

Source: Julia Child

DIJON CHICKEN

=====

Take a whole chicken and slice down the bake bone so it lays out flat. Turn on broiler, brush chicken with butter and cook 5 min, then baste, repeat till chicken has cooked 20 min (should be skin side down). Turn chicken over and baste add thyme and red pepper sauce.

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

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

%%%

From: todd@kastle.com (Todd A. Scalzott)

DIJON CHICKEN

=====

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

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

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

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

Variations:

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- 1) Cut up the chicken breasts into small strips before dredging in the flour. It really tastes better this way, I think.
- 2) Add sliced fresh mushrooms to the sauce, letting them cook up a bit with the sauce.
- 3) Add artichoke hearts to the sauce, just before adding back the chicken.

%%%

From: giber@pollux.cs.uga.edu (Carolyn Giberson)

GARLIC-GINGER ROASTED CHICKEN  
=====

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

- 1. prepare a marinade using soy sauce (1/2 cup), honey (1/4 cup), vinegar (any kind, 1/4 cup), chopped garlic (2 tbsp or so), and minced ginger root (2 tbsp or so). The proportions are a matter of taste.
- 2. Place your rinsed chicken in a ziplock bag and cover with marinade. Seal to exclude air so chicken is fully contacted by the marinade. Let marinate at least 8 hours or overnight for a more intense flavor.
- 3. When ready to roast, place breast side down in a shallow pan. Roast about 20 - 25 minutes per pound, 350 F. Baste with the marinade or pan juices every 15 minutes. Turn the chicken breast side up during the last half hour. Chicken should be a nice mahogany color when done. Keep a close eye on it though; the marinade can scorch a little with all that honey in it.

%%%

[mara](#)

# COLLECTION: Chicken Recipes Vol.3 (of 3)

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Fri, 30 Jul 93 10:56:45 +0200

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From: Anne\_Judge@sdr.slb.com

Source: Fast & Easy Oriental Wok Cooking, by Jacqueline Heriteau.

GENERAL TSO'S CHICKEN (1)

=====

(Serves 4 )

Ingredients:

-----

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

Sauce 1:

-----

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

Sauce 2:

-----

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

Instructions:

-----

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

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

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

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

%%%

From: Anne\_Judge@sdr.slb.com

Source: Fast & Easy Oriental Wok Cooking, by Jacqueline Heriteau.

GENERAL TSO'S CHICKEN (2)  
=====

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

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

Ingredients:  
-----

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

Sauce:

-----

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

Instructions:

-----

Whisk together thoroughly the egg and cornstarch. Add pieces of chicken, turning to coat evenly.

In wok or deep-fat fryer, heat 2 inches of oil to 350 F. Fry chicken, a few pieces at a time until lightly browned and just cooked through. Drain on paper towels.

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

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

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

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

%%%

From: arnie@osu-20.ircc.ohio-state.edu (Arnie Skurow)

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

GENERAL TSO'S CHICKEN

=====

Ingredients:

-----

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

Batter:

-----

1 egg  
1/4 cup beer  
2 tblsp soy sauce  
1/2 tsp salt  
1/4 cup flour  
1/4 cup cornstarch  
1/2 tsp baking powder  
dash of pepper

Seasoning Sauce:

-----

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

Instructions:

-----

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

subsides and the sauce thickens slightly and turns to glaze (about 2 minutes or more). Add fried chicken, tossing to coat well. Sprinkle chopped peanuts on top.

%%%

From: j-germuska@nwu.edu (Joe Germuska)

Source: From "A Taste Of Columbus" Volume III  
Favorite recipes from leading Central Ohio Restaraunts.

From: Siam Oriental Restaraunt as prepared by Chef Paul Kaewprasart  
Voted one of the top 10 dishes in Columbus by Columbus Monthly Magazine.

GENERAL TSO'S CHICKEN  
=====

Ingredients:  
-----

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

Instructions:  
-----

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

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

Place a small amount of oil in wok and heat until wok is hot. Add

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

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From: syvdk@tjuvm.tju.edu (David J. Kernen)

GREEK HOMESTYLE CHICKEN  
=====

My wife taught me how to make this. She learned it in Greece, where it's a common meal. It's incredibly delicious, and while it's cooking, the smell will have everyone in the house salivating. She cooks it in an open pan, but I find the chicken stays moister if you cover it (with aluminum foil or some- thing) for the first half-hour or so. Either way, it tastes great!

Ingredients:  
-----

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

Instructions:  
-----

Place chicken in a shallow baking tray.

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

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

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

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

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

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

Serve with a crusty bread, or with pita bread.

%%%

From: whitley@mksol.dseg.ti.com (harlon whitley)

GRILLED CHICKEN TORTILLAS

=====

Ingredients:

-----

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

Instructions:

-----

In large non-metallic container, mix lime juice, olive oil, garlic, salt and hot pepper sauce. Add chicken, stirring to coat with marinade. Marinate 1 hour at room temperature or refrigerate overnight. Stack tortillas and wrap in foil; set aside. Place chicken on prepared grill about 8 inches from heat. Grill, turning frequently, about 16-20 minutes or until chicken is fork tender, Remove chicken to platter; cut into 1/4-inch strips. While chicken is cooking, heat tortillas by placing foil-wrapped package on side of grill; turn package once or twice. To assemble, sprinkle one-twelfth of lettuce over chicken. Layer cheese and tomatoes over chicken; drizzle salsa over all. Roll up

Makes 6 servings (2 tortillas per serving).

%%%

From: auwen@convex.com (John David Auwen)

HAWAIIAN CHICKEN BREASTS

=====

Ingredients:

-----

- chicken breasts
- 1 C pineapple juice

1/2 C sugar  
1/4 C sherry  
1/4 C soy sauce  
1/4 tsp garlic, 1 clove, minced

Instructions:

-----

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

%%%

From: cst@bork.nist.gov (Charles S. Tarrío)

This is loosely based on a recipe from "The Fiery Cuisines" by Dave DeWitt (of Chile Pepper Magazine) and Nancy Gerlach

HAWAIIAN CHICKEN CURRY

=====

Ingredients:

-----

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

Prepare the coconut milk:

-----

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

Instructions:

-----

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

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

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

%%%

From: kristen@telerama.pgh.pa.us (Kristen McQuillin)

HERBED CHICKEN SANDWICHES

=====

Ingredients:

-----

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

Instructions:

-----

Combine ingredients. Spread on bread and garnish with watercress.

%%%

From: pchurch@actrix.gen.nz (Pat Churchill)

INDONESIAN SATE AND PEANUT SAUCE

=====

The Meat:

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

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

- ~2-3 tblsp soy sauce
- 1 tsp sambal oelek (red pepper concentrate)
- 1 tsp dried cumin
- 1 tsp dried coriander
- 1 tsp turmeric
- 3 cloves garlic, crushed
- 1/2 tsp ginger
- 1 tsp laos (dried galangal powder)

1 medium onion cut in quarters lengthwise then each quarter cut crosswise - separate the layers

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

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

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

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

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

%%%

From: dw00@ns1.cc.lehigh.edu (Diana Walsh)

ISLAND CHICKEN

=====

Ingredients:

-----

- Rum
- Coconut
- Cream
- Pecans
- 1 can Coco Lopez (or any other Pina Colada/coconut milk mix)
- egg/milk/flour
- butter
- Chicken - boneless, cut into smaller portions, and thinned if necessary

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

Pour on top of chicken, and sprinkle with pecans.

%%%

From: byrne@rcf.rsmas.miami.edu (Charlie Byrne)

JERK CHICKEN  
=====

- 1/2 cup Jerk Rub
- 1 Chicken

Instructions:  
-----

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

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

To make your own jerk rub:

Jerk Rub:  
-----

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

Mix together to make a paste (food processor ideal). Smear all over chicken pork fish whatever. Let sit for a while. Keep leftover rub in a jar in the frig.

%%%

From: Ken Garrido





1+ tsp. chili paste w/ garlic  
1 tsp. sesame oil  
1 tsp. red wine vinegar or rice vinegar  
1 tsp. sugar  
1+ tsp. corn starch  
1/4 cup chicken stock (I'm lazy: bouillon and water works fine)  
1++ Tbl cooking sherry (white wine does the trick)  
1 oz. soy sauce (I prefer the darker, but it doesn't matter)

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

Instructions:

-----

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

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

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

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

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

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From: tas@virginia.edu (Thomas A. Spraggins)

KUNG PAO CHICKEN #2  
=====

Ingredients:

-----

2/3 lb. chicken

#1 Items:

- 1 T. soy sauce  
 1 t. rice wine  
 2 T. water  
 2 t. cornstarch

#2 Items:

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

#3 Items:

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

Procedure:

- (a) Lightly pound chicken with blunt edge of a cleaver. Then cut into bite-size pieces.  
 (b) Mix chicken with #1 Items and leave for 20 mins.  
 (c) Heat pan and oil; stir-fry peppers over medium heat 30 secs.  
 (d) Add chicken pieces and stir-fry until chicken changes color.  
 (e) Add #3 Items and stir-fry until ingredients are mixed and sauce has thickened.

%%

From: steven.frank%acclbbs@ssr.com (Steven Frank)

Source: 1992 The Los Angeles Times

KUNG PAO CHICKEN (Chicken With Chiles And Nuts)

=====  
(Servings: 4)

Ingredients:

- 1 lb Chicken breast, boned cut into 1" cubes  
 4 tb Soy sauce

1 1/2 tb Cold water  
 1/4 ts Garlic salt  
 4 Dried red chiles (or more)  
 1 tb White wine or sherry  
 1 tb Sugar  
 1/2 ts Salt  
 1 ts Sesame oil  
 1 ts Chopped peeled gingerroot  
 1/2 c Peanuts  
 Cornstarch  
 Oil for deep frying

Instructions:

-----

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

%%%

From: jlange@ugcs.caltech.edu (Jon E. Lange)

Source: An adaption from the Kung Pao Beef recipe given in  
 \_Betty\_Crocker's\_New\_Chinese\_Cookbook\_.

KUNG PAO CHICKEN

=====

Ingredients + Instructions:

-----

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

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

2 T vegetable oil



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

Instructions:

-----

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

Put a wok on a burner, hot!!!

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

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

%%%

From: kenneth steven simon

LEAN PORTOLA VALLEY CHICKEN

=====

Ingredients:

-----

1 tblsp corn-oil margarine  
 3 tblsp flour  
 3/4 cup defatter chicken stock  
 1/2 cup nonfat milk  
 1/4 tsp sale  
 Dash of garlic powder  
 Dash of pepper  
 1/2 tsp curry powder  
 1/2 cup cold water



Instructions:

-----

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

%%%

From: steo@dopey.cc.utexas.edu.cc.utexas.edu (Sharon Teo)

MALAYSIAN SATAY AND PEANUT SAUCE

=====

Ingredients:

-----

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

Instructions:

-----

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

Peanut Sauce:

-----

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

Instructions:

-----

Grind onions, galingale, ginger and lemon grass.

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

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

%%%

From: girl@slavery.EBay.Sun.COM (Mary Smith)

MARINATED CHICKEN

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Ingredients:

-----

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

Topping:

-----

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

Instructions:

-----

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

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

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

Nutritional Value per Serving:

-----

Calories 280  
Fat 14 g  
Sodium 870 mg

%%

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

MARINATED CHICKEN AND PORK  
=====

Ingredients:

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

Instructions:

-----

Place chicken pieces and pork cubes in a large bowl. Mix all other ingredients thoroughly, pour over chicken and pork. Allow meat to marinate in sauce for about 2 hrs. (you could leave it over night) Transfer chicken, pork and marinade to cooker.

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

%%

From: mjkelly+@CS.CMU.EDU (Mary Jane Kelly)

MURGH MAKHANI  
=====

Ingredients:

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

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

Instructions:  
 -----

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

Mind you, eating this meal every day will lead to a swift cholestrol death, but the flavour is superb. I have found when serving this to other people that aren't used to spicy food, cutting down on the chili and cumin seeds helps a lot.

%%%

From: sklarew@acs.bu.edu (Daniel Sklarew)

Source: "365 ways to cook chicken" by Cheryl Sedaker  
 (comments in paratheses are my own addition - dms.)

ORANGE CHICKEN WITH GREEN GRAPES (300)  
 =====  
 (Serves: 4)

Ingredients:  
 -----

1 (3 pound) chicken, cut up  
 1/2 tsp salt (less)  
 1/4 tsp ground pepper  
 3/4 tsp paprika (for color)  
 1/2 cup orange juice  
 1 Tbsp chopped scallions

- 1.5 tsp instant chicken bouillon granule (yuck! try spice mix)
- 1/2 tsp finely grated orange peel
- 1 Tbsp cornstarch dissolved in 1 Tbsp. cold water
- 2/3 cup seedless grapes, halved

Instructions:

-----

1. Preheat to 350 deg. Arrange chicken skin up in 13x9x2" baking pan. Season w/salt, pepper, and 1/4 tsp. paprika.
2. In bowl, mix o.j., scallion, bouillon granules (or spice mix) and peel. Pour over chicken, and bake 1 hr., until chicken is brown and tender.
3. In medium saucepan, mix dissolved cornstarch and remaining paprika. Stir in 3/4 cup of pan drippings; bring to a boil. Stir constantly until thick and bubbly. Add grapes and cook for 2 min., until hot.

Footnotes:

-----

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

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

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

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

%%%

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockery Cooking Soups and Stews, p43

ORANGE CINNAMON CHICKEN  
=====

Ingredients:

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

Instructions:

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

%%%

From: hz225wu@unidui.uni-duisburg.de (Micaela "Stayka" Pantke)

Source: De Re Coquinaria by Marcus Gavius Apicius

PULLUM FRONTONIANUM (Chicken a la Fronto)

=====

(Apic. 6, 9, 13)

Ingredients:

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

Instructions:

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

Notes:

-----  
 -- Defritum: Either thick fig syrup, or must that's boiled until you

have only a third of the amount with which you started.

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

%%%

From: hz225wu@unidui.uni-duisburg.de (Micaela "Stayka" Pantke)

Source: De Re Coquinaria by Marcus Gavius Apicius

PULLUS FUSILIS (Chicken With Liquid Filling)

=====

(Apic. 6, 9, 15)

Ingredients:

-----

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

Instructions:

-----

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

Notes:

-----

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

%%%

From: connally@vms.cis.pitt.edu (Kate Connally)

ROCK CORNISH HENS STUFFED WITH CURRIED RICE

=====

## Ingredients:

-----

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

## Instructions:

-----

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

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

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

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

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

Serves 6.

Variation:

-----

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

%%%

From: hz225wu@unidui.uni-duisburg.de (Micaela "Stayka" Pantke)

STAYKA'S CHICKEN VINDALOO 'N' PINEAPPLE

=====

(serves 2)

Ingredients:

-----

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

Instructions:

-----

- 1.) Slice chicken in small pieces (1 piece, 1 bite) and marinate in soy sauce (ten minutes should suffice), then throw chicken + sauce into a pan (don't throw over too far a distance, \*you\* have to clean up the mess)
- 2.) Fry chicken in pan. Make sure it is well done, you don't want to eat salmonellas.
- 3.) Put the can of tomatoes + the can of sweet corn into the pan and cook together with the chicken pieces (make sure to remove the cans before cooking).
- 4.) Add vindaloo curry paste + powder (well, and if you like it \*really hot\* - and I \*mean\* REALLY - also add some hot chili powder) and stir until everything is well blended.

5.) Add pineapple pieces.

6.) Serve hot :-)

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

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

Variations:

-----

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

%%%

From: yleung@athena.mit.edu (Yolanda A Leung)

STEAMED CHICKEN CANTONESE

=====

Ingredients:

-----

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

Instructions:

-----

Combine the salt, ricewine, shredded scallions and ginger together. Rub on the chicken on the inside and outside. Let sit for 20 minutes. Place in the steamer and steam for about 25 minutes -until done of course. The water should have reduced and you can pour out the juice from the inside of the chicken as well. Remove the chicken and cut up.

Combine the cornstarch and tablespoon of water and then into the reduced chicken juices to make it thicker. Place additional shredded scallions and ginger over the chicken, pour the sauce over it and heat up about 4T of oil (not smoking hot), and pour over the scallions and ginger.

%%%

From: sklarew@acs.bu.edu (Daniel Sklarew)

Source: "365 ways to cook chicken" by Cheryl Sedaker  
(comments in paratheses are my own addition - dms.)

SUNSHINE CHICKEN (299)

=====

(Serves: 4)

Ingredients:

-----

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

Instructions:

-----

1. Preheat to 350 deg. Arrange chicken skin up in 12x8x2" baking dish. Season w/salt and pepper. Bake for 45 min.
2. In pan, mix cornstarch and sugar. Stir in broth, o.j., brandy, vinegar, peels and tarragon. Cook, stirring over med. heat until sauce boils and thickens, about 3 min. Stir in orange, grapefruit sections.
3. Spoon sauce and fruit over chicken. Return to oven for 15 min. longer, until chicken is "fork tender".

Footnotes:

-----

If you pour the juices from cooked chicken into a container, then refrigerate, waxy fats will congeal at the top, easy to scrape off of the high protein gelatin underneath, then later, you need only heat up

the gelatin to have homemade broth or soup base! Can be stored in freezer in old yogurt/sherbert containers for a long time.

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

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

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

%%%

From: cjpope@benchman.bll.ingr.com (Candy Pope)

SWISS CHICKEN CASSEROLE

=====

Ingredients:

-----

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

Instructions:

-----

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

Note:

-----

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

%%%

From: connally@vms.cis.pitt.edu (Kate Connally)

Source: Bon Apetit, I think.

TANDOORI-STYLE CHICKEN

=====

Instructions:

-----

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

Instructions:

-----

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

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

%%%

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

TARRAGON CHICKEN

=====



1/2 cup coconut milk (canned is ok)

Garnish:

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

Preparation:

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

%%

From: khammond@eng.auburn.edu (Kevin L. Hammond)

THAI-STYLE CHICKEN WITH BASIL

=====

(Servings: 6)

Ingredients:

-----

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

Instructions:

-----

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

190 calories per serving.

%%

[mara](#)

## Chicken Avgolemono

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:24:10 CDT

### Orzo-Rice Pilaf

2 tablespoons butter  
2 garlic cloves, sliced  
4 large whole chicken breasts, boned and halved  
2 medium zucchini, sliced  
5 egg yolks  
1 tablespoon cornstarch  
2 teaspoons salt  
1/8 teaspoon cayenne pepper  
1 chicken flavor bouillon cube  
5 tablespoons lemon juice

Prepare Orzo Rice Pilaf. In 12 inch skillet over medium-high heat, in hot butter, cook garlic until brown; discard garlic (not on your life!). In same skillet, in remaining butter, cook chicken breasts until browned, on all sides. Add 1/2 cup water; heat to boiling. Reduce heat to low; cover; simmer 10 minutes. Add zucchini; cook 10 minutes longer or until chicken and zucchini are tender.

Meanwhile, in 1 quart heavy saucepan with wire whisk, beat egg yolks, cornstarch, salt and cayenne pepper until blended, stir in 1 1/2 cups water and chicken bouillon. Over medium-low heat, heat mixture, stirring until thickened (do not boil), about 10 minutes. Stir in lemon juice.

Arrange chicken mixture on a warm platter; spoon on sauce. Serve with Orzo-Rice Pilaf.

Orzo-Rice Pilaf: In 2 quart saquepan over medium-high heat, melt 1/2 cup butter. Add 1 cup orzo; cook until golden, stirring often, about 10 minutes. Stir in 4 cups water, 1 cup regular long-grain rice and 3 chicken flavor bouillon cubes; heat to boiling. Reduce heat to low; cover and simmer 30 minutes or until liquid is absorbed and orzo and rice are tender.

[mara](#)

# Chicken w/Broccoli (Campbell's Soup Recipe)

From: [kathy@oasys.dt.navy.mil](mailto:kathy@oasys.dt.navy.mil) (Kathy Smith)

Date: 12 Nov 93 15:14:49 GMT

This was in the Sunday Parade Magazine. The first time I made it, I left out the mustard and it was excellent! Then I tried it with the mustard and it was excellent! We couldn't decide which we liked better. You will probably have to add some water, it was to thick after adding the soup. Really good, enjoy!

(Chicken and Mushrooms Dijon)

Prep time 15 min - Cook time 25 min

2 tbsp. margarine	1 can (10 3/4 oz Campbell's (New) Cream of Chicken & Broccoli Soup
4 skinless, boneless chicken breast halves	
1 1/2 cups broccoli flowerets	1/4 cup milk
1 1/2 cups sliced mushrooms	2 tbsp. Dijon-style mustard

1. In skillet, in 1 tbsp. hot margarine, cook chicken 10 min. or until browned. Remove.
2. In remaining 1 tbsp hot margarine, cook broccoli and mushrooms until tender and liquid is evaporated, stirring often. (I used canned mushrooms)
3. Stir in soup, milk and mustard. Heat to boiling. Return chicken to skillet. Cover; cook over low heat 5 min. or until chicken is no longer pink, stirring occasionally. Serve with noodles, rice or mashed potatoes.

[amyl](#)

# Chicken and Chick-Pea Curry with Ginger

From: Katherine Lockhart

Date: Mon, 20 Mar 1995 21:57:04 GMT

All amounts are approximate, use as much or as little spice as you want; the amounts below give a medium spiciness.

- 3 cloves garlic, minced or crushed
- 1-inch cube of ginger, peeled and diced (bottled fine)
- 2 tablespoons vegetable oil
- 1/2 cup chopped onion
- 1 Tablespoon of curry powder
- 1 pound boneless, skinless chicken breasts
- 1\4 cup flour
- 3 cups of chicken stock
- 3 cups of cooked chick-peas
- 1-2 tomatos, diced
- 3 tablespoons of chopped parsley
- salt, to taste
- pepper, to taste

In a large saucepan (4 quart) heat oil over medium heat. Add onion and curry powder. Cook about 3 minutes or until onion is tender.

Cut chicken into bite sized pieces. Toss in the flour. Shake off any excess. Increase heat slightly and add chicken to the saucepan. Cook until just brown on all sides.

Add garlic, ginger and chicken stock and simmer for 45 minutes, uncovered.

Stir in chick-peas and parsley and cook about 25 minutes or until chicken is fork tender. Add salt and pepper, and serve over rice.

Enjoy :)

Kathy

# Chicken with Hot Bean Paste

Subject: Chicken with Hot Bean Paste

Date: Mon, 9 Aug 1993 13:46:18 GMT

This is a recipe taken without permission from Madhur Jaffery's Far Eastern Cookery book. I forgot what it's called, but the dish originates from Korea, I think.

Uses Hot Fermented Bean Paste....

6 pieces of chicken (normally I use dark meat)  
4 medium potatoes  
1 small onion  
4 tablespoons light soy sauce  
2 tablespoons sugar  
2 tablespoons Hot Fermented Bean Paste (HFBP)  
2 cups water  
1 small red pepper  
1 small green pepper  
freshly ground pepper to taste  
roasted sesame seeds (optional, but very good!)

Put the chicken in a large pot with light soy sauce and sugar. Slowly add water to HFBP in a separate bowl, mixing as you go. Add this to the pot with chicken, bring to a boil, cover, reduce heat and simmer 10 minutes. Add potatoes and onion, bring to a boil, cover, reduce heat and simmer 25 minutes. Slice up red and green pepper and add to chicken (add in pepper to taste). Simmer 5 more minutes and serve with roasted sesame seeds on top.

Great over rice and keeps for weeks. I usually have a pot of this at home for the nights I come home hungry with not much time to cook.

[mara](#)

# Chicken Italiano

From: STEVE MARTINEK MARTINEK@a.psc.edu

Date: Thu, 5 Aug 1993 16:04:06 -0400 (EDT)

## Ingredients

4 chicken breast halves, skinned and boned  
1 teaspoon oil  
4 ounces (about 1 1/2 cups dry) thin spaghetti, broken into fourths  
1 small onion, cut into wedges  
1 small green pepper, cut into strips  
1/8 teaspoon instant minced garlic  
1 teaspoon oregano leaves  
1/8 teaspoon salt  
1/8 teaspoon pepper  
1 bay leaf  
16-ounce can tomatoes  
1/4 cup water  
1 tablespoon chopped parsley, if desired

## Preparation

Pound chicken breasts with a metal meat mallet between sheets of plastic wrap until about 1/2 inch thick. Heat oil in frying pan. Brown chicken breasts on each side. Add spaghetti, onion and pepper strips around chicken. Sprinkle with seasonings. Break up large pieces of tomatoes. Pour tomatoes and water over top of chicken. Bring to a boil. Reduce heat, cover and cook until chicken and spaghetti are done, about 15 minutes. Remove bay leaf. Garnish with parsley.

[mara](#)

# Chicken Jambalaya

From: sandyv@ux1.cso.uiuc.edu (Sandy Vavrinek Seehusen)

Date: 29 Sep 1993 22:41:19 GMT

This is how I make my Jambalaya. It's a favorite in our house.

1 lb chicken meat (I get a package of boned, skinned breasts)  
3/4 lb smoked sausage  
2 cans chicken broth  
1 med onion, chopped  
2 stalks celery, chopped  
1 med green pepper, chopped  
cayenne pepper, to taste  
    (1-2 Tablespoons, depending how hot you like it. I use 3!)

16 oz bag white rice  
1 small can tomato paste  
4-5 green onions, chopped  
1 med tomato, chopped  
optional: shrimp, seafood

Cut the chicken and sausage into small or smaller than bite-sized pieces. Season the chicken with salt and pepper ( I do this rather generously: 1 t pepper, 2 t salt, possibly more) Using a dutch oven on the stovetop, Cook chicken and sausage in small amount of oil or lard (some authenticics swear it must be in lard) until the chicken is done; about 15 minutes. Remove the meat from the pan and set aside.

Saute the onion, celery and green pepper until tender crisp. Add the chicken broth, rice and cayenne pepper. Heat until the broth starts to bubble, then stir the meat back in. Turn the heat down low and simmer with the lid on for 30 minutes. DO NOT STIR during this time or some of the rice will rise to the top out of the liquid and you'll get crunchy jambalaya.

After the 30 minutes are up, stir in the tomato paste. Then stir in the green onions and tomatos. Serves a family or more.

Some notes:

If you are adding shrimp, I usually cook is separately and add it just before or with the paste. If you cook chrimp too long it gets rubbery. It also doesn't keep well, if you don't plan to eat it all at one sitting. If you are using other seafood in place of or in addition to the chicken, you can add that at the normal meat addition, but I don't make this

version so I don't have any words of wisdom.

Also, I have been know to add the cayenne without measuring until the broth turns a light orange color. This seems to be the right amount of spicyness, but remember you can always add more. I told a friend to do this and she added the full 3 T and said it was unedible it was so hot. You can always add more broth or tomato paste to tone it down. Start with 1 t. - 1 T. and add as you go until you find the right heat level. Personally, i like the feeling of a small volcano in my stomach when I'm done! :-)

[amyl](#)

# Chicken Long Rice

From: [jespina@pyramid.com](mailto:jespina@pyramid.com) (Julia Espina)

Date: 11 Nov 1993 11:49:27 -0800

In article , [ez041310@chip.ucdavis.edu](mailto:ez041310@chip.ucdavis.edu) () writes:

|> In Hawaii they make a dish called Long Rice.

I found this recipe in a Hawaiian cookbook. I love this dish, but haven't try making it yet. Do share on how it turns out.

1 chicken, about 3 lbs.  
water  
1/2" slice of ginger, crushed  
1 bundle long rice, soaked in water to soften  
salt to taste  
3 stalks green onions

Place chicken in a large pot and cover with water. Add ginger and bring to a boil; lower heat and simmer about 45 minutes to an hour, or until meat falls away from the bones. Remove chicken from broth and discard bones. Return chicken to broth and add long rice. Simmer until about half of the broth is absorbed by the long rice. Season with salt and add green onions just before serving.

[amyl](#)

# Chicken in Mango Sauce

From: Melanie Harper tcsmh@aic.lreg.co.uk

Date: Tue, 3 Aug 93 12:38:33 BST

2 chicken breasts (or equivalent in other part of chicken)  
1 tin mangoes (or two fresh ones, which should be very ripe)  
1 tsp coriander (dried)  
1/2 tsp garlic powder (or 1 clove of garlic, finely chopped)  
1 tsp black pepper  
1/4 tsp cumin  
1 tsp cinnamon  
2 tbsp soy sauce  
1 tsp Worcester sauce  
Water if needed (see below)  
1 carton natural yoghurt (to taste)

Fry all of the spices, except for half of the garlic, in a small amount of oil. Drain the mangoes (if necessary) and puree them (or at least crush them a bit). You may want to add some sugar if using fresh mangoes which are not so ripe. Put the mangoes in with the spices, add soy and Worcester sauce, and cook gently for 10 minutes (it will not matter if you leave it for longer). Meanwhile, dice the chicken and fry until opaque, along with the rest of the garlic. Drain off any excess oil. Add to the mango sauce and simmer gently for 10-15 minutes. Serve over rice with the natural yogurt as an accompaniment.

Melanie.

[mara](#)

# Chicken and Mushrooms

From: [dwalker@faline.bellcore.com](mailto:dwalker@faline.bellcore.com) (Derek X. Walker)

Date: Mon, 15 Nov 1993 10:37:20 -0500

The following set of recipes are award winners in a Northern New Jersey recipe contest. The winners were printed in a special insert to the local newspaper. I am sending you a couple of the recipes that I thought were interesting.

Here is the first:

1 cup sliced fresh mushrooms  
2 Tbsp. butter  
3 chicken breasts, halved, skinless and boneless  
Salt and pepper, to taste  
2-3 Tbsp. oil  
4 small onions, sliced  
1/8 tsp. garlic powder  
1/2 cup dry white wine  
2 small tomatoes, cut in wedges and seeded  
1/4 tsp. thyme, crushed  
1 Tbsp. chopped parsley

Saute mushrooms in butter for 2 minutes; set aside. Sprinkle chicken pieces with salt and pepper and saute in hot oil until brown. Remove chicken from skillet and set aside. Reserve drippings. Saute onions in drippings until onions are soft.

Stir in wine, garlic, tomatoes, and thyme, scraping bottom of skillet well. Add chicken to the skillet. Cover and simmer for thirty minutes or until chicken is tender. Add sauteed mushrooms. Sprinkle with parsley and serve. Serve on a bed of rice.

Recipe by:

Sandy Durkin

Great Meadows, NJ

[amyl](#)

# Chicken "Wing" Pizza Date: Wed, 4 Aug 1993 03:40:45 -0400

There's a rather familiar recipe that alot of people use to make what I think are the \*best\* chicken wings in existence...it's the ultimate in casual cooking, and infallible...

1. Take 2-3 pounds of cut wings, but them in a big bowl
2. Dump a big bottle of Durkee's Red Pepper Hot Sauce over them
3. Pour white vinegar into the bowl until it is almost full
4. Add enough oil to make just a thin layer on top of the other liquid
5. Let it sit for an hour, then broil the wings.

The wings are served with blue cheese dip, sour cream or some of the vinegar/pepper sauce for dipping. No matter how much or little of each of

the ingredients, as long as they're all there, it's an impossible recipe to screw up.

This weekend we decided that we wanted to imitate all these places that are serving (insert restaurant's name) style-chicken pizza (including the Price Club!) so, after being goaded on by the people who tell me I make good wings, I experimented, and out came:

### Thespian's Spicy Grilled Chicken Pizza

- The crust is left up to you..I was lazy and used Boboli :)
- The pizza sauce is left up to you..I used the last of my homemade from last year..
- mozzarella cheese, shredded about a c. per pizza but also to taste
- olive oil
- a small bottle of Durkee's sauce
- white vinegar

- 2-3 boneless chicken breasts
- sundried tomatoes
- crushed dried peppers for sprinkling on finished pizza

Like with the wings, the chicken breasts get soaked in Durkee's and vinegar. If you are going to broil them, you'll need oil in the mix again; since it's that time of year I barbecued them, and the oil wasn't really needed. Cook the chicken and cut it into small chunks. Lightly baste the whole pizza crust, including the edges with the olive oil. Mix a bit of the hot pepper sauce into the pizza sauce and spread that over the pizza crust. Put the dried tomatoes on top of the sauce, cover with mozzarella, and spread the chunked chicken evenly over the pizza. If you're a masochist like me, splash on more hot sauce (g).

Because I used a pre-cooked crust, my

cooking time was fairly short...15  
minutes at 350 F.

[mara](#)

# Country Fried Chicken

From: arielle@bonkers.taronga.com (Stephanie da Silva)

Date: Mon, 20 Mar 1995 07:50:51 GMT

1/2 cup milk  
1 egg, beaten  
1 cup flour  
2 teaspoons salt  
1 teaspoon paprika  
2 teaspoons black pepper  
1/2 teaspoon sage  
1/2 teaspoon tarragon  
1 frying chicken, cut up  
Oil or shortening, for frying

Combine milk and egg, set aside.

Combine flour, salt, paprika, pepper, sage and tarragon in paper or plastic bag. Add a few pieces of chicken at a time; shake to coat.

Dip chicken in milk-egg mixture. Shake second time in flour mixture.

To skillet-fry, heat 1/2 to 1 inch oil in electric fry pan or heavy skillet on medium-high heat. Brown chicken on all sides. Reduce heat to medium-low heat. Continue cooking until chicken is tender, about 30 to 40 minutes. Do not cover. Turn chicken several times during cooking. Drain on paper towels.

To deep fry, heat 3 inches oil to 365F in deep fryer or deep saucepan. Fry chicken for 15 to 18 minutes. Drain on paper towels.

[amyl](#)

# Fresh Lemon Chicken

From: swelch@nas.nasa.gov (Shaun M. Welch)

Date: Thu, 14 Oct 1993 18:11:00 GMT

This is a fast dish that is often requested by family and friends. It reheats well in the microwave and the aroma drives people at work crazy.

juice of 1 lemon  
1/2 tsp lemon zest  
2 quarter sized slices of ginger finely minced  
1 clove garlic finely minced  
1/4 cup chopped parsley  
1/2 cup chicken stock  
1/2 cup white wine or dry sherry (use chicken stock if preferred)  
4 boneless and skinless chicken breast or thigh (serves 2 to 4)  
chopped scallion (green onion) or slices mushrooms are optional  
salt and pepper to taste

pound chicken flat  
heat a fry pan and add 1 tbl each olive oil and butter (or more to coat pan depending upon size being used - you're sauteing, not frying)  
lightly flour chicken and saute quickly till light golden on both sides (approx 3-4 mins each side for med to med high heat); add ginger, lemon zest, garlic, salt and pepper to the pan when you flip to side 2  
remove to warming plate in oven while finishing up

turn up the heat on the pan and deglaze with wine, chicken stock, and lemon juice; add scallion and/or mushrooms if used  
when reduced to half add the parsley and return the chicken and any accumulated juices to the pan for reheating; turning to heat through then serve immediately.

I usually serve this with some type of rice or grain pilaf and a simple vegetable or salad.

Total time for chicken prep start to finish is about 15 minutes. Kids love to pound the chicken, just place it between two sheets of plastic wrap to keep it from being sprayed all over the place.

This also works well with veal (use marsala or madeira or sherry) and pork (any of the previous wines or try using a port for a rich earthy flavor). Another option is to use lime or orange with a light touch of tarragon or basil.

[amyl](#)

# Garlic Chicken

From: Thomas P Collins [tcollins@magnus.acs.ohio-state.edu](mailto:tcollins@magnus.acs.ohio-state.edu)

Date: Tue, 10 Aug 93 8:50:21 EDT

The following is adapted from a recipe which appeared in the Columbus Dispatch a few years ago.

## CHINESE GARLIC CHICKEN

4 boneless, skinless chicken breast halves (about 1 lb.)  
1 egg white  
1 Tablespoon cornstarch  
1 Tablespoon dry white wine or sherry  
4 green onions  
1 teaspoon minced gingerroot  
3 teaspoons minced fresh garlic (about 6 medium cloves)  
2 Tablespoons vegetable oil  
Hot cooked rice

## SAUCE

1 teaspoon crushed chili paste (sambal oelek) or more to taste  
2 teaspoons sugar  
1 teaspoon cornstarch  
2 teaspoons rice vinegar  
1 Tablespoon water  
2 Tablespoons dry white wine or sherry  
2 Tablespoons soy sauce

Place chicken breasts in freezer for 1 to 2 hours or until very firm but not frozen solid. Slice crosswise into thin shreds. In small bowl, lightly beat egg white, then mix in 1 TBS cornstarch and 1 TBS wine, stirring until cornstarch is dissolved. Add chicken and mix well to coat all pieces. Let stand at room temperature 30 minutes.

Meanwhile, slice green onions on the diagonal into very thin slices. Mince gingerroot and garlic. Combine Sauce ingredients, mixing well. Heat wok or frying pan, add oil, and stir-fry chicken until no longer pink. Remove chicken with a slotted spoon. Add onions, ginger and garlic to wok and stirfry about 30 seconds, until ginger and garlic are fragrant but not brown. Return chicken to wok, restir sauce ingredients and add to wok. Cook, stirring constantly, until mixture is well combined, hot and bubbly and thickens slightly. Turn off heat and splash with about 1 tsp of dark sesame oil. Serve over rice. Makes 4 servings.

- tom

[mara](#)

## Greek Homestyle Chicken

From: "David J. Kernan" (syvdk@tjuvm.bitnet)

Date: 14 Jul 93 15:47:51 EDT

My wife taught me how to make this. She learned it in Greece, where it's a common meal. It's incredibly delicious, and while it's cooking, the smell will have everyone in the house salivating. She cooks it in an open pan, but I find the chicken stays moister if you cover it (with aluminum foil or something) for the first half-hour or so. Either way, it tastes great!

### Ingredients:

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

### Procedure:

Place chicken in a shallow baking tray.

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

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

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

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

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

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

Serve with a crusty bread, or with pita bread.

[mara](#)

# Honey-Lime Chicken

From: arielle@bonkers.taronga.com (Stephanie da Silva)

Date: Mon, 20 Mar 1995 08:02:08 GMT

1 20-oz can pineapple slices  
2 whole chicken breasts, split  
4 cloves garlic, smashed  
salt  
1/4 cup honey  
2 tablespoons soy sauce  
4 tablespoons fresh lime juice  
2 teaspoons cornstarch  
grated lime peel

Drain pineapple, reserve 2 tablespoons juice. Rub chicken with garlic, sprinkle with salt. Broil or grill chicken until cooked. Combine reserved pineapple juice, honey, lime juice, soy sauce and cornstarch in saucepan. Cook, stirring, until thickened. Add pineapple to sauce. Cook until heated. Spoon sauce and pineapple over chicken, sprinkle with lime peel. Serve with rice.

[amyl](#)

# Sauteed Chicken Breast with Almonds

From: demers@ere.umontreal.ca (Demers Serge)

Date: Sun, 31 Oct 93 13:40:13 -0500

(Supreme de Volailles amandine)

from: Time/Life The Good Cook

serve 6

6 boned, skinned chicken breasts  
8 Tbsp butter (or less if you like)  
2 Tbsp fresh lemon juice  
1/2 cup sliced almonds  
1 tsp finely chopped garlic  
1 Tbsp finely chopped onion  
1/4 cup white wine  
2 tsp finely chopped parsley  
2 Tbsp flour  
salt, pepper  
-----

Mix the flour with salt and pepper, and dust the chicken breasts with it. Heat half the butter in a heavy pan. Brown the chicken breasts very slowly on each side. Add the lemon juice, and season with salt and pepper. Cover the pan and saute gently, over low heat, until the chicken is tender, 10 - 15 minutes. Remove the chicken from the pan.

Add 2 Tbsp of butter to the pan, put first the almonds and brown them over low heat. Add the onion and garlic cook for one minute. Stir the wine with the rest of the butter.

Return the chicken to the pan and reheat. Put the breasts in a serving dish and spoon the almonds and sauce over the chicken. Sprinkle with chopped parsley.

Serge Demers

[amyl](#)

# Sesame Chicken

From: **Pat Pate**

Date: Sat, 23 Oct 1993 22:13:54 -0500 (CDT)

I FTPed this one from somewhere on the Internet. How's that for precision?

This recipe is good and easy to prepare. I usually use hoison sauce for the fruit jelly.

1/4 tsp. Garlic powder  
1/2 tsp. Ginger  
1 to 2 tsp. Soy Sauce  
1 Chicken Breast (Cut-up)  
1 tsp. Sesame oil  
1 Tbsp. Sesame Seeds  
1 Tbsp. Fruit Jelly (Your choice - Try Plum)  
1 tsp. Sugar  
~ 1 tsp. Cornstarch  
~ 2 Tbsp. water (or chicken stock)  
5 - 10 drops of Tabasco Sauce

Stir fry the chicken. Add all remaining ingredients EXCEPT the cornstarch and water to the chicken. (Watch it cooks fast). Thicken and coat the chicken with the thickening mixture. Add the cornstarch/water solution and cook until bubbly. (Again, it cooks fast). Serve.

[amyl](#)

# Sesame Chicken

From: **Kaz.Glover@f101.n258.z2.fidonet.org (Kaz Glover)**

Date: Mon, 1 Nov 1993 20:32:00 +0000

Categories: Main dish, Poultry, Chinese

Servings: 4

2 tb Margarine  
2 tb Oil  
1 Chicken, frying (2 1/2 - 3  
-lbs.) cut into serving  
-pieces  
1/3 c Flour seasoned with pepper  
1/4 c Sesame seeds  
1/2 lg Lemon, use juice  
3 tb Green onions, minced  
1/2 c Wine, dry white

Melt margarine with oil in baking pan. Allow to cool slightly but not harden. In a paper bag, shake chicken in seasoned flour until coated. Then roll pieces in oil in baking pan and arrange so that pieces do not touch.

Sprinkle with lemon juice and sesame seeds. Bake at 375 degrees for 30 minutes, or until lightly browned. Turn chicken; sprinkle with sesame seeds and minced onion. Pour wine into bottom of pan and cook for 30-45 minutes, basting occasionally, until done.

[amyl](#)

# Sessame Chicken a la Sean

From: [jafo@miranda.accum.com](mailto:jafo@miranda.accum.com) (Sean Reifschneider)

Date: Fri, 5 Nov 1993 02:30:27 -0700 (MST)

Cut chicken breasts into bite size chunks. Heat oil in wok (I use peanut) and put 2 to 3 cloves of garlic in to season oil. When oil is hot, put one tablespoon of crushed red peppers in the oil (vary to preference) and put in the chicken and about a quarter cup of chopped onions. Cook until mostly done (perhaps still a bit pink inside).

Sizzle in 3 TBS soy sauce (pour around edges of wok so it heats as it runs down the sides), 1TBS rice wine vinegar, 1/2TBS Sessame oil, half cup water, half TBS Tobasco sauce and push chicken and veggies up along the sides of the wok. Cook covered until veggies are done to your taste (about 7-10 minutes).

Add quarter cup of sugar to sauce in bottom of wok and 1-2TBS corn starch, 1TBS Sessame seeds and cook until desired thickness is reached. Serve over rice.

This makes 'regular' sessame chicken. I've had little luck getting 'crispy' sessame chicken to be crispy, but basically my best attempts were with using corn starch on the chicken and frying it. Then basically following the recipe above (which hopefully I haven't forgotten anything :) without the cooking the ckicken part.

Enjoy,  
Sean

[amyl](#)

# Spicy Grilled Chicken and Potatoes

From: cschnell@iiasa.ac.at (Carey SCHNELL)

Date: Tue, 3 Aug 1993 07:32:20 GMT

Ingredients for four:

Chicken for four

Potatoes for four

Spices: Mild chili, salt and pepper, parsley, ginger...

Water

Oil of your choice (I use chili and olive oil..)

What I do is take enough chicken with skin on, to feed 4 appetites.

Boil it for 10-15 minutes.

Allow to cool a little, then dust it with spices:

Spice Mix:           2 tspns MILD chili

                      1 tspn pepper

                      half tspn salt

                      2 tspns parsley

                      half tspn ginger

Have the oven pre-heated to a moderate temperature

On a lightly greased oven tray, lay the chicken pieces skin side up. The boiling process takes most of the fat from the chicken, and leaves you with a nice stock that you can freeze for later use.

The baking will also give off a little fat, and you should baste the chicken with this to keep it moist. You basically cook the chicken in the oven for around 15-20 mins from this point.

At the same time, I will have prepared potatoes to go into the oven with the chook. (More instructions follow in the taties recipe)

Sliced and spicy potaties

Enough potatoes for 4 persons, and then 2 for luck.

Scrub but don't peel. Slice thickly, approx half inch thick. Lay onto the oven tray, but make sure both sides have a little grease on them otherwise they will stick to the tray. You may need to add a little more oil (I use chili oil, but that may be a little hot for The Parents).

Keep an eye on these little suckers, as they will cook pretty quickly.

The idea is that they will bubble up towards the end, and you will need to turn them over to get them all toasty on the other side as well.

Sprinkle the potatoes and the chicken (make sure you turn them over at some stage in the cooking as well, but they should end up skin side up to make sure the skin doesn't get soggy) with the spice mix throughout the cooking time, to get the flavour through.

In the meantime, prepare a simple tossed salad with a simple dressing so as not to compete with the flavour of the chook.

Serve with the salad and a good Turkish bread (one of the ones that you rip apart, or a crusty one if you want something a little more elegant

Mahlzeit!

Carey Schnell-Wright

.... and Aussie in exile in Austria

[mara](#)

# Stuffed Chicken Breasts Cordon Bleu

From: **Elizabeth Oyer**

Date: Tue, 26 Oct 1993 14:36:10 GMT

>From \_What's Cooking?\_:

Ingredients:

(4 Servings)

4 boned chicken breasts, 6 oz (170g) each  
4 slices ham  
3.5 oz (100g) grated Cheddar cheese  
3 T (45mL) flour  
2 eggs  
salt and pepper  
.5 cup (125mL) breadcrumbs  
2 T (30mL) butter  
2 t (10mL) oil  
commercial cream of mushroom sauce

- \* Preheat oven to 325 degrees F (160 degrees C).
- \* Skin chicken breasts, slit, and spread butterfly-style. Place a slice of ham in each breast. Sprinkle with grated Cheddar and press firmly to close.
- \* Dredge each stuffed breast with flour and dip into beaten eggs. Season with salt and pepper then coat with breadcrumbs.
- \* In an ovenproof skillet, heat oil, melt butter, and gently sear chicken breasts on both sides until golden. Finish cooking in oven approximately 25 minutes.
- \* Pour cream of mushroom sauce over top and serve.

Note: The recipe suggests substituting Emmenthal or Gruyere for Cheddar.

[amyl](#)

# Tandori Chicken

From: [joyjit@rahul.net](mailto:joyjit@rahul.net) (Joyjit Nath)

Date: Thu, 18 Nov 1993 00:41:08 GMT

Cross Indexed Chicken, Indian

For 12 pieces :

Ingredients:

12 pieces of chicken (drum sticks or thighs)  
1/2 cup tandoori chicken powder (you get them in Indian Grocery stores)  
1/2 cup plain yogurt  
Salt as required  
2 lime

One whole white onion  
One green and one red bell-pepper (optional)

Flat aluminum tray (and foil)

Preparation method:

1. Skin the chicken pieces and make 3-4 deep cuts on each one of them.
2. Mix yogurt, tandoori powder, mustard oil and salt as required
3. Mix the paste with chicken pieces and let it stand for at least 6 hours.
4. After marinatingd is done, arrange pieces in tray, cover with foil bake at 350 F for 20 minutes.
5. Reduce heat to 250 F, and then bake and broil alternately in 30 min. cycles for 2 hrs. Occasionally, take the tray, out, and rearrange the chicken pieces before putting them back in. If there is too much water inside, drain the water. If the chicken pieces look too dry, sprinkle some water mixed with lime juice on them
6. After baking is done, take the pieces out and brush off the excess tandoori paste from them. Put the pieces in an open tray in the oven for 2-3 minutes( just to get them look crisp and dry.)
7. You can add a garnishing of stir-fried onions and bell-peppers and lime juice on the chicken before serving. It should be served hot.

[amyl](#)

# Tandoori Chicken

From: aghahn@ucunix.san.uc.EDU (Hyder Nihal Agha)

Date: Thu, 18 Nov 1993 18:04:38 -0500

Cross Indexed Chicken, Indian  
(Serves 4)

TANDOORI in INDIAN stands for an earthen oven which is sort of cylindrical and uses coal as the fuel.

This recipe will need a bar-b-que grill as a substitute. It can be also cooked in a gas or electric oven, but it will lose most of its flavour. Also, the chicken has to be marinated for atleast 6 hours, ideally 12 hours overnight.

You will need the following:

1. 12 Chicken drumsticks and/or breast pieces (skin removed)
2. 1 cup plain yoghurt (pref.) or 2 cups Buttermilk
3. 1 1/2 tbsp red chilli powder
4. 2 tbsp coriander powder
5. 1 tbsp garlic powder } FRESHLY GROUND IS
6. 1 tbsp ginger powder } MUCH BETTER
7. 1 tbsp cumin powder
8. 1/2 tbsp. GARAM MASALA powder (available at any/all Indian grocery stores)

You can prepare #8 at home by dry grinding to a powder the following: (20 black pepper corns Or equivalent black pepper powder, 5 cloves, 1 inch cinnamon stick, 4-5 cardamoms, 1 tsp. cumin powder, 2 bay leaves plus some more stuff I dont know, although this should be fine )

9. Meat tenderizer (optional)
10. 2 tbsp. salt (use less if tenderizer contains salt)  
IF YOU LIKE IT HOT AND SPICY , ADD 1 TBSP. EXTRA OF ALL SPICES FROM NOS. 3-8.

Method:

Prick the chicken pieces with a fork all over. apply the tenderizer to the chicken pieces and let it stand for an hour or so.

The marinade : Take a wide and deep bowl about 12 2 inches wide and deep enough to hold all the chicken pieces. Add the yoghurt plus one cup water or the buttermilk with no water into the bowl. Add all the spices from nos. 3 thru 8 into the bowl and stir to form a homogeneous mixture. Now add the chicken pieces into the mixture, so that they are all covered with the paste/mixture. Cover the bowl with a lid and let it stand for 6 hours. If you plan to marinate for 12-15 hours, put it in the refrigerator. The more time it is marinated, the better it will absorb the spices and the tastier it will be.

When you are ready to grill the chicken, apply melted butter to the

## Tandoori Chicken

the chicken pieces with a brush or spoon all over and you are ready to grill the chicken on the barbeque in the normal fashion. turn over the chicken pieces when they look brownish red in color or darker if you prefer it well done.

Slice finely onion into rings, add some salt and lemon juice to it, to be served as a salad with the tandoori chicken. lemon juice sprinkled on the cooked pieces also adds to the flavor , if you wish.

Good luck and I hope you enjoy this recipe, a favourite of the Moghul emperors of INDIA!

[amyl](#)

# Texicali Chicken

From: **Thomas Fenske**

Date: Fri, 19 Nov 1993 13:14:00 -0500 (EST)

This is in response to the request for Arroz Con Pollo recipes. I make this quite often: it is one of my family's favorites.

Serving Size : 6

Qty	Measurement	Preparation	Ingredient
---	-----	-----	-----
1-	2-3 LBS	COOKED AND BONED	CHICKEN
1	MED	CHOPPED	ONION
1	MED	CHOPPED	BELL PEPPER
1	t		SALT
1/4	t		PEPPER
1 1/2	T		CHILI POWDER
1/2	t		cumin
1	16 oz	can	stewed tomatoes
1	t		oregano
1	t	chopped (or dried)	cilantro (optional)
3	cups	cooked	rice
2	T		oil
2	t		corn starch

The chicken can be either boiled or microwaved. Break the cooked and boned chicken into bite sized pieces. Reserve about one cup of the stock. Saute the onion and pepper in oil until the onion is translucent. Add the stewed tomatoes and stir. Add the salt, pepper, chili powder, cumin and oregano and blend thoroughly. When this has started to boil, add the reserved stock (you may substitute one cup of chicken bouillon). Simmer for about 10 minutes, stirring occasionally.

Prepare rice according to package directions ( 1 1/2 cups, uncooked). Add the corn starch to a little water and blend. Add to the tomato mixture and blend well, stirring as it thickens. Add about one half of the chicken and the cilantro while stirring. When this mixture has thickened, place the rice in a large greased baking dish (9 1/2 x 9 1/2 x 2), spreading it over the bottom. Place the reserved chicken over this and pour the chicken tomato mixture over all. Cover. Thoroughly heat in a microwave oven on high for 6-8 minutes or in a preheated oven (350 F.) for 12-15 minutes.

[amyl](#)

# Thai Chicken and Basil

From: steven.frank%acclbbs@ssr.com (Steven Frank)

Date: 2 Oct 93 18:22:00 GMT

Cross Indexed Thai, Chicken

Title: Chicken (or Scallops) with Fresh Sweet Basil

Servings: 4

1/2 lb Boneless chicken breast OR	1/4 c Shredded bamboo shoots
1/2 lb Scallops	3 tb Oyster sauce
2 tb Oil	3 Red chile peppers
3 Garlic cloves (chopped)	15 Basil leaves
3 Kaffir lime leaves	2 c Chopped cabbage (optional)
1/2 c Straw mushrooms	

Chop garlic. Cut lime leaves into strips. Chop chile peppers. Thinly slice chicken into 2-inch strips (or, if using scallops, rinse and score diagonally). Heat oil. Add garlic and lime leaves. Add chicken (or scallops), mushrooms, bamboo shoots, oyster sauce, and red chile peppers; stir fry for five minutes or until chicken (or scallops) is cooked. Mix in basil and serve on a bed of chopped cabbage (if desired).

Source: Keo's Thai Cuisine by Keo Sananikone, Ten Speed Press, 1986.

[amyl](#)

# Zen Barbecue Chicken

From: **Thomas Fenske**

Date: Tue, 2 Nov 1993 09:59:10 -0500 (EST)

No one asked, but...

Some years ago I learned the secrets of chicken barbecue from a Zen Chicken Master. Here they are, revealed for the first time:

1. The chicken. Don't even bother to try barbecuing chicken breasts. They end up dry and tasteless. Use mainly thighs; they're tastier and have enough fat to be self-basting.

2. The sauce. Start by bringing to a boil a bottle of vinegar with a large finely chopped onion. Simmer until the onion is very soft. Add a small box dark brown sugar (what's that- a pound?) and cook until dissolved and smooth.

To this add a bottle of Open Pit barbecue sauce. Finally, add the Secret Ingredients:

1/2c Hoisin Sauce  
1 jar orange marmelade.  
Hot sauce to taste.

3. The cooking: Don't add the sauce until the chicken is almost done. Brush and turn a couple of times. The finished product should be a sticky mess.

--mike edelman

[amyl](#)

# Lamb Recipes

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- [Roast Leg of Lamb with Chiles and Garlic](#)
- [Stephanie Da Silva's Leg of Lamb Collection](#)
- [Micaela Pantke's Leg of Lamb Collection](#)
- [Lamb : COLLECTION \(Micaela Pantke\)](#)

[amyl](#)

# Roast Leg of Lamb with Chiles and Garlic

From: arielle@taronga.com (Stephanie da Silva)

Date: Thu, 16 Sep 1993 22:47:55 GMT

From The Best of Food and Wine

12 garlic cloves, peeled  
4 jalapeno peppers, seeded and coarsely chopped  
1/2 cup fresh lemon juice  
4 teaspoons Dijon-style mustard  
1 teaspoon salt  
2 teaspoons freshly ground black pepper  
8 or 9 pound leg of lamb, trimmed of fat  
2 tablespoons dried dill seed

In a food processor, combine the garlic, jalapenos, lemon juice, mustard, salt and black pepper; process just until the garlic and chiles are well minced.

Place the lamb in a roasting pan and rub all over with the seasoning mixture. Sprinkle the dill over the lamb, cover and refrigerate for at least 2 hours or overnight. Remove the lamb from the refrigerator about 1 hour before roasting.

Preheat the oven to 400F. Roast the lamb for 30 minutes. Reduce the heat to 350F and roast for 2 hours longer. Let the lamb rest for at least 20 minutes before carving. Serve cold or at room temperature.

[amyl](#)

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:37:33 CDT

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- [Roast Leg Of Lamb](#)
- [Authentic Greek Lamb](#)
- [Bahamian Lamb](#)
- [Yucatan leg of lamb](#)
- [Lamb 1](#)
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## Roast Leg of Lamb

Leg of lamb (about 6 pounds)  
8 clove garlic  
juice of one lemon  
1/2 teaspoon rosemary  
salt  
freshly ground black pepper

Preheat oven to 325F. Cut eight shallow slits in the surface of the lamb and insert a clove of garlic in each slit. Brush the lamb with lemon juice, sprinkle with rosemary, salt and pepper. Insert a meat thermometer into the thickest part of the roast so the bulb reaches the center but does not touch a bone. Place the lamb on a rack in a roasting pan and roast for about 20 minutes per pound or until the thermomoeter reaches 150F. Remove from oven, and let the leg stand uncovered for 10 to 15 minutes before carving.

## Mint sauce

1/4 cup chopped fresh mint  
2 tablespoons sugar  
1/4 cup boiling water  
3/4 cup cider vinegar

Place the mint in a bowl and sprinkle the sugar over it. Crush mint and sugar together with the back of a spoon. Pour in boiling water and let mint steep for five minutes. Add vinegar to mint and water mixture. Taste the sauce and add more sugar if needed. Heat before serving.

## Authentic Greek Lamb

Place many cloves of garlic under the skin/into the meat all around the leg. Sprinkle lots of oregano, pepper, lots of lemon juice, and a bit of salt on to the meat. Cover with aluminum foil & bake. The meat should

still be brown/pink when done (Approx 1.5 hrs). I like to uncover the last 1/2 hour to get a crust on the leg.

## **Bahamian Lamb**

Bake leg plain (no spices), covered w/ aluminum foil, 1 hr till mostly done. Take out of oven, cover with dijon mustard and italian breadcrumbs. Bake for 1/2 hour more (until breadcrumbs are browned). Take out of oven, slice meat & put back into the juices of the pan. Serve hot.

## **Yucatan leg of lamb**

1 whole leg of lamb (approx. 6.5 pounds)  
1.5 tbsp. cumin seeds  
3 tbsp. black peppercorns  
3 tbsp. dried orregano leaves  
3 tbsp. dried thyme leaves  
.5 tsp. sea salt (I use regular salt)  
3-4 dried chipotle chile (essential - these are smoked jalapeno)  
3 tbsp. olive oil  
8 - 10 prickly pear cactus pads (optional - these are sold as nopales)  
salt and pepper to taste  
6 cups reserved lamb stock (I use beef stock with equally good results)

Preheat oven to 325

Trim fell and fat from leg of lamb. (The fell is is what gives lamb its strong taste. It is important to remove it as thoroughly as possible). Remove hip bone with a boning knife (I usually leave this on, it just makes carving the lamb a little more difficult). Re-form the lamb and tie tightly with kitchen string. Make a stock with the bones and trimmings and set lamb aside, covered with plastic wrap.

In a small iron skillet, saute the cumin seeds, peppercorns, orregano, and thyme over medium heat to release their flavours. Stir frequently and remove when they turn brown and start to smoke. Add salt and one broken chipotle chili, and grind the mixture into a fine powder in a clean coffee grinder.

Rub lamb with olive oil and then coat uniformly with generous amounts of the spice mixture. Place on a rack in a shallow roasting and roast for 1 hour and 15 minutes - until a meat thermometer registers an internal temperature of 120 F. Rasie heat to 450 F to brown exterior for 5 to 10 minutes (the meat thermometer is important to judge the doneness of the meat). The internal temperature should rise to 130 F. Remove from oven and let rest for 15 min. before carving to allow the

meat juices to be reabsorbed.

While the lamb is roasting, wash the prickly pear cactus pads in cold water, after removing the thorns with a paring knife, brush with olive oil and sprinkle with salt and pepper. Grill over a low charcoal fire or under a broiler for about 5 min. per side or until tender.

To make the sauce, pour the fat from the roasting pan and add the lamb stock (or beef stock in my case), and remaining broken chipotles. Reduce over high heat, stirring occasionally, until stock is reduced by two-thirds. Adjust seasoning. Carve lamb and serve on the platter with rice, garnish with cactus pads and spoon sauce over meat.

Note: Lamb can marinate overnight in the refrigerator, covered with plastic wrap. It is important to let it sit at room temperature for 4 hours before cooking.

### **Lamb 1**

Julia Child's method of butterflying the leg is best in my opinion. Simply butterfly it and place in a dish or glass roasting pan to marinate with lots of garlic, some ginger, rosemary, little soy sauce. Let sit for at least 2 hours. Broil it or grill it until pink -- about 15 - 20 minutes. Let sit for 10 minutes after cooking before slicing.

### **Lamb 2**

Make slits in the lamb and insert slivers of garlic and fresh rosemary. Rub the lamb all over with lemon juice and olive oil (I use my hands).

I leave the lamb overnight in my (very cool) kitchen. You should probably put it in the fridge.

On Sunday morning, I get up, rush around and realise I am late for church. At 10.30 I wrap the lamb loosely in foil and sit it in a roasting tray. I put it in the oven, light the oven and set it to 150deg.C. Then I run out the door. At about 12.45 I walk back through the door to the gorgeous smell of cooking lamb. I unwrap it and replace it in the oven for as long as the potatoes and veg take to cook. When the veg are done, the lamb is juicy, falling off the bone tender and wonderful to eat. It is not remotely pink, though - pink lamb is a treat I save for restaurants.

[mara](#)

# Leg of Lamb : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 26 Aug 93 11:02:57 +0200

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- [Authentic Greek Lamb \(Cynthia Besselman\)](#)
- [Bahamian Lamb \(Cynthia Besselman\)](#)
- [Butterflied Leg Of Lamb \(Christopher Tate\)](#)
- [Lamb Leg \(Alison J Wyld\)](#)
- [Lamb Leg \(arthur\\_noguerola@vos.stratus.com\)](#)
- [Leg Of Lamb With Mustard, Garlic, And Rosemary \(Andrea Goldsmith\)](#)
- [Lowfat Lamb Recipe \(Alison J Wyld\)](#)
- [Roast Leg Of Lamb \(Stephanie da Silva\)](#)
- [Shashlik \(Michael Trofimoff\)](#)
- [Wakayama Lamb \(Barbara Hlavin\)](#)
- [Yucatan Leg Of Lamb \(Stephanie da Silva\)](#)

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From: ccb@blizzard.corp.sgi.com (Cynthia Besselman)

AUTHENTIC GREEK LAMB  
 =====

Ingredients:  
 -----

Leg of lamb  
 many cloves of garlic  
 lots of oregano and pepper  
 lots of lemon juice  
 a bit of salt

Instructions:  
 -----

Place many cloves of garlic under the skin/into the meat all around the leg. Sprinkle lots of oregano, pepper, lots of lemon juice, and a bit of salt on to the meat. Cover with aluminum foil & bake. The meat should still be brown/pink when done (Approx 1.5 hrs). I like to

uncover the last 1/2 hour to get a crust on the leg.

\*\*\*\*\*  
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From: ccb@blizzard.corp.sgi.com (Cynthia Besselman)

BAHAMIAN LAMB

=====

Ingredients:

-----

- Leg of lamb
- dijon mustard
- italian breadcrumbs

Instructions:

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Bake leg plain (no spices), covered with aluminum foil, 1 hour till mostly done. Take out of oven, cover with dijon mustard and italian breadcrumbs. Bake for 1/2 hour more (until breadcrumbs are browned). Take out of oven, slice meat & put back into the juices of the pan. Serve hot.

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From: fixer@faxcsl.dcert.nih.gov (Christopher Tate)

BUTTERFLIED LEG OF LAMB

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Ingredients:

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- Leg of lamb

Marinade:

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- 3-4 tblsp olive oil
- 2 tblsp regular or low-salt soy sauce
- 1 crushed garlic clove
- 1 tblsp crushed rosemary
- 1 tsp lemon juice, optional

Instructions:

-----

Trim the lamb as thoroughly as possible, then butterfly it. This is not

a particularly easy process, but it lets you roast the lamb in 1/3 the time of doing it "as is".

To butterfly the leg of lamb, you'll slit down to the bone where it lies closest to the surface, and then cut it out carefully. Use a sharp knife! You'll also need to get out the kneecap, which is not hard, but a pain. When you're done, you'll have exposed a thick vein of fat that was next to the bone; trim this out as well.

When you're done, you'll have a mess. :-) Essentially, you've "unwrapped" the meat from around the bone, so that it can lie flat on a roasting pan. If there are any particularly thick parts that won't lie flat, slit them (in the direction that the bone used to run) so they will.

You may wish to cut off the portion of meat closest to the shank (the narrow end), because the white tendons there can make that meat tough. Use it for stock, or remove the tendons and use the rest for shish kabob... use your imagination. Don't waste it; it's \*lamb\*! :-)

Now, mix up the marinade, put the lamb into a plastic bag (Ziploc or similar self-sealing bags work extremely well) and pour the marinade over it. Work it through the bag with your fingers to coat the lamb, seal the bag, and put it into the refrigerator. Marinade it for at least an hour; overnight is better.

To cook - this is the method that Julia Child calls "broil-roasting;" it produces very good results in a surprisingly short time. Arrange the lamb on a roasting pan, butterflied out so that it lies flat, with the "skin" side (i.e. the outside, not the meaty part that lay against the bone) up. Put it under the broiler for 5 minutes. Yes, you read that right - just a couple of minutes. This is to seal the surface.

Now, move the lamb to a preheated 375 Farenheit (190 Centigrade) oven and roast for about 20 minutes, depending on how thick it is and your desired degree of doneness.

When it's done, take it out and let it sit at room temperature for 10 minutes before carving, in order to let the meat reabsorb the juices. Butterflied lamb is a breeze to carve, but less tidy-looking than a straight roasted leg.

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From: alisonjw@spider.co.uk (Alison J Wyld)

LAMB LEG

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Ingredients:

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Leg of lamb  
garlic  
fresh rosemary  
lemon juice  
olive oil

Instructions:

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Well, this is how I make it. I always make it on a Sunday, so on Saturday night I:

Make slits in the lamb and insert slivers of garlic and fresh rosemary. Rub the lamb all over with lemon juice and olive oil (I use my hands).

I leave the lamb overnight in my (very cool) kitchen. You should probably put it in the fridge.

On Sunday morning, I get up, rush around and realise I am late for church. At 10.30 I wrap the lamb loosely in foil and sit it in a roasting tray. I put it in the oven, light the oven and set it to 150 deg.C. Then I run out the door.

At about 12.45 I walk back through the door to the gorgeous smell of cooking lamb. I unwrap it and replace it in the oven for as long as the potatoes and veg take to cook. When the veg are done, the lamb is juicy, falling off the bone tender and wonderful to eat. It is not remotely pink, though - pink lamb is a treat I save for restaurants.

I have never tried making this on another day of the week, but you could, and I've only ever timed it using a church service - I expect a clock would work too.

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From: Arthur\_Noguerola@vos.stratus.com

LAMB LEG  
=====

Ingredients:

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Leg of lamb  
lot of garlic

some ginger and rosemary  
a little soy sauce

Instructions:

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Well Julia Child's method of butterflying the leg is best in my opinion... Simply butterfly it (ie debone and cut large sections so they flop open and the whole piece of meat lays flat ~1.5 - 2" thick).

Place dish or glass roasting pan to marinate with lotsa garlic (you can never have too much garlic), some ginger, rosemary - and I add a little soy sauce. You may off course vary the spices to your liking. Let sit for at least 2 hours.

And here's the best part you can broil it or grill it and it cooks (to pink) in ~15 - 20 minutes.. Let sit for 10 mins after cooking and slice down...

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From: andrea@moonlight.berkeley.edu (Andrea Goldsmith)

LEG OF LAMB WITH MUSTARD, GARLIC, AND ROSEMARY  
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Ingredients:

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- Leg of lamb
- 1/4 cup olive oil
- 3-4 large cloves of garlic
- 2 tblsp Dijon mustard
- 3 tblsp chopped rosemary

Instructions:

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Make 1/2" slits in the top and sides of the leg of lamb about 1" apart. Slice enough garlic slivers to fill each slit, and push the garlic slivers completely into the slits. This should use 1-2 cloves of garlic.

Chop up the remaining garlic, and combine with the oil, rosemary, and mustard to form a paste. Spread the paste evenly over the top of the lamb.

Preheat oven to 425

Cook the lamb for 30-40 minutes at 425, then lower the oven to 375 and

continue cooking for an additional 12 minutes/pound for medium rare, 20 minutes/pound for medium.

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From: alisonjw@spider.co.uk (Alison J Wyld)

Source: Rosemary Connelly's "New Hip and Thigh Diet Cookbook"

LOWFAT LAMB RECIPE  
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Ingredients:  
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- lamb gigot chops (slices across the leg, with the bone removed)
- breadcrumbs (1 slice of bread ground in a food processor)
- 1 clove chopped garlic
- 1 handful of parsley
- Dijon mustard
- a little vegetable stock

Instructions:  
-----

Use lamb gigot chops (these are slices across the leg, with the bone removed.) Cut off all visible fat.

Start by making a mix of breadcrumbs and chopped garlic and parsley, to taste (I put a slice of not-quite-fresh bread in a food processor with a clove of garlic and a handful of fresh parsley).

Heat a heavy pan without adding any fat - a non-stick frying pan for example. I used a shallow Le Creuset casserole for the whole thing.

When its really hot, drop in the lamb chops. They should seal at once. Count to about 20, then turn. Count to 20 again. The chops should be a definite brown. Lift out of pan and place in roasting tin. Spread a thick layer of Dijon mustard onto chops. Put a thick layer of crumb mixture on top - its OK if some falls off into the dish. Cook at 220 C (sorry don't kow other measures) for 20 minutes. Remove from oven. Lift out chops to warmed serving dish. Place roasting tin on top of stove and deglaze with a little vegetable stock. Thicken with cornflour/arrowroot if you like.

Pour gravy over and serve.

I served this with baked potatoes (this is the correct UK spelling) and steamed veggies (broccoli, mange-tout and baby sweet-corn). It was

lovely.

A variant might be to deglaze the pan with a little red wine, and thicken with redcurrant jelly.

This was really yummy, and my non-dieting hubby loved it too. I had two very small chops (probably totalled 4oz) He had two very large chops.

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From: arielle@taronga.com (Stephanie da Silva)

ROAST LEG OF LAMB  
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Ingredients:  
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- Leg of lamb (about 6 pounds)
- 8 cloves garlic
- juice of one lemon
- 1/2 tsp rosemary
- salt
- freshly ground black pepper

Instructions:  
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Preheat oven to 325F. Cut eight shallow slits in the surface of the lamb and insert a clove of garlic in each slit. Brush the lamb with lemon juice, sprinkle with rosemary, salt and pepper. Insert a meat thermometer into the thickest part of the roast so the bulb reaches the center but does not touch a bone. Place the lamb on a rack in a roasting pan and roast for about 20 minutes per pound or until the thermomoeter reaches 150F. Remove from oven, and let the leg stand uncovered for 10 to 15 minutes before carving.

Mint sauce  
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- 1/4 cup chopped fresh mint
- 2 tblsp sugar
- 1/4 cup boiling water
- 3/4 cup cider vinegar

Place the mint in a bowl and sprinkle the sugar over it. Crush mint and sugar together with the back of a spoon. Pour in boiling water and let mint steep for five minutes. Add vinegar to mint and water mixture. Taste the sauce and add more sugar if needed. Heat before serving.

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From: tron@fafnir.la.locus.com (Michael Trofimoff)

SHASHLIK

=====

(Serves about 6)

Ingredients:

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- 1 Leg of lamb (deboned, trimmed of fat, and cubed to fit on BBQ skewers)
- 1 pkg Italian Salad Dressing mix
- 1-2 Red onions (sliced into pieces to fit between lamb on skewers)
- 1 pkg small red tomatoes
- 4-6 cloves whole garlic, peeled & mashed
- Juice of 1 large lemon
- Black pepper
- olive oil
- vinegar

Instructions:

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Place cubed lamb (or chicken) into large non-aluminum bowl. Prepare salad dressing according to instructions on package, using olive oil and vinegar. Add salad dressing, lemon juice, black pepper(to taste), and mashed garlic cloves to lamb. Mix well to incorporate everything. Cover, and allow to marinate overnight in the refrigerator.

Arrange lamb, onion slices, and tomatoes on BBQ skewers. At this point, you can discard the marinade, or reserve it for basting. Cook over medium-high heat on BBQ grill till desired doneness is achieved. (This tends to produce the occasional flame from the BBQ grill, so keep a water squirter handy)

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From: twain@carson.u.washington.edu (Barbara Hlavin)

WAKAYAMA LAMB

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Ingredients:

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- Leg of lamb, 4 to 6 pounds
- 1 clove garlic, peeled and sliced

- 4 fresh mint leaves (or dried rosemary)
- 3 tblsp olive oil
- 2 tblsp vinegar
- 1 tsp Worcestershire sauce
- 1 tsp paprika
- 1/2 tsp salt
- 2 tblsp sugar
- Pepper
- Flour

Instructions:

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With a Julia Child-autographed stabbing knife, pierce the lamb in several places and insert garlic slices and mint (or rosemary).

Gloop together the oil, vinegar, Worcestershire, paprika, salt, pepper and sugar. Add enough flour to thicken this muck into a paste. Rub it all over the meat to coat. Then roll the lamb in flour and plunk it in a pan.

Shove the pan into a 500-degree oven until the crust has hardened and browned lightly. Reduce the oven temperature to 325 degrees and bake the lamb until done to your liking (somewhere around 30 minutes a pound).

boy, that's going to be good. but if anybody reaches for seconds, hit them on the fist with the spatula. You want to save some leftovers to serve with this:

Supersauce For Leftovers:

- 
- 3 tblsp butter
- 3 1/2 tblsp flour
- 1/2 tsp dry mustard
- 1/2 tsp curry powder
- 1/2 tsp paprika
- 1 1/2 cups beef stock
- 3 tblsp sherry

Instructions:

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Melt the butter in a saucepan, add the flour, mustard, curry and paprika and stir-cook a few minutes.

Add the broth and heat, stirring until it is smooth and has thickened. Gloop in the sherry. Serve over rewarmed slices of lamb.

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From: arielle@taronga.com (Stephanie da Silva)

YUCATAN LEG OF LAMB

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Ingredients:

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1 whole leg of lamb (approx. 6.5 pounds)  
1.5 tblsp cumin seeds  
3 tblsp black peppercorns  
3 tblsp dried orregano leaves  
3 tblsp dried thyme leaves  
0.5 tsp sea salt (I use regular salt)  
3-4 dried chipotle chile (essential - these are smoked jalapeno)  
3 tblsp olive oil  
8-10 prickly pear cactus pads (optional - these are sold as nopales)  
6 cups reserved lamb stock (I use beef stock with equally good results)  
salt and pepper to taste

Instructions:

-----

Preheat oven to 325

Trim fell and fat from leg of lamb. (The fell is is what gives lamb its strong taste. It is important to remove it as thoroughly as possible). Remove hip bone with a boning knife (I usually leave this on, it just makes carving the lamb a little more difficult). Re-form the lamb and tie tightly with kitchen string. Make a stock with the bones and trimmings and set lamb aside, covered with plastic wrap.

In a small iron skillet, saute the cumin seeds, peppercorns, orregano, and thyme over medium heat to release their flavours. Stir frequently and remove when they turn brown and start to smoke. Add salt and one broken chipotle chili, and grind the mixture into a fine powder in a clean coffee grinder.

Rub lamb with olive oil and then coat uniformly with generous amounts of the spice mixture. Place on a rack in a shallow roasting and roast for 1 hour and 15 minutes - until a meat thermometer registers an internal temperature of 120 F. Rasie heat to 450 F to brown exterior for 5 to 10 minutes (the meat thermometer is important to judge the doneness of the meat). The internal temperature should rise to 130 F. Remove from oven and let rest for 15 min. before carving to allow the meat juices to be reabsorbed.

While the lamb is roasting, wash the prickly pear cactus pads in cold



# Lamb : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 26 Aug 93 10:52:16 +0200

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- [Arni Kapama \(Lamb Stew\) \(Stephanie da Silva\)](#)
- [Fettuccine With Lamb And Pistachios \(Richard Dabrowski\)](#)
- [Gyros \(Suzanne Mills\)](#)
- [Hushweh \(Lebanese Lamb Dish\) \(Rochelle Newman\)](#)
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- [Lamb And Apple Casserole \(Doreen Randal\)](#)
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- [Marinated Souvlakia \(Suzanne Mills\)](#)
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- [Souvlaki \(Grilled Skewered Lamb\) \(Stephanie da Silva\)](#)
- [Stir Fried Lamb With Lemon-Soy Vinaigrette \(Stephanie da Silva\)](#)
- [Tajine \(Hans van der Hof\)](#)
- [Yuvetsi \(Stephanie da Silva\)](#)

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From: arielle@taronga.com (Stephanie da Silva)

ARNI KAPAMA (LAMB STEW)  
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Ingredients:  
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- 2 1/2 lbs     stewing lamb, cut in cubes
- 1 1/2         lemon
- 1/2 cup       butter
- 2 lbs         chopped tomatoes
- 2 tsp         salt
- 1/4 tsp       pepper
- small piece  cinnamon (optional)
- 1 tblsp       sugar (optional)

Instructions:

-----

Sprinkle lemon juice over meat and leave for 1 hour. Heat butter in a frying pan and brown meat. Transfer to large saucepan. Put tomatoes in frying pan. Add salt, peeper, cinnamon and sugar. Boil for 5 minutes and add to meat. Simmer covered for 2 hours. Serve with potatoes, rice, macaroni or spaghetti. Serves 4 to 5.

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From: rdabrowski@galaxy.gov.bc.ca (Richard Dabrowski)

FETTUCINE WITH LAMB AND PISTACHIOS

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Ingredients:

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- 3 cloves garlic, minced
- 1 small onion, finely chopped
- 1/4 cup olive oil
- 1 lb lamb shoulder or other lean cut, cubbed and sliced into thin strips
- 1.5 tsp fresh rosemary, finely chopped
- 1/4 tsp ground nutmeg
- 1 tsp salt
- 1/2 tsp white pepper
- 1/3 cup sweet butter, melted
- 1 lb fettuccine, cooked al dente
- 1/2 cup shelled natural pistashio nuts, coarsely chopped

Instructions:

-----

Saute garlic and onions in heated olive oil in large, deep skillet just until soft, about 2 min. Add lamb and cook over medium-high heat just until cooked through, about 5 min. Add rosemary, nutmeg, salt, and pepper and cook 2minutes, stirring.

Reduce heat and pour in butter. Add drained fettuccine and toss well.

Before serving, top each portion with chopped pistashios. Makes four servings.

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From: GE.SPM@forsythe.stanford.edu (Suzanne Mills)

Source: Vilma Liacouras Chantiles' \_The Food of Greece\_

GYROS (pronounced sort of like 'yeeros')

=====

(Serves 6 or 7)

Ingredients:

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2 lb lean ground lamb  
2 slices homemade bread, toasted and crushed  
1 tsp allspice, pounded (ground)  
1 tsp coriander, crushed  
1 clove garlic, crushed  
1 onion, grated  
1 tsp fresh savory, chopped  
Salt and freshly ground pepper (to taste)  
3 slices bacon  
6 to 8 Middle Eastern breads, or any substitute bread or roll  
2 tomatoes, chopped or sliced thin and seasoned with vinegar and  
olive oil  
1 cup fresh parsley, chopped  
1 cup plain yogurt (I would probably strain the yogurt)

Instructions:

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In a large bowl, combine the above ingredients up to and including the salt and pepper, and knead thoroughly. Mixture should be spicy but not too herby, and hold its shape. Break into 5 sections, each the size of a navel orange, then break each section into 6 balls. Knead and flatten slightly to a thickness of about 3/4 inch.

Cut the bacon slices into widths equal to the meatballs and place a slice on each one. Continue shaping the balls, keeping the slices of bacon between them. Slip a cane skewer through the centers and roll gently with the palms to smooth the edges (you will need 5 or 6 skewers total, depending on their size). Cover and refrigerate overnight.

(Note: I interpret the above instructions as resulting in the meat skewered something like so:

--0)0)0)0)0)-- where '0'=meatball and ')'=bacon slice

To cook, set on a broiler tray or grill and cook over/under moderate heat, turning every 5 minutes. The surface will be crusty and the inside cooked within 25 minutes.

To serve, put out the pitta, meat, tomatoes, parsley and yogurt in separate dishes. Let guests open the bread or rolls and stuff them with meat and garnishings to their taste.

(To strain yogurt, put in cheesecloth and put in a colander or hang it over the sink. It will give off a lot of liquid in an hour or even less.)

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From: v313mdm8@ubvmsd.cc.buffalo.edu (Rochelle Newman)

HUSHWEH (LEBANESE LAMB DISH)

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Ingredients:

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- 1 leg of lamb, ground course with fat and bone removed (about 4 1/2 pounds? - you can also use good lamb shoulder.)
  - 1 stick margarine, melted (add more if needed)
  - 1 chicken breast or chicken neck or 2 wings to make broth for meat (you can also use canned chicken broth)
  - 1/4 cup snobar (pine nuts)
  - 1/2 tsp salt
  - 1/4 tsp pepper
  - 1/4 tsp cinnamon
  - 1/4 tsp allspice
- (all spices can be altered slightly to taste, but be very careful not to use too much cinnamon and allspice)
- 1/2 cup washed rice (we use long grain white, but I doubt it matters)

Instructions:

-----

Saute the lamb meat with butter for 10 minutes

Boil 1 chicken breast or chicken neck or 2 wings to make broth for meat -- use enough water to cover chicken -- about 3 cups? Can also use canned chicken broth... we have and haven't had a problem -- but don't tell Sitto!! Set broth aside...

Add 1/4 cup snobar (pine nuts) to lamb and let simmer Add 1/2 tsp salt, 1/4 tsp pepper, 1/4 tsp cinnamon, 1/4 tsp allspice (all spices can be altered slightly to taste, but be very careful not to use too much cinn. & allspice)

Let simmer for 20 minutes; keep stirring.

Add 1/2 cup washed rice (we use long grain white, but I doubt it matters) Mix with meat for 10 minutes (continue to let it simmer...) Now add 1 3/4 cup broth; reserve remaining broth in case you need more... Keep checking until rice is cooked. Stir occaisionally.

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From: v313mdm8@ubvmsd.cc.buffalo.edu (Rochelle Newman)

KIBBEE (LEBANESE LAMB RECIPE)

=====

Ingredients:

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- 1 leg of lamb (have fat and bone removed; ground fine twice) - can also use lamb shoulder. Approx. 4-5 pounds...
- 1 cup wheat - soak for 1/2 hour in warm water
- 1 large onion, grated
- salt (to taste)
- pepper (to taste)
- cinnamon (about two shakes?)
- allspice (about two shakes?)

Instructions:

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Squish wheat in hands to remove water. Then mix all ingredients well. Taste to see if you need more spices. (It's ok to eat this raw; indeed, it is considered a delicacy, although personally I prefer it cooked!)

Grease a large baking pan, at least 13x9 or larger.

Divide meat in half. Make bottom layer. Flatten with hands until even. Then add:

1/3 cup snobar (pine nuts) or pignoli seeds

Add top layer of meat and flatten until even. Cut diagonal lines in both directions, not all the way through, so have diamond pattern. Dot well with butter and crisco, more butter (or margarine) than crisco. Use half teaspoonfulls at a time. Should be a pat every couple inches or so...

Bake for 1 1/2 hours at 350 degrees, or until brown.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from (Barbara Blitz)

LAMB AND APPLE CASSEROLE

=====

Ingredients:

-----

- 2 lb middle neck lamb chops
- salt and pepper
- 2 medium onions
- 2 medium carrots
- 1 cooking apple
- 1 oz plain flour
- 2 tblsp oil
- 3/4 pint stock
- 1 stick celery

Instructions:

-----

Coat the chops with the flour seasoned with the pepper and salt. Brown on both sides in the oil and remove the chops. Cook the chopped onions in the oil until soft and golden and put into the crockpot. Work any remaining flour into the fat, cook for 2 minutes, and stir in the stock. Bring to the boil, stirring well. Put the thinly sliced carrots, celery and apple into the crockpot. Put the chops on top and pour over the thickened stock, seasoning to taste. Cover and cook on HIGH for 30 minutes, then on LOW 6-7 hours.

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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from (Barbara Blitz)

LAMB AND TOMATO CASSEROLE

=====

Ingredients:

-----

- 2 lb shoulder lamb
- 2 oz butter
- 1 oz plain flour
- 1 tsp marjoram
- 8 oz can tomatoes
- 1 large onion
- 2 tblsp oil
- 1/4 pint beef stock
- salt and pepper

Instructions:

-----

Cut the lamb into 1 inch cubes and chop the onions. Cook in the butter and oil until the onions are soft and golden and the lamb is lightly browned. Stir in the flour and cook for 2 minutes. Add seasoning, marjoram, stock and tomatoes with their juice. Bring to the boil, stirring well. Pour into crockpot, cover and cook on HIGH for 30 minutes, then on LOW for 6-7 hours.

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From: maryb@cix.compulink.co.uk (Mary Branscombe)

LAMB RIB RECIPE  
=====

I normaly use this on a butterfly-boned leg of lab (cut along the bone on the flat side and remove the leg bone) but I tried it on a side of lamb, about 6 ribs, last week and it worked well.

Marinade for lamb:  
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- olive oil
- lemon juice
- garlic - sliced or crushed
- lots of black pepper
- ground bay leaves (lots and lots)

Instructions:  
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Smear the lamb thoroughly with the marinade and leave to settle for a while. Heat your grill to very hot and then grill the lamb for 6-8 minutes on one side, 4-6 minutes on the other, until nicely browned and sizzling. Warning - this is messy and spits a bit so watch out! Baste with any extra marinade when you turn the lamb.

If your grill is in the oven, you can just turn it off and leave to cook in the excess heat for 20 minutes (this results in pink and perfectly cooked lamb on a leg, crispy brown lamb on ribs). If not, heat the oven to 200 degrees C, put the lamb in and turn off the heat. Again, leave for 20 minutes.

Wrap the lamb in foil and leave to rest for another 5-10 minutes while you get salad and potatoes and spinach and tomatoes and bread ready to serve, then carve - leg goes across the grain in chunks, ribs along the bone.

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\*

From: GE.SPM@forsythe.stanford.edu (Suzanne Mills)

Source: Rebetikoi Mezedes kai Lihoudies (Rebetes' Snacks and Delicacies) by Haralambos Georgiou

MARINATED SOUVLAKIA

=====

Ingredients:

-----

1 kilo (ca 2 1/4 lb) tender meat (pork, veal, beef or lamb, or boned chicken or innards or fish fillet)  
75 g (2-3 oz) onion, sliced  
30 g (1 oz) carrot, sliced  
30 g (1 oz) celery  
2-4 cloves of garlic, crushed  
1 pinch thyme  
1 pinch rosemary  
1 pinch coriander  
4 pinches rigani (Greek wild oregano), or regular oregano  
2 pinches cloves  
4 pinches black pepper  
1 bay leaf  
a little chopped parsley  
zest of 1/2 lemon  
2-4 dessertsp (a little smaller than a teaspoon) salt  
juice of 1-2 lemons  
75 g (2 tblsp or so) oil (olive oil)  
125 g (ca. 1/2 cup) white wine or water

Instructions:

-----

Cut the meat into small cubes. In a bowl, preferably earthenware, mix the marinade ingredients well and add the meat, mix again, cover and leave to marinate for 24 to 48 hours. (He doesn't say to refrigerate but I would certainly do so. For the curious, the recipe actually calls for marinating in a kioupi or earthenware storage jar rather than a bowl. This would probably keep the ingredients cooler.) When ready to cook, thread the meat on 18 to 24 skewers. Grill over embers of vine branches (!). Serve hot.

Note:

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Rebetes is difficult to translate. Suffice to say that it denotes persons with a lifestyle that includes enjoying the drinking of ouzo and eating of accompanying hors d'oeuvres. For more information, refer to The Road to Rebetika by Gail Holst.

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From: kc@shintosaki.com.au (Karen Chisholm)

Source: The Complete Middle East Cookbook - Tess Mallos

PERSIAN WEDDING SOUP

=====

(Serves 6-8)

Ingredients:

-----

- 1 lb (500g) boneless lamb stew meat
- 1 lb (500g) lamb soup bones
- 8 cups water
- 1 onion, quartered
- 1 carrot, quartered
- 1/3 cup butter
- 1/2 cup flour
- 3 egg yolks
- 2-3 tblsp lemon juice
- 2 tblsp melted butter
- 2 tsp paprika
- freshly ground black pepper
- salt

Instructions:

-----

1. Place lamb meat and soup bones in a large pot and add water, onion and carrot. Bring to a slow simmer, skimming when necessary. Add salt and pepper to taste, cover and simmer gently for 1-1/2 hours until lamb meat is tender.
2. Remove bones and discard. Lift out meat and cut into small pieces. Strain stock, return to pot and let it simmer gently.
3. In a large pan melt butter and stir in flour. Cook gently for 2 minutes without allowing it to colour. Gradually add the hot stock, stirring constantly. When smoot and bubbling, let it simmer gently.
4. Beat egg yolks in a bowl and gradually add lemon juice, holding back a little. Gradually beat in about 2 cups thickened stock, then pour into soup. Stir over gentle heat and return lamb pieces to soup. Heat gently, still stirring until egg is cooked. Adjust flavour with lemon juice and add more salt if necessary. Remove from heat.
5. Combine melted butter and paprika. Serve soup in deep bowls and pour a little butter-paprika mixture into centre of each as a garnish.

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From: arielle@taronga.com (Stephanie da Silva)

SOUVLAKI (GRILLED SKEWERED LAMB)

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Ingredients:

-----

- 1 leg of lamb, boned
- 1/2 cup olive oil
- 4 tblsp lemon juice
- salt and pepper
- oregano

Instructions:

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Cut lamb into cubes (I would suggest a less expensive cut of lamb than leg, but make sure it's a good cut) and thread on metal skewers. Marinate in olive oil, lemon juice, herb mixture about one hour to overnight. Grill meet over glowing coals, turning once, until done (roughly about 10 minutes per side, but could be less).

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From: arielle@taronga.com (Stephanie da Silva)

STIR FRIED LAMB WITH LEMON-SOY VINAIGRETTE

=====

Ingredients:

-----

- 4 shallots minced
- 1 red jalapeno pepper with seeds, minced
- 2 green jalapeno peppers with seeds, minced
- 5 garlic cloves, minced
- 1 tblsp plus 1 tsp peanut oil
- 1.5 lb lean ground lamb
- 1/5 cup chopped fresh coriander (cilantro) plus 1/4 cup whole leaves for garnish
- 1/4 cup chinese preserved or pickled cabbage
- 1/2 tsp soy sauce
- 1/4 tsp salt
- 1/4 tsp freshly ground black pepper
- 18 radicchio leaves

Lamb : COLLECTION

- 1/4 small red onion, sliced crosswise 1/8 inch thick
- 1/4 small white onion, sliced crosswise 1/8 inch thick
- lemon-soy vinaigrette (recipe follows)

Instructions:

-----

In medium skillet, cook shallots, red jalapeno, half of the green jalapeno, and the garlic in 2 tsp of peanut oil, stirring over low heat until softened, about 5 minutes. Set aside to cool.

In a bowl, combine the cooled vegetable mixture with the ground lamb and mix thoroughly. Add chopped fresh coriander, pickled cabbage, soy sauce, salt and pepper.

In a large skillet, cook the lamb mixture in the remaining 2 tsp of peanut oil over high heat, stirring well to break up clumps, until browned, about 4 minutes. Drain and set aside.

Place 3 radicchio leaves on each plate and fill with the lamb mixture (i.e., serves six) and fill with the lamb mixture. Combine the red onion, white onion, fresh coriander leaves and remaining green jalapenos; sprinkle on top of the lamb. Serve drizzled with a few tbsp of lemon-soy vinaigrette; serve remaining vinaigrette on the side.

Lemon-Soy Vinaigrette:

-----

- 3 tblsp rice wine vinegar
- 2 tblsp peanut oil
- 2 tblsp soy sauce
- 1 tblsp sesame oil
- 1.5 tblsp fresh lemon juice
- salt & freshly ground pepper

In small bowl, whisk all ingredients together until combined. Cover and refrigerate up to 1 day.

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From: seld1020@vm1.sara.nl (Hans van der Hof)

TAJINE

=====

Ingredients:

-----

- some olive oil
- some butter
- 500 g of chopped lamb ( no bones)

- 1 onion
- 1 piece of fresh ginger root ( about 2,5 x 2,5 cm )
- 1 piece of cinnamon (about 5 cm )
- a touch of saffron ( just for the colour )
- 200 g of dried fruits (pick any combination you like, tutti-frutti always works fine combined with French dried prunes)
- 25 g of sesame seed
- salt and freshly grinded black pepper to taste

Instructions:

-----

Fry meat, onion and seasoning until the meat turns brown (you can either squeeze the ginger in a garlic-squeezer or something, or you can smash it and add the whole thing).

Put meat and onion in a North-african cooking-pot (forgot its name, but an ordinary stewpot will do just as fine).

Add water to a level that just covers the meat, put the lid on the pot, and stew for about 1 hour.

Add dried fruits, and stew for another 30 minutes.

Roast sesame seed in a grill or dry frying pan till it's brown.

Remove the cinnamon and cover the dish with the roasted sesame seed.

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From: arielle@taronga.com (Stephanie da Silva)

YUVETSI

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Ingredients:

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- ca. 4lb lamb shoulder or leg
- 1 minced onion
- salt and pepper to taste
- 1 3" stick of cinnamon
- 2 tblsp of tomato paste
- 1 cup hot water
- 1 qt of stock (chicken is fine or what have you)
- 2 cups orzo (Kritharaki to a Greek)

Instructions:

-----

Use lamb shoulder or leg, about 4 lbs in managable pieces and brown all

over. Add a minced onion and brown that too. Now add salt and pepper to taste, a 3" stick of cinnamon and 2 tbsp of tomato paste mixed with 1 cup hot water. Cover and simmer for some 20 minutes and then remove cinnamon stick.

Now transfer if necessary to a buttered Yuvetsi or oven-proof casserole.

Add 1 Qt. of stock (chicken is fine or what have you)  
Orzo ( Kritharaki to a Greek) 2 cups poured over and leveled out.

Now bake at 375F for 40 minutes or so or until the lamb is tender and liquid has absorbed. Stir, uncover and bake 10 minutes more. Remove and let stand for 10 minutes or so covered with a dry kitchen towel.

Note:

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The recipe is named for the earthenware pot with the clay-coloured interior and curved handles used to cook this typical dish.

The recipe I use may be considered to be in the Cyprus style. Technically a Yuvetsi can be made with any type of pasta, macaroni etc., but to me a real yuvetsi is always made with kritharaki.

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[mara](#)

# Liver Recipes

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- [Stephanie da Silva's Liver Collection](#)
- [Chicken Liver Pate](#)

[amyl](#)

# Stephanie da Silva's Liver Collection

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:52:45 CDT

## Contents

- [Liver](#)
- [Sweet & Sour Chicken Livers](#)
- [Chicken Livers with Hot Mustard Sauce](#)
- [Liver with Wine & Onion Sauce](#)
- [Salade Lyonnaise](#)
- [Giblet Saute](#)
- [Chicken Livers 2](#)
- [Liver](#)

Fry up about 1lb good quality thick sliced bacon. Drain off all but enough grease to fry the liver in.

Dredge the liver pieces in flour and fry quickly. Use some of the bacon grease to slowly cook some sliced yellow onion. Cook the onion for 1/2 hour to 45 minutes over a low flame. Add a few twists of fresh ground black pepper.

Place the liver on a plate on top of the onions. Pour off almost all of the grease left from frying the liver. Add some stock and bring almost all of the grease left over from the liver, and add some stock scraping up the brown bits and bring to a boil. Add a splash of cognac or red wine. Add some fresh, chopped rosemary and some black pepper and cook for a minute or so. Swirl in a little butter to help bind the sauce and correct the seasonings and pour over the liver.

Serve with garlicky mashed potatoes and baby grilled vegetables.

### **Sweet & Sour Chicken Livers**

**1 lb chicken liver**

#### **marinade:**

**1 T soy sauce**

**2 T dry white wine**

**1 t sugar**

**1 green onion, minced**

**salt, pepper**

**1/2 c flour**

**oil for deep frying**

Sauce:

1/2 cup clear chicken soup or bouillon  
1 T honey  
2 T sugar  
3 T vinegar  
1 T soy sauce  
2 T dry white wine  
1 clove garlic, minced  
1/2 t grated ginger  
2 T tomato paste  
1 t tabasco or hot pepper sauce  
salt, pepper

1 T cornstarch  
1/4 c water  
1 green onion, minced  
1/4 c roasted almonds, coarsely chopped  
sesame oil

Cut each liver in two, clean from fat, tendons, etc. Mix marinade ingredients, pour over livers and let stand 30 minutes or more. If using frozen liver, make sure it is completely thawed.

Drain liver, dredge each piece in flour, and deep fry. Do not overcook. Drain on paper towels.

Put sauce ingredients in a small pan, bring to a boil stirring constantly. Mix cornstarch and water and add to the sauce to thicken it.

Pour half the sauce into a serving plate, arrange liver pieces on the sauce, and pour remainder of sauce over the liver. Sprinkle green onion, almonds, and a few drops of sesame oil over everything.

### Chicken Livers with Hot Mustard Sauce

Take about a pound of chicken livers, cut off the connective material, and cut into pieces about the size of the last joint of your thumb. The smaller the pieces, the crispier this will be, and the less liver flavor will be present. Thumb-sized is a good place to start.

Throw a couple of handfuls of flour in a paper bag, along with 1 teaspoon of salt and 2 teaspoons of ground nutmeg. Throw the liver into the bag one piece at a time, bouncing the bag a little between each addition, until you have maybe a dozen pieces of liver in the bag. Hold the open end of the bag closed, and shake vigorously to coat the liver. Put the floured liver pieces on a plate and continue the process until all liver is floured.

Fry liver in hot oil 1/4" deep, until coating is crispy.

Put 4-6 teaspoons of dry mustard in a teacup, and add water, stirring

until the mixture is the consistency of heavy cream. Set aside for four hours, maybe more.

In a blender mix 3 eggs, 3/4 cup sugar, and 3/4 cup cider vinegar until smooth. Cook in a double boiler. Simmer until a bit of the initial vinegar sharpness is gone, tasting as you go.

Take the mixture off the stove and add enough catsup to change the color from yellow to a light orange. After this mixture is cool add the mustard/water mixture to taste.

### Liver with Wine & Onion Sauce

750g liver (1.65 lbs)  
1 tbsp butter  
1 tsp flour or cornstarch  
1 tbsp finely chopped onion or more  
1 tsp finely chopped parsley  
1 cup stock  
1/2 cup wine  
1/2 tbsp tomato paste  
salt, pepper

Clean the liver of all membranes and vessels, cut into pieces. In a pot heat up 1 tbsp butter, when hot add the liver; cook for a few minutes, turning it a few times to brown evenly. Add salt and pepper, finely chopped onion, parsley. Sprinkle 1 with tsp flour. Let it brown a couple of minutes. Pour in the wine, the stock, and a little tomato paste. Bring to a boil. Serve.

### Salade Lyonnaise

Here is a delicious, quick salad where the liver characteristic flavor (a minus for many) becomes actually a plus when combined with the rest:

- 1) Take some old bread, sourdough or other dense texture, dice into croutons, put in the oven to brown (1.5 cups)
- 2) Take the liver(s) you have, likewise dice, sautee with a little onion or garlic (1 cup before cooking) (you could also let it cook one minute in a little wine if you have an open bottle)
- 3) Take a lettuce head, the red-green variety (not radicchio, which is bitter), with soft leaves, cut leaves into 1 inch slices
- 4) Prepare mustard de Dijon by whipping 2tsp mustard and 3tbsp veg. oil with a fork or spoon. Will make a mousse. Add more oil if you think it can be absorbed in the mousse.

Combine all ingredients in bowl, toss and serve with red wine. If liver and bread settle at the bottom of bowl, you may have used a lettuce with too stiff leaves or have sliced them too big.

### Giblet Saute

1 pound each chicken gizzards and livers (I cook them in separate batches, so I double the following ingredients)

Flour

4 Tbsp butter (you may need more)

1 tsp salt

1/2 tsp freshly ground black pepper

1/4 tsp thyme

4 Tbsp dry sherry or white wine (we much prefer the sherry)

1 clove garlic, finely chopped

4 Tbsp chopped parsley

Clean and trim the gizzards and livers and flour them well. Melt the butter in a skillet and saute briskly until they are well browned. Season with the salt, pepper and thyme and add the wine. Cover and simmer [*\*very\** low heat] for about an hour [turn once]. Add the garlic and let it cook until soft, then add the parsley, Server on steamed rice.

Serves 4.

## Chicken Livers 2

Simple but delicioso:

1 lb chicky livers (that's what we call 'em)

1 onion, sliced to fall apart

1 cv garlic, pressed

1 tsp lemon juice

6 (?) large mushrooms, sliced

6 (?) sprigs parsley/oregano, chopped

2 tbl butter

salt & pepper to taste

4 tbl white wine

Lightly saute livers and garlic in the butter. Remove. Add onions, cook just until clear. Add everything except the wine. Cook until barely done. Add wine, cook until done.

mara

## Chicken Liver Pate

From: morrissey@stsci.edu (Mostly Harmless)

Date: Tue, 13 Jul 1993 20:36:15 GMT

1 lb. fresh chicken livers  
1-2 Tbsp. butter  
3 Tbsp. mayonnaise  
2 Tbsp. lemon juice  
2 Tbsp. butter, softened  
1 Tbsp. finely chopped onion  
8 to 10 drops of hot pepper sauce  
1/2 tsp salt  
1/2 tsp. dry mustard  
dash pepper

Cook livers, covered, in 1-2 Tbsp. of butter; stir occasionally til no longer pink.

Put liver through a meat grinder (or into a food processor); blend with remaining ingredients.

Place mixture into a lightly greased 2-cup mold and chill for at least 2 or 3 hours (over night is best).

Garnish with chopped hard-cooked egg, fresh chives, and/or fresh parsley.

[mara](#)

# Pork Recipes

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[amyl](#)

# Pork Chops with Guinness Stout and Onion Gravy

From: arielle@taronga.com (Stephanie da Silva)

Date: Sat, 18 Sep 1993 23:06:30 GMT

From Bon Appetit, April 1989

8 1 inch thick pork blade chops or sirloin chops  
salt and freshly ground pepper  
All purpose flour  
1 tablespoon unsalted butter  
2 tablespoons vegetable oil  
3 large onions, thinly sliced  
3 large garlic cloves, minced  
1 cup (about) Guinness stout or other dark beer  
1 cup (about) chicken stock  
1 tablespoon (or more) coarse-grained mustard  
1 tablespoon chopped fresh parsley  
1 1/2 teaspoons (or more) balsamic vinegar

Season pork with salt and pepper. Dredge in flour, shake off excess. Melt butter with 1 tablespoon oil in heavy large deep skillet over medium-high heat. Add pork in batches and brown well, about 6 minutes per side. Transfer pork to plate. Set aside.

Dredge onions in flour; shake off excess. Heat remaining 1 tablespoon oil in same skillet over medium heat. Add onions and garlic. Season with salt. Cover and cook 5 minutes, stirring once. Uncover and cook 4 more minutes, stirring occasionally. Add 1/4 cup stout and 3/4 cup stock and bring to a boil, scraping up any browned bits. Return pork to skillet. Spoon some of onions over pork. Add enough additional stout and stock to bring liquid halfway up sides of pork. Cover skillet with foil, then lid. Reduce heat and simmer 20 minutes. Turn pork over and cook until very tender, about 25 more minutes. Transfer pork and onions to platter using slotted spoon.

Degrease pan juices. Boil juices until thickend slightly, about 10 minutes. Whisk in 1 tablespoon mustard. Add chopped parsley and 1 1/2 teaspoons balsamic vinegar. Taste, adding more mustard or vinegar if desired. Pour gravy over pork. Garnish with parsley and serve.

[amyl](#)

# Mexican Pork Chops and Beans

From: kisses@qedbbs.com (Emily L.)

Date: Fri, 23 Jul 93 13:10:44 PDT

1 Reynold's Oven cooking bag, large size  
2 tbsp flour  
1 cup thick and chunky salsa  
2 tbsp lime juice  
3/4 tsp chili powder  
1/2 tsp garlic powder  
4 pork chops, 1/2 inch thick, fat trimmed  
1 can (16 oz.) light red kidney beans, drained  
2 med. green, yellow, orange, or red sweet peppers, cut into cubes

Preheat oven to 350 degrees F. Shake flour in cooking bag; place in 13x9x2-inch baking pan. Add salsa, lime juice, chili powder and garlic powder to bag. Squeeze bag to blend ingredients. Place pork chops in bag. Spoon beans and peppers around pork chops. Close bag with nylon tie; cut 6 half-inch slits in top. Bake until pork chops are tender, 35 to 40 minutes. Let stand in bag 5 minutes. Makes 4 servings.

[mara](#)

# Pork Chop Recipes - COLLECTION

From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Date: Thu, 22 Jul 93 14:44:49 PST

## Contents

- [OVEN BAKED PORK CHOPS](#)
- [PORK CHOPS WITH APPLE GRAVY](#)
- PORK CHOPS AND APPLE
- PORK CHOP DISH

### OVEN BAKED PORK CHOPS

1 egg, beaten	2 Tbs soy sauce
1 Tbs dry sherry or water	ground ginger and garlic powder
4 lean pork chops	dry breadcrumbs to coat

Beat together egg, soy sauce and sherry, with ginger and garlic powder to taste. Dip chops in egg mixture; coat evenly with breadcrumbs. Arrange single layer in baking sprayed with non-stick vegetable oil. Bake in mod. oven 30 mins, turn, and bake until tender, about 20 mins. more.

### PORK CHOPS WITH APPLE GRAVY

A.W.W.Best Ever Recipes

4 pork chops (I used medellions)	1 oz butter
2 Tbs oil	1 onion
1 Tbs flour	1 beef stock cube
1 cup apple juice	1 large green apple

Heat butter and oil in pan, add peeled and sliced onion; cook until onion is transparent, remove from pan. Add chops, cook until brown on both sides, remove from pan. Add flour to pan, cook 1 min., stirring; add crumbled stock cube and apple juice, mix well, stir until sauce boils and thickens. Reduce heat, return chops and onions to the pan. Peel apple, slice thickly, place over chops; cover, cook over low heat 15-20 mins. or until chops are tender.

Freezes well.

### PORK CHOPS AND APPLE

Brufax Yeast Flakes Pkt.

4 thick pork chops	1-2oz butter
4 tsp Brufax Flakes	black pepper
3-4 large cooking apples	juice of 1 lemon

Trim excess fat from chops and place in a buttered ovenproof dish. Season with pepper and sprinkle Brufax flakes over the chops.

Place thin, peeled slices of apple over the chops. Melt the butter and brush some over the apple slices. Sprinkle with lemon juice.

Cover the dish with foil and cook at 350 F (160 C) for 1 hr. Remove the foil, brush the apples with remaining butter and cook a further 10 mins. Brufax is quote--Natural Food Yeast Flakes (pasteurised)-end quote

## PORK CHOP DISH

4 pork chops	1 Tbs brown sugar
2 Tbs flour	1/2 tsp ginger
1 tsp salt	2 oranges
pepper	2 Tbs butter

Coat chops with seasoned flour. Heat butter and brown well on both sides. Arrange chops in shallow dish. Combine sugar, ginger rind and juice of 1 orange. Pour over chops.

Cover with foil and bake at 375 F. 45-50 mins. Turn chops during cooking add water if necessary.

Serve with orange slices, baked potatoes and peas.

[mara](#)

# Pork Chops

From: **C11815@maccvm.corp.mot.com (Josette Giacobbi)**

Date: 14 Oct 1993 10:52:47 CDT

3 Pork Chops - frozen

brush with Dijon mustard

sprinkle w/Italian seasoned bread crumbs-both sides

put in glass baking dish. Drizzle a little oil in middle.

bake at 350 for 40 minutes           WONDERFUL

Josette

[amyl](#)

# Pork Chops - 2 recipes

From: joseph@inland.com (Roger Joseph)

Date: 21 Jul 93 10:31:11 CST

Here are two variants on grilled pork chops that I have tried in the past couple weeks.

## Grilled pork chops with Blue Cheese

Thick lean pork chops (or pork steaks)

A-1 Sauce

Kitchen Bouquet

Garlic powder (opt.)

Crumbled Blue Cheese

Healthy Choice Blue Cheese Salad Dressing (or equiv.)

Coat chops with Kitchen Bouquet and A-1 sauce and sprinkle with garlic powder if desired. Allow to marinate for 30 min. or so while getting the barbie going. Grill chops over medium heat about 10 min. per side. Time will depend on thickness of chops. During last 5 min. sprinkle crumpled blue cheese over chops and then cover with the blue cheese dressing. Cover grill and allow the cheese to melt. Enjoy with good friends and a bottle of good cab.

## Grilled Pork Chops Dijonaise

Thick lean pork chops (or pork steaks)

Garlic powder

White pepper

Kitchen Bouquet

Dijonaise (Dijon mustard sauce from Heilmanns)

Coat chops all over with Kitchen Bouquet and sprinkle with garlic powder and white pepper to taste (optional). Coat one side of chops with Dijonaise and allow to marinate for 30 min. while getting the grill up to temp. Grill chops over medium heat until done ~10min./side. Serve with additional Dijonaise and a nice bottle of chard.

[mara](#)

# Pork Chops with Apple-Corn Bread Stuffing

From: **bi900@cleveland.freenet.edu** (Dean B. Reardon)

Date: 13 Oct 1993 17:37:34 GMT

(Bon Appetit, Oct. 1993)

(2 Servings)

4 1/2 inch thick boneless pork loin chops, trimmed  
1tsp dried thyme  
1 1/2 tablespoons unsalted butter  
1/2 cup chopped onion  
1/2 cup chopped peeled tart apple (such as Granny Smith)  
3/4 cup corn bread stuffing mix, crushed  
1/4 cup water

Preheat oven to 450F. Season pork with 1/2 tsp thyme, then salt and pepper. Melt 1/2 tbs butter in heavy medium skillet over medium high heat. Add pork chops to skillet; saute until cooked through, about 3 minutes per side. Transfer pork chops to small baking pan. Melt remaining 1 tbs butter in same skillet over medium high heat. Add chopped onion and apple to skillet and saute until beginning to soften, about 5 minutes. Add stuffing mix, water and remaining 1/2 tsp thyme. Stir until water is absorbed and stuffing is moist, about 30 seconds. Mound 1/4 of stuffing on each pork ship. Bake until stuffins is crips and beginning to brown, about 5 minutes.

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Dean B. Reardon      Univ. of Texas Health Sci. Center - Houston  
                         Graduate School of Biomedical Sciences  
                         M.D. Anderson Cancer Center

GSBS1063@utsph.sph.uth.tmc.edu   or   bi900@cleveland.Freenet.Edu

[amyl](#)

# Pork Chop Dinner

From: gbinge@np9989.astronis (Gayle Binge)

Date: 21 Jul 1993 13:02:37 GMT

I just made a great pork chop dinner that was very easy.

4 pork chops  
can of chicken broth  
one onion chopped  
2 cloves of garlic - chopped  
2 teaspoons of olive oil

Put oil in frying pan and heat until hot. Brown the pork chops on both sides. Now add the chicken broth, onions, garlic and any other spices that you might like into the frying pan. Simmer on low heat for about an hour. The pork chops are tender and not dried out.

[mara](#)

# Pork Chop Dish

From: nell@is.rice.edu (Paula Gaynell Warnes)

Date: Wed, 21 Jul 1993 18:40:26 GMT

My favorite pork chop recipe is easy and makes a very filling dish.

## Ingredients:

1 cup	Rice
2 cups	Water
1	Onion
2	Tomatoes (1 can of whole peeled tomatoes can be used)
4-6	Porkchops

## Directions:

Take a 9 x 13 glass baking dish and cover the bottom with the rice. Lay the pork chops on top of the rice. Slice the Onion and Tomato and lay on top of the porkchops. Pour the water into pan. The water should cover pork chops. Cook at 350 F until the pork chops are done (about 30 min).

[mara](#)

# Pork & Cider Casserole

From: john@railnet.nshore.org (John Horvath)

Date: Wed, 25 Aug 93 23:46:16 EDT

I asked for it; I got it! I'm still not too hip at deciphering e-mail addresses, but I guess credit belongs to "nshore!usenet.INS.CWRU.Edu!ace.com!jazz (Jazz)," who sent the following:

"....The recipe is in the Jan/Feb 1979 issue of Cuisine. I started back from my last issue, sometime in 83 I think. It was an interesting journey.

Cuisine has a had some name changes over the years. It was originally called SPHERE, put out by Betty Crocker( I believe the magazine title said The Betty Crocker Sphere magazine, or something). Then they started calling it juse Sphere. By the end of 1978, they started calling it Sphere's CUISINE magazine. Then, with this issue, at the start of 79, just CUISINE.

"Well, enough history. Here is the recipe....

Pork-And-Cider Casserole

serves 6

2 pounds lean boneless pork, cut into 3/4 inch cubes  
1 quart cold water  
2 cups apple cider or apple juice  
1 can (10 3/4 oz.) chicken broth  
1 cup chopped onion  
1 cup chopped celery  
2 tablespoons snipped fresh parsley  
1 bay leaf, crumbled  
1 teaspoon dried thyme leaves  
1 teaspoon salt  
1/2 teaspoon paprika  
1/4 teaspoon pepper

1/2 cup evaporated milk  
1 egg yolk  
3 tablespoons softened unsalted sweet butter  
3 tablespoons flour  
1 tablespoon lime juice

2 McIntosh apples, pared, cored, thinly sliced  
1 1/2 cups shredded sharp cheddar cheese

1. Place pork in 6-quart Dutch oven; add cold water. Heat to boiling; reduce heat. Simmer 2 minutes. Drain; discard liquid. Clean pot. Rinse meat with cold water.

2. Combine cider, broth, onion, celery, parsley, bay leaf, thyme, salt, paprika and pepper in dutch oven. Add pork. Heat to boiling; reduce heat. Simmer partially covered until meat is tender, about 1 hour.

3. Mix milk and egg yolk; stir into pork mixture. Work butter and flour together with fork on small plate; whisk into pork mixture. Cook, stirring constantly until thickened. Stir in lime juice.

4. Heat oven to 350. Place pork mixture in 1 1/2 quart baking dish. Arrange apple slices in concentric circles on top. Sprinkle with cheese. Bake until cheese is melted and brown, 20-35 minutes."

I want to thank everyone who looked for this recipe! I can't wait to drop in on my old man with this!

[mara](#)

# Pork-Sweet Potato Skillet

From: STEVE MARTINEK MARTINEK@a.psc.edu

Date: Thu, 5 Aug 1993 16:02:56 -0400 (EDT)

4 (about 1 pound) thin-cut pork chops  
1 cup apple juice  
1 medium onion, cut in 1/4-inch slices  
1 tablesppon flour  
1/8 teaspoon ground allspice  
1/8 teaspoon salt  
17-ounce can sweet potatoes, vacuum-packed

## Preparation

Trim fat from chops. Brown on both sides in hot frypan. Add 3/4 cup of the apple juice. Top with onion slices. Cover and cook 5 minutes at reduced heat. Mix flour and seasonings. Stir into remaining 1/4 cup apple juice and then mix into liquid in pan. Arrange sweet potatoes around and over chops. Spoon sauce over potatoes. Cover and cook about 10 minutes longer, until potatoes are hot and chops are done.

[mara](#)

# Pork Tenderloins with Blackberry Vinegar

From: Tom Kreitzberg tak@tazboy.Jpl.Nasa.Gov

Date: 17 Aug 1993 15:59:28 GMT

4 pork tenderloins, about 6 oz. each  
2 Tbs. vegetable oil  
3 Tbs. shallots, minced  
1/2 tsp. tarragon  
1/3 cup dry white wine  
1/3 cup heavy cream  
1/4 cup blackberry vinegar  
salt and pepper

Pat the tenderloins dry with paper towels and lightly salt and pepper them. Add pork to hot oil over medium heat; brown 4-5 minutes on each side. Remove pork from pan. Add shallots, tarragon, and wine; simmer for 3 minutes. Add vinegar and bring to a boil. Continue cooking and stirring until the mixture thickens. Stir in cream; return pork to pan. Heat for a minute, turning pork over to coat it. Add salt and pepper to taste.

[mara](#)

# Roast Pork Grand-Mere

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 08:30:50 GMT

20 pitted prunes  
1/4 cup Calvados  
3 1/2-pound boneless pork roast, trimmed of excess fat  
2 garlic cloves, quartered lengthwise  
1 teaspoon salt  
1/2 teaspoon freshly ground pepper  
2 tablespoons butter  
1/2 teaspoon fresh thyme  
3 medium carrots, sliced  
2 small onions, sliced  
8 shallots  
3 cups chicken stock

In a small bowl, soak the prunes in Calvados.

Make 4 incisions on each side of the roast and insert the garlic. Season with the salt and pepper.

In a large flameproof casserole, melt the butter over moderately high heat. Add the pork and saute, turning, until browned all over, about 5 minutes. Sprinkle with the thyme, reduce the heat to moderately low, cover and cook, turning once, for 25 minutes.

Add the carrots, onions and shallots and cook until the vegetables are tender, about 25 minutes. Add the prunes and Calvados and cook 5 minutes longer.

Remove the roast to a carving board. Using a slotted spoon, transfer the vegetables and prunes to a bowl; cover and keep warm.

Add the stock to the casserole and boil over moderately high heat, scraping up the browned bits from the bottom, until the sauce thickens slightly, about 10 minutes.

Carve the roast and arrange on a serving platter with the vegetables and prunes. Pour some of the sauce over the meat and pass the remainder separately.

[mara mara](#)

# Veal

## Index

- [Scalloped Veal](#)
- [Veal : COLLECTION](#)
- [Veal Scallopini](#)

[amyl](#)

# Zueri-Gschnaetzlets (Scalloped veal)

From: r.gagnaux@chnet.ch (Rene Gagnaux)

Date: Sun, 3 Oct 1993 12:00:00 +0100

A classical one from Zuerich !

Servings: 4

```
MMMMM-----ROESTI-----
600 g Potatoes ( 21.5 oz)          20 g Butter (0.75 oz)
 50 g Leek (1.75 oz)              Salt, freshly ground pepper
 50 g Diced bacon (1.75 oz)

MMMMM-----GSCHNAETZLETS-----
400 g Tender veal (14.25 oz)      150 g Veal kidney (5.5 oz),
   - sliced into fine strips      - trimmed
 20 g Butter (0.75 oz)           Salt, freshly ground pepper

MMMMM-----SAUCE-----
 1 x Shallot                      1 dl Dry white wine (1/2 cup)
150 g Fresh mushrooms (5.5 oz)    1 dl Whipping cream
 20 g Butter (0.75 oz)           1 dl Veal stock

MMMMM-----GARNISH-----
 1 tb Parsley                     3 tb Whipped cream
```

## Roesti

Boil the potatoes AT LEAST 1-2 days in advance.

Peel potatoes and grate. Season with salt and pepper. Slice leek finely. Heat butter in a skillet. Combine potatoes, bacon and leeks in the pan. Mix well, form a cake, saute' until there is a golden brown crust. Turn and saute' other side until golden brown.

## Gschnaetzlets

Heat butter in a skillet, sear meat well on all sides. Remove from pan and kepp warm.

Slice kidney, season with salt and pepper, sear briefly on both sides. Keep warm.

## Sauce

Chop shallot finely. Clean, trim and slice mushrooms. Heat butter, saute'

shallots, add mushrooms and saute' briefly. Moisten with wine and let liquid evaporate. Cover with cream and veal stock. Cook sauce until it reaches a creamy consistency.

### Serving

Chop parsley finely. Place meat in sauce. Reheat carefully. Correct seasoning. Stir in parsley. Fold in whipped cream.

Arrange potatoes and meat on plates. Place the kidney in the sauce and serve.

[amyl](#)

# Veal : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 26 Aug 93 10:52:13 +0200

## Contents

- [Schnitzel Royale \(Mary Jane Kelly\)](#)
- [Veal Scallopini \(Huifen Chan\)](#)

%%%

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From: mjkelly+@cs.cmu.edu (Mary Jane Kelly)

SCHNITZEL ROYALE  
=====

Ingredients:  
-----

Mushroom Wine Sauce:  
-----

- 3 tblsp           butter
- 1 tblsp           chopped parsley
- 1 clove           garlic, minced
- 1                 large shallot, finely chopped
- 3/4 - 1 cup       thinly sliced mushrooms
- 1 1/2 tblsp      flour
- 1/4 cup           sherry
- 1 cup             stock (chicken or beef)
- 1/8 tsp           nutmeg

Instructions:  
-----

Melt 2 tblsp butter in saucepan. Add parsley, garlic, and shallots. Sautee 3 minutes.

Stir in flour. Gradually add stock stirring constantly. Add nutmeg.

In separate pan, melt 1 tblsp butter. Add mushrooms and sautee 3-5 minutes. Add mushrooms to sauce. Deglaze pan with the sherry. Add sherry to sauce. Simmer sauce on low heat stirring occassionally while preparing veal.

Schnitzel Royale:

-----

- 4 fillets of veal (totalling about 1/2 lb)
- 1/4 cup heavy cream (or more if needed)
- 1 large tomato seeded and diced
- 1 cup shredded smoked gouda
- 1 egg
- fine bread crumbs
- butter and oil for frying

Instructions:

-----

Pound veal til thin and tender. Combine cream and egg. Dip veal in egg mixture to coat and then into bread crumbs. Set aside.

Heat ~2 tblsp butter and ~2 tblsp oil in a large frying pan. Fry veal until golden brown and crispy. Arrange veal in a shallow baking pan. Top each cutlet with some diced tomato and then with shredded cheese. Bake at 340 degrees until cheese is melted and meat is thoroughly heated.

To serve, place several tablespoonfuls of Mushroom Sauce on plate. Top with veal. If sauce is too thin at time of serving, stir in a teaspoonful or so of flour and increase heat, stirring constantly until sauce thickens.

I served this with potato pancakes and zucchini. This served two VERY hungry people.

%%%%%%%%  
\*

From: hc16+@andrew.cmu.edu (Huifen Chan)

VEAL SCALLOPINI  
=====

Flatten scallopini with back of cleaver. Brown veal scallopini in a mixture of olive oil and butter. Drain them on paper towel.

Roll them in slices of Motzerella cheese and ham. Brown slightly again and remove from pan. Add a little ( just a little, less than half a teaspoon for 5-6 pieces of veal) flour to the oil mixture, and stir.

Add a drops of lemon juice to the mixture, Add abt half of a small packet of half and half. Add a little salt, which is really not necessary. Shake some parley leaves on the sauce.

Put the rolled meat in the sauce, cover and simmer in low heat for a few minutes. Enjoy!

%%

[mara](#)

# Veal Scallopini

From: Huifen Chan hc16+@andrew.cmu.edu

Date: Fri, 23 Jul 1993 16:05:34 -0400

I learned this yummy dish from my boyfriend's mum and thought I should share it with you.

Flatten scallopini with back of cleaver.

Brown veal scallopini in a mixture of olive oil and butter.

Drain them on paper towel.

Roll them in slices of Motzerella cheese and ham.

Brown slightly again and remove from pan.

Add a little ( just a little, less than half a teaspoon for 5-6 pieces of veal) flour to the oil mixture, and stir.

Add a drops of lemon juice to the mixture,

Add abt half of a small packet of half and half.

Add a little salt, which is really not necessary.

Shake some parley leaves on the sauce.

Put the rolled meat in the sauce, cover and simmer in low heat for a few minutes. Enjoy!

[mara](#)

## Ants Climb a Tree

From: ariel le@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:21:01 CDT

I find this needs some more veggies so I chop up some bok choy or gai lan and toss it in near the end. It's also good if you roll the mixture up in a lettuce leaf like an eggroll of sorts.

1/2 lb dried cellophane noodles	1/4 kg
1 lb lean ground pork or beef	1/2 kg
1/3 cup soy sauce	75 ml
1 tbsp sesame-seed oil	15 ml
6 scallions, finely sliced	6
5 tbsp peanut oil	75 ml
1/2 inch slice fresh ginger, grated	1 cm
6 garlic cloves, finely chopped	6
2 tbsp hot pepper paste	30 ml
2/3 cup water	150 ml

Put the cellophane noodles in a large bowl and cover them with 1 quart (1 liter) boiling water. Set them aside to soak for at least 20 minutes.

Put the ground pork in a bowl and add to it 2 tablespoons (30 ml) of soy sauce and the sesame-seed oil. Add half of the scallions to the pork and mix well; set the rest of the scallions aside.

When the cellophane noodles have become soft, rinse them several times under cold running water and drain them well.

Heat your wok over high heat for 15 seconds, then pour in the peanut oil. When the oil is ready, toss in the ginger and garlic and add the hot-pepper paste. Stir fry these ingredient together for 30 seconds. Add the meat and continue to stir fry for about one minute, taking particular care to break up any large chunks of meat. Pour in the remaining soy sauce and stir fry everything for 30 seconds longer. Add the cellophane noodles to the pan and cook for about one minute, turning the noodles over occasionally.

After a minute, add the scallions and the water then cover the pan and let simmer over medium heat for 3 or 4 minutes.

[mara](#)

# Meatballs (from the Old Spagetti Factory)

From: [vigil@esca.com](mailto:vigil@esca.com) (Sandra Vigil)

Date: Thu, 4 Nov 1993 15:32:52 -0800

In the spirit of the White Castle hamburger and Taco Bell hot sauce, I bring you Old Spagetti Factory Meatballs. I'd surely use a better sauce than the plain 30 oz of tomato sauce called for, but you're on your own for that part.

/Sandra  
[vigil@esca.com](mailto:vigil@esca.com)

.....  
by way of "By Request", a Seattle Times Column

1/3 cup very finely chopped onion	2 Tbsp olive oil
1 Tbsp very finely minced garlic	1 1/2 tsp - 1 Tbsp salt
3 Tbsp finely chopped parsley	1/4 tsp freshly ground pepper
1 cup fresh bread crumbs	1/4 tsp ground nutmeg
1 egg	2 1/2 lb lean ground chuck
1/2 cup cold water	30 oz tomato sauce

Combine chopped onion, garlic, parsley and bread crumbs in a food processor and mix 30 seconds.

Break the egg into a 3 quart bowl and mix well using a wire whisk. Add water, olive oil, salt, pepper, and nutmeg to the egg and whisk until well whisked.

Add the bread crumb mixture, combining with a spatula. Add the ground meat and mix thoroughly until ingredients are well distributed and the mixture is binding together tightly.

Preheat the oven to 425 degrees. Using a medium sized ice cream scoop, scoop out a portion onto a lightly oiled jelly roll pan. Form each meatball by rolling in the palm of your hand until they feel tight and solid. (The finished meatballs should be about the size of a golf ball.)

Pour 1/4 cup water into the pan and place in the oven. Time 15 minutes. Remove from the oven and loosen with a spatula. Return to the oven an additional 10 minutes, or until cooked through. Drain.

Heat the tomato sauce in a large skillet. Add the meatballs and simmer 2 minutes. Serve over pasta or rice.

[amyl](#)

# Meatloaf : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 26 Aug 93 11:18:51 +0200

## Contents

- [Crockpot Meatloaf \(Maggie Workman\)](#)
- [Dave's Meat Loaf \(Doreen Randal\)](#)
- [Donairs \(William Lingley\)](#)

%%  
 \*

From: mworkman@vm.cc.purdue.edu (Maggie Workman)

Source: The Best of Electric Crockery Cooking

CROCKPOT MEATLOAF  
 =====  
 (Makes 6 servings)

Ingredients:  
 -----

- 1/2 cup whole milk
- 2 slices white bread
- 1 1/2 lb ground beef
- 2 eggs
- 1 small onion, peeled
- 1 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp dry mustard
- 1 can (12 oz.) whole tomatoes

Instructions:  
 -----

Place the milk and the bread in a large mixing bowl, and let stand until the bread has adsorbed all the milk. With two forks, break the bread into crumbs. Beat the ground beef into the crumbs until well mixed. make a hollow in the center of the meat and break the eggs into it. Beat the eggs a little; then grate the onions into the eggs. Add salt, pepper and mustard. Beat the eggs into the beef. Shape into a round cake and place in the slow cooker. Drain the tomatoes, and place them on the meat. Cover and cook on Low for 5 to 7 hours.

Before serving, uncover the pot; turn the heat to High, and bubble away some of the sauce. It should be thick, not thin.

\*\*\*\*\*  
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From: ynnuf@yetti.amigans.gen.nz (Doreen Randal)

Source: Crockpot Cooking from Barbara Blitz

DAVE'S MEAT LOAF  
=====

Ingredients:  
-----

- 1 lb extra lean ground beef
- 1/4 lb sausage meat
- 1/4 cup dark beer
- 1 egg
- 2 slices of bread torn into soft crumbs
- 1 onion, chopped
- 3 tblsp chopped parsley
- 1/2 tsp ground black pepper
- few drops Worcestershire sauce and tabasco sauce

Instructions:  
-----

Combine all ingredients and gently shape into a round loaf. Place on a trivet in crockpot. Cover and cook on low, about 7 to 8 hours. Serve with tomato sauce or chilli sauce. Chill leftovers and slice for sandwiches the next day.

\*\*\*\*\*  
\*

From: lingley@ug.cs.dal.ca (William Lingley)

DONAIRS  
=====

Ingredients:  
-----

- 2 1/2 lbs ground beef
- 1 tsp cayenne pepper
- 3 tsp oregano
- 1/2 cup fine cracker crumbs



# Roasted Duck Sandwich

From: **barbie%oakhill@sps.mot.com (Barbara Fields)**

Date: 27 Oct 93 19:42:00 GMT

Here's a neat sandwich we had in a ski-lodge in Vermont one time:

toasted white/wheat bread

cooked duck breast meat (oven-roasted)

apple slices

cucumber slices

blackberry mayonaisse (mis blackberry jelly and mayo or yogurt)

optional addition:

small bean sprouts ("hairy" kind :) )

Yes, it's weird to think about, but it tasted Wonderful! The blackberry mayo MADE the sandwich, so don't leave it out.

[amyl](#)

# Roast Loin of Venison with Cranberries

From: arielle@taronga.com (Stephanie da Silva)

Date: Mon, 16 Aug 1993 06:43:09 GMT

2 thick slices of lemon  
2 thick slices of orange  
2 slices of peeled fresh ginger  
1 1/2 cups sugar  
1 small bay leaf  
2 cups fresh cranberries  
4 pounds boneless loin of venison, at room temperature  
2 tablespoons olive oil  
1 teaspoon salt  
1 1/4 teaspoons freshly ground pepper  
3/4 teaspoon finely chopped juniper berries  
2 cups dry red wine  
2 cups beef or venison stock  
2 tablespoons cold butter, cut into pieces  
Fresh thyme sprigs, for garnish

In a medium nonreactive saucepan, combine the lemon, orange, ginger, sugar and bay leaf with 1 cup of cold water. Bring to a boil over high heat, stirring to dissolve the sugar. Reduce the heat to moderate and boil, uncovered, until syrupy, 10 to 15 minutes.

Stir in the cranberries, then remove from heat and cool. Transfer the mixture to a glass container, cover and refrigerate for 1 to 2 days, stirring once or twice during that time.

Preheat the oven to 400F. Rub the venison with the olive oil, 3/4 teaspoon of the salt, 1 teaspoon of the pepper and 1/2 teaspoon of the chopped juniper berries, pressing the seasonings into the meat. Set the loin on a rack in a roasting pan and roast, basting frequently with the pan juices, until medium-rare (about 135F on a meat thermometer), 25 to 30 minutes. Cover the venison loosely with foil and set aside for 10 to 15 minutes before carving.

Meanwhile, remove and discard the bay leaf and the lemon, orange and ginger slices from the cranberries. In a food processor or blender, puree half the cranberries and half the liquid until smooth.

In a medium nonreactive saucepan, boil the wine over high heat until reduced to 1/2 cup, about 5 minutes. Add the stock and bring to a boil. Add the cranberry puree, reduce the heat to low and simmer, uncovered,

until slightly thickened, about 10 minutes. Remove from heat.

Strain the remaining whole cranberries and add them to the sauce with the remaining 1/4 teaspoon each of salt, pepper and chopped juniper berries. Swirl in the cold butter.

Slice the venison thinly (stir any juices into the sauce) and serve with the sauce, reheated if necessary.

[mara](#)

# Spiedies

From: paul@hsh.com (Paul Havemann)

Date: 22 Jul 93 15:20:07 EDT

A variation on shishkebab, spiedies are native to -- and very popular in -- the upstate areas of New York State, though they may be found in the contiguous portions of neighboring states, including northern Pennsylvania. Natives of upstate NY who have moved away from the area have been known to have commercial "spiedie sauce" shipped, by the case, to their new home!

Spiedies are very easy to prepare and to cook. Thanks to all the folks in alt.culture.upstate-ny for their thoughts and contributions!

## The Meat:

-----

Cut your choice of meat into cubes, about 1 1/2" or so. Boneless skinless chicken breast comes out very tender, but most meats (lamb, pork, beef, venison) will make fine spiedies. If you use beef, use a more tender cut so that it doesn't come out too tough. Veal, especially, may come out tough unless left to marinate for several (3 to 4) days. Mixing two or more meats is very tasty.

Even some kinds of fish steaks (salmon, shark) have been used, but these need only "marinate" for a half hour or so; or, just brush on the marinade from another batch while grilling.

## The Sauce:

-----

Most bottled commercial spiedie mixtures, such as Salamida's, are both expensive and use a little too much oil for some tastes. This recipe (actually a vinaigrette) produces a more tangy sauce, and will marinate anywhere from one to three pounds of meat.

- 8 bay leaves (crumbled up)
- 4 tsp oregano
- 8 sm cloves of fresh garlic, minced
- 1/2 C lemon juice
- 1/2 C salad oil or fruity olive oil (preferred)
- 3/4 C vinegar (any variety)
- 1 tsp pepper

## Spiedies

3 tsp salt (or to taste)

(If using lamb, try adding a couple of mint leaves)

Mix all ingredients together in a non-metallic dish. Add meat, cover, and marinate in the refrigerator for at least 24 hours; stir occasionally. Olive oil will solidify when refrigerated, so remove the spiedies once or twice per day to allow the oil to 'melt', then stir.

Spiedies can be left marinating for 2 to 5 days; some claim that they can be left for a week or more! (Longer marinating may help make beef & veal more tender.) Add more marinade if required.

To Cook:

-----

Purists insist that spiedies must be skewered, shishkebab style, and grilled on the barbecue for just a few minutes. Brush marinade on them occasionally. Do not overcook! The marinated meat (especially chicken) takes on a color that makes it difficult to tell when it's done.

Health considerations suggest that you do *\*not\** use leftover marinade on your spiedies at the serving table, since the raw meat will leave all manner of unhealthy bacteria in it; reserve some of the marinade (or make a fresh batch) to serve at table.

Spiedies are best eaten on large sliced hunks of French or Italian bread; the accepted method is to grasp the bread in one hand, place the skewer inside it, and pull the skewer out, leaving the spiedies inside the bread. (Certainly, it saves time!) Kids, however, often prefer to eat them right off the skewer.

Leftovers (if any) keep well in the fridge for several days.

[mara](#)

# Stephanie da Silva's Babootie Collection

From: arielle@taronga.com (Stephanie da Silva)

Date: Tue, 13 Jul 93 12:21:56 CDT

## Contents

- [Boboutie](#)
- [Traditional Bobotie](#)
- [Fruity Bobotie](#)

### Boboutie

4 oz mince (beef)  
Small onion chopped  
1/2 small cooking apple chopped  
1/2 oz butter  
10 whole almonds, roughly chopped  
1/2 level tsp hot curry powder  
1/2 tsp brown sugar  
1 dessertspoonful lemon juice  
1 large egg  
2.5 fl. oz. milk  
1/2 oz bread without crusts  
Salt/pepper

Preheat oven to 300F/150C/gas mark 2

Heat butter in heavy frying pan and soften onion and apple for 10 mins. Stir in almonds, turn up heat and add mince. Cook to colour for 5 minutes, stirring. Add curry powder, sugar, lemon juice, seasoning and cook for a few minutes more. Meanwhile, whisk eggs and milk together, pour half mixture onto bread in a basin and soak for 5 mins. When soft, beat well and add to meat mixture.

Put in 1 pint ovenproof dish, pour on rest of milk mixture and bake for 45 mins.

### Traditional Bobotie

1 Thick slice white bread  
250ml milk  
1 large onion, finely chopped or coarsely grated  
25ml cooking oil  
37,5ml lemon juice  
10ml curry powder  
5ml sugar  
5ml salt  
pinch of pepper  
500g minced mutton or beef  
2 eggs  
12,5ml fruit chutney  
3 fresh lemon leaves (optional)

Soak the bread in the milk. Using a large frying pan or a heavy-based saucepan, saute the onion in the cooking oil until it is lightly browned. Combine the lemon juice, curry powder, sugar, salt and pepper and stir the mixture into the onion. Squeeze most of the milk out of the bread, keeping the milk for later. Mash the bread and add it to the onion mixture. Add the minced meat, 1 egg and all but 100ml of the milk. Mix well. Add the chutney and allow the mixture to cook for a while, stirring often. Preheat the oven to 180 Celcius (350F). Grease a 1,5l ovenproof dish, or spray it with non-stick cooking spray. Transfer the meat mixture to the dish. Place in the oven for a few minutes. Beat the remaining egg and the 100ml milk. Pour the mixture over the bobotie. Roll the lemon leaves into funnels and insert them in the bobotie. Bake the bobotie for 30min. Serve hot.

### **--=Fruity Bobotie=-- (Microwave)**

15ml butter or margarine  
1 small onion, chopped  
1 clove garlic, crushed  
15ml curry powder  
5ml tumeric powder  
30ml lemon juice  
350g minced meat (lamb or beef)  
1 slice white bread (soaked in a little milk)  
30ml apricot jam or fruit chutney  
60ml seedless raisins  
1 small cooking apple (peeled and grated)  
1 ripe banana, mashed  
50ml red wine or stock cube

salt to taste  
3ml gravy browning  
2 bay leaves

**Topping:**

1 large egg  
125 ml milk (fresh milk added to the excess milk drained from bread)

Place butter/margarine in a shallow glass dish, microwave on full power (100%) for 30 seconds. Add onion and garlic, microwave on full power for 3 minutes. Mix curry powder, tumeric & lemon juice and add to onion. Blend well. Add mince, mix well with fork, cover and microwave on full power for 3-4 minutes stirring once or twice with fork to break up any lumps. Drain milk from bread and set aside to use for topping. Mash soaked bread with fork and add to meat mixture. Add apricot jam/chutney, raisins, apple, banana, wine/stock, seasoning and gravy browning and mix well. Cover and microwave on medium-high (70%) for 5 minutes, stirring once. Lightly grease glass dish and place mixture in dish, smoothing and raising it slightly in the centre in such a way that when the topping is added, most will settle around the edges of the dish. Arrange the bay leaves on top of the bobotie mixture. Beat the eggs and milk and pour the topping over the meat, microwave the bobotie, uncovered, on medium power (50%) for 10 minutes or until the topping has set. Bobotie can be frozen at this stage (if required), provided it has cooled down completely beforehand. Place in preheated oven (180C) for 10 minutes to brown topping slightly before serving.

[mara](#)

# Turkey : COLLECTION

From: hz225wu@unidui.uni-duisburg.de (Micaela Pantke)

Date: Thu, 26 Aug 93 10:52:10 +0200

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From: hyler@ast.saic.com (Buffy Hyler)

Source: The Weber Grill's cookbook that comes with the grill

GRILLED TURKEY  
 =====

On a large Webers (round, covered, charcoal grill):

Picking the turkey:  
 -----

Get a flat one otherwise the top of the turkey sticks to the underside of the cover. This is only a problem with the 14+ lb. size turkeys. Make sure it is not self-basting. Fresh is best.

Get the charcoal to the greying over stage, shift half the coals to one side, the other half to the other side, put a foal drip pan down the center (you can use drippings in this pan for the gravy, but a lot will

burn away).

Do NOT stuff the turkey other than a few onions or garlicks. (I forget why, but it is important not to do so). Slather the turkey up with vegetable oil and season (salt/pepper). Loosely truss up the legs. Put on a poultry rack.

Put the turkey in the rack in the center of the grill over the drip pan. Cover the grill. Add 2-3 coals per side every half hour. Cook 11-13 minutes per pound (eg. 132-156 minutes for a 12 pound turkey).

You can add wood chips for smoked flavor if desired to the coals just before you put the turkey in. Add more as time goes on.

The turkey meat comes out absolutely moist as moist can be, even the white meat. You may want to foil protect the wings if they start to look a little \*too\* golden brown towards the end of the cooking.

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From: hksru@usho82.hou281.chevron.com (Kathie Rupert-Wayne)

GROUND TURKEY MEATLOAF

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Ingredients:

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- 1 lb ground turkey
- 6 tblsp bread crumbs
- 1 8 oz tomato sauce
- 2 tblsp dried onion flakes
- 1 tblsp prepared mustard
- 1/2 tsp chile powder

Instructions:

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Preheat oven to 350 F.

In large bowl mix all of the above. Pat into a loaf pan and bake for about 1 hour or until done.

You can also use the microwave. But pat the meat mixture into a "bundt" type pan.

I then use the temperture probe and cook until the loaf is at 190 degrees. About half way through I rotate the meat and move the probe over to the undercook part of the meatloaf. You may not have to do

this--I have a very old microwave (11 years)

Enjoy. This is a good weight watchers meal.

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From: mdrabik@bio.ri.ccf.org (Martin Drabik)

MARTIN'S TURKEY CHILI

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Ingredients:

-----

- 1 cup black beans
- 3 tblsp olive oil
- 1 turkey breast (half breast), skinned
- 4 medium yellow onions, chopped
- 4 cloves garlic, minced
- 3 ribs celery, sliced
- 1 small green pepper, chopped
- 1 28-oz can crushed tomatoes
- 1/2 cup water
- 4 tblsp chili powder
- 1/2 tsp cayenne pepper
- 1 tsp whole cumin seed

Toppings:

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- Shredded sharp cheddar cheese and sour cream OR
- Chopped ripe avocado

Instructions:

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1. Soak the beans overnight in water to cover generously. Drain and rinse briefly.
2. Heat the oil in a large, heavy bottom pot over medium high heat. When hot, brown the turkey breast well on all sides. Remove and set aside.
3. Add the onions, garlic, celery, and green pepper. Saute, stirring frequently, until the vegetables are soft, 5-7 minutes.
4. Add the beans, tomatoes, water, chili powder, cayenne, and the turkey breast. Heat until the pot starts bubbling, then reduce heat to a slow simmer, partially cover, and simmer for 1 1/2 hour. Stir occasionally, watching carefully that the bottom does not start to

stick.

5. Remove the turkey breast, remove the bone, and coarsely shred the meat with two forks (hold the meat with one fork, tear with the grain with the other.) Return the meat to the pot.

6. Heat a heavy bottom skillet over low heat. Add the whole cumin seed and toast 2-3 minutes, shaking the pan occasionally, until lightly brown and aromatic. Remove from heat. Coarsely crush the cumin in a mortar and pestle or with a rolling pin. Add to the pot.

7. Cook an additional one hour, or until the beans are tender.

8. For the traditional approach, top with the cheese and sour cream; for the modern/healthy approach, top with the avocado.

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From: lynn@engineering.ucsb.edu (Lynn Johnson)

MOLE DE GUAJOLOTE

=====

(Turkey in Mole Sauce)

Ingredients:

-----

- 4 chilies anchos
- 4 chilies mulatos
- 4 chilies pasillas
- 1 onion, roasted
- 2 Tbs sesame seeds
- 2 Tbs shelled peanuts
- 1 square (one ounce) cooking chocolate
- 2 inch stick cinnamon
- 5 peppercorns
- 2 cloves
- 1/2 tsp aniseed
- 1 tsp salt
- 1/2 tortilla, fried
- 4 Tbs fat
- 3 pounds turkey, fresh or frozen parts (could use chicken)

Instructions:

-----

To make mole sauce soak chiles, remove veins, and grind onions with chilies. Heat together sesame, peanuts, chocolate, spices, salt and fried tortilla. Grind together. Fry all the ingred. in hot fat about

three minutes. Add half cup of water and continue to cook over low heat until the sauce is thick and well blended. (preparation of this dish has been simplified during recent years by the advent of some excellent canned and powdered mole sauces that are sold in most Mexican food stores.)

Cut turkey into serving pieces and stew gently in enough water to cover till tender. Drain, cover with mole sauce and simmer, covered, seven or eight minutes. If the sauce is too thick, add a little turkey broth. 6 servings.

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From: schwallr@acc.fau.edu (J. F. 'Fritz' Schwaller)

MOLE POBLANO  
=====

Ingredients:  
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- 8 lb turkey, cut into pieces
- 1 tsp salt
- 4 each dried mulato chiles, dried pasilla, dried ancho,  
(where dried chiles are not available, or only one type,  
You can use one type, and add canned red chile puree.)
- 2 cups hot chicken stock
- 1 cup blanched almonds (some substitute 1/2 cup peanut butter)
- 3 large tomatoes, peeled seeded and chopped  
(or you may use a combination of tomatoes and tomatillos)
- 1 onion chopped
- 1/2 cup raisins
- 1 dried tortilla, broken up
- 2 cloves garlic, minced
- 3 tblsp bacon fat
- 1 1/2 oz unseetended chocolate (1 1/2 squares)
- 2 tblsp sesame seeds
- Spices: (you may grind your own for best flavor, or used already  
ground, for convenience)
- 4 cloves
- 1/8 tsp ground cloves
- 10 peppercorns
- 1/4 tsp ground pepper
- 1/2 inch stick cinnamon
- 1/2 tsp ground cinnamon
- 1/2 tsp coriander seeds
- 1/4 tsp ground coriander
- 1/2 tsp anise seed

1/4 tsp ground anise

Instructions:

-----  
Place the turkey pieces in a large pot, cover with water, add salt, bring quickly to a boil, reduce heat and simmer until nearly done, about an hour. Remove from the heat and pat dry with towels.

While the turkey simmers, while wearing rubber gloves, wash the chiles under running water, removing the stems, breaking them open and removing the seeds. If you insist on preparing the chile bare-handed, do NOT touch your eyes, nose, or any other sensitive part of your body (or those of any loved one). Place the chiles in a large bowl, and cover with the chicken stock. Let soak half an hour, reserving the stock afterwards.

Place the almonds in a blender and reduce to a relatively fine chop. Place in the blender the chiles, spices, raisins, dried tortilla, tomatoes, garlic, and onion in a blender, along with a little of the stock in which the chiles were soaked, and reduce to a smooth paste.

In a large frying pan, melt the bacon fat and brown the pieces of turkey, having first patted them dry with towels. Place the browned turkey pieces in an oven-proof baking dish. Add a little more bacon fat, if necessary, and spoon in the chile paste. Fry it over medium heat, for about 5 minutes, slowly adding about 2 cups of the stock in which the chiles were soaked. Finally add the chocolate, and stir well until it has melted. The sauce should be the consistency of thick cream or a medium cream sauce. Pour the sauce over the turkey, cover, and place the baking dish in a 350~ oven for about 45 minutes. Remove, sprinkle the sesame seeds over the top.

Serve with Mexican rice, beans, "rajas en crema", sliced avocados, and lots of fresh, warm, soft corn tortillas. Personally we prefer the blue corn tortillas which are available in the fall in Mexico.

Note:

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This recipe, and various others I have posted is from a cook-book my wife and I wrote and published here locally, for limited distribution to our friends two years ago. As you can see it is an anecdotal cookbook, telling of our lives in Mexico, Peru, and Spain, where we have lived on and off for quite a while. The recipes were those we collected as we went along, and have incorporated into our daily lives.

Some Info About Mole:

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If Mexico could have a national dish, and to attempt to select just one from the wide repertoire available is nearly impossible, it must be

mole. The dish originally came from the Convent of Santa Clara in Puebla. According to the legend the sauce was concocted by the nuns in honor of their bishop, don Alonso de la Mota y Escobar, specifically for Lent. In the sixteenth century the custom of not eating meat in Lent did not apply to fowl. Consequently in honor of the bishop's visit one Lent the nuns made a chocolate sauce, "in order to sweeten our sins." Thank heavens for a little conventual sin!

The name mole comes from the Nahuatl "molli," which comes from the verb-stem "mola" meaning to grind something, since the most important part of the whole recipe is the grinding of the spices. Curiously this is very close to the Spanish word for grind, "moler." Each major town and city in Mexico has a "molino" or mill. This mill is dedicated to grinding spices. The various mixes are then displayed in white enamel pans in the shop windows. There are ground chiles, spices, and nuts, as well as prepared pastes, such as mole poblano, adobo, and achiote. The colors run the gamut from bright greens to earthy reds and browns, even purple, The scent from that shop is like to die and go to heaven, or sneeze as you go by.

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From: lynn@engineering.ucsb.edu (Lynn Johnson)

MOLE SERRANO  
=====  
(Mountain Mole)

Ingredients:  
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- 10-12 lb turkey
- 2 chilies anchos
- 3 large tomatoes, peeled and chopped
- 1/2 lb blanched almonds
- 3 oz seedless raisins
- 1 banana
- 3 squares chocolate
- 1/3 cup cracker crumbs
- 20 cloves
- 2 two-inch sticks cinnamon
- 1 cup fat
- 2 Tbs salt
- 1 tsp sugar
- 1/4 cup toasted sesame seeds
- grated cheese

Instructions:

-----

Clean turkey, cut into portions and cook in enough water to cover until tender. Remove seeds from chilies, toast lightly over direct flame and soak in two cups of water for one hour. Chop together the chilies, tomatoes, almonds, raisins, banana, chocolate, cracker crumbs, cloves and cinnamon. Fry in the fat about ten minutes. Add salt and simmer another five minutes. Add the stock in which the turkey was cooked, pouring until the sauce is very thick. Put cooked turkey pieces in the pot with other ingred. and simmer a few minutes. Remove. Serve sprinkled with sesame. Yield: 10-12 servings.

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From: vickiemc@isi.edu (Vickie McCorkendale)

SHEPARD'S PIE

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Ingredients + Instructions:

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In a 9" pie shell add

- 1 pound of cooked meat  
leftover roast (beef/pork/turkey) or  
browned ground (beef/turkey)
- 1 cup cooked carrots (or peas/corn/etc.)
- 1/2 cup chopped or pearl onions
- 2 cloves garlic minced
- 1 cup gravy/broth/au jus
- 1/2 tsp black pepper
- 1 tsp salt (optional)

Cover with mashed potatoes

Bake at 350 until the potatoes are well browned.

I've made a vegetarian version with just mushrooms, onions, broccoli and carrots.

I usually use the Knorr Pepper Sauce mix for the gravy. It has a nice kick.

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From: seb1@dr.att.com (Sharon Badian)

Source: Half a Can of Tomatoes and Other Culinary Dilemmas

TURKEY AND BULGAR LOAF

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(Serves 8 to 10)

Ingredients:

-----

- 1 cup bulgar
- 2.25 cups water
- 2 lbs ground turkey
- 1 large yellow onion, peeled and minced
- 0.5 medium red or green pepper, cored, seeded and minced (optional)
- 3 eggs
- 1 cup beef or chicken broth, milk or water (the broth and water will make a softer, moister loaf than the milk which coagulates as the meatloaf bakes)
- 0.25 cups ketchup, tomato paste or tomato sauce
- 0.75 tsp salt
- 0.25 tsp pepper
- 0.25 tsp crumbled leaf marjoram
- 0.25 tsp crumbled leaf thyme

Instructions:

-----

Preheat oven to 325 F.

Boil the bulgar gently in the water in a covered saucepan for 20 to 25 minutes, until fluffy-tender. Cook for 15 minutes, then mix with remaining ingredients, using your hands. Pack into a well-greased 9x5x3 inch loaf pan and bake uncovered for 1.5 hours or until the loaf is nicely browned and pulls slightly from the sides of the pan

Cool the loaf upright in its pan on a wire rack for 30 minutes, then turn our and serve.

You can wait less than 30 minutes for it to cook, but it has a tendency to fall apart. Still tastes good though!

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From: arielle@taronga.com (Stephanie da Silva)

TURKEY CURRY BOMBAY

=====

Ingredients:

-----  
 1/4 cup butter  
 2 cups cooked and cubed turkey or chicken  
 1 medium onion, minced  
 1 to 1/2 tblsp curry powder  
 1/4 cup chutney  
 1/4 cup sherry  
 2 avocados, halved, seeded and peeled  
 Crumbled bacon  
 Peanuts or toasted coconut, optional  
 Bombay sauce

Instructions:

-----  
 Melt butter in a medium frying pan. Saute turkey and onion until lightly browned. Add curry powder; continue to saute. Stir in chutney and sherry. Pour Bombay Sauce into turkey mixture and place over low heat to warm through. Spoon into each avocado half. Garnish with bacon, peanuts or coconut and serve.

Bombay Sauce:

-----  
 2 tblsp butter  
 2 tblsp flour  
 1/2 tsp each pepper and paprika  
 1/4 tsp salt  
 3/4 cup milk  
 1 cup shredded mild Cheddar cheese

Instructions:

-----  
 Melt butter in saucepan; add flour, pepper, paprika and salt and mix well. Whisk in milk until smooth and cook over low heat until thick and bubbly. Stir in cheese.

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From: lwack@access.digex.net (Linda Wack)

Source: Gourmet magazine's You Asked For It column, January 1990  
 Author: Chef Michael Curran from Simply Scrumptious in Brooklyn NY

TURKEY MEATLOAVES SIMPLY SCRUMPTIOUS  
 =====

Ingredients:

-----

- 1 onion, chopped
- 1 garlic clove, minced
- 2 tblsp extra-virgin olive oil
- 2 tomatoes, peeled/seeded/chopped
- 1/2 tsp dried oregano, crumbled
- 1/2 tsp dried basil, crumbled
- 1/4 cup dry red wine
- 1 large green bell pepper, chopped
- 1 zucchini, scrubbed/trimmed/chopped
- 1 cup fresh parsley leaves, chopped
- 6 fresh basil leaves, chopped
- 2 lbs ground turkey
- 1 1/2 cups fresh bread crumbs
- 1 tsp white pepper
- 1 large whole egg, beaten lightly
- 2 large egg whites, beaten lightly

In a saucepan cook half the onion and the garlic in the oil over moderately low heat, stirring, until the onion is softened. Add the tomatoes, oregano, dried basil and the wine, and simmer the tomato sauce, stirring occasionally, for 15 minutes. In a food processor chop fine the remaining onion with the bell pepper and the zucchini. In a large bowl combine the chopped vegetables with the tomato sauce, parsley, fresh basil, turkey, bread crumbs, white pepper, whole egg, egg whites and salt to taste. Divide the mixture between two loaf pans 8 1/2 x 4 1/2 x 2 1/2 inches. Bake the meat loaves in a pre-heated 350 oven for 1 hour 15 minutes. Serves 8-10.

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From: gryphon@openage.openage.com (The Golden Gryphon)

TURKEY PASTA SALAD  
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Ingredients:

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- 1 cooked turkey breast cubed
- 1 lb uncooked pasta

I put in enough mayo to make it all hold together, and the following:

- 1 Shallot
- 1 handful of fresh Cilantro
- salt

pepper  
dill  
sage  
garlic powder  
onion powder

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From: eswisher@afit.af.mil

WILD RICE & TURKEY CASSEROLE  
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Ingredients:  
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- 2 cup cubed turkey
- 1/3 cup white wine
- 1/2 cup lite/non-fat sour cream
- 1 tsp curry powder
- 1 tblsp black pepper
- any other spices you would like to add
- 1 can Healthy Request cream of mushroom soup
- 1 small onion diced
- 1/2 - 1 cup of celery chopped
- 1 box of wild rice - I like Uncle Ben's made w/o the butter

Prepare rice to package directions meantime.. Saute onion and celery in non-stick cooking spray(Pam) until tender. Mix in soup, wine, sour cream, spices-let bubble. Add turkey. Turn into a 3 qt casserole dish. Add cooked rice-Mix. Bake at 350 degrees uncovered for 30-35 minutes.

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[mara](#)

# COLLECTION: Venison

From: llburnet@lesley.b23b.ingr.com (Lesley Burnette)  
Date: Wed, 13 Oct 1993 15:27:01 GMT

## Italian-Style Pot Roast - VENISON

3-4 lb venison pot roast  
2 Tbsp fat  
salt and pepper  
1 8oz can tomato sauce  
1 c. dry red wine  
1 medium onion, chopped  
1 c. celery, chopped  
1 Tbsp. parsley, minced  
2 tsp. oregano  
1 clove garlic  
flour  
water

In Dutch oven, brown roast on all sides in fat. Add salt and pepper to taste. Combine remaining ingredients, except flour, and pour over pot roast. Cover and bake 3 to 4 hours at 300. Pour off liquid and measure. Mix a smooth paste of flour and water, measuring 2 Tbl of water and 1 1/2 Tbl of flour for each cup of liquid. Gradually add hot liquid, stirring constantly and cook until thickened. Correct seasoning.

From Theresa J. Farney, Colorado Springs Sun

## Elk Tenderloin with Brandy Mustard Sauce - VENISON

2 elk tenderloins, 8-10 oz each  
sliced bacon  
1/2 c. sliced mushrooms  
1 Tbsp Grey Poupon mustard  
1/4 c. onion, finely diced  
1/4 c. bell pepper, diced  
1/2 c. brown gravy  
1 1/2 oz. brandy  
1 clove garlic  
tyme  
ground black pepper

Remove silverskin from tenderloins and rub meat with split garlic cloves. Sprinkle lightly with thyme and black pepper. Wrap bacon around tenderloin and use toothpick to secure. Place in hot frypan and saute until bacon is cooked. Note: tenderloins should not be cooked past medium rare.

Remove from pan and pour off excess grease. Place onion and bell pepper in pan for 30 seconds, add mushrooms and saute until tender.

Add brandy to hot pan and flame. Caution should be used in this step. When flame dies, add brown gravy and mustard and stir until mixture is smooth. Pour mixture over tenderloins on warm platter. Serve dish with wild rice or rice pilaf and a green vegetable.

From Bill Parton, Chef, Buckhorn Exchange Restaurant

Note: When my stepdad cooked this, I thought the meat was too rare and there was too much gravy, so you may want to adjust as necessary.

### Grilled Tenderloins - VENISON

Wash and trim the tenderloins well.

Rub with white pepper, garlic, and salt.

Make a sauce of commercial barbeque sauce, honey and lemon pepper seasoning and marinate the tenderloins.

Roll the tenderloing up in foil and place it on the back of the grill.

Cook slowly at low flame.

From Vance Persall

[amyl](#)