

## Poultry

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## **Arroz con pollo**

6 chicken parts (legs, thighs, or breasts)

2 T olive oil

red (or green) pepper, chopped

1 onion, chopped

3 cloves garlic, minced

1 small can of diced tomatoes, rinsed in a colander

1 stalk of celery, sliced

2 c (small can) of chicken stock

1/2 c dry white wine

1 1/2 c rice

1 t ground cumin

2 t chili powder

1/2 c frozen peas, thawed

salt and cayenne pepper to taste (careful: cayenne pepper is powerful)

In a frying pan that can be covered, brown first the chicken, and then the onion, garlic, and pepper in the oil. Add all ingredients except the peas, bring to a boil, cover and just simmer for 20 minutes, adding the peas in the last five minutes. Allow to rest for 10 minutes more.

## Chinese Barbecued Chicken

2 1/2 lbs of chicken legs and thighs  
2 quarts of water  
1/2 lb of fresh ginger, chopped roughly  
2 scallions  
  
1/4 c sugar  
1/4 c water  
1/4 c vegetable oil

1/3 c soy sauce  
2 star anise buds  
1 1/2 t peppercorns  
1/2 t salt

Boil the chicken in the water with the ginger and scallions for 20 minutes. Drain the meat. (The stock can be used for soup.)

Heat the wok. When it is hot, add the sugar. After 30 seconds, add the water. After 3 minutes, add the oil. Add the chicken and toss it until it browns. Add the soy sauce, the star anise, and the pepper and salt.

Cover the wok and simmer for 30 minutes.

## Chicken or Turkey ala King

2 c of chicken stock  
2 c of milk  
4 T of butter  
2 T of oil  
1/2 of an onion, chopped  
1/3 c of flour  
1/2 lb of mushrooms, sliced  
1 1/2 c of frozen peas  
1 1/2 c of diced carrots  
2 T of chopped parsley  
1/2 t of salt  
meat of 1/2 of a boned chicken or  
1 1/2 lb of cooked turkey

Cook the carrots for a few minutes, then add the peas and cook until the carrots are just done. Drain the vegetables.

Heat the stock and milk until it is almost boiling. Heat the butter and oil in a pot large enough to hold everything, add the chopped onion and fry just until it is transparant. Add the flour and stir and cook over low heat for a minute. Turn the heat up high, add the mushrooms and the hot liquid and stir continuously until the sauce thickens. Add the vegetables, the parsley, the salt, and the chicken/turkey and allow everything to heat through. Serve over rice or mashed potatoes.

## Chicken Pot Pie

1 1/2 lbs of cooked chicken (or turkey) breast, cut into bite-sized pieces

1/2 c of rice, cooked with 1 c of water and 1/2 t of salt

8 (or 16) oz of ricotta cheese

1/4 c of milk

4 large eggs

1 c of grated parmesan cheese

1 t of dried oregano

1 t of salt

1/2 t of red pepper flakes

a dash of black pepper

1/2 of a red bell pepper, chopped

1/4 c of chopped red onion

1/4 c of chopped parsley

2 T of chopped basil

1 small zucchini, shredded

Drain the ricotta in a fine strainer for an hour to remove some water. Beat the ricotta, milk, eggs, grated cheese, oregano, salt, and peppers until smooth. In a large bowl, combine the chicken and all the vegetables, mix them, and then add the liquid and mix everything together.

Spray a 9 inch springform pan, cover the inside with baking parchment, and spray that. Put everything in the pan, smooth the top, and bake at 350° for 45 minutes. Let it cool for 15 minutes before removing from the pan.

## Chicken Paprika

2 T oil

1 onion, sliced

1 green pepper, chopped

2 cloves garlic, minced

1 1/2 T paprika

1/2 t salt

1/4 t pepper

1 small can of diced tomatoes, partly blended

1 small can (2 c) of chicken stock

1 c yogurt

1 c brown rice

chicken parts, skinned

In a dutch oven, fry the onion, green pepper, and garlic lightly in the oil. Add the second group of ingredients . Close, and bring to a boil, and cook over low heat for 20 minutes. Add the chicken, bring to a boil, and bake at 325° for 40 minutes.

## Chicken Curry

a chicken in 8 pieces, skin removed

3 T of oil

1/2 c of slivered almonds

4 c of sliced onions

2 T of chopped garlic

3 T of chopped ginger

1 t of cumin

1 T of coriander

2 t of tumeric

2 T of curry powder

1 small can of diced tomatoes, drained and coarsely chopped

2 t of salt

2 c of chicken stock

3 T of cornstarch, dissolved in 3 T of water

cooked vegetables (potatoes, carrots, turnips, string beans, peas, etc.)

Heat the oil in a large pan that can be covered. Fry the almonds until they just begin to brown, then add the onions and fry them until they begin to brown. Add the garlic and ginger and fry for another minute. Add everything except the chicken, mix and heat until boiling. Add the legs and thighs and cover and cook for 15 minutes at a low flame, then add the breast parts and cook another 30 minutes. Take out the chicken, add the cornstarch, mix and cook until the sauce thickens, then add the vegetables and the chicken.

## Chicken With Onions and Tomatoes\*

a skinless chicken, in parts

1/4 c of oil

3 c of sliced onions

1 T of chopped garlic

1 1/2 T of chopped ginger

1 t of cinnamon

1 t of cardamon

1 1/2 t of tumeric

1/3 t of red pepper flakes

1 1/2 t of salt

1 t of cumin

1 1/2 t of coriander

1 small can of diced tomatoes with juice, partly ground

1/2 c of water

Heat the oil and then fry the chicken pieces until browned on both sides. Reduce the oil to about two tablespoons and fry the onions until they begin to brown, then add the garlic and ginger and fry for a minute or two more. Add all the spices, the tomatoes, the water, and the chicken. Get the dish boiling, cover it tightly, and cook it at low heat for about one hour, turning the chicken pieces over half way.

## Chicken Cacciatore

a chicken, in parts

3 T oil

1 onion, chopped

1 green pepper, chopped

1/3 lb of white mushrooms, sliced

2 cloves of garlic, chopped

1/2 c of white wine

2 cans of diced tomatoes, drained and partially ground in the food processor

2 T of tomato paste

1/2 c of chicken stock

1 t of salt

black pepper

Brown the chicken in the oil, take it out of the pan and pour off any excess oil. Fry the onion, green pepper, and mushrooms together for about ten minutes, then add the garlic and fry for another minute. Add the wine and boil off most of it. Add the tomatoes, tomato paste, chicken stock, salt, and pepper, mix and bring to a boil, and then add the chicken parts. Cover, bring to a boil and simmer for about 30 minutes, turning the chicken parts over after 20 minutes.

## **Chicken Baked with Yogurt**

a chicken in pieces or 6 to 8 thighs or legs, skin removed

1 1/2 c plain yogurt

1/3 c Dijon mustard

1/2 t salt

pepper

1/2 t dried thyme

Mix the sauce and add to an open flat baking pan. Add the chicken and coat all the pieces with the sauce. Bake at 400 degrees for 45 minutes. Move the chicken to a dish, whip up the sauce with a wire whip until it is smooth and spoon it over chicken.

## **Korean Chicken**

2 T of cider vinegar

2 T of sesame oil

2 T of soy sauce

2 T of honey

1 T of gochujange paste

1 chicken, in four parts and skinned

Heat the oven to 350° . Mix the first set of ingredients. Put the chicken in a baking pan, cover it with the sauce, turning the pieces to cover them completely. Bake for 30 minutes, basting once after 15 minutes. Take out the breasts and let the legs bake another 10 minutes.

## Grilled Chicken

a chicken, skinned and cut up

1 quart of water

1/4 c of salt

2 - 3 T of honey

1 T of sesame oil

1 T of soy sauce

Soak the chicken in the salted water for an hour, then rinse it off and wipe it dry. Coat the chicken parts with a coating made from the third group of ingredients and then grill the chicken on the outdoor grill, turning it and brushing it more with the coating.

## Coconut-Creamed Chicken

6 pieces of chicken, skinned  
a medium onion, chopped  
3 cloves of garlic, minced  
2 T of grated ginger  
2/3 c of slivered almonds  
4 T of oil  
1 T of cardamon  
1/2 t of cloves  
1 t of cinnamon  
1 t of tumeric  
2 t of salt  
1/2 t of pepper  
1 can (13 oz) of coconut milk  
2/3 c of yogurt  
2 T of cornstarch

Lightly brown the almonds in the oil and then remove them. Brown the chicken pieces and remove them. Reduce the oil to 2 tablespoons, add the onions, garlic, and ginger and fry lightly. Add all the spices, the coconut milk, and yogurt and bring to a boil. Add the chicken and almonds and cook for twenty minutes. Remove the chicken, add the cornstarch, and stir the sauce until thickened, then replace the chicken.

## **Chinese Chicken Salad**

2 cooked chicken breasts, sliced  
2 small zucchini, grated  
1 small carrot, grated  
1/2 red bell pepper, sliced thinly  
scallions, sliced  
1 c bean sprouts  
1/4 c toasted sesame seeds

### **Sauce**

2 T dark sesame oil  
2 T rice or white wine vinegar  
2 T salad oil  
1 t salt  
pinch of cayenne pepper  
3 cloves garlic, minced  
1 T honey  
1 t ginger, grated

## Almond Chicken

3 T of oil  
1 c of almonds, blanched  
2 chicken breasts, cubed  
  
1 stalk of celery, diced  
1/3 lb of mushrooms, sliced  
1 cup of frozen peas, thawed  
1 zucchini, in short matchsticks  
half of an onion, diced  
2 T of soy sauce  
1 t of salt  
1/4 t of pepper  
  
1 1/2 cups of chicken broth  
1 1/2 T of cornstarch

Fry the almonds in the oil until they begin to brown, then transfer them to a colander to drain. Fry the chicken breasts at high heat until they are lightly browned, then transfer them to a dish and adjust the oil to about two tablespoons. Dissolve the cornstarch in the broth. Heat the oil, then put in all the ingredients in the second group and fast fry them for about two minutes. Add the chicken and the broth to the pan, bring it to a boil, cover, and cook at low heat for five minutes. Add the almonds.

## Pineapple Chicken

2 chicken breasts, cut into 1 inch strips

2 T of flour

1 t of salt

1/4 t of pepper

3 T of oil

1 can of chunk pineapple

2 T of soy sauce

1 t of cider or rice vinegar

1 T of cornstarch

Toss the chicken with the flour, salt, and pepper. Drain the pineapple, reserving the juice. Fry the chicken for five minutes, add the pineapple chunks, cover, and cook for five minutes. mix together the pineapple juice, the soy sauce, the vinegar, and the cornstarch, add the mixture to the pan and cook until it thickens.

**Variant:** Add a cut-up red bell pepper when frying the chicken.

## Cashew Chicken

2 chicken breasts, cut up

2 t of baking soda

1 T of soy sauce

2 T of rice wine or dry sherry

2 T of oyster sauce

1 t of sesame oil

1/2 c of water or chicken stock

2 T or oil

1 bell pepper, diced

1/4 lb of mushrooms, sliced

1 T of chopped ginger

1 T of cornstarch, dissolved in a small amount of water

1 bunch of scallions

2/3 c of cashews

In a bowl, coat the cut up chicken with the baking powder and leave for about fifteen minutes, then dump it into a large pot full of cold water in order to eliminate the baking powder. (This procedure tenderizes the chicken.) Drain the chicken and dry it with paper towels.

Mix and save the second group of ingredients in a small bowl for the cooking sauce and the third group in a separate dish.

In a tablespoon of oil, fry the chicken until it begins to brown, then remove it to a plate. In the remaining oil, fry the mushrooms, ginger, and pepper for about ten minutes. Add the chicken and scallions, the cooking sauce, and the cornstarch, bring to a boil, and cook for about five minutes. Add the cashews and cook for a minute more.

## Walnut Chicken

2 chicken breasts, cut up  
1 t of salt  
1 t of sugar  
3 T of sherry  
1 T of soy sauce  
1/2 c of oil  
1 c of walnuts  
3 T of cornstarch  
1 egg, beaten  
2 t of minced ginger  
2 minced garlic cloves  
1/2 c of boiling water  
1 can of bamboo shoots

Combine the chicken with the salt, sugar, sherry, and soy sauce. Let it stand for 30 minutes and then drain, reserving the marinade. Brown the walnuts in the oil and then set them aside and discard all but two tablespoons of the oil. Toss the chicken with the cornstarch and then dip in the egg. Brown the chicken, ginger, and garlic together. Add the water, bamboo shoots, and marinade. Cover and cook for ten minutes and then add the walnuts. Serve with rice.

## **Chicken and Vegetable Stir Fry**

1/2 c of dried mushrooms

### **Marinade**

2 t of cornstarch

2 t of soy sauce

2 t of dry sherry

2 t of water

1 clove of garlic, minced

1/2 t of fresh ginger, minced

1 t of black bean paste

1 t of oil

### **Cooking Sauce**

1 T of cornstarch

1/2 c of water (part mushroom water)

1 T of dry sherry

1 T of oyster sauce

1/2 t of sugar

1 t of sesame oil

2 chicken breasts, cut into 1 inch slices

1 bell pepper, cut into 1 inch squares

1/2 lb of green beans or broccoli

## Coq au Vin

2 T of butter

1/4 lb of bacon that has been soaked in warm water for 10 minutes

2 to 3 lbs of chicken, in pieces

12 small onions

1 lb of mushrooms

2 cloves of garlic, minced

3/4 bottle of dry red wine

1 can (2 c) chicken stock

2 bay leaves

1/2 t dried thyme

In a large frying pan, brown the bacon in the butter over medium heat and then remove the bacon pieces to a dish. Brown the chicken parts and then remove them. Brown the onions and then remove them. Brown the mushrooms and remove them. Brown the garlic.

Add the wine, the herbs, and the chicken stock to the pan, bring it to a boil, and reduce it to about half of its volume. Remove the bay leaves, add the chicken, cover the pot, and simmer for 1/2 hour. Add the bacon, cut into one-inch strips, the onions, and the mushrooms and cook everything for 10 minutes more.

## Moghul Chicken

1 chicken, cut into pieces and skinned  
2 T of vegetable oil  
2 onions, finely chopped  
3 cloves garlic, chopped  
1 T of fresh ginger, minced  
1 t of ground cardamon  
1 t of ground coriander  
a pinch of ground cloves  
1 t of salt  
2 bay leaves  
1 c of chicken stock  
1 1/2 c of plain yogurt

In a deep frying pan that can be covered, fry the chicken parts until well-browned. Put them aside and brown the onions and garlic in the remaining oil. Put everything except the yogurt into the pan, bring it to a boil, and simmer, covered, for 40 minutes. Take out the chicken parts, add the yogurt and stir to make it smooth. Return the chicken to the pan.

## Mole Sauce

6 to 8 New Mexico dried chiles

1/2 c of raisins

1/4 c of olive oil

1 onion, chopped

6 cloves of garlic, chopped

1/2 c of almonds

1/2 c of sesame seeds

1/2 t of anise seeds

1 1/2 t ground cinnamon

1/4 t of ground cloves

1/2 t of ground coriander

1 t of salt

1 small can of diced tomatoes, rinsed in a colander

3 oz of unsweetened chocolate, broken into small pieces

2 c (small can) of chicken stock

Soak the chiles in cold water for a few minutes. Cut off the stems, cut them open and take out the seeds and rough parts. Rinse them in cold running water. Cut them up into 1 inch lengths and soak them in 1 cup of initially boiling water for one hour.

Partly fry the onions in the oil and then add the garlic and continue frying until they are soft and slightly browned.

Grind the almonds, sesame seeds, and anise seeds in a blender. Add everything, including the chili liquid, to the blender and blend it to a smooth paste. Transfer it to a nonstick frying pan, bring to a boil, and cook slowly, scraping the bottom often, for 10 minutes. Cover and cook over very low heat for 20 minutes.

**This recipe makes enough sauce for 4 recipes of chicken mole.**

## Chicken Tamale Pie

1 onion, chopped

2 cloves of garlic, minced

green pepper, chopped

2 T of olive oil

a small can of diced tomatoes, rinsed in a colander

a package of frozen whole kernal corn, thawed

1 t of chili powder

1 t of dried oregano

1 t of ground cumin

1/2 t salt

2 c of chicken broth plus water to just cover the chicken

2 lbs of chicken parts

1 1/4 c polenta cornmeal

1/2 t salt

1 c of grated cheddar cheese

Slightly brown the onion, garlic, and green pepper in the oil. Add the second group of ingredients and cook for 5 minutes, then set the pan aside. Bring the broth to a boil, place the chicken in it, cover and cook over low heat for 30 minutes. Remove the chicken parts. Degrease the stock and, if necessary, add water to bring the liquid up to 4 cups. Bring to a boil and add the polenta in a thin stream while constantly stirring. Add the salt, lower the heat, and continue stirring until the polenta thickens.

Skin and bone the cooked chicken. In a greased baking dish, put the polenta in a layer at the bottom, cover with the chicken meat, pour the vegetables over the chicken, cover with the grated cheese, and bake at 350 ° for 30 minutes.