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Chicken

Almond Chicken Bake

- 2 tablespoons butter
- 2 whole chicken breasts, skinned, boned, and sliced
- 1/2 pound fresh mushrooms, sliced
- 2 tablespoons shallots, chopped
- 1 can water chestnuts, sliced
- 1 small package blanched and slivered almonds

Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 1/4 teaspoon freshly ground nutmeg
- 1/2 teaspoon salt
- 1/4 teaspoon white pepper
- 1 cup milk
- 1 cup half and half

Sauté chicken pieces in 2 tablespoons of butter and place in a shallow baking dish. Sauté mushrooms and shallots and place on the top of the chicken. Sprinkle water chestnuts and almonds over the mushrooms and the shallots.

Make a sauce by melting the butter over low heat in a 1 quart sauce pan. Stir in the flour and continue stirring until flour bubbles for a minute or so. Add the nutmeg, salt, pepper, milk, and half and half and continue stirring until sauce thickens and boils for a couple of minutes.

Pour sauce over chicken. Bake at 350 degrees for 20 minutes or until heated through and bubbly.

Serves 4.

A good and easy elegant dish. This can be made ahead of time and refrigerated. Be sure to allow 10-15 more minutes baking time. Peas go well with this dish.

MEP

Baked Chicken Breasts With Brandy Sauce

- 3 tablespoons butter
- 4 boned chicken breasts
- 1/2 teaspoon salt
- freshly ground pepper
- 1 cup dry white wine
- 1/2 cup chicken broth
- 1/4 cup brandy
- 1/4 cup heavy cream
- 1/2 teaspoon tarragon
- 1/2 teaspoon Dijon mustard
- 1/8 teaspoon paprika
- freshly grated nutmeg
- fresh tarragon sprigs for garnish

Preheat oven to 425 degrees. Melt butter in skillet. Coat each breast piece by turning it in the melted butter. Season with salt and pepper. Pull skin neatly under edges of breast halves, forming a compact shape about 1 1/2 inches thick with each breast. Arrange the chicken breast skin side up in skillet.

Bake chicken breasts 15 minutes or until done, basting occasionally with pan drippings. Remove them to a warm platter and keep warm.

Add wine, chicken broth, and brandy to skillet. Cook over high heat, stirring until liquid is reduced to about 1/2 cup. In a small bowl mix together the cream, tarragon, mustard, paprika, and nutmeg. Add mixture to skillet and cook stirring until sauce is reduced and thickened. Spoon over breasts and garnish with tarragon sprigs.

Serves 2-4.

MEP

Baked Mustard-Coated Chicken Breasts

- 1 1/2 tablespoons Dijon mustard
- 1 1/2 tablespoons olive oil
- 1 garlic clove minced
- 1/4 (generous) teaspoon dried tarragon
- 1 cup fresh bread crumbs

- 2 skinless, boneless chicken breast halves
- chopped parsley (optional)

Preheat oven to 450 degrees. Lightly oil heavy baking sheet.

Whisk together Dijon mustard, olive oil, minced garlic, and tarragon in a small bowl. Place bread crumbs in a shallow bowl. Season chicken with salt and pepper. Spread mustard mixture over both sides of chicken. Dip chicken into bread crumbs, turning to coat completely.

Place chicken on prepared baking sheet. Bake until chicken is cooked through and crumb coating is golden brown, about 14 minutes.

Garnish with parsley and serve.

Serves 2.

MEP - Bon Appetit

Barbecued Chicken Wings

- 2-2.5 pounds of chicken wings, tips removed and disjointed

Marinade

- 1/2 cup soy sauce
- 2 tablespoons minced onion
- 1 clove garlic, minced
- 1 tablespoon sugar
- 1 tablespoon fresh ginger root, minced
- 1/2 cup dry white wine

In the blender or a jar thoroughly mix all the marinade ingredients. Place chicken wings in a bowl. Pour marinade over wings and let set at room temperature, covered, for 2 to 3 hours, or overnight in the refrigerator. Drain off the marinade and save. Barbecue until chicken is done basting frequently with the marinade.

Serves 4-6.

If its the wrong time of the year to barbecue these can be baked in a 400 degree oven until done. Be sure to baste every few minutes.

Often you will find chicken wings on sale and this makes an inexpensive main dish. This

recipe can also be used as an appetizer. The sauce is Teriyaki in nature.

MEP

Boned Chicken or Turkey Breasts with Veal and Duxelles Stuffing

Veal Stuffing

- 2 pounds ground veal
- 1 cup sour cream
- 2 egg whites
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1 tablespoon fresh chopped parsley

Duxelles

- 1 cup onion, chopped
- 1 teaspoon butter
- 1 pound mushrooms, finely minced
- 1 teaspoon lemon juice
- 1 cup white wine
- 1/2 teaspoon tarragon
- 1/2 teaspoon dill
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

Boned chicken or turkey breasts

Stuffing: Beat all ingredients except veal together. Add crumbled veal and mix well.

Duxelles: Sauté butter and onion over very low heat until onion is tender. Add mushrooms, lemon juice, and white wine. Continue cooking over low heat until almost all of the liquid is evaporated. Add seasoning.

To Assemble: Pound chicken or turkey breasts to a uniform thickness. Spread a layer of duxelles and then a layer of veal stuffing on top almost to the edges. Roll up. Fasten with skewers or tie. Roast at medium heat (350 degrees) until tender. Time will vary depending on the weight.

This can also be used to stuff flank steak.

JPO

Braised Szechwan Chicken with Tomato

- 1 package (about 1 pound) firm tofu (bean curd), drained

Sauce

- 2 tablespoons ketchup
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 3/4 teaspoon sugar
- vegetable oil for deep frying
- 1 ounce Szechwan preserved vegetables cut into 2-inch matchstick pieces
- 2 green onions including tops cut diagonally into 2-inch pieces
- 1/2 pound boned chicken breasts, thinly sliced
- 2 tomatoes, peeled and cut into 8 wedges
- hot cooked rice

Preparation: Cut tofu in half horizontally to make two 1-inch thick cakes. Cut each cake into quarters, and then cut again diagonally to make sixteen triangles. Drain tofu triangles on paper towels and set aside. Combine sauce ingredients in a bowl and set aside.

Cooking: Set wok in a ring stand and add oil to a depth of 1 1/2 to 2 inches. Place over high heat until oil reaches about 375 degrees. Add tofu triangles, half at a time and deep fry for about 2 minutes or until triangles start to float, turning occasionally. Lift out and drain on paper towels. Cook remaining triangles.

Remove all but 2 tablespoons of oil from wok. Reheat wok over high heat until hot. Add preserved vegetables, green onions, and chicken and stir-fry for 1 minute. Add tofu and tomatoes and cook and stir for 1 minute. Add sauce and cook, stirring, for 2 or 3 minutes or until tofu is heated through. Transfer to a serving dish. Serve hot with rice.

JPO -- Yan Can Cooking School

Chicken and Noodle Casserole

- 3 cups cooked noodles or macaroni
- 2 cups cooked chicken or turkey
- 1 can creamy chicken and mushroom soup
- 1 cup frozen peas or beans
- 1 can chicken stock
- 1 can French fried onions
- salt and pepper to taste

Mix all the ingredients together except for the French fried onions. Bake in a greased casserole for 20-30 minutes or until bubbly. Cover with onion rings and bake 5 minutes more.

A good quick and easy casserole. Excellent for using up leftover turkey.

MEP

Chicken with Tarragon Vinegar Sauce

- 2 tablespoons butter
- 2 chicken breast halves with skin and bone
- 3 cloves of garlic, minced
- 1/2 cup tarragon vinegar
- 1 cup chicken stock
- 1 1/2 tablespoons chopped fresh tarragon
- salt and pepper to taste

Melt butter in heavy skillet over medium-high heat. Sprinkle chicken with salt and pepper. Add to skillet and cook until golden, about 4 minutes per side. Transfer chicken to plate. Add garlic to skillet and sauté for 1/2 minute. Add vinegar and boil until reduced to a glaze, about 2 minutes. Stir in broth. Return chicken, skin side up, to skillet. Reduce heat to medium-low, cover and simmer until cooked through, about 12 minutes.

Transfer chicken to plates. Add tarragon to liquid in skillet. Increase heat to medium-high. Boil uncovered until liquid is slightly reduced, about 2 minutes. Spoon sauce over chicken.

The original recipe called for using shallots, but I like it better with garlic.

MEP - Bon Apetit

Chicken Breasts and Artichokes with Fettuccine

- 4 skinless, boneless chicken breast halves
- salt and freshly ground black pepper
- 6 tablespoons butter
- 3 tablespoons dry white wine
- 9 ounce package frozen artichoke hearts, thawed
- 1 cup chicken broth
- 1/2 cup heavy cream
- 1 pound fresh or packaged fettuccine
- 1 egg yolk
- 1 tablespoon water
- 1 tablespoon freshly chopped parsley

In a covered saucepan bring the salted water to a boil for the pasta. Cook for 5 to 8 minutes or according to directions. You want the fettuccine to be ready when the sauce is done.

Thoroughly dry the chicken breasts. Sprinkle them with salt and pepper. Heat 1 tablespoon of the butter in a frying pan over low heat. Add the chicken breasts and sprinkle them with 1 tablespoon of wine. Cover and cook over low heat 3 minutes on each side or until cooked through. Remove breasts to a warm platter and keep warm.

Add another tablespoon of butter to the skillet. Add the artichoke hearts and sauté over medium-high heat 2 minutes or until tender. Remove artichokes and set aside.

Deglaze pan by stirring 1 tablespoon wine into the skillet. Add chicken broth and simmer, stirring until the broth is reduced by half. Add cream, stirring and reduce liquid by a third. Beat egg yolk with 1 tablespoon of cold water until foamy. Whisk the egg yolk into the hot sauce and remove immediately from the heat. Continue stirring until the sauce is thickened and smooth. Stir in the parsley.

Drain the fettuccine. Melt 4 tablespoons of butter in a saucepan and return the fettuccine to it and stir to blend. Place the fettuccine on a platter. Arrange the chicken breasts and the artichokes over it and spoon the sauce over the top.

A very pleasant main dish. Similar to Grecian Chicken with Artichokes.

MEP

Chicken Breasts in Wine Sauce

- 1 cube butter
- 8 boned chicken breast halves
- flour
- 2 cans cream of chicken soup
- 1 pint sour cream
- 1 four ounce can sliced mushrooms
- 6 tablespoons dry white wine
- salt and pepper to taste
- toasted bread crumbs

Melt butter in a 9 x 13 inch baking dish. Roll breasts in the flour and place them in the melted butter. Bake at 400 degrees for 30 minutes. While the chicken is baking combine the chicken soup, sour cream, mushrooms, and wine in a sauce pan and heat through. Turn chicken in baking dish and pour sauce over chicken. Sprinkle with bread crumbs and bake 20-30 minutes more.

Serves 8.

A simple dish that is quick and easy to make. I like to serve the chicken and sauce over pasta.

MEP

Chicken Breasts Stuffed with Pate` in Sauce Supreme

- 2 whole boneless chicken breasts with skin left on
- 4 slices of chicken liver pate`
- 2 teaspoons olive oil
- 2 teaspoons butter

Sauce Supreme

- 1/4 cup Brandy or Cognac
- 1/2 cup chicken broth
- 1/2 cup heavy cream (whipping)
- 1 1/2 teaspoons lemon juice
- salt and white pepper to taste
- freshly ground nutmeg
- 2 tablespoons butter

With a knife trim and discard fat, sinew, and cartilage from chicken breast, keeping skin intact. To form pockets for stuffing, gently separate skin from flesh with your fingers where breast bone was, keeping skin and flesh intact around remaining edges. If necessary use knife to cut out tissue where skin and meat are attached along center of each breast. Fill pockets with pate'. Smooth skin over filling so it is completely covered, and pull skin down around filling, tucking all edges under flesh of breasts. Use skewers if necessary to keep skins attached.

Turn oven to 375 degrees.

Heat oil in large skillet and add butter. Place breasts, stuffed side up, in skillet and sear over high heat 2 to 3 minutes. Turn and sear 1 to 2 minutes more. Turn carefully up on end and sear any raw edges. Reduce heat to moderate and sauté, stuffed side up for two more minutes.

Remove pan from heat. Transfer chicken to rack set in baking pan. Roast 20-25 minutes. Remove from oven and place on warm platter and keep warm. Set roasting pan aside.

Sauce Preparation Drain any fat from skillet that breasts were sautéed in. Place over high heat and add brandy, stirring and scraping to get up all the brown particles. Continue cooking until liquid is reduce to about half. Turn heat to moderate, add any juices that accumulated in your baking pan, the chicken broth and the heavy cream. Cook, stirring until reduce by half. Add lemon juice and season with salt, white pepper, and freshly grated nutmeg. Remove from heat and whisk in butter.

To serve cut chicken breasts into half inch slices and spoon sauce over each portion.

This is one of those recipes that looks complicated but it really is not hard to make. I tried it the other night and really liked it. It is quite rich so the portions do not have to be very large. One half of a breast should be enough for one serving.

I also tried this one night, when I did not have any pate` and I stuffed the breasts with some leftover whole grain and wild rice to which I had added about a tablespoon of chicken broth. They were excellent.

MEP

Chicken Breasts with Cheese and Ham

Supreme de Volaille Modenese

- 2 whole skinless, boneless chicken breasts
- 1 egg
- salt and freshly ground pepper
- 1 teaspoon cooking oil
- 1 cup fine fresh bread crumbs
- 1/4 cup flour
- 3 tablespoons butter
- 4 thin slices of boiled ham, preferably prosciutto
- 4 thin slices of Fontina cheese, can use Swiss or Gruyere

Preheat oven to 400 degrees. Split chicken breasts in half lengthwise. Trim any fat from the breasts. Place each piece between sheets of plastic wrap and pound lightly with a flat mallet.

Combine the egg, salt, pepper to taste, and oil in a flat dish. Beat well to blend.

Put bread cubes in food processor and run until very fine. Put bread crumbs in a flat dish. Put flour in another flat dish.

Dip each chicken piece first in flour, then in egg, and finally in the bread crumbs. Pat lightly with flat side of a heavy kitchen knife to make the crumbs adhere.

Melt the butter in a heavy skillet and just as it starts to turn brown add the chicken pieces. Cook about 4 minutes or until the pieces are

nically browned on one side. Turn and cook about 4 or 5 minutes until golden brown on the other side.

Arrange the chicken pieces in a baking dish. Cover each piece with a slice of ham. Top the ham with a slice of cheese. Bake at 400 degrees for 10 minutes.

Serves 2-4.

Veal chops can also be prepared this way. In fact, the original recipe was for veal instead of chicken.

MEP - 60 Minute Gourmet

Chicken Breasts with Grapes

Supremes de Volaille Veronique

- 1 3/4 pounds skinless, boneless chicken breasts
- 1/2 cup fresh or canned seedless grapes
- 3 tablespoons butter
- salt and freshly ground pepper to taste
- 1 1/2 tablespoons finely chopped shallots
- 1/2 cup dry white wine
- 1 1/2 cups heavy cream (whipping)

Trim all traces of fat and membrane from the chicken. Place the pieces on a flat surface, and using a flat mallet, pound them lightly. Using a sharp knife, cut the breasts into half inch strips. There should be about 3 cups of chicken.

Drain canned grapes, or if fresh rinse them well and set aside.

Heat the butter in a large, heavy skillet, and when very hot but not brown add the chicken pieces. Sprinkle with salt and pepper. Cook over high heat, stirring constantly so that the pieces cook evenly. Cook just until pieces lose their raw look and are barely cooked through, about 3 to 5 minutes. Using a slotted spoon transfer the pieces to a shallow bowl.

Add the shallots to the skillet. Cook briefly, stirring, and add the wine. Cook over high heat, shaking the skillet and stirring. As juices accumulate around the chicken pieces drain

them into the cooking liquid. When the wine has cooked down by half, add the cream. Cook over high heat.

If using fresh grapes add them to the sauce. Cook over high heat about 4 or 5 minutes or until the cream mixture takes on a sauce-like consistency. Add salt and pepper to taste. If you are using canned grapes, add them at the last minute of cooking, just to heat through.

Spoon the chicken into the sauce and heat through.

Serves 4.

This is excellent served with curried rice. If you want to get fancy, fix the rice in a mold and spoon the chicken around it.

MEP - 60 Minute Gourmet

Chicken Breasts with Mushrooms and Ham

Supreme de Volaille Eugenie

- 2 large, whole skinless, boneless chicken breasts
- salt and freshly ground pepper
- 2 tablespoons butter
- 12 large mushrooms
- 4 thin slices of cooked ham
- 1 tablespoon shallots, finely chopped
- 1/4 cup dry white wine or dry sherry
- 1 cup heavy cream (whipping)

Cut the chicken breasts in half and trim away any fat. Sprinkle the pieces with salt and pepper to taste. Melt the butter in a heavy skillet large enough to hold the chicken pieces and the mushrooms.

When the butter is hot, add the breasts and the mushrooms. Cook the breast on one side about 3 minutes and turn the pieces. The chicken is not suppose to brown, but cook gently so cook over low heat. Cook on the other side about 5 minutes or until the pieces are barely cooked. When you turn the breasts also turn the mushrooms.

Transfer the chicken and mushrooms to a warm platter. Add the ham to the skillet and cook just to heat through, turning once. This will take about 2 minutes or so in total. Remove the ham and arrange one slice under each chicken breast.

Add the shallots to the skillet and cook briefly, stirring. Add the wine and cook until almost reduced.

Add the cream and cook down to about 3/4 of a cup. Arrange the mushrooms over the chicken breasts and spoon the sauce over them.

Serves 4.

The original recipe calls for straining the sauce and then reheating it, but I never bother because it did not seem to make that much difference when I did.

MEP - 60 Minute Gourmet

Chicken Breasts Mornay

- 2 whole chicken breasts, skinned and boned
- salt and freshly ground pepper to taste
- 3 tablespoons butter
- 4 cups thinly sliced mushrooms
- 1 tablespoon Parmesan cheese, freshly grated

Sauce

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1 cup heavy cream (whipping)
- 1 egg yolk
- 1/4 cup Swiss cheese, grated

Split each breast in half lengthwise. Sprinkle the breast pieces with salt and pepper. Melt the 3 tablespoons of butter in a heavy skillet. When it is very hot, add chicken and cook until lightly golden on both sides, about 2 minutes per side. Sprinkle mushrooms over and around chicken pieces. Cover and cook about 5 minutes. Do not overcook or chicken will be dry. Transfer chicken pieces and mushrooms to a baking dish

using a slotted spoon. Leave cooking liquid in the skillet.

Meanwhile, melt the remaining 3 tablespoons butter in a saucepan and add flour stirring with a wooden spoon. When blended and smooth, add milk and cook, stirring constantly, until mixture is thickened and smooth. Spoon sauce into skillet that chicken was sautéed in and bring to a boil, stirring continually. Add cream, bring to a boil. Add salt and freshly ground pepper to taste. Simmer 5 minutes.

Remove sauce from heat and add egg yolk, stirring rapidly with a wire whisk. Add grated Swiss cheese and stir until melted. Add any drippings that may have accumulated around chicken and mushrooms. Stir. Spoon sauce over chicken, smoothing it over to cover neatly. Sprinkle with Parmesan cheese.

Bake at 400 degrees for about 10 minutes. If top is not nicely browned, place under broiler to brown.

Serves 4.

A good company dish. Can be made ahead of time and then baked. Be sure to increase baking time to 20-25 minutes.

MEP

Chicken Casserole

- 1 package onion soup mix
- 3/4 cup regular rice
- 1 can mushroom soup
- 2 cups milk
- 1 fryer chicken, cut up
- paprika

Place onion soup mix in bottom of ungreased casserole that will hold the chicken in a single layer. Sprinkle rice over onion soup mix. Mix the mushroom soup and the milk together. Pour over rice and stir to moisten the rice. Place the chicken over the rice and sprinkle with paprika. Cover and bake for an hour and a quarter. Uncover and bake for fifteen more minutes.

Bake at 325 degrees for 1 1/2 hours.

Serves 6.

A simple chicken and rice casserole, but good and filling.

MEP

Chicken Chow Mein

1/2 pound boneless, skinless chicken breasts

Marinade:

2 teaspoons cornstarch
1 teaspoon soy sauce
1 teaspoon dry sherry
2 teaspoons water
5 ounces Chinese noodles

Seasoning for noodles:

1/4 teaspoon salt
1 tablespoon soy sauce
1 teaspoon sesame oil

Sauce

1 tablespoon cornstarch
1 tablespoon soy sauce
1 cup chicken broth
6 tablespoons oil
2 stalks celery, thinly sliced
1/4 pound mung bean sprouts
1/2 teaspoon salt
1 clove garlic, minced
3 green onions, cut into 1 1/2" lengths

To Prepare Ahead: Slice the chicken across the grain into slices 1/8" thick. Then cut slices into strips 1/8" x 1/8" x 2".

Toss chicken with marinade ingredients in bowl. Let stand for at least 30 minutes.

Bring water to boil in a large saucepan. Add the noodles, stirring to separate. Cook uncovered for about 4 minutes, then drain. Rinse with cold running water, then drain again.

Transfer noodles to bowl. Add noodle seasonings, and mix thoroughly.

Combine the sauce ingredients in a bowl.

To Cook: Heat 2 tablespoons oil in the wok. Add the noodles and stir occasionally for 3 minutes. Transfer to a warm platter and keep warm in the oven.

Wipe out wok with a paper towel. Add 2 tablespoons oil and heat. When hot, add the celery and bean sprouts, and salt. Stir-fry for two minutes and transfer to bowl.

Wipe out the wok again. Heat 2 tablespoons oil. When hot, add the garlic and green onions. Stir-fry for 30 seconds, then add the chicken. Stir-fry until the chicken is opaque.

Add the sauce and cook until thickened. Add the vegetables and mix. Pour the mixture over the noodles and serve.

Serves 2.

RGP - A variation of Dorothy Huang's Cooking Class Recipe

Chicken Continental

3 - 4 pound frying chicken
1/3 cup seasoned flour
1/4 cup butter
1/4 cup cooking oil
1 can condensed cream of chicken soup
2 1/2 teaspoons grated onion
1 tablespoon parsley, chopped
1 teaspoon salt
dash pepper
1/2 teaspoon celery flakes
1/4 teaspoon thyme
1 1/3 cups water
1 1/3 cups Minute rice
1/2 teaspoon paprika

Roll chicken in seasoned flour. Sauté in butter and oil until tender. Mix soup, onion, parsley, salt, pepper, celery flakes, and thyme in a saucepan. Gradually stir in the water. Bring to a boil, stirring constantly. Pour rice into a shallow 2 quart casserole. Stir all except 1/3 cup of the soup mixture into the rice. Top with the chicken pieces. Pour remaining soup mixture over chicken. Cover and bake at 375 degrees for 30

minutes. Sprinkle with paprika and garnish with parsley.

Serves 4.

An excellent buffet entree. Can be made ahead of time and refrigerated. If made ahead allow 15 more minutes of baking time and sprinkle about a 1/3 cup water over the casserole before baking to make up for the loss of moisture while refrigerated.

MEP - Minute Rice box

Chicken Dungeness

- 4 boneless chicken breast halves
- 1/2 pound shelled Dungeness crab
- 1 egg well beaten
- flour
- salt
- freshly ground black and white pepper
- 1 recipe of Easy Country Hollandaise Sauce

Preheat oven to 350 degrees.

Salt and pepper both sides of the chicken breasts. Coat with the egg and then the flour. Bake for about 30 minutes at 350 degrees. Place 1/4 of the crab on the top of each breast. Bake for an additional 10 minutes.

You should make the sauce while the chicken and crab is cooking.

Remove chicken from the oven and place on a platter. Top with the sauce.

Serves 4.

Easy Country Hollandaise Sauce

- 3 large egg yolks
- 1 tablespoons lemon juice
- 1 teaspoon Dijon mustard
- 1/2 teaspoons freshly ground white pepper
- 1/4 teaspoon dill leaves
- 1/2 pound butter

Combine all of the ingredients except the butter in a food processor or blender on high speed. Continue, scraping if necessary until the egg

mixture is smooth. Melt the butter until bubbly. Add the butter to the egg mixture while processing. Add in a very slow stream. Stop processing as soon as all the butter is added.

JPO

Chicken Duxelles

Duxelles

- 1 pound fresh mushrooms, finely chopped
- 2 teaspoons lemon juice
- 4 tablespoons butter
- 1/2 cup scallions, finely chopped
- 1/2 cup dry white wine
- 1/2 cup fresh parsley, minced

Chicken

- 1 large roasting hen approximately 5 to 6 pounds
- 1/4-1/2 thinly sliced prosciutto or other smoked ham
- 2 cups whole fresh spinach leaves
- 1/2-1 cup olive oil
- 1/2-1 cup sun dried tomatoes
- 1/2-1 cup dry white wine
- salt
- freshly ground black pepper

Duxelles: Sprinkle the mushrooms with lemon juice immediately after chopping. Melt the butter in a small skillet over medium heat. Add the mushrooms and the remaining ingredients to the skillet. Cook stirring constantly until all the liquid is absorbed. Cool.

Chicken: Preheat oven to 350 degrees. Place the tomatoes, wine, and 3/4 of the oil in a bowl and set aside.

Bone the chicken by slicing down the back and carefully removing the main carcass as well as the thigh bones. Leave both of the wing bones and the drumsticks intact. (The boning may take a little practice or a good butcher can do it for you.) Lay the chicken out flat with the skin side down. Layer 1 cup of the spinach leaves on the chicken. Layer the ham on the spinach. Carefully spread the Duxelles on the chicken.

Place the remaining spinach on the Duxelles. Remove the tomatoes from the liquid and save the liquid. Place the tomatoes in the center from neck to tail. Reform the chicken by skewering or sewing down the backbone cut. Place the chicken seam side down in an uncovered roaster. Generously oil the skin of the chicken.

Roast for 45 - 75 minutes at 350 degrees basting every 10 - 15 minutes with the reserved liquid. Let sit for 10 - 15 minutes before slicing side to side.

JPO

Chicken Enchiladas with Red Molé

- 5 cups cooked shredded chicken
- 36 corn tortillas
- 1 recipe basic red molé
- hard white Mexican cheese
- sesame seeds, toasted

Mix the shredded chicken with enough molé to moisten – about 2 1/2 cups should do it.

Get a rectangular glass pan, and spread a thin layer of molé over the bottom.

Put a damp paper towel on a plate, spread 10 tortillas out on the paper towel, and then cover with a second wet paper towel. Microwave the tortillas until they are warm and softened.

Take each tortilla, put about 3-4 tablespoons of the chicken on it, and roll up. Place the tortillas seam-side down in the pan making rows to fill the pan. Heat more tortillas as needed. (You may need more than one pan depending upon how big your pan is.)

When all of the tortillas have been rolled and put in the pan, spread the remaining molé over the tops of the enchiladas, spreading to cover completely. Crumble the cheese over the top, and then bake at 350 degrees until the enchiladas are hot all of the way through, about 15 minutes.

When serving, place the enchiladas on plates, and then sprinkle with toasted sesame seeds.

Red Mole

- 6 cups chicken broth, divided

Chile Paste

- 8 ancho chiles
- 8 cloves garlic in skins
- 1 1/2 teaspoons oregano
- 1/4 teaspoon ground clove
- 1/2 teaspoon black pepper
- 1/2 teaspoon of cinnamon
- large pinch cumin

Almond Paste

- 3 tablespoons+ oil
- 1/2 cup whole almonds (with or without brown skins)
- 1 medium onion, sliced 1/8 inch thick
- 1/4 cup raisins
- 1 small or 2-3 plum tomatoes
- 2 slices hard white bread (French bread slices or one bolillo will work well)
- 1 1/2 ounces Mexican chocolate, coarsely chopped

- 2 1/2 teaspoons salt
- tablespoon sugar

Chile Paste:

Heat a dry skillet over medium high heat. Add the garlic cloves and dry roast, stirring occasionally, for 15 minutes. They will blacken in spots. Cool and peel.

Meanwhile, roast the chiles one or two at a time in the same skillet. Roast each side until the chile begins to smoke or crackle, pressing slat with a spatula.

Soak the chiles in hot water for 30 minutes. Drain and discard the water. Remove the stems from the chiles.

Combine the chiles, garlic, oregano, cumin, cloves, and 2/3 cup chicken broth in a blender or food processor and process until smooth. Press the chile mixture through a medium sieve to remove the seeds and chile skins. Set aside.

Almond Paste:

Heat the broiler. Broil the tomato until it is blackened on both sides. Remove the skin. Put the tomato in a blender or food processor.

Toast or broil the bread until it is toasted. Break it into chunks and add to the tomato.

In a 4-quart stock pot heat the oil to medium high heat. Add the almonds and fry for three minutes, stirring constantly. Remove the almonds with a slotted spoon and add to the tomatoes and toast.

Add the onions to the hot oil and fry until they are a rich brown. Remove the onions with a slotted spoon and add to the almond mixture.

Add the raisins to the hot oil and fry until they plump, then remove with a slotted spoon and add to the almond mixture.

Add the chocolate and 1 cup chicken broth to the almond mixture. Process until the mixture is a smooth puree.

Finish the Molé:

If there is not enough oil left in the pan, add enough to lightly coat the bottom of the pan. Add the chile paste and fry, stirring constantly, until it darkens and thickens, about five minutes. Add the almond paste and continue stirring until it thickens, about three minutes. Stir in the remaining 4 1/3 cups chicken broth and bring to a simmer. Simmer for 45 minutes, partially covered, stirring occasionally.

Adjust the taste with the salt and sugar as desired. The sauce should taste slightly sweet.

This recipe makes 6 cups of sauce, and can be made a day or two before or frozen.

RGP

Chicken Fajitas with Cilantro Pesto

- 1 pound skinless, boneless chicken breasts
- 4 cloves garlic, minced

Marinade

- 3 tablespoons gold tequila

- 2 tablespoons fresh lime juice
- 2 tablespoons fresh orange juice
- 2 tablespoons oregano-chili-garlic vinegar, or red wine vinegar
- 1 1/2 teaspoons freshly grated orange zest
- 1 to 2 dashes crushed red pepper flakes
- 1/2 teaspoon freshly ground black pepper
- 1/2 teaspoon brown sugar
- 3 tablespoons olive oil
- 3 tablespoons freshly chopped cilantro
- 1 cup Cilantro Pesto
- 1 cup sour cream or yogurt

The day before: Cut chicken across the grain into strips about 1/2" x 1/2" thick. Rub the chicken with the garlic. Put the chicken in a baking dish.

Combine all of the marinade ingredients except the olive oil in a mixing bowl. Stir until the sugar is dissolved. Add the oil and mix well. Pour the marinade over the chicken, basting well. Rub the cilantro into both sides of the meat. Cover and marinate overnight, turning occasionally.

To cook: Mix the pesto with the sour cream.

Broil the marinated chicken in the oven 6 inches from the heating element, or grill over hot coals for about 3-4 minutes per side. Let stand 5 minutes before serving.

Serve with the pesto, warm tortillas, grilled green onions (basted in olive oil and then lightly charred), avocado, lime wedges, cilantro, and picante (or whatever tickles your fancy).

Serves 4.

Cilantro Pesto

- 2 cups fresh cilantro, hard packed
- 2 cloves garlic
- 4 ounces freshly grated Parmesan cheese
- 1/3 cup lightly toasted pine nuts
- 5 tablespoons olive oil
- 1/4 teaspoon salt

Place all ingredients in a blender or food processor and blend until smooth. This can be refrigerated for a week or so, or frozen indefinitely.

RGP

Chicken Gloria

- 6 eight ounce chicken breast halves, skinned, boned, and lightly pounded flour seasoned with salt and pepper vegetable oil
- 1/4 cup sherry or dry white wine
- 1/4 cup brandy

Garnishes

- halved apricots
- chopped fresh parsley

Sauce

- 1 cup orange marmalade
- 3/4 cup burgundy
- 3/4 cup water
- 1/2 cup orange juice
- 1 eight ounce can apricots, drained and pureed
- 2 tablespoons red currant jelly
- 2 tablespoons brown sugar
- 2 tablespoons corn starch
- 1/2 cup cold water

Dredge chicken breasts lightly in flour seasoned with salt and pepper. Heat oil in a large skillet, add chicken and sauté until golden brown on both sides, but do not over cook. Drain on paper towels. Pour off oil and wipe out skillet. Return chicken to skillet, add sherry and brandy and simmer 2 minutes.

Meanwhile, combine orange marmalade, burgundy, water, orange juice, pureed apricots, currant jelly, and brown sugar in a saucepan and simmer gently over low heat, stirring frequently until well blended. Dissolve corn starch in cold water. Slowly add corn starch stirring constantly. Simmer sauce until thickened, about 5 minutes.

Stir apricot sauce into pan juices, spooning over chicken to coat lightly. Transfer to a heated platter and garnish with apricot halves and chopped parsley. Serve with the remaining sauce.

Serves 6.

When I made this, I used the juice from the apricots and just added enough water to make the 3/4 cup of water for the sauce.

MEP

Chicken Kiev

- 4 whole, medium chicken breasts
- 1 tablespoon chopped green onion or shallots
- 1 tablespoon chopped parsley
- 1/4 pound chilled butter, cut into 8 sticks seasoned flour
- 2 eggs, beaten with 1 tablespoon water
- 1 cup fine bread crumbs

Skin and bone chicken breasts and cut in half. Pound each breast piece until not quite 1/4 inch thick. Sprinkle the chicken cutlets with the chopped onion and parsley. Place a stick of butter at the end of each cutlet. Roll meat as for a jelly roll, tucking in the sides. Fasten with toothpicks. Dust each roll with flour. Dip each roll in the beaten egg. Roll each chicken roll in the bread crumbs. Chill for at least one hour.

Fry chicken rolls in deep, hot fat (350 degrees) for about 5 minutes or until golden brown. Serve on a hot platter garnished with parsley and lemon wedges.

Serve White Wine and Mushroom Sauce on the side.

Serves 4-6.

A super dish. Works well for a small dinner party as can be prepared ahead of time.

MEP

Chicken Livers and Mushrooms in Wine Sauce

Foies de Volaille et Champignons

Sauce

- 2 cups fresh mushrooms, thinly sliced
- 2 tablespoons butter
- salt and freshly ground pepper to taste

- 2 tablespoons finely chopped shallots
- 1/3 cup plus 1 tablespoon dry red wine such as a merlot or cabernet sauvignon
- 1 cup chicken broth
- 2 teaspoons tomato paste
- 1 teaspoon arrowroot or cornstarch

Livers

- 1 pound very fresh chicken livers
- 4 tablespoons flour
- salt and freshly ground pepper to taste
- 1/4 cup cooking oil
- 2 tablespoons butter

Preparing Sauce: Heat the butter in a skillet and add the mushrooms and cook, stirring and shaking the skillet, until wilted. Add salt and pepper to taste. Cook about 5 minutes. Add the shallots and toss. Add the 1/3 cup of wine and cook about 1 minute. Add the broth. Cook about 2 minutes and add the tomato paste. Simmer about 5 minutes.

Blend the arrowroot with the remaining tablespoon of wine and add it, stirring. Simmer 10 minutes, stirring occasionally. Set the sauce aside briefly.

Preparing Livers: Meanwhile, put the livers, one at a time, on a flat surface and trim and cut away every trace of thread-like veins and connecting tissues. If large cut in bite-sized pieces. Blend the flour with salt and pepper. Coat the chicken livers in the seasoned flour.

Heat 1/4 cup oil in a heavy skillet. When it is hot, but not smoking, add the liver. Cook over high heat, shaking the skillet and turning the livers. Cook quickly so that the livers are slightly crisp on the outside. Cook about 1 1/2 to 2 minutes in all.

Completion of Dish Pour the livers and oil in which they cooked into a colander to drain well. If sauce has cooled, return to heat. Pour the cooked livers into the sauce and stir to coat. Stir in the 2 tablespoons butter.

Serves 4.

You can make the sauce ahead of time, and have the chicken livers prepared and ready to flour.

Do not put the flour on ahead of time or they absorb it and do not brown as nicely as you would like them to.

The original recipe called for Madeira wine, but we like it better prepared with a good dry red wine. You might try it once with each type of wine to determine your preference.

Even people who think they do not like chicken livers like this dish.

Although it seems complicated it really is not hard to make.

This recipe can be used as an appetizer as well as a main dish.

MEP

Chicken Loaf Jeanette

- 2 eggs beaten
- 3 slices of fresh bread cubed
- 1/2 cup minced celery
- 1/2 medium onion chopped
- 1/4 pound ground pork
- 1 tablespoon white wine Worcestershire sauce
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 teaspoon dill leaves
- 1-1.5 pounds chicken breast tenders or boneless chicken breasts
- 1/4 cup milk
- 1/2-1 cup chopped cashews or slivered almonds

Preheat oven to 350 degrees.

Cut the chicken into 1/2 inch or smaller cubes. Chicken can also be ground in a food processor. Put all the remaining ingredients, except the milk and nuts in a large bowl. Mix well. Add the chicken and mix well. If the mixture seems too dry, add some of the milk. Shape into a large loaf and then roll to coat with the nuts.

Bake at 350 degrees for about an hour.

You can also shape into several smaller loaves and bake according to size.

Serves 6.

JPO

Chicken Primavera

- 2 large shallots minced
- 1 medium leek julienned
- 2 carrots peeled and julienned
- 2 stalks celery julienned
- 1/2 red bell pepper julienned
- 3/4 cup chicken stock
- 3/4 cup whipping cream
- 3/4 cup green peas
- freshly ground black pepper
- 1 pound boneless chicken breasts, skinned if desired

Place all the vegetables except the peas in a large skillet. Place the chicken breasts on top of the vegetables leaving some space between them. Pour the chicken stock over the chicken. Lightly salt and pepper. Cover and cook over medium heat until the breasts are tender which usually takes 10-15 minutes. Remove the chicken breasts and place on a warm platter in the oven on low heat.

Add the cream and the peas to the vegetables in the skillet. Stir over medium low heat for 4-5 minutes or until the sauce begins to thicken. Pour the vegetables with sauce over the chicken breasts. Serve with rice or pasta.

Serves 4.

JPO

Chicken Sauté

- 6 chicken breast halves, skinned, boned, and cut into bite-sized pieces
- salt and pepper to taste
- garlic powder
- 2 tablespoons butter
- 1/2 cup dry white wine

Sprinkle pieces of chicken breasts with salt, pepper, and garlic powder. Melt butter in a heavy skillet until bubbly. Add chicken pieces and stir continuously until chicken pieces are lightly browned and lose their sheen. This should only take 3 to 5 minutes. Do not overcook or the chicken will be dry. Reduce heat and pour in wine. Let simmer until liquid is reduced in half, about 5 minutes.

Remove chicken with a slotted spoon and pour a little of the sauce over each serving.

Serves 3-5.

This is a quick, yet very tasty way to serve chicken. One of our family favorites.

MEP

Chicken, Shrimp, and Beef Satays with Peanut Sauce

- 1 1/4 pounds boneless, skinless chicken breasts, cut into 1/2-inch wide strips
- 24 medium uncooked shrimp, peeled and deveined
- 1 1/4 pounds filet mignon, cut into 3 x 1/2 x 1/4 inch strips

Marinade

- 1 cup teriyaki sauce
- 4 cloves garlic, minced
- 3 tablespoons fresh lime juice
- 2 1/2 tablespoons minced fresh ginger
- 2 tablespoons brown sugar

Peanut Sauce

- 1 cup creamy peanut butter (do not use old-fashioned or freshly ground)
- 1 can chicken broth
- 1/4 cup fresh lime juice
- 3 tablespoons brown sugar
- 2 tablespoons plus 1 teaspoon soy sauce
- 2 tablespoons minced fresh ginger
- 1/2 teaspoon dried crushed red pepper

Combine all the marinade ingredients, stirring until the sugar dissolves.

Marinate the chicken, shrimp, and beef in the refrigerator for about 1 hour.

Place the peanut butter in a heavy medium saucepan. Gradually mix in the chicken broth. Add all the remaining ingredients and stir over medium heat until smooth and thick.

Thread shrimp, chicken, and beef on separate skewers and barbecue or broil for three minutes a side. If you want to be authentic you can use bamboo skewers that have been soaked in water. Serve with the peanut sauce in small bowls.

The peanuts sauce can be made ahead of time. Cover the sauce and refrigerate. Before serving, stir over medium heat until hot.

Chicken Supreme

- 2 chickens, cut up and simmered until chicken is done or 4 to 5 cups of cooked turkey

Sauce

- 1/2 cup butter
- 1/3 cup flour
- 4 cups chicken broth
- 1 cup white wine
- 6 eggs beaten

Dressing

- 6 tablespoons butter
- 1 cup celery, finely chopped
- 2 onions, minced
- 4 cups soft bread crumbs
- 1/2 teaspoon sage
- 1/8 teaspoon pepper
- 1 tablespoon salt
- 1 cup buttered bread crumbs or Parmesan cheese

Pick chicken from bones and leave in large pieces. There should be 4 to 5 cups. To make sauce melt 1/2 cup butter in a 3 quart sauce pan. Stir in flour and bubble for one minute. Stir in the chicken broth and continue stirring until mixture thickens. Cool and add the beaten eggs.

To make dressing sauté the onions and celery in the 6 tablespoons butter until they are soft. Add

the bread crumbs, sage, pepper, and salt to the sautéed onions and celery. Grease a 9 x 12 inch casserole pan. Place the dressing into bottom of the pan. Place the chicken pieces over the top of the dressing. Pour the sauce over the chicken and top with 1 cup of buttered bread crumbs or 1 cup of freshly grated Parmesan cheese. Bake at 350 degrees for 45 minutes.

Serves 10.

A good simple buffet dish I like it best if the topping is half bread crumbs and half Parmesan cheese.

MEP

Chicken with Broccoli

- 2 skinless boneless chicken breasts

Marinade

- 2 teaspoons cornstarch
- 2 teaspoons soy sauce
- 1 teaspoon dry sherry
- 2 teaspoons water
- 1 pound broccoli

Thickening Sauce

- 2 teaspoons cornstarch
- 2 teaspoons soy sauce
- 1/4 cup water
- 1/2 teaspoon sesame oil
- 4 tablespoons oil
- 3/4 teaspoon salt
- 1 clove garlic, minced
- 1 green onion, cut into 1 1/2-inch pieces

To Prepare Ahead: Slice chicken across the grain into pieces 1/2 inch thick.

Transfer chicken slices to a mixing bowl. Add the marinade ingredients and toss to coat thoroughly. let stand for 30 minutes or longer.

Wash and drain broccoli. Peel tough skin from stems. Cut each stalk into 3 or 4 equal sections. Slice sections lengthwise into 1/4" pieces. Separate florets into bite-sized pieces.

Mix the thickening sauce ingredients together in a small bowl.

To Cook: Heat 2 tablespoons oil in a wok over high heat. Add broccoli and salt, and stir-fry for 3 minutes. Add 1 tablespoon water if it gets too dry. Transfer to a plate.

Wipe the wok with a paper towel and pour in 2 tablespoons oil. When hot, add garlic, green onion, and chicken. Stir-fry until chicken turns opaque, about 2 to 3 minutes.

Return broccoli to wok and add the thickening sauce. Stir until thickened and serve.

Serves 2.

RGP- Dorothy Huang Cooking Class

Chicken with Rosemary Sauce

- 2 boneless chicken breasts, skinned
- all-purpose flour
- 3 tablespoons butter
- 3/4 cup chopped onions
- 1 garlic clove, minced
- 1 teaspoon dried rosemary, crumbled
- 1/2 cup chicken broth
- 1/2 cup milk

Preheat oven to 325 degrees. Pat chicken dry. Dredge in flour. Melt butter in heavy medium skillet over medium heat. Add chicken and cook until light brown, about 3 minutes per side. Transfer chicken to small glass baking dish.

Add onions, garlic, and rosemary to same skillet and cook until onions soften, stirring frequently, about five minutes. Add 1 tablespoon flour and stir 2 minutes. Combine broth and milk and mix into onion mixture. Cook until sauce thickens, stirring frequently, about eight minutes.

Pour sauce over chicken. Cover and bake until chicken is done, about 20 minutes.

A simple but very good chicken recipe. Great over rice. The last time I made this, I had a few mushrooms left over and I thinly sliced them and added them with the onions.

Serves 2.

MEP - Better Homes and Gardens

Chicken with Tarragon

- 2-2.5 pound chicken, split in half with the back bone removed
- salt and pepper
- 2 tablespoons butter
- 2 tablespoons finely chopped shallots
- 2 tablespoons finely chopped fresh tarragon or 1 teaspoon dried tarragon
- 1/2 cup dry white wine
- 1/4 cup water

Sever the joint that connects the thigh bones with the legs, but do not cut through. Sprinkle chicken with salt and pepper. Heat butter in a heavy skillet large enough to hold the chicken. Add chicken skin side down to melted butter and cook about 10 minutes or until golden brown on the skin side. Turn and cook 5 more minutes. Remove chicken and set aside.

To skillet add the shallots and cook briefly. Add the tarragon and the wine. Stir to dissolve the brown particles that cling to the bottom of the skillet. Stir in the water.

Return the chicken to the skillet, skin side up, and cover. Cook about 15 minutes. Uncover and continue cooking, basting every 5 minutes until the chicken is thoroughly tender and nicely glazed.

Serves 4.

MEP

Citrus Chicken

- 2 skinless, boneless chicken breasts
- 2 tablespoons cornstarch
- 2 tablespoons water
- 1 carrot
- 1 stalk broccoli florets
- 1/4 cup fresh orange juice
- 1/4 cup fresh lemon juice
- 1 teaspoon cornstarch
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh parsley
- 2 tablespoons chopped fresh rosemary
- 1 tablespoon olive oil

1 1/2 teaspoons butter
salt
pepper

To Prepare Ahead: Trim excess fat from chicken breasts. Cut across the grain into 1/4" slices. Cut slices across grain into 1/4" strips. Toss chicken with 2 tablespoons cornstarch and water to coat. Let stand for 1/2 hour.

Peel carrot and cut into julienne strips.

Trim broccoli florets from head and cut into bite sized pieces.

Juice lemon and orange, to get about a 1/4 cup of juice from each. Mix juices together with cornstarch.

To Cook: Heat wok over medium-high heat. Add oil and butter.

Add garlic and stir-fry for a few seconds. Add the chicken, carrots, and broccoli. Stir-fry until chicken is opaque.

Add rosemary, orange juice, and lemon juice. Continue to stir until juices thicken.

Add parsley, salt, and pepper. Serve immediately.

I usually serve this with white rice, although brown rice is also good. Note: this dish is classic stir-fry in preparation, but is really more French in taste.

Serves 2.

RGP

Fried Chicken

2 tablespoons butter
2 tablespoons cooking oil
1 frying chicken, cut up
1/2 cup flour
1 teaspoon salt
1/2 teaspoon onion powder
1/2 teaspoon celery salt
1/2 teaspoon thyme
1/2 teaspoon rosemary
1/2 teaspoon sage

1/2 teaspoon paprika
1/2 teaspoon pepper

Melt butter and cooking oil in an heavy skillet or electric frying pan set at 375 degrees.

Place flour and all the seasonings in a paper bag. Put the chicken pieces one at a time into the bag and shake to thoroughly coat and put in frying pan. Cook until brown and then turn and cook until brown on the other side, about 5 to 7 minutes a side. Cover, reduce heat to simmer and simmer for about 30 minutes.

Remove cover and increase temperature to moderately hot, about 325 degrees for an electric skillet. Cook chicken for about 5 minutes and then turn and cook for another 5 minutes. This will cause the coating to get crisp.

Serves 4.

This is the way I have been frying chicken for years. How or where I learned this combination, who knows, but my family enjoy it.

MEP

Foil-Wrapped Chicken

8 ounces skinless, boneless chicken breasts
1/4 teaspoon salt
2 teaspoons cornstarch
2 teaspoons dry sherry
1 1/2 teaspoons soy sauce
2 tablespoons oil
dash
white pepper
2 stalks celery
1/4 teaspoon salt
4 ounces cooked ham
1/2 bunch cilantro
1 tablespoon sesame oil

To prepare ahead: Slanting the cleaver at a 45 degree angle to the cutting board (to make the slices wider), slice the chicken across the grain into 1/4" thick slices.

Transfer the chicken to a mixing bowl. Add the salt, cornstarch, sherry, soy sauce, oil, and white pepper. Toss to mix and coat evenly.

Slanting the cleaver at a 45 degree angle to the cutting board, cut the celery crosswise into 1/4 inch slices.

Sprinkle the celery with 1/2 teaspoon salt and mix well. Add to the chicken, mix well. Let stand for 30 minutes.

Cut the ham into pieces about 1/2" x 2" x 1/8".

Remove the root and stem from the cilantro. Rinse in a pot of cold water and drain.

To wrap: Get 15 pieces of aluminum foil, each 6 x 6 inches. Alternatively, use lotus leaves that have been soaked in hot water or steamed. Put a couple drops of sesame oil in the middle of each square. Spread the oil into a 1" circle with a spoon.

Divide the chicken mixture, ham, and cilantro evenly among the squares, placing it in the middle. Fold up foil packet like an envelope.

To cook: Preheat the oven to 450 degrees. Place the envelopes of chicken on a baking sheet and bake for 15 minutes.

To serve: Unwrap with fingers and serve with white rice.

RGP

Glazed Orange Chicken

- 4 chicken breasts
salt and pepper
- 1 cup orange juice
- 3 tablespoons firmly packed brown sugar
- 3 tablespoons soy sauce
- 4 garlic cloves minced
- 1 1/2 teaspoons ground ginger or 1
tablespoon fresh ginger, grated
- 1 Tablespoon cornstarch dissolved in 1
tablespoon water
- freshly cooked rice

Preheat oven to 350 degrees. Season chicken with salt and pepper. Place chicken skin side up in 7 x 12 inch metal baking pan. Combine orange juice, brown sugar, soy sauce, garlic and ginger and stir until sugar is dissolved. Pour over chicken. Bake for 35 minutes.

Remove chicken from baking pan. Stir cornstarch mixture into pan juices and bring to a boil over high heat, stirring constantly. Return chicken to baking pan and turn to coat. Increase oven temperature to 450 degrees. Bake chicken until heated through, about 10 more minutes. Serve over rice.

MEP - Better Homes & Gardens

Grecian Chicken with Artichokes

- 1/4 cup pine nuts or slivered almonds
- 2 cups quick cooking brown rice
- 1 nine ounce package of frozen artichoke hearts, thawed
- 1 cup chicken broth
- 1/4 cup dry white wine
- 2 tablespoons minced onion
- 1 teaspoon salt
- 1/2 teaspoon grated lemon peel
- 1/2 teaspoon oregano
- 3 pound fryer chicken, cut up
paprika

Spread nuts in a shallow 7 x 11 baking dish and cook, uncovered, in the microwave oven until lightly browned, about 2 minutes. Remove nuts and set aside.

In same dish combine rice, artichokes, chicken broth, wine, onion, salt, lemon peel, and oregano. Arrange chicken pieces, skin side up in a single layer over the rice mixture, with the meatiest pieces toward the edge of the dish. Sprinkle lightly with paprika. Cover and cook 18 to 22 minutes in the microwave giving the dish a quarter of a turn every 5 minutes. Let stand for about 5 minutes. Sprinkle with the toasted nuts.

Serves 4.

This is a good main dish recipe for the microwave.

MEP

Harvest Stuffed Chicken

Dressing

- 1/2 pound fresh bulk pork sausage
- 1 small onion chopped
- 1/2 cup chopped filberts
- 1/2 cup chopped red cooking apples
- 1/2 cup chopped green cooking apples
- 1 teaspoon salt
- freshly ground black pepper
- 1/2 teaspoon ground nutmeg
- 1 cup fresh bread cubes

- 1 large roasting hen

Break up the sausage and cook over medium-low heat just until the sausage has lost most of its pink color. Add the onions and continue cooking just until the onions are tender. Add the remaining ingredients. Vary the amount of salt and pepper depending on the seasoning in your sausage.

Heat oven to 350 degrees. Stuff the chicken at both ends and skewer. Oil the skin of the chicken. Roast at 350 degrees until tender. I usually plan on about 2-3 hours depending on the size of the chicken. The chicken may be covered for the first hour to prevent over browning.

Serves 4-6.

JPO

Kung Pao Chicken

- 4 skinless boneless chicken breasts

Marinade

- 1 tablespoon cornstarch
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 tablespoon water

Seasoning Sauce

- 1 teaspoon cornstarch
- 1 teaspoon sugar
- dash freshly ground pepper
- 2 teaspoons cider vinegar
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 2 tablespoons Hoisin sauce
- 2 tablespoons water
- 1/2 teaspoon sesame oil

- 3 tablespoons oil
- 6 dried chili peppers
- 2 slices fresh ginger root, minced
- 1/2 cup dry roasted peanuts

To prepare ahead: Slice chicken across the grain into 1/8" thick pieces.

Transfer the chicken to a mixing bowl. Add the marinade ingredients and toss to coat thoroughly. Let stand for 30 minutes.

Combine the seasoning sauce ingredients in a small bowl.

To cook: Heat oil in a wok over high heat. Add the dried peppers and stir-fry until they are almost black. Be sure to stand back and avoid breathing the fumes.

Add the ginger and chicken. Stir-fry for 3 to 4 minutes, until the chicken is opaque. Pour in the sauce and stir for until thickened. Add half the peanuts and mix briefly.

Transfer to a plate. Sprinkle the remaining peanuts on top and serve.

Serves 4.

RGP - Dorothy Huang Cooking Class

Monterey Chicken

- 8 large whole chicken breasts, skinned and boned (7 to 8 ounces)
- 1 seven ounce can chopped mild green chilies
- 1/2 pound Monterey jack cheese, cut into 8 strips
- 1/2 cup fine dry bread crumbs

- 1/4 cup freshly grated Parmesan cheese
- 1 tablespoon chile powder
- 1/2 teaspoon salt
- 1/4 teaspoon ground cumin
- 1/4 teaspoon freshly ground black pepper
- 6 tablespoons butter, melted
- sour cream for garnish
- fresh limes for garnish

Tomato Sauce

- 1 15 ounce can plain tomato sauce
- 1/2 teaspoon ground cumin
- 1/3 cup sliced green onion
- salt and freshly ground black pepper to taste
- hot pepper sauce to taste (optional)

Pound the chicken breasts between two sheets of wax paper until thin. Spread each breast with 1 tablespoon of the green chilies. Place one cheese strip on top each portion of chilies. Roll up each chicken breast and tuck ends under.

Combine the bread crumbs, Parmesan cheese, chile powder, salt, cumin, and pepper in a shallow dish. Dip each stuffed breast into the melted butter and roll in the bread crumb mixture. Drizzle with the remaining butter. Cover and chill at least 4 hours or overnight. If in a hurry an hour in the freezer will substitute.

Preheat oven to 400 degrees. Bake for 25 to 40 minutes or until done. Combine the tomato sauce ingredients. Serve with the tomato sauce and garnish with sour cream and fresh limes.

Serves 8.

MEP

Moo Goo Gai Pan

- 8 ounces skinless, boneless chicken breasts

Marinade

- 2 teaspoons cornstarch
- 1 tablespoon dry sherry
- 1 tablespoon soy sauce
- 4 ounces snow peas
- 4 ounces Chinese cabbage

- 4 ounces mushrooms

Seasoning Sauce

- 1 teaspoon cornstarch
- 1 tablespoon soy sauce
- 1/2 teaspoon sesame oil
- 4 tablespoons oil
- 1/2 teaspoon salt
- 1 tablespoon chopped garlic
- 1 green onion

To prepare ahead: Slice chicken breasts across the grain into pieces 1/8 inch thick. Transfer chicken to a mixing bowl. Add the marinade ingredients and toss to coat thoroughly. Let stand for 30 minutes or longer.

Wash snow peas and remove the tips and strings.

Wash and drain cabbage. Cut crosswise into 1-inch pieces.

Rinse and slice mushrooms into 1/2-inch pieces.

Cut green onion into 1 1/2-inch pieces diagonally.

Mix seasoning sauce ingredients in a small bowl.

To cook: Heat 2 tablespoons oil in a wok over high heat. Add snow peas, cabbage, mushrooms, and salt. Stir-fry for 2 minutes. Transfer to a plate.

Wipe the wok clean with a paper towel. Add 2 tablespoons oil. When hot, add garlic, green onion, and chicken. Stir-fry until the chicken turns white and firm, about 2 minutes. Return vegetables to the wok, and add thickening sauce. Stir for a few seconds until the sauce is thickened, then serve.

Serves 2.

RGP - Dorothy Huang Cooking Class

Mustard Chicken

- 6 chicken breast halves, skin removed, leave bones on breasts
- 1/4 cup Dijon mustard

- 2 teaspoons English pub mustard
- 2 teaspoons sweet and hot mustard
- 1 clove garlic minced
- grated Parmesan or Romano cheese

Place skinned chicken breasts in a baking dish in a single layer. Mix the three mustards and the minced garlic together. Brush the mustard over the top of the skinned side of the breasts. Cover each breast with a generous amount of grated cheese.

Bake in a 375 degree oven for 45 minutes.

Serves 4-6.

This is really a zippy way to fix chicken. It is quick and easy and has much more of a tang than most chicken recipes. I particularly like it because I can put it in the oven and then have time to finish the rest of the dinner.

MEP

Mustard Sauced Chicken

- 1 pound chicken breasts, boned and skinned
- 2 tablespoons flour
- salt and pepper to taste
- 1 tablespoon butter
- 1 tablespoon oil
- 2 leeks, white part only, thinly sliced
- 3/4 cup white wine
- 3 tablespoons Dijon mustard
- 2 tablespoons whipping cream
- 1 tablespoon mustard seed

Dust chicken with flour and salt and pepper. Sauté in butter and oil over medium heat until no longer pink inside, 6 - 7 minutes. Remove chicken to platter and keep warm. Sauté leeks lightly in pan drippings. Add remaining ingredients and simmer until sauce is reduced and slightly thickened, about 5 minutes. Spoon sauce over chicken to serve.

Serves 4.

JPO -- Foster Farms

Orange Cream Chicken

- 1 pound chicken thighs, skinned and boned
- 1 tablespoon butter
- 1 medium onion, thinly sliced
- 1 1/2 teaspoons rosemary
- 1 cup orange juice
- 1/2 cup whipping cream
- salt and pepper to taste

Brown chicken in butter. Add onion, rosemary, and orange juice. Cover, reduce heat and braise chicken 20 minutes. Remove chicken to platter and keep warm. Bring braising liquid to a boil, stir in cream. Simmer uncovered until sauce thickens slightly, about 10 - 15 minutes. Season to taste with salt and pepper. Pour sauce over chicken to serve.

Serves 3 to 4.

JPO -- Foster Farms

Orange Herb Chicken

- 1 whole chicken breast, boned, skinned, and cut into bite-sized pieces
- 1/4 cup flour seasoned with salt, pepper, and garlic powder
- 2 tablespoons butter
- 1 medium carrot, cut julienne
- 1/2 lemon
- 1/2 orange
- 1/2 teaspoon dried rosemary, crumbled
- fresh parsley, chopped

Dredge the chicken in the flour. Melt the butter in a medium skillet on medium to medium-high heat. Add the chicken and the carrot to the skillet, and cook until the chicken is light brown. Add the rosemary and the juice from the lemon and orange to the skillet and cook for another minute. Sprinkle with the parsley and serve with some pasta, on a bed of rice, or whatever.

You can substitute 1/2 teaspoon dried parsley for the fresh parsley.

RGP

Orange Rosemary Barbecued Chicken

favorite chicken parts for the barbecue or broiler

Rosemary Basting Sauce

- juice of 1 orange
- 1 teaspoon finely grated orange rind
- 1 tablespoon rosemary
- 1 teaspoon minced garlic
- 1/2 teaspoon freshly ground black pepper
- 1/2 cup butter melted
- 1/2 cup olive oil
- 1/2 cup dry white wine

Combine all the basting sauce ingredients. Prepare your favorite chicken parts for the barbecue or the broiler. I like to use whole chickens split in half, breasts, and thighs. When the chicken begins to brown start basting. Continue basting every 10 minutes or so until the chicken is cooked through. The basting recipe makes enough sauce for 1 - 1 1/2 whole chickens.

Serves 4-6.

JPO

Parmesan Chicken Rolls

- 2 chicken breasts, split, skinned, and boned
- 1/2 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1/2 cup dry white wine
- 3/4 teaspoon dried tarragon, crumbled
- 1 large clove garlic, crushed
- 1/3 cup freshly grated Parmesan cheese
- Parmesan cheese, freshly grated, for topping
- dash paprika
- chopped fresh parsley
- 2 teaspoons cornstarch, optional

Cut fillets from chicken breasts and set aside. Pound chicken breasts until they are 1/4 inch thick. Season with salt and pepper. Combine wine, tarragon and garlic in a shallow dish large

enough to hold the breasts in a single layer. Marinate at room temperature for 30 minutes.

Preheat oven to 350 degrees. Grease 9 x 9 baking dish.

Finely chop the chicken fillets in a food processor. Mix in the 1/3 cup of Parmesan cheese. Remove chicken breasts from dish and save the marinade. Spread Parmesan and chicken mixture over one side of each chicken breast. Roll up and secure with toothpicks. Place in a baking dish and pour marinade over rolled up breasts. Sprinkle with additional Parmesan cheese and paprika. Bake until tender, basting every 10 minutes. Remove toothpicks, garnish with chopped parsley and serve.

Bake at 350 degrees for 25-30 minutes.

If you wish you can remove the chicken breasts to a warm platter and place the baking dish over moderate heat. Stir just enough water into the cornstarch to make a smooth paste. Gradually stir the cornstarch into the warmed marinade and cook until the sauce has thickened. Pour over chicken breasts and then sprinkle with chopped parsley and serve.

If you do not like tarragon this will not be one of your favorites. I tried it once with rosemary in place of the tarragon, and it was good, but the zip of the original recipe was gone.

MEP

Peking Stir-fry Chicken

- 1 - 1/2 pounds chicken thighs or thighs and drumsticks

Marinade

- 1 lemon, juiced and peel finely grated
- 1 lime, juiced and peel finely grated
- 1 teaspoon sesame oil
- 1/4 cup soy sauce
- 1/4 teaspoon ground ginger
- 2 tablespoons cornstarch
- 2 tablespoons oil
- 2 tablespoons sherry

- 4 ounces shitake or white mushrooms sliced
- 4 ounces snow peas
- 1 onion sliced
- 1 red pepper cut into chunks
- hot rice

Bone and skin chicken and cut into bite-sized pieces. Mix marinade ingredients and add chicken. Marinate for 30 - 45 minutes. Remove chicken from marinade. Stir-fry chicken in hot oil until no longer pink, about 4 minutes. Add sherry and vegetables and stir-fry for 2 - 3 minutes until vegetables are tender crisp. Pour in marinade and stir until sauce thickens. Serve with hot rice.

Serves 4-6.

JPO -- Foster Farms

Pistachio-Mocha Mole

- 4 boneless, skinless chicken breast halves
- 1/2 cup Kahlua or other coffee liquor
- 1 tablespoon Kahlua or other coffee liquor
- 1 cup shelled pistachios, toasted and chopped
- 1 poblano chile, roasted, peeled, and chopped
- 1 small onion, chopped
- 3 tablespoons chopped cilantro leaves
- 1 tablespoon grated bittersweet chocolate
- 1 clove garlic, minced
- 1/2 teaspoon chili powder
- 1/4 teaspoon cumin salt and pepper
- 3 cups chicken stock
- 2 tablespoons cream
- 1 tablespoon cornstarch

Garnishes

- chopped toasted pistachios
- chopped cilantro leaves

Marinate the chicken breasts in 1/2 cup Kahlua for an hour.

In a saucepan combine all of the remaining ingredients except for the cream and cornstarch. Bring to a boil, then reduce heat and simmer for thirty minutes.

Transfer the sauce to a blender and purée. Run the sauce through a sieve and transfer to a clean pan. Mix the cream and cornstarch together, and then whisk into the sauce. Heat until slightly thickened. Adjust seasonings to taste.

Meanwhile, remove the chicken from the marinade, wiping off any excess (this is important – the sugars in the liquor will caramelize into a tough coating if there is too much on the surface of the meat). Grill or broil the chicken until done.

Serve the chicken on plates, lightly covered with the sauce and sprinkled with the garnishes.

RGP – inspired by an Emeril recipe on TV

Pollo Fajitas

Sauce

- 1 tablespoon Worcestershire sauce
- 1 tablespoon soy sauce
- 1 tablespoon vinegar
- 1 teaspoon chili powder
- 1 garlic clove minced
- dash hot pepper sauce or ground red pepper
- salt to taste

1 - 1/2 pounds chicken thighs or thighs and drumsticks, skinned, boned, and cut into strips

- 1 - 2 tablespoons oil
- 1 medium onion sliced
- 1 green pepper sliced
- 1/2 lemon
- 4 flour tortillas
- avocado slices
- sour cream
- fresh cilantro (optional)

Mix sauce ingredients together. Add chicken to sauce. Stir-fry chicken in hot oil until no longer pink, about 3 minutes. Add onion and pepper and stir-fry until vegetables are tender. Squeeze

juice from lemon over chicken and vegetables just before serving.

Serve with flour tortillas, avocado, sour cream, and cilantro.

Serves 4.

JPO -- Foster Farms

Poulet a la Creme De Piores et Endives

Chicken with Pears and Endive

- 2 cups chicken broth
- 2 ripe pears
- 4 chicken thighs or 2 chicken breast halves, skinned
salt and freshly ground white pepper
- 1 cup whipping cream
- 1 head Belgian endive, coarsely diced

Bring chicken broth to a simmer in a medium saucepan. Peel and core pears, saving the peel. Cut pears in uniform pieces and add to the broth. Poach, uncovered, until tender. Drain, saving the broth. Transfer pears to a food processor or blender and puree until smooth.

Combine broth and pear peelings in saucepan and bring to a simmer. Season chicken with salt and pepper to taste. Add to broth, cover and poach until just tender. Keep chicken warm in the broth.

Boil cream in a saucepan until reduced to 1/2 cup. Add pear puree and heat through. Sauce should be the consistency of a medium white sauce. If too thick add a little of the poaching liquid.

Make a bed of endive on each plate. Top with chicken and cover with the sauce.

Serves 2.

I know this sounds unusual, but it is really very good.

A good wine for this dish is Sauvignon Blanc.

MEP

Poulet au Riesling

- 1 chicken cut into serving sized pieces
salt and freshly ground pepper
- 2 tablespoons butter
- 12 small boiling onions
- 1 bay leaf
- 1/2 pound mushrooms, thinly sliced, about
2 cups
- 3/4 cup of Riesling wine
- 1 1/2 cups heavy cream (whipping)

Sprinkle the chicken with salt and pepper to taste. Melt the butter in a heavy skillet and add the chicken pieces skin side down. Scatter the onions around the chicken. Add the bay leaf. Cook over moderate heat until the chicken skin is browned, about 5 minutes. Turn the pieces and add the mushrooms.

Cook stirring gently so that the onions and mushrooms are redistributed around the chicken pieces. Add the wine and bring to the boil. Cover tightly and continue cooking for 20 minutes.

Transfer the chicken pieces to a warm serving dish. Using a slotted spoon scoop out the onions, mushrooms and bay leaf and scatter over the chicken.

Skim off and discard most of the fat from the juices in the skillet. Add the cream to the skillet and cook down over high about 2 minutes or until reduced to 2 cups. Pour the sauce over the chicken.

Serves 4.

Riesling has a distinctive taste and this dish does not seem to come out right unless you do use Riesling.

MEP - 60 Minute Gourmet

Red Envelope Chicken in Wine Sauce

Filling

- 6 dried black mushrooms
- 1/4 pound Smithfield or Virginia ham cut
into 2 inch matchstick pieces

- 1/2 cup matchstick pieces bamboo shoots
- 2 green onions including tops cut diagonally into 2 inch pieces=

Chicken

- 3/4 pound boneless chicken breasts
- 1/2 teaspoon salt
- dash white pepper
- 2 egg white lightly beaten
- 1 tablespoon cornstarch
- 2 medium tomatoes sliced

Sauce

- 2/3 cup chicken broth
- 1/3 cup dry sherry
- 2 teaspoons sesame oil
- 1/2 teaspoon salt
- 1/2 teaspoon minced fresh ginger
- 1 tablespoon sugar
- dash white pepper
- 3 tablespoons rice vinegar
- 1 tablespoon cornstarch mixed with 2 tablespoons water

Soak mushrooms in enough warm water to cover for 30 minutes. Drain mushrooms, cut off and discard stems. Thinly slice caps. Combine sliced mushrooms caps with remaining filling ingredients in a bowl and set aside.

Cut chicken into 2 by 4 inch thin slices. Sprinkle with salt and white pepper. In a small bowl, lightly whisk egg whites and cornstarch. Dip each piece of chicken into egg white mixture. Place 1 tablespoon of the filling in the center of each piece of chicken. Roll up chicken using a toothpick to secure ends. Place chicken in a dish. Arrange tomato slices in a bed on a serving platter and set aside.

Combine all sauce ingredients except cornstarch solution in a sauce pan and set aside. Set dish of chicken rolls in a steamer or on a rack in a wok. Cover and steam over boiling water for 10 -12 minutes or until done. Meanwhile, bring sauce to a boil stirring constantly. Add cornstarch solution and continue stirring until sauce boils and thickens. Keep warm.

Remove toothpicks from chicken. Arrange chicken rolls on top of the bed of tomato slices. Pour sauce over chicken and serve hot.

JPO -- Yan Can Cooking School

Roasted Chicken with Raspberry Sauce

- 1 whole chicken split in half
- 1/2 pint raspberries pureed and sieved
- 1/2 cup port or dry wine
- 1-2 tablespoons oil
- salt
- freshly ground black and white pepper

Heat oven to 350 degrees.

Salt and pepper the meat side of the chicken halves. Place skin side up in a large oven proof skillet. Roast at 350 degrees until tender, about 1 hour. Remove the skillet from the oven and place on the stove. Remove the chicken to a platter and keep warm. Turn the heat the medium. Deglaze the pan with the wine.

Taste the raspberries. If they are tart add sugar to taste. Add the raspberry puree and bring to a simmer stirring constantly until reduced to a thick sauce. Pour over the chicken and serve with wild rice.

Serves 4.

JPO

Rosemary Barbecued Chicken

- 2 broiler fryers, cut in half

Sauce

- 1/2 cup cooking oil
- 1/2 cup butter
- 1/2 cup dry white wine
- 1 teaspoon salt
- 1/4 teaspoon freshly ground pepper
- 1 teaspoon rosemary, crushed
- 1 clove garlic, minced

Cook chicken for 3 to 4 minutes a side in the microwave.

Meanwhile combine the sauce ingredients in a small pan and heat until bubbling hot. Brush chicken halves insides and out with the sauce. Place cavity side down on the grill about 4 inches above the hot coals. Baste frequently and turn chicken about every 10 minutes. Cooking will take about 45 minutes or longer depending on the thickness of the chicken and how hot the fire.

Serves 4.

MEP

Rosemary Chicken and Vegetables

- 1 2 1/2 to 3 pound fryer chicken, cut up and skinned or enough skinned chicken pieces for 4 people
- 3 cloves of garlic minced
- 2 tablespoons olive oil
- 4 medium red potatoes, quartered
- 4 medium carrots cut crosswise into 2" pieces
- 4 stalks of celery, cut crosswise into 2" pieces
- 6 large mushrooms, cut into fourths
- 8 small boiling onions, or 2 medium onions, cut into wedges
- 1 can of chicken broth
- 1/2 cup dry white wine
- 2 tablespoons fresh rosemary, crushed or 2 teaspoons dried rosemary, crushed
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 3 tablespoons cold water
- 1/1 tablespoons cornstarch
fresh rosemary, optional

In a 4-quart Dutch oven cook garlic in hot oil for 15 seconds. Add chicken pieces, cook, turning until lightly browned on all sides. Add potatoes, carrots, celery, onions, chicken broth, wine, crushed rosemary, salt, and pepper. Bring to a boil. Reduce heat. Cover and simmer for 35 minutes or until chicken is tender and no longer pink.

Transfer chicken and vegetables to a warm platter. Measure liquid in Dutch oven. If less than 1 1/2 cups add more chicken broth or wine or water. Return to Dutch oven. Stir cornstarch into liquid. Cook and stir over medium heat until sauce thickens and is bubbly. Then cook 2 minutes more. Season to taste with salt and pepper. Serve with the chicken. If desired garnish chicken with rosemary.

MEP - Adapted from a Better Homes & Garden recipe

Schweizerschnitzel

- 4 thin slices boiled ham
- 4 slices Swiss cheese
- 4 chicken breast halves, boned, skinned and pounded very thin
- 2 tablespoons flour
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon allspice
- 1 egg beaten with 1 tablespoon flour
- 1/2 cup dry bread crumbs
- 2 tablespoons shortening
- 1/2 cup dry white wine

Place 1 slice each of boiled ham and Swiss cheese on each piece of chicken breast. Roll up carefully, beginning at the narrow end and tucking in the sides, like a jelly roll. Secure rolls with wooden picks.

Mix flour, salt, pepper, and allspice. Dust chicken with seasoned flour. Dip floured chicken rolls into beaten egg and then coat with bread crumbs. Place in refrigerator until cold.

Brown chicken rolls in hot shortening. Pour white wine over rolls, cover and simmer for 55 minutes. Uncover and simmer 5 more minutes to allow coating to crisp up.

Serve on a hot plate. Pour liquid and melted cheese from skillet over meat.

Serves 2 to 4.

You can also fix these by frying them in deep fat.

This is our adaptation of this German dish which was originally made with veal. I find most men will eat two and most women will be satisfied with one.

If you happen to find good veal cutlets this can be made the authentic way with veal.

MEP

Sesame Chicken

1 pound skinless boneless chicken breast

Marinade

1 dash fresh ground black pepper
1 tablespoon cornstarch
1 tablespoon soy sauce
1 tablespoon dry sherry
1 tablespoon water

1/4 cup rock sugar, crushed
1/4 cup soy sauce
2 tablespoons water
2 cloves garlic
2 green onions
1 teaspoon white sesame seeds
1 teaspoon black sesame seeds
2 tablespoons tapioca starch or cornstarch
4 cups oil, for deep-frying
3 dried red chiles

To prepare ahead: Slice chicken across the grain into 1/4"-thick pieces. Transfer chicken to mixing bowl. Add the marinade ingredients and toss to mix and coat thoroughly. Let stand for 30 minutes.

Combine rock sugar, soy sauce, and water.

Chop garlic, and cut green onions into 1/2" pieces.

To Cook: Roast white and black sesame seeds together in an ungreased skillet over medium heat until the white ones are lightly browned.

Heat 4 cups oil over high heat in a wok to 375 degrees. Sprinkle tapioca starch over chicken pieces and mix well. Deep-fry half of the chicken until golden brown. Remove with a

strainer and drain on paper towels. Repeat with the remaining chicken.

Remove the oil to a heat-proof container. Clean and dry the wok. Add 1 tablespoon oil to the wok and heat over high heat. Add the chili peppers and garlic, and stir for a few seconds.

Return the chicken to the wok. Add the seasoning sauce. Turn heat to medium and stir until the liquid is almost gone. Add green onions, mix, and remove to a serving platter. Sprinkle the sesame seeds on top.

Serves 4.

RGP - Dorothy Huang Cooking Class

Sesame Skewered Chicken

1-1.5 pounds chicken breasts, thighs, or drumsticks, boned and skinned

Marinade

1 green onion, chopped
1 garlic clove, minced
1/3 cup soy sauce
1 tablespoon sesame seeds
2 tablespoons red wine vinegar
1 teaspoon sesame oil
1/2 teaspoon ground ginger
1/8 teaspoon ground red pepper

1/2 medium pineapple, peeled, cored, and cut into 1-inch pieces

Cut chicken into large nuggets, about 1 - 1 1/2 ounces. In a plastic bag combine the marinade ingredients. Add chicken to bag and marinate for 30 minutes. Thread chicken on skewers alternating with pineapple chunks. Grill 15 to 20 minutes over medium coals, turning occasionally.

Serves 4 - 6.

JPO -- Foster Farms

Simple Chicken and Sausage Gumbo

2 large onions

- 2 bell peppers
- 4 ribs celery
- 1 cup oil
- 1 cup flour
- 4-6 cloves garlic
- 4 quarts chicken stock
- 2 bay leaves
- 2 teaspoons Creole seasoning, or to taste
- 2 teaspoon dried thyme
- salt and freshly ground black pepper to taste
- 2 pounds boneless chicken thighs
- 2 pounds andouille or smoked sausage, cut into 1/2" pieces
- 1 bunch green onion
- 2/3 cup fresh chopped parsley
- filé powder to taste
- 3 cups uncooked rice.

Chop the onions, peppers, and celery, mince the garlic.

Cut the chicken and sausage into bite-sized pieces. Season the chicken with salt, pepper and Creole seasoning. Heat a large skillet over medium-high heat. Add enough oil to coat the bottom of the skill, then brown the chicken quickly. Set the chicken aside and brown the sausage in the same pan. Pour off the excess fat and set the sausage aside with the chicken.

In a large, heavy stockpot, heat the oil and stir in the flour to start the roux. Cook the flour in the oil over medium-high heat, stirring constantly, until the roux reaches a dark reddish-brown color, almost the color of coffee or milk chocolate for a Cajun-style roux.

As soon as the desired roux color is reached, add the vegetables and stir quickly. This cooks the vegetables and also stops the roux from cooking further. Continue to cook, stirring constantly, for about 4 minutes.

Add the stock, seasonings, chicken and sausage. Bring to a boil, then cook for about one hour, skimming fat off the top as needed.

While the gumbo is cooking, cook the rice. Chop up the green tops of the green onions and the parsely.

Add the chopped green onion tops and parsley, and heat for 5 minutes. Serve over rice in large shallow bowls. Accompany with a good beer and lots of hot, crispy French bread.

Makes about 12 entrée sized servings.

RGP

Steamed Herb Chicken

- 1/2 chicken breast, boned and skinned
- 1 piece of foil, about 12" square
- 3 tablespoons chopped green onion or other fresh herbs
- 1 tablespoon lemon juice (or less)
- salt and pepper to taste

Place the chicken breast in the middle of the foil. Spread the herbs over the breast. Sprinkle with the lemon juice, salt, and pepper. Wrap the foil around the chicken, tightly crimping the edges. Put the wrapped chicken on a cookie sheet and bake in a medium oven for about twenty minutes. Remove the chicken from the oven, unwrap it, and transfer it to a plate.

The foil, if shredded, makes a nice side salad!!

RGP

Stir-fried Chicken with Broccoli

- 1/2 pound chicken breast, boned and skinned

Marinade

- 2 teaspoons corn starch
- 2 teaspoons soy sauce
- 1 teaspoon dry sherry
- 2 teaspoons water
- 1 pound fresh broccoli

Thickening Sauce

- 2 teaspoons corn starch
- 2 teaspoons soy sauce
- 4 tablespoons water
- 1/4 teaspoon sesame oil
- 5 tablespoons oil
- 3/4 teaspoon salt
- 1 clove garlic, smashed and peeled

1 green onion, cut into 1 1/2-inch pieces

To Prepare Ahead: Slice chicken across the grain into pieces 1/8-inch thick. Transfer chicken slices to a mixing bowl. Mix marinade ingredients and add to chicken, tossing to coat thoroughly. Let stand for 30 minutes or longer.

Wash and drain broccoli. Peel tough outer from the stems. Cut each stalk into 3 or 4 equal sections. Slice stem sections lengthwise into 1/4-inch pieces. Separate flowerets into bite-sized pieces. Mix ingredients for thickening sauce in a small bowl.

To Cook: Heat 2 tablespoons oil in a wok over high heat. Add broccoli and salt, and stir-fry for 3 minutes. Add a tablespoon of water if it gets too dry. Transfer to a plate. Wipe the wok with a paper towel and pour in 3 tablespoons oil. When hot, add garlic, green onion,, and chicken mixture. Stir-fry until chicken turns white and firm, about 2 to 3 minutes. Return broccoli to wok and add thickening sauce. Stir until thickened and serve.

Serves 2.

I had this dish over the thin Chinese noodles but I think it would be better with rice.

MEP - Dorothy Huang's Chinese Cooking

Stir-Fried Chicken with Chinese Cabbage

1/2 pound chicken breast, boned and skinned

Marinade

2 teaspoons corn starch
2 teaspoons soy sauce
1 teaspoon dry sherry
2 teaspoons water
1 pound Chinese cabbage

Thickening Sauce

2 teaspoons corn starch
2 teaspoons soy sauce
4 tablespoons water
1/4 teaspoon sesame oil

5 tablespoons oil

3/4 teaspoon salt

1 clove garlic, smashed and peeled

1 green onion, cut into 1 1/2-inch pieces

To Prepare Ahead: Slice chicken across the grain into pieces 1/8-inch thick. Transfer chicken slices to a mixing bowl. Mix marinade ingredients and add to chicken, tossing to coat thoroughly. Let stand for 30 minutes or longer.

Wash and drain Chinese cabbage. Cut crosswise into 1/2-inch pieces. Mix ingredients for thickening sauce in a small bowl.

To Cook: Heat 2 tablespoons oil in a wok over high heat. Add Chinese cabbage and salt, and stir-fry for 3 to 4 minutes. Transfer to a plate. Wipe the wok with a paper towel and pour in 3 tablespoons oil. When hot, add garlic, green onion,, and chicken mixture. Stir-fry until chicken turns white and firm, about 2 to 3 minutes. Return cabbage to wok and add thickening sauce. Stir until thickened and serve.

Serves 2.

I had this dish over the rice but I think it would be better with Chinese noodles.

MEP - Dorothy Huang's Chinese Cooking

Sunshine Chicken

1 pound boneless chicken breasts or breast tenders

1/2 cup dry white wine

1 teaspoon grated lemon rind
juice of 1/2 lemon
salt and pepper

2 tablespoons minced shallots

1 cup tomato juice

1/2 teaspoon minced garlic

1/2 teaspoon tarragon

1/2 cup dry white wine

1/2 cup cold butter cubed

1 cup diced and seeded tomatoes well drained

In a large skillet place 1/2 cup wine, lemon rind, lemon juice, 1/2 teaspoon salt, and 1/2 teaspoon

pepper. Add water to a depth of 1/2 inch. Bring to a boil and add the chicken. Cover and simmer over low heat about 10 - 15 minutes. When chicken is done remove to a platter.

While the chicken is poaching, put the shallots, tomato juice, garlic, tarragon and 1/2 cup wine in a sauce pan. Bring to a boil. Reduce heat for sauce to medium low and add the cold butter one tablespoon at a time. Add the tomatoes and mix well. Salt and pepper to taste. Cover 1/2 of each breast with the sauce and garnish with lemon wedges.

JPO

Sweet and Sour Chicken

- 1 whole chicken breast, boned, skinned, and cut into bite-sized pieces
- 1/4 cup cornstarch, seasoned with salt and pepper
- 3 tablespoons peanut oil
- 1 tablespoon sesame oil
- 4 cloves garlic, minced
- 3 green onions, cut up diagonally
- 1/4 cup soy sauce
- 1 tablespoon white vinegar
- 1 tablespoon sugar
- 1/4 teaspoon crushed cayenne pepper
other spices
- 2 cups freshly cooked rice

Dredge the chicken pieces in the seasoned cornstarch. Heat the peanut and sesame oils until fairly hot in a wok. Put the chicken and the garlic in the wok and stir-fry until the chicken is light brown. Add the onion and stir-fry for another minute. Mix the soy sauce, vinegar, sugar, crushed cayenne pepper and other spices together and add to the wok. Stir-fry until the sauce thickens.

Serve the chicken on the rice.

I like to add some Kikkoman's stir-fry sauce to the sauce or some fresh ginger. The seasoning is really to taste.

Szechwan Chicken with Tofu

1/2 pound boneless chicken breast

Marinade

- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 2 teaspoons cornstarch
- dash Chinese five spice

Sauce

- 2 tablespoons water
- 1 tablespoon soy sauce
- 1 tablespoon dry sherry
- 1 teaspoon sesame oil

- 2 tablespoons vegetable oil
- 2 stalks celery cut into 2 inch matchstick pieces
- 2 green onions including tops cut diagonally into 2 inch pieces
- 1 package (7 ounces) pressed soy bean cake cut into thin slices

Preparation: Trim and discard fat from chicken. cut chicken across the grain into 2 inch matchstick pieces. Combine marinade ingredients in a small bowl. Add chicken and stir to coat. Set aside for 30 minutes. Combine sauce ingredients in a bowl and set aside.

Cooking: Place a wok or wide frying pan over high heat until hot. Add oil, swirling to coat sides. Add chicken and stir-fry for 1 1/2 minutes. Remove chicken to a bowl and set aside. Add celery, green onions, soy bean cake slices, and sauce. Cook, stirring for 1 minute. Return chicken to wok, stir and toss for 1 to 2 minutes. Transfer chicken to a serving platter. Serve hot.

JPO--Yan Can Cooking School

Thai Stir-Fry Chicken

- 1 pound boneless, skinless chicken breasts, thighs, or drumsticks

Marinade

- 3 tablespoons soy sauce
- 1 garlic clove minced

1/4-1/2 teaspoon crushed red pepper

Sauce

- 1/4 cup peanut butter
- 1 tablespoon oil
- 1 tablespoon brown sugar
- 1 tablespoon soy sauce
- 2 tablespoons oil
- 1 small onion sliced
- 1/2 red pepper cut into strips
- 1/2 green onion cut into strips
- 1/4 green cabbage shredded
- salted peanuts

Cut chicken into bite-sized pieces. Combine marinade ingredients in a small bowl. Add chicken and marinate for 15 minutes. Combine sauce ingredients in a small bowl.

Stir-fry chicken in oil until no longer pink, about 4 minutes. Add onion and peppers and stir-fry until vegetables are tender-crisp. Stir in cabbage and peanut sauce. Cover, reduce heat, simmer about 2 minutes or until cabbage is limp. Garnish with salted peanuts.

JPO -- Foster Farms

Walnut Chicken with Chili Sauce

- 2 skinless, boneless chicken breasts

Marinade

- 2 teaspoons cornstarch
- 2 teaspoons dry sherry
- 2 teaspoons soy sauce
- 2 teaspoons water
- 1 red bell pepper
- 1 green bell pepper
- 4 jalapeno peppers

Seasoning Sauce

- 1 teaspoon cornstarch
- 2 tablespoons soy sauce
- 1/4 cup water
- 2 teaspoons black bean chili sauce

- 2 cups oil
- 1 cup walnuts
- 1/4 teaspoon salt
- 2 cloves garlic, sliced

- 4 slices fresh ginger root, shredded

To prepare ahead: Slice chicken breast across grain into pieces 1/8" thick. Transfer chicken to mixing bowl. Add the marinade ingredients and toss to coat thoroughly. Let stand for 30 minutes or longer.

Seed and de-vein bell peppers and cut into 3/4" strips, then into diagonal pieces. Cut jalapenos into 1/4" thick slices crosswise. Mix together the seasoning sauce ingredients in a small bowl.

To cook: Heat the oil in a wok to 325 degrees. Deep-fry the walnuts until golden brown. Remove and drain on paper towels.

Remove oil from the wok, leaving 1 tablespoon. Turn heat to high. Add the bell peppers and salt. Stir-fry for one minute. Transfer peppers to a plate.

Wipe wok clean. Heat 2 tablespoons oil. Add the garlic, ginger, jalapenos. Stir-fry a few seconds, then add the chicken. Stir-fry until the chicken turns opaque, about 2 to 3 minutes. Return the bell peppers to the wok and pour in the seasoning sauce. Stir a few seconds until thickened. Transfer to a plate, top with the walnuts, and serve.

For a slightly easier dish, you can use raw walnuts instead of fried ones.

Serves 2.

RGP - Dorothy Huang Cooking Class

Cornish Game Hens

Simple Cornish Game Hens

- 2 Cornish game hens
- 8 small boiling onions
- salt and pepper to taste
- garlic powder
- paprika
- 4 potatoes, peeled and cut into fourths
- 4 carrots, peeled and chunked
- 4 stalks celery, cut into 2 inch lengths
- 1 cup white wine

1 cup chicken broth

Cut Cornish game hens in half along the center of the breast and back. Remove the tail, wing ends and any excess fat or skin.

Place the boiling onions in a baking dish. Put a half of a Cornish hen over two of the onions. Sprinkle the hens with salt, pepper, garlic powder, and paprika. Place the potatoes, carrots, and celery around the hens. Pour in the wine and chicken broth.

Cover tightly and bake for 1 hour at 350 degrees. Remove cover, baste and bake for 15 minutes longer or until hens are nicely browned and the vegetables are done.

Serves 4.

A quick, easy, low calorie, one-dish meal.

MEP

Cornish Game Hens with Green Peppercorn Sauce

- 18 cloves of garlic
- 1 tablespoon Dijon mustard
- 1 teaspoon paprika
- 1 teaspoon thyme
- 1/2 teaspoon rosemary
- 4 Cornish game hens
salt and freshly ground pepper
- 3 tablespoons butter
- 1 teaspoon cooking oil
- 1 1/2 cups chicken broth
- 1 tablespoon flour
- 1 cup heavy cream
- 1 heaping teaspoon green peppercorns,
crushed
- parsley for garnish

Preheat oven to 400 degrees. Truss up the hens by tying the legs together and the wings firmly against the breasts so that they can be turned easily. Mash two of the garlic cloves and combine in a small bowl with the mustard, paprika, thyme and rosemary. Blend the mixture into a paste and rub the hens well with it. Season with salt and pepper.

In a skillet with an oven proof handle heat 2 tablespoons butter and the oil until the foam subsides. Add game hens and sauté over moderate heat on all sides until they are lightly browned.

While the game hens are browning bring a cup of water to a boil. Add the remaining 16 cloves of garlic and blanch for 1 or 2 minutes. Drain and slip the skins off. Scatter the garlic around the browned hens and add 3/4 cup of the chicken broth. Place uncovered in the oven.

Baste hens every ten minutes with the remaining chicken broth. Turn them once during their cooking time and stir pan juices to be sure that they do not burn. Cook 30 to 35 minutes in total or until tender. When done remove the hens and set them on a warm platter. With a slotted spoon remove the garlic and set aside.

Continued on next page

Cornish Game Hens with Green Peppercorn Sauce (Continued)

Skim the pan juices of any fat and place over high heat and reduce the liquid by half. Combine the flour with the remaining tablespoon of butter and work together with your fingers until thoroughly blended, making a *beurre manie*.

Add cream to the reduced sauce and whisk in enough of the *beurre manie* so that sauce thickens. Stir in the garlic cloves and the crushed green peppercorns.

Remove the string from the game hens, cut in half and spoon the sauce over them. Decorate with the parsley for a little color

Serves 4 to 8.

This recipe sounds complicated but it is not hard to do. The first time I tried it, I thought it must contain a mistake because 18 cloves of garlic would make it unfit to eat. However, the blanching takes away their bit and this is really a very pleasant dish.

MEP

Roast Cornish Game Hens with Spinach Stuffing

- 1/4 cup butter (optional)
- 2 stalks celery, diced
- 1 green onion, minced
- 10 ounces frozen spinach, thawed and squeezed dry
- 1 egg
- 1 1/2 cups soft bread crumbs
- 2 tablespoons milk
- 2 tablespoons salt
- 3 tablespoons fresh thyme
- 3 tablespoons fresh parsley
- 4 Cornish game hens, fresh or frozen/thawed
- 2 tablespoons butter
- 2 tablespoons water

About 2 hours before serving:

Preheat oven to 350 degrees.

In a 2 quart saucepan over medium heat, melt butter. Cook celery and onion in butter until they are tender, stirring often. Remove from heat. Stir in the next seven ingredients.

Clean and rinse hens, pat dry with paper towels. Spoon some stuffing into the body cavities. Fold the neck skin to back. Lift wings up toward neck, then fold toward back. Tie the wings and legs together with string. Place hens, breast-side up, in a roasting pan.

Melt 2 tablespoons butter in a small saucepan over low heat. Brush the hens generously with the butter; sprinkle lightly with salt. Roast hens in oven for 1 to 1 1/2 hours, brushing occasionally with the pan drippings. The hens are done when the legs can be moved up and down easily, or when a two-tined fork is inserted between the leg and the body and the juices that escape are not pink.

Serves 4.

RGP - Lucia's Garden Cooking Class

Turkey

Easy Turkey Divan

- 2 packages frozen broccoli spears
- 6 slices of turkey or 2 cups of turkey pieces
- 6 slices of Swiss or Cheddar cheese
- 1 can evaporated milk
- 1 can mushroom soup
- 1 can French fried onion rings

Heat oven to 350 degrees. Cook broccoli to crisp tender stage. Put in bottom of 11 x 7 inch baking dish. Cover with the turkey, top with the cheese slices and cover with a mixture of milk and soup.

Bake for 25 minutes at 350 degrees. Spread onion rings over the top and bake 5 more minutes.

Serves 4 to 6.

A good recipe for leftover turkey. Fresh broccoli works equally well. You need a large bunch.

MEP

Original Dirigibles (Stuffed Baked Potatoes)

- 8 one pound baking potatoes
- 1/2 pound cooked turkey, cut into 1/2-inch cubes
- 1/2 pound cooked ham, cut into 1/2-inch cubes
- 1/2 pound medium sharp cheddar cheese, cut into 1/2-inch cubes
- 1/2 pound provolone cheese, cut into 1/2-inch cubes
- 1 cup medium celery, cut into 1/4-inch slices
- 1 medium onion, chopped
- 1/2 cup butter, melted

Garnishes

- sour cream
- chives, chopped

bacon, crisply cooked and chopped

Preheat oven to 500 degrees. Scrub potatoes under cold running water. Place wet on baking sheet and bake until potatoes test done, about 75 minutes. Let potatoes cool until warm.

Combine turkey, ham, cheeses, celery and onion in a bowl and toss to mix. Cut potatoes lengthwise. Loosen pulp and remove about 1/4. Divide butter among potatoes and mix well. Mound with meat and cheese mixture.

Bake in a 375 degree oven until heated through and cheese is melted or microwave on high about 5 minutes.

Serves 8.

I served this for a luncheon to some former students during the holidays with French Onion Soup and Christmas cookies for dessert. These can be made up ahead of time and wrapped in Saran wrap. They will keep 3 or 4 days in the refrigerator.

The original recipe called for 2 chopped green peppers, but I prefer the celery.

Don't forget the garnishes, they really add a lot to the taste and appearance of this dish.

MEP

Turkey Divan

- 1/4 cup butter
- 1/4 cup flour
- 1 1/2 cups chicken broth
- 2 tablespoons dry white wine
- 1/8 teaspoon freshly grated nutmeg
- 1/2 cup whipping cream, whipped
- 1/2 cup freshly grated Parmesan cheese
- 1 1/2 pounds fresh broccoli or 2 packages of frozen broccoli, cooked and drained
- 5 large slices cooked turkey breast
- 1/2 cup grated Parmesan Cheese

In a heavy saucepan, melt the butter over low heat. Blend in the flour. Cook over low heat, stirring until smooth and bubbly. Remove from heat. Gradually stir in the broth. Return to stove

and bring to a boil, stirring constantly. Boil for 1 minute. Remove from heat. Stir in wine and nutmeg. Gently fold in the whipped cream and 1/2 cup of Parmesan cheese.

Place the hot broccoli in a 11 x 7 inch baking dish. Top with the turkey slices. Pour the sauce over the turkey. Sprinkle with the remaining 1/2 cup Parmesan cheese.

Set oven control to broil. Broil 3 to 5 inches from heat until cheese is bubbly and casserole is lightly browned.

Serves 4 to 6.

MEP

Cheese

Brer Rabbit with Corn

- 1 can tomato soup
- 2 cups Cheddar cheese, grated
- 1 cup whole kernel corn
- 1 egg, slightly beaten
- 1/4 teaspoon dry mustard
- 1/4 teaspoon Worcestershire sauce

Heat soup in a double boiler. Stir in the cheese and continue stirring until the cheese is melted. Add the corn and cook until the corn is heated through. Remove from the heat and stir in the egg, mustard, and Worcestershire sauce. Serve on toast points.

Serves 4 to 6.

A quick, easy main dish when you are in a hurry. If you are really in a hurry or want a main dish from the pantry use a can of cheddar cheese soup in place of the cheese.

Cheese Soufflé

- 3 tablespoons butter
- 3 tablespoons flour
- 1 cup milk
- 1 cup grated cheese
- salt and pepper to taste

- 3 eggs, separated
- 1/4 teaspoon cream of tartar

Melt butter over low heat in a saucepan. Stir in flour and continue stirring until blended and bubbly. Stir in milk and blend well. Add cheese and continue stirring until cheese has melted and sauce has thickened. Remove from heat.

Beat egg yolks until lemon colored and stir into cheese mixture.

Add the cream of tartar to the egg whites and beat until stiff. Gently fold the cheese mixture into the beaten egg whites. Pour into an ungreased 1 1/2 quart baking dish. Set baking dish in pan and add hot water so that there is one inch in the pan. Bake until puffed and golden brown.

Bake at 325 degrees for 50 to 60 minutes.

Serves 4.

This can be served with creamed meat, chicken, or seafood over it as well as creamed vegetables or simply serve plain. It is particularly good with a mushroom sauce over it.

If you want the center to really rise up. Run a knife about 1 inch from the outside around the soufflé and about 1 inch into the soufflé.

MEP - Betty Crocker

Creamy Macaroni and Cheese

- 4 cups hot, drained, boiled macaroni

Cheese Sauce

- 6 tablespoons butter
- 6 tablespoons flour
- 3 cups milk
- 1 1/2 cups Cheddar cheese, grated
- salt and pepper to taste

Cook macaroni according to package directions. While it is cooking, melt the butter in a 2 quart saucepan over low heat. Stir in the flour and continue stirring until well blended and bubbly. Slowly add the milk and stir until well blended. Add the cheese and continue stirring until the cheese is melted and the sauce has thickened.

Place cooked, drained macaroni in a 2 quart casserole. Stir in the cheese sauce. Add salt and pepper to taste. Bake until golden brown on the top.

Bake at 350 degrees for 40 minutes.

Serve 6 to 8.

It really is not necessary to bake this if the macaroni is hot. The flavors are better blended if baked. This style of macaroni and cheese has a creamy consistency.

MEP - Betty Crocker

Welsh Rarebit

- 2 tablespoons butter
- 1 clove garlic, minced
- 2 tablespoons flour
- 1 teaspoon French mustard
- dash Worcestershire sauce
- 3/4 cup milk
- 3/4 cup warm, flat brown ale
- 8 ounces sharp cheddar cheese, grated
- salt and pepper to taste
- paprika

Preheat the broiler to 350 degrees.

Melt butter in a heavy pan over medium-low heat. Add the garlic and cook for a minute. Add the flour and stir to combine. Add the mustard and Worcestershire sauce and stir.

Slowly whisk in the milk a little at a time, then add the beer in the same manner.

Continue to cook the sauce over medium-low heat until thickened, stirring regularly.

While the sauce is cooking, place the bread on a baking tray and broil until just starting to brown.

When the sauce is thickened, remove it from the heat and add half of the cheese. Stir to incorporate. Add the remaining cheese in the same manner. Adjust the sauce with salt and pepper if necessary.

Place the bread in panniers, three slices each. Pour the sauce over the bread, dividing it evenly

between the panniers. Lightly sprinkle paprika over the bread. Broil just until the cheese starts to brown. Serve immediately.

Serves 4.

An easy alternative - Toast the bread until medium brown and arrange on plates. Pour the sauce over the bread, sprinkle with paprika, and serve without broiling. This method is the way I usually do it.

If you want a little more protein, a couple of pieces of cooked bacon crumbled over the bread before pouring on the cheese sauce is really nice.

RGP