

Chicken and Fowl

Baked Rosemary Duck with Apricot Preserves and Vermouth

Re-combine dried apricots, apple and peach compote with water and sherry for at least three hours.

Half a whole duck into two equal flanks with a sharp serrated knife. Marinate duck in garlic, rosemary and port wine, and balsamic vinegar for 2 hours.

Dry duck pieces. Prick the duck's skin all over with a sharp knife. The small holes help the fat escape. Brush the non skin side with a very thin coat of olive. Now apply salt to both sides. Roast in the oven in a flat pan on a roasting rack skin side up at 500°C for 40-55 minutes or until golden brown. Drain fat from pan, de-glaze with vermouth, add preserves, soaked compote, seasoning, a few grindings of pepper. When thoroughly heated serve immediately.

Buttermilk Kentucky Fried Chicken

This is a crunchy heavy crusted crispy chicken that is a crowd pleaser.

Preheat oven to 170 F to keep cooked chicken warm, between batches.

- 1 Whole frying chicken, cut in pieces or favorite chicken sections
- 1 Quart peanut oil

Rub

- 2 Tablespoons garlic powder
- ½ Teaspoon salt
- 1 Tablespoons onion powder
- 1 Tablespoons paprika
- 1 Teaspoon red pepper
- 1 Tablespoons black pepper

Coating

- 2 Pints of butter milk
- 2 Cups of flour mixed with
- ½ Cup white corn meal
- 5 Beaten large eggs

Read “Kitchen and Frying Safety” on page 67.

Rub chicken with rub ingredients and let rest refrigerated for an hour.

Remove chicken from refrigerator. Allow it to warm up for 30 minutes.

Add oil to a steep walled tall pot about 1/3 full thus allowing room for the expansion that occurs when steam escapes from the cooking food. The amount of oil determines how many pieces of chicken may be cooked at the same time. Ideally the oil should be at least 3 inches deep. Preheat oil to 365° F. Use a candy thermometer. If the thermometer dips below 285 F use fewer pieces of chicken or more oil. It is important that on the initial immersion, the residual heat of the oil seals the chicken so excessive oil is not absorbed.

Combine flour and corn meal, and put in a shallow dish for rolling the chicken pieces. (For easy cleanup, coven plate with tin foil.) Beat the eggs and add to it the buttermilk. Roll chicken in flour mixture shake off the extra, then dip in buttermilk, then in flour again, shake off the extra, and cook a few pieces at a time in hot oil at 350 F to 365 F. Cook batches of chicken so not to crowd each other. Cook the pieces to golden brown and very crisp.

Drain on paper towels. Salt batches as soon as they come out when still wet from oil so the salt sticks. Allow the oil to return to the starting temperature before starting next batch. Keep previous batches warm in the oven until all chicken is cooked.

Chicken and Fowl

Chicken Drumettes Hunan Style

- 1 Pounds chicken drumettes
- 3 Hot red peppers, seeded and sliced
- 8 Garlic cloves, peeled and sliced
- 2 Tablespoon soy sauce
- 2 Tablespoon corn starch
- 1 Tablespoon rice wine
- ½ Tablespoon rice wine vinegar
- ½ Teaspoon sesame oil
- 2 Cups peanut oil

Use a sharp paring knife. At the skinny end of each drumettes, make an incision all around the bone about ¼ inch down from the knuckle end. Push the meat down to the fat end exposing clean bone (*frenched*)¹. Use a sharp cleaver, trim off the knuckle end. Do all drumettes.

Put cornstarch in a bowl, add soy sauce and stir. Add chicken and marinate for 20 minutes. Drain before cooking.

Remove the seeds from hot red peppers. Cut into slices. Peel and slice the garlic.

Read “Kitchen and Frying Safety” on page 67

In a steep walled pot, heat oil to 365 F. Fry the drumettes a batch at a time until cooked well. Drain on paper towels.

In a frying pan or wok, use 2 tablespoons of the frying oil to stir-fry garlic and red peppers. Add drumettes, stir-fry for 30 seconds. Add rice wine, rice wine vinegar, sesame oil. Serve immediately.

Note:

1. When a piece of *bone-in* meat or fowl is trimmed to expose the *bone*, it is also said to have been *frenched*.

Chicken, Egyptian BBQ

This is a recipe I got from Mosen, the chef and proprietor of an unlikely restaurant called “Pizza and More” in Santa Clara California. I had to have it, after I tasted it. I was introduced to the place by an Egyptian friend. Subsequently, I was lured forever more by their fresh Mediterranean dishes skillfully prepared. Alas, the restaurant and the chef have disappeared.

Marinade overnight:

- 2 Chopped onions
- 8 cloves fresh crushed garlic
- Salt and pepper
- Lemon or lime juice
- Fresh chopped jalapeños
- Blend and marinate for 24 hours

BBQ the chicken, preferably with smoky wood chips, until it has taken on character and color and is partially cooked. Transfer to a large pan, sprinkle with chopped fresh parsley, chopped onions, chopped jalapeños and dot here and there with lemon slices.

Bake covered 30-45 minutes at 650 °F. (I find it better to cook longer and slower, at 325° F for 1 ½ - 2 hours tightly wrapped in tin foil. Besides, my oven will not go that high.)

Chicken, Ottaviana's Oven Fried

This is a wonderful recipe from Kae’s friend, and is easy to prepare. You use chicken parts like legs, wings, or a cut up whole chicken.

- Chicken parts
- 1-2 Sticks butter
- Romano cheese
- Garlic powder or garlic juice
- About 2 Cups of bread crumbs (unseasoned)

1 Teaspoon oregano
½ Teaspoon Italian seasoning
1 Teaspoon salt

Melt butter in a small sauté pan. Add about 1 ½ teaspoons of garlic powder to the melted butter. Stir well to mix, and remove from heat. In a dinner plate, or in a plastic bag, put bread crumbs, ¼ cup of Romano cheese, oregano, and Italian seasoning and a teaspoon of salt. Add a pinch of garlic powder to the bread crumb mixture too. Mix everything well.

Dip chicken in butter, and then roll to coat it in the bread crumbs. Place chicken on a lined baking sheet skin side up. Bake uncovered at 375 F for about 60-65 minutes, depending on the cuts of chicken. (Do not turn chicken during cooking process).

Chicken Rosemary in Wine and Onions, Mariann's

This recipe from our good friend Mariann McAbee is almost too good to be true. Simple dishes like this take me back to Italy in a heartbeat. Mariann serves this with fresh vegetables from her garden along with a nice fresh pesto rigatoni.

Skinless breast, thighs and legs of chicken
Seasoned flour as required
1 ½ Sliced onions
1 ½ Cup Chardonnay
Salt, white pepper, black pepper
Fresh rosemary
1 Clove crushed garlic
Olive oil as required

Wash and pat dry chicken. Roll chicken pieces in season flour. Sauté on both sides until golden in olive oil. Set pieces of chicken aside, cook onions, then drain off and discard oil. Deglaze pan with ½ of Chardonnay scraping loose bits from bottom of pan. Add chicken, balance of wine, add garlic and rosemary. Cover and simmer slowly for an hour. Turn pieces ½ way through cooking period. Add more wine if sauce thickens too early. The last 10 minutes of cooking may need to be uncovered to allow the sauce to thicken.

Coq au Vin

In most of France, Coq au Vin is a cut up stewing roster braised slowly in wine. The recipe has been around four hundred years. In Bourgogne, the wine would be a Burgundy. The dry white wine version is more delicate and less dominated by the wine. An old stewing hen is well suited to slow braising. In this recipe, cut fryers are used hence cook quicker. Since mushrooms and pearl onions are cooked separately, they retain their best flavors and texture. Morel, cremini and chanterelle mushrooms make this a most elegant dish even though it is considered in France as provincial food.

1/4 Pound salt pork chopped into ¼ squares and blanched
1 Large yellow onion, sliced
3 1/2 Pounds chicken thighs and legs, trimmed of excess fat
1 Cup seasoned flour for dredging chicken
4 + 2 Tablespoons butter
1 Cups low sodium chicken stock
2 Cups dry white wine
1 Tablespoon of Armagnac or brandy
Wonder flour as required
1 Teaspoon of sugar
2 Tablespoons olive oil
1 Pound pearl onions, peeled
1 Pound of mixed wild mushrooms (Morel, cremini and chanterelles), sliced
Heavy cream (optional)

Bouquet Garni of
3 Sprigs thyme
5 Black peppercorns
2 Bay leaves
Onion skins
4 Cloves garlic

Chicken and Fowl

A few dry porcini mushrooms

Garnish

1/4 Cup chopped fresh Italian parsley

Chop salt pork chopped into ¼ squares and blanch for 4 minutes. Drain and retain.
Boil pearl onions in lightly salted water until still somewhat firm. Drain and retain.
Preheated oven to 325 F.

Heat a Dutch oven that is equipped with a lid over medium high heat. When pan is hot, add olive oil and salt pork, reduce heat and render the fat. Remove crisp salt pork with slotted spoon and retain. Cook onions in render fat until limp. Remove and retain.

Dredged chicken in flour seasoned with pepper and salt knock of excess. Add 4 tablespoons butter and brown chicken pieces in oil, rendered fat and butter on all sides. Pour off excess fat. Stir in the wine, chicken stock and Armagnac. Scrap any bits on the bottom. Add the bouquet garni. Bring to a simmer and cover. Place Dutch oven in preheated 350 F oven and cook ½ hour. Turn the chicken pieces over and cook another ½ hour. Remove and discard bouquet garni. Place Dutch oven on the stove top. The chicken can be removed to a tureen if the liquid needs heavy reduction. When reduced and the sauce's flavors have concentrated, stir in wonder flour, a little at a time to thicken the sauce. The sauce must reach a boil to achieve its final thickness.

Heat a frying pan until hot; add 2 tablespoons of butter, and the boiled pearl onions. Sprinkle onions with a little sugar to help them caramelize, toss. When the sautéed onions are nicely colored, add sliced assorted mushrooms. Cook mushrooms until tender. Return crisp salt pork to the fry pan to heat. Add pearl onions, mushrooms, and pancetta to the Dutch oven, stirring as you go. Taste the gravy. Correct the seasoning. Optionally heavy cream is added to taste.

Place the chicken in a tureen. Garnish top with fresh finely chopped parsley.

Duck al'orange

Have the butcher prepare the duck by cutting off the breast into two boneless breasts, scoring their skins in a diamond pattern spaced ½ inch apart. Have him chop the rest of the duck carcass so you it can be used to make a rich duck stock.

One large Long Island duck
Salt and pepper
1 Onion coarsely chopped
1 Small carrot, chopped
1 Rib of celery, chopped
1 Bay leaf
1 Peeled clove garlic cut in half
Pinch of ground thyme
Pinch ground sage

Garnish

1 Orange, cut into decorative halves or slices
Bunch of watercress

Season the breasts on both sides with salt and pepper. Place these covered on a plate in the refrigerator until needed.

Chop carrot, onion and celery. Chop carcass of the duck. Combine carcass and chopped vegetables on a roasting pan and broil under a hot broiler. Turn the pieces until they have are roasted and have some color. Place the broiled fowl and vegetables in a stock pan and cover with cold water. Add a bay leaf, thyme, sage and garlic. Bring to a low boil, Skim off and scum. Cook for three hour, strain off solids. Return to a smaller sauce pan and reduce stock until thick.

When the stock has reduced, use it to make Orange Sauce Bigarade (see page 273). Retain a ¼ cup of stock to deglaze the pan.

As the duck skin already has so much fat, start breast in a dry pan. Heat a large frying pan over medium heat and sauté the duck breasts, skin side down, 8 to 10 minutes. Turn the breasts over, adjust the heat to high, and cook for 1 minute. Place breasts on plate in a warm oven. Place the plates we'll serve the duck on in the oven to heat.

Pour the fat out of the pan. Deglaze pan with ¼ cup of duck stock and reduce on high. Add Orange Sauce Bigarade we made earlier. When sauce is hot and thick, slice the breasts crosswise on the bias. Arrange the slices in the middle of the heated plates, and spoon the sauce over the breasts.

Garnish the plates with a bunch of fresh watercress with decorative orange slices and serve immediately.

Greek Lemon Chicken

Lime Mesquite Marinade
 Pinch Crushed red pepper
 2 Tablespoons cornstarch dissolved in 2 tablespoons of water
 4 Tablespoons dark corn syrup
 4 Cloves chopped garlic
 ½ White onion
 3 Tablespoons lime juice (juice from three limes)
 2 Tablespoons red wine vinegar
 1 Tablespoon of Mesquite Liquid Smoke
 2 Tablespoons paprika
 ½ Cup water
 Salt and pepper

Process all the marinade ingredients in food processor until finely chopped. Put on low heat, and heat until thickened. Cool ½ hour. Pour over chicken and marinate for 2 hours.

Pre-heat grill to 350F. Preheat oven to 325F.

8 Chicken thigh-leg joints
 1 Onion halved and then sliced for slices.
 2 Cloves crushed garlic chopped finely
 Four Meyer lemons, sliced to 1/16" slices
 Salt and pepper

Grill chicken section until they take on color and have dark brown spots. Turn chicken several times during the grilling process. Remove to an oven safe glass rectangular cooking dish. Salt and pepper well. Cover with onions, garlic then lastly, two slices of lemon on each piece of chicken. Bake uncover for ½ hour at 325° F. Cover with tinfoil. Increase heat to 350° F and cook another ½ hour. Remove from oven, uncover and let sit for 5 minutes before serving. When serving, slide a spatula under the chicken so as to keep the lemon and onions on top as it was cooked. Garnish with chopped chives.

Suggestion: Serve with “Mushroom and Garlic Stuffed Eggplant” on page 486.

Grilled Burgers

When it comes to cooking anything, good ingredients matter. Many commercial brands of ground meat include salt that gets in the way of controlling the seasoning of your meat. Shop where the beef is ground daily. Plan to make your own patties because you will know what is in them. For a burger to be super flavorful, the fat content should be near 27 to 30%. Most of the flavor in beef comes from fat. If you are on a diet, perhaps choose a different meal. Meat should be seasoned and allowed to rest to absorb the seasoning's flavor. During the resting period, the meat will slowly come to room temperature that will insure better cooking. Grilled buns are good but not as good as buns buttered with garlic butter then toasted on a flat pan until golden brown. Lettuce should be crisp. I prepare a fresh Thousand Island dressing for the bun. Slice Tomatoes no thicker than 1/8 inch thick and allow to them come to room temperature if they were previously refrigerated. Alternatively, use a ¼-inch thick slice of tomato per bun and grill the tomato slices, which have been lightly salted. The hamburger should be about ¾ inch thick but no thicker. All patties should be the same thickness. Hamburger patties have a tendency to shrink and plump as they cook. This makes them oval instead of flat and too small. To overcome this problem, make the diameter of the patty initially larger than the bun with a slight center indentation. As the patty cooks, plumping returns the patty to flat.

Patties

1 2/3 Pound ground chuck
 5 Tablespoons finely minced onion
 Scant ½ teaspoons salt
 One tablespoons Worcestershire
 ½ Teaspoon white pepper
 ½ Teaspoon black pepper
 ¼ Teaspoon red pepper
 1 Clove finely minced garlic
 Optionally, add any 1 tablespoons of any other sauce¹ or ketchup

Bun and Bun Sauce

4 Fresh extra large hamburger buns
 4 Tablespoons Best Food (Hellman's) mayonnaise
 2 Tablespoons ketchup
 Optional 1 teaspoon of prepared horseradish, if desired
 2 Tablespoons sweet pickle relish

Chicken and Fowl

2 Tablespoons finely diced shallots or Vidalia onions
Pinch white pepper

Garlic Butter for Toasting the Buns

1 Clove finely minced garlic
3 Tablespoons whipped sweet butter

Cheese

Slices of Munster, Monterey Jack, or white cheddar, one slice for each burger

Garnish

Grilled or ungrilled tomato slices, see text above
Prepared roasted red bell peppers or poblano pepper, seeded, skinned and sliced
Iceberg lettuce torn to size
Bread and Butter pickles
Optional, any good mustard like a spicy brown mustard with seeds

Prepare Garlic Butter about three hours ahead. Whipped butter with added minced garlic until it is soft and fluffy. Refrigerate 2 hours to mellow then allow it to warm up on the counter for ½ hour before using.

Mix patty ingredients in a bowl gently with your hands and let rest covered with plastic in a cool spot in the kitchen for an hour. Divide the meat into five round 1/3 pound balls. (One of these will be a spare in case you break one while cooking.) Flatten each ball of meat into a patty. Avoid crushing the meat. Make the diameter of the patty larger than the bun with a slight center indentation (see text above for why). Place patties on a plate covered with plastic wrap until needed.

Clean the grill. Oil the grill skids with a paper towel wet with oil. An oiled grill prevents sticking and transfer heat better. Turn burners to medium. Close grill lid. When the temperature of the grill reaches 350 F, gently put on the patties. A slower grilling insures the center has time to get done before the exterior is over cooked. When grilling the patties, do not turn or fiddle with the patties for about 4 minutes so they get good grill marks and do not stick. Keep the lid closed while cooking as it stabilizes the temperature. Flip patties once and grill other side. After three minutes, add slices of cheese on top of each burger. Never press down on the patties while grilling as it only makes the patty dry out. Check doneness by touch. Patties with a little give are medium and barely firm are well done. Like steak, I prefer a burger medium rare. Preparing burgers only requires the preparation work be well planned with some items such as condiments (bun sauce), garlic butter, pre-seasoned meat formed into patties, roasted pepper be separately plated and handy before cooking the patties. On the side hot plate attached to the grill, have a non-stick flat pancake pan handy for browning the buttered buns which take about 3~4 minutes once the pancake pan is hot. The recipe is for four burgers so scale accordingly.

Butter buns with garlic butter then toasted on a flat pan until golden brown. Assemble hamburgers, bottom bun, bun sauce, pickles, lettuce, slice of tomato, patty with its melted cheese, optional, slice of onion, top bun coated with optional mustard and bun sauce. Place hand over hamburger. Cut in half with serrated knife using a sawing action. Toothpick each sandwich half to hold together with a decorative toothpick. Serve with a favorite side dish.

Notes:

1. Other sauces: See “Steve’s Steak Sauce” on page 279., A1 sauce, or KC Masterpiece Hickory BBQ sauce, etc.
2. Poblano pepper make this hamburger a little Tex-Mex and if you want to emphasize this flavor add a pinch of cumin in the meat and use a Hickory BBQ sauce in the meat.

Grilled Pecan Smoked Chicken

As easy as pie and scalable. Need to feed more people, double everything except the wood chips!

Rub

1 Tablespoon of garlic powder
2 Tablespoons sweet paprika
1 Teaspoon of ground coriander
1 Teaspoon of onion powder
½ Teaspoon salt
2 Tablespoon olive oil (in a mister)
1 Tablespoon lemon pepper
1/8 Teaspoon cayenne pepper

1 Teaspoon ground celery seed
½ Teaspoon dried sweet peppers
Main
2 Cups soaked pecan wood chips
2 Fryers cut in half
Garnish
Italian Parsley

Cut the frying chickens in half through the sternum and back. Wash and dry very well with paper towels. Rub chickens well with the prepared spices. Store chickens refrigerated until ready to use. Preheat the outdoor grill to 350 F. Place a small smoker box directly over one of the burners. Load in a third of a cup of soaked pecan wood chips. Spray fryers with a fine mist of olive oil and place fryers on the grill's top rack well away from direct heat. Close grill top allowing chicken to smoke between 350 and 400 F. Periodically check and replace pecan wood chips as necessary until all the chips are gone. During this time, turn the chicken pieces over once. Cooking time should be between 45 minutes and an hour.

Cover with tin foil and place chicken in a 250 F oven until ready to eat. Cut up to serving-size pieces with poultry shears. Garnish with parsley.

Holiday Roast Turkey

Read this entire recipe 2 weeks before you need to cook the bird and once again the day before! This allows you to preview the required equipment, see the need for a defrosted bird; can get any additional equipment needed. The recipe calls for dressing. Prepare dressing a day ahead as "Turkey day" begins early because of the extended cooking time of the bird. If you plan a turkey over 22 pounds, you probably need to order one two or three weeks ahead of time.

A lady was picking through the frozen turkeys at the grocery store but she couldn't find one big enough for her family.

*She asked a stock boy, "Do these turkeys get any bigger?"
The stock boy replied, "No ma'am, they're dead."*

Equipment for a dressed turkey

Set of metal turkey skewers (kit)
Kitchen string
Small pair of scissors
Heavy tin-foil
18- by 13 by 3 ½ inch roasting pan¹
Dial thermometer (6-8 inches long)
An oven thermometer (check the oven temperature)
A fat separator
A bulb baster with an injector needle or hypo-syringe and needle
Hand towels
Paper towels
Large microwave-safe Pyrex measuring cup (melting butter)
Ample supply of dish and hand-soap

It is a good idea to do an inventory the week before, to see if you need to buy anything you have misplaced from last year. One item I often overlook is the metal turkey skewers which I buy in quantity once very five years; I could be running out again.

If your oven temperature is not accurate, the bird will either cook too quickly or take too long. You need to check your oven temperature with a quality oven thermometer. With some experience, you can adjust the cooking time, speeding up or slowing the process, as required, by raising or lowering the oven temperature by plus or minus 30 F.

The best part of a roast turkey certainly isn't just the turkey. It's all the wonderful dishes that lubricate and complement a succulent bird. By the time the turkey is carved and nestled amongst the cranberries, whipped potatoes, giblet gravy, candied sweet potatoes, savory creamed onions, and the rest of the fixings, dinner becomes indistinguishable from gourmet cuisine. Practically nothing you do can be more catastrophic than overcooking in a turkey. The result will be dry and the meat will disintegrate off the bones. No recipe is foolproof because fools are so ingenious. Close attention to detail is an asset in the kitchen. Nothing is quite as appreciated as a finely cooked bird and many struggle for years before they manage to get it right. Follow these instructions carefully and you will have success your **first** crack at it. Cooking the turkey to perfection is practically impossible as the rate at which the white meat and dark meats cook is not exactly the same hence, in this recipe, we do a few things to compensate but the turkey legs may be slightly less than perfect while the rest is perfect. I think this is a good

Chicken and Fowl

compromise. The breast of the turkey remains perfectly moist and succulent while the legs are slightly chewier at (170F) than if they had been cooked to 185° F. The thigh meat is further down in the pan which seems to cook it slower than the legs.

Planning is Important

You will need to plan your turkey day. Nominally a 25 pound bird will cook for 8 hours and 20 minutes and the bird needs 30 minutes to rest after it comes from the oven. (The formula is 20 minutes per pound.) If you plan to eat at 5 in the afternoon, the bird needs to be in the oven by 9:00 AM. This means the dressing needs to be ready by 8:30 AM when you start assembling the bird, but the bird needs to be removed from the refrigerator and allowed to come up to room temperature, about an hour. Now we are at 7:30AM. How about that first cup of coffee? So make the dressing the day before and put it in 2 two-gallon zip lock bags so it's ready to go turkey morning. When you take the bird from the refrigerator also remove the dressing. (It takes about an hour to make the dressing if you have a food processor, longer if the bread crumbs are being made with a blender or longer if you only have small bowls.) Cooking time on the bag the turkey comes in may not be correct. See chart below.

Birds, Birds, Birds

Natural turkeys, free-range turkeys, organic turkeys, processed turkeys all mean slightly different things. You need to know what you're looking for. In the United States, the USDA web site defines the requirements necessary for a turkey to have certain designations. In the notes below, there is a link to their web site which is applicable reading. Kosher and Halal designations are not part of USDA program but are products that undergo the rigors of religious over-site by Rabbinical or Muslim supervision. Kosher turkeys and most commercially available turkeys are usually brined or have been processed with salt. Adding any additional salt will make the bird excessively salty. Read the label on the turkey! If you are on a low-salt diet, you will need to either buy a turkey not brined or soak the brined turkey for at least 24 hours in water to draw off some of the salt. It is great if you have a sink or a five gallon clean paint bucket in a cold garage. Brining makes for a better-tasting bird. Fresh turkeys are more convenient than frozen but a lot more expensive. Typically only the smaller birds are available fresh. The Butterball and other brands may be purchased pre-basted (injected) with chicken stock, margarine, salt and who knows what else. I don't recommend a pre-basted turkey. When you baste your own bird you have total control over ingredient quality which is important. The toms birds are the biggest ones which is what I buy. The chicken stock could just as easily be turkey stock and home made. If making home made stock, omit any salt in the recipe. The sweet butter, likewise, has no salt. If you buy a frozen bird, it may take more than a week to defrost in the refrigerator. If you have less time, place the bird in two brown paper bags and leave it out two days in a cold place like you garage away from a hungry dog. This will jump start the defrost process. Bag the bird in several kitchen size trash bags so it will not leak and the bird can now go into the refrigerator another two days to finish.

Be mindful of Sanitation

Don't forget to wash your hands. Clear a large section of counter space. As with handling any poultry, anything that comes in contact with the uncooked bird must be sterilized or removed to the dishwasher after its use. During the process of stuffing the bird, you may have occasion to wipe your hands on a towel. Be mindful what you have touched. Get out the dressing, melt the butter; basting needles and syringe get out the kitchen string, roasting pan, have hand-towels and paper towels handy, small pair of scissors, a dial thermometer, and the trussing kit with the metal skewers. Have the tin foil sections already out and cut to length and available on the counter. Put everything needed for preparation at easy reach. You don't want to have turkey hands and start handling cabinet handles, drawer pulls, or have to open the refrigerator. Now proceed. When the bird is ready to go into the oven, have someone open the oven door so you don't have to do it with dirty hands else wash your hands first. After placing bird in the oven, put your hand towel(s) into the clothes washer, Wipe down the faucet, the handle to the dish washer, disinfect the kitchen counters, put the sponge you just used into the dishwasher. Wash your hands. Break out a fresh towel.

Pre heat oven to 325 F. Remove all oven racks but the lowest one.

Ingredients

- One 25 pound turkey (see notes for cooking time)
- 3 Sticks of melted sweet butter (reduce to 1 ½ cups if turkey is pre-basted)
- 3 Cups of low salt chicken stock (not needed if turkey is pre-basted)

Cooking syringe

A bulb baster

Cooking (trussing) thread⁷

Heavy tin foil

Large roasting pan (see text)

If making gravy, a fat separator is handy

Thermometer (see text)

Plenty of paper towels

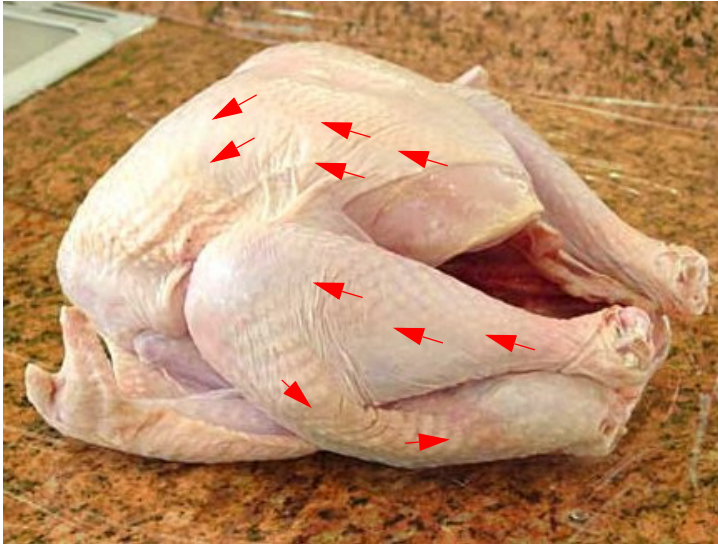
Trussing kit⁷

The turkey comes in a plastic bag. The bag is full of juices so open it in the sink. Remove the giblets and neck from the cavities

Holiday Roast Turkey

inside the bird. Thoroughly wash turkey with cold water inside and out rinsing until no sign of red shows in the rinse water. If the bird was supplied with a plastic insert to hold the legs together, remove and discard it. Remove and throw away any large clumps of turkey fat clinging to the skin near the rear or front openings. Keep the tail even if loose – for some, this is a favorite part. If a few quills are sticking out of the bird, remove them with needle-nose pliers. The loose neck skin is needed to hold the dressing the front of the bird so make sure you leave the neck skin flap intact. Place the turkey in a large flat roasting pan¹ at least three inches on each side larger than bird with sides at least three inches high. Dry the bird inside and out thoroughly with paper towels. Dry the bottom of the roasting pan of any residual liquids.

Set giblets and turkey neck aside for making the turkey stock for the gravy.



Injecting Bird

(For gravy recipes See “Steve’s Turkey Giblet Madeira Gravy” on page 279. or See “Simplified Turkey Gravy” on page 277.)

Tightly pack (see recipe for dressing on page 215) dressing into neck and cavity of bird. Pin the skin of the neck area back on to the under side of the bird with the pins from a turkey trussing kit⁷ in 4~6 places. Try to insure that the pins avoid piercing into the main cavity of the bird else you may run your hand into one of these while fitting the dressing in the main cavity. Coat the bottom of the pan by brushing it with melted butter. Move turkey over the middle of pan. Fill the rest of the bird by tightly packing dressing into the main cavity. Press the initial handfuls back towards the neck opening and down into the back ribs. When the main cavity is almost filled, truss the legs by tying these tightly together with string toward the very end of the legs (½ inch back). After the legs are trussed, add more dressing between then until the main cavity is filled. Brush entire exposed outside of turkey with butter especially the neck flap area. Fold a piece of tin foil to a square to cover the neck flap area (fold of

skin in the front neck area) where the dressing is, as this easily gets done quicker and will otherwise burn. (In the long picture on the next page, this is shown in the top image.) Butter this foil then place butter side firmly against the turkey. Trussing keeps the turkey together, which makes it cook more uniformly, rather than having the wings and legs dangle and become dry when finished. Make a loop of butcher string to tie the wings up and to each other. (Same loop is used for legs as wing shown in middle panel picture on next page.) This will insure the wing tips stay close to the bird’s body so they will not burn. (see upper panel picture – note the string for the wings crosses straight across the front section of the bird.) Using the rest of the butter, inject it at a shallow angle into the bird’s breast, drummette (wings), thigh and leg areas. Come back and repeat with the chicken stock. The injected liquid should run out as the bird cooks so a course needle is preferred. These injections should be shallow and avoid going into the dressing cavity. Now tie the leg ends tightly together. Cut off any extra string. If the tail is dangling, make a loop in another piece of butcher string, place loop around middle of tail section. Push it up, towards the legs. Tie the tail piece string to the leg string. Cut off any extra string. Make an opening-sized tin-foil “plug” for between the leg to cover dressing opening. Push it in. (See bottom panel picture on next page.)

Cover breast and top of bird with heavy tin foil. I fold a much larger piece in half and then make ½ side-seams by folding these over on themselves, this makes the foil heavier and stiffer which allows you to more readily shape the foil to fit the contour of the bird’s topside. The foil will be placed over the top of turkey and down to the turkey legs but not tightly. You will repeatedly remove the tin foil to baste or inspect the bird so a more rigid piece of foil is more manageable. The tin foil top will be discarded the last hour of roasting to allow the bird to further brown. I suggest using a direct indicating thermometer stuck deep in

the bird insuring that the internal temperature exceeds 160⁰F for at least 20 minutes. If you don’t have this type of thermometer, use an instant reading thermometer. You don’t have to worry about the bird’s temperature until the last hour or so of cooking when testing for doneness occurs.

Chicken and Fowl



Roast at 325 F oven 20 minutes per pound for the best results. If you must shorten the cooking time, raise the temperature, to 350 F but only after the first two hours. (See notes for cooking time.)

Basting while Cooking

Basting a bird is a ritualistic enterprise at best. It allows the chef the opportunity to confirm the fact that he was diligent to turn **ON** the oven **this time!**

The appearance of a roasting bird seems to have a calming effect which may counteract the anxiety of having Aunt Martha over who will describe in excruciating detail every ailment she has had for the last 22 years. So if basting a bird, cook the turkey for two hours then begin basting. (You could just tell Aunt Martha your coming to baste the bird while actually refilling your egg nog.) Baste bird every thirty minutes with juices from the pan. If the color of the bird, **the last hour** of cooking, is too pale, increase oven temperature to 375. If the turkey is already looking a bit dark leave top tin foil on until last half hour of cooking.

After cooking, let the turkey stand ½ hour before carving. (smaller turkeys less time) Cut off the strings to carve. Put several pot holders under the narrow edge far side of the roasting pan so the juices all run to the near edge. This will allow the run-off to be easily collected toward finishing the gravy.

Fixing Problems:

Sometimes the tail is not attached any longer as it became dislodged during processing. Soak a wooden skewer in water for 20 minutes, then spear the side of the turkey near the tail area, through the detached tail and through the far side taking great care that the extremely point end does not **also** pierce your hand!

About Dressings:

Any dressings that includes uncooked meat, seafood or fowl are potentially risky. It is really not a big deal to sauté the uncooked meat, seafood or fowl in some butter and onions before assembling the dressing which virtually eliminates any potential risk associated with cooking a dressed bird. I don't think it in anyway compromises the quality of the dressing.

Notes:

1. Roasting pan recommendations **exclude** a tin foil pan! First mistake with a baster will pour hot butter all over the hot interior of your oven immediately resulting in a major conflagration which may require a visit from the local fire

department to quench. If you're lucky the house will remain. A good roasting pan is NOT teflon coated. The nice caramelized bits do not form on teflon pans so if gravy is more important than clean up find a metal pan. The ideal roasting pan should have a dimension of 18 x 13 by 3 ½ inches, with vertical or with folding handles. Much larger and it will not fit in most refrigerators. Smaller sizes promote splatter while basting.

2. **Slow Thawing Turkey:** Slow and 100% safe thawing may be done in the refrigerator but requires at least 24 hours for every 4 pounds of weight which is about a week for a 25 pound bird. Once thawed in the refrigerator, it can remain refrigerated for several days before cooking. Place the bird in a plastic garbage bag to insure it does not leak all over other food.)
3. **HEN or TOM TURKEY** – The sex designation of “hen” (female) or “tom” (male) turkey is used as an indication of size rather than tenderness.
4. **KOSHER** – “Kosher” may be used only on the labels of turkeys that are prepared under Rabbinical supervision. Likewise Halal is the equivalent Muslim designation.
5. **NATURAL** – Turkey containing no artificial flavor or flavoring, coloring ingredient, chemical preservative, or any other artificial or synthetic ingredient and is minimally processed.

6. **Trussing Thread, kitchen thread, butcher's string** – a white sanitized string, usually cotton, for trussing fowl and tying roasts. Sometime a short piece is included in a trussing kit which also includes a set of heavy wire skewers about 4 ½ inches long for securing the bird's neck cavity.
7. **Approximate Cooking Time Chart for 325 F (based on 20 min. per pound for a dressed bird):** (1/3 hour is 20 minutes, 2/3 hour is 40 minutes)

Pounds	Hours	Pounds	Hours
14	4 2/3	23	7 2/3
15	5	24	8
16	5 1/3	25	8 1/3
17	5 2/3	26	8 2/3
18	6	27	9

Regardless of the chart, the bird is done when the internal temperature of the bird reaches 160 F for 20 minutes. At this point, the bird has already somewhat turned a golden brown on top even if you have inadvertently have left the tin foil on. It will be golden brown to some extent when it's at the right temperature. If the bird is at 170 F (**yikes**) take it from the oven – avoid over cooking!

Kae's Chicken and Avocado Tostados

- 3 ½ Chicken breasts cooked (about 1 ½ pounds)
- 3 Cups finely shredded lettuce.
- 2 Green onions thinly slices
- 4 Radishes
- 2 Tablespoons chopped cilantro
- 2 ½ Tablespoons bottled Italian salad dressing
- 12 Corn tortillas fried in deep oil 350-375o F formed around a Pyrex cup to make a bowl.
- 2 Avocados sliced
- 1 ½ Cup shredded cheddar cheese
- Refried beans (see page 136.)

Garnish:

- Tomato wedges, carrot curls, radish roses

Shred chicken with fingers, remove skin and bones. Make some strips long. Spread tortillas with refried beans. Top with mound of lettuce mixture. Place long strips of chicken and avocado over lettuce. Sprinkle each with 2 tablespoons cheese. Garnish with Tomato wedges, carrot curls, radish roses.

Kae's Chicken Satay

Satay is an Indonesian/Thai specialty served as a snack or appetizer. It consists of marinated meat, fish or poultry that is threaded on skewers, grilled or broiled, and served with a spicy peanut sauce. (see page 277)

- 4 Boneless skinless chicken breasts
- 4-3 Tablespoons sesame oil
- 1 Tablespoons soy sauce
- 1 Tablespoons dark soy sauce
- 2 Tablespoons lemon juice
- ½ cup chopped lemon grass
- 2 Teaspoons minced ginger root
- 2 Teaspoons honey
- 3 Cloves garlic, minced
- 1 Teaspoon ground coriander
- 1 Teaspoon ground cumin
- Pinch hot pepper flakes

Cut chicken lengthwise into thin strips; thread onto soaked wooden skewers. Place in glass baking dish. Whisk together oil, soy sauce, lemon juice, ginger, honey, garlic, coriander, cumin, chopped lemon grass and hot pepper flakes. Taste marinade should be both salty and sweet. Pour over chicken, turning to coat well. Cover and refrigerate for 2 hours. Reserving marinade, cook chicken on greased grill over high heat or broil, basting with marinade, for 5 to 6 minutes per side or until no longer pink

Chicken and Fowl

inside.

Serve with Satay sauce (See page 277).

Kae's Chicken Enchiladas Suiza (Swiss)

- 1 Frying chicken, cut up (2 ½ pounds)
- 2 Ripe tomatoes peeled seeded and chopped
- ½ Cup water
- 1 Medium onion, chopped
- 1 Minced clove garlic
- 1 ½ Teaspoon salt
- ¼ Teaspoon each cumin and coriander

Combine above ingredients and simmer covered for 1 ½ hours:

- 2 Cans chopped green chiles
- 1 Cup whipped cream
- 12 Corn tortillas
- 2 Cups shredded Jack cheese
- ½ Cup sour cream thinned with 2 tablespoons cream or half and half
- ¼ Cup sliced ripe olives
- 2 Green onions thinly sliced.

Boil cooking liquid until reduced to 1 ½ cups then stir in green chiles and spread in 13 x 9 glass baking pan. Heat cream in small frying pan. Dip tortillas in cream until limp. Fill tortillas with shredded chicken, roll up and set side by side. Pour on remaining cream. Sprinkle with cheese. Bake 375 F for 20-25 minutes until cheese melted and a little brown. Sprinkle with olives and green onions. Alternatively, substitute boiled thin ham for chicken.

Kay's Perfection Roast Chicken and Potatoes

Chicken is a staple in many house holds. If you eat chicken once a week for sixty years, you may end up cooking 3120 birds and you may have spent more than 140 days cooking them based on 1 hour per bird. You might as well learn how to do it simply and achieve a **PERFECT BIRD** where the wing tips crunch like potatoes chip, the skin is a dark brown and crackling crisp, and the whole bird is succulently juicy especially the breast and the whole bird extremely flavorful. The magic of the recipe is the heat of the oven. The bird will cook at 500 F for 1 hour. The potatoes will have absorbed some of the juices of the chicken. This is a meal fit for kings. I rate this recipe with 5 stars! Boy could my mother cook a chicken!

The regime of very high temperature cooking requires being aware that it is rather easy to burn ingredients if they are not suitable to this heat. Do not pepper the bird or the potatoes as the pepper will just burn. Do not substitute margarine for butter as it too will just burn. Do not use a seasoned salt as ingredients in it will burn.

- 1 Free range frying chicken (3 ½ ~ 4 ½ pounds)
- 3~4 Idaho potatoes, peeled and cut into wedge shaped slices not too large
- 1 Stick of melted unsalted butter
- 1 Tablespoon olive oil
- Salt
- Pepper (after the bird is cooked)

Pre-heat the oven to 500°F. (That not a mistake - 500!)

Wash chicken well and dry it thoroughly inside and out with paper towels. Remove any excess fat from the cavity flaps. If the cavity opening is too closed down, remove some of the flaps with a sharp knife. The cavity opening should be larger than a golf ball to allow heat to enter. This is vital to correct cooking.

Wipe the bottom of a glass roasting pan with olive oil. (Do NOT line the pan with tin foil.) Cover the bottom of the pan with cut up potatoes wedges. Salt these.

Place the whole chicken on top of the potatoes in the center of the pan. Pour the melted butter over the chicken and the potatoes. Salt the chicken. Roast in center oven rack for one hour until the bird is a dark golden brown.

Remove the bird to a platter and arrange the potatoes around it. Using a spoon, pour some of the juices over the bird and the potatoes. Now pepper the bird and the potatoes. Garnish with a few sprigs of rosemary. Serve on the table using kitchen shears, a sharp knife and thongs. Let stand 8 minutes before carving.

If you have more guests, double the recipe but for best results, use two pans. You may split the chicken down the breastbone and through the back and cook the halves atop the potatoes wing tip up. Then each serving is a half a chicken per person and no further carving is required.

Don't mess with the heat although, the first time, you will be tempted to turn the oven down, it would be a mistake. Don't try to stuff the bird either. You may think that a single 4 pound bird is plenty to go around but everyone will want seconds!

Kay's Chicken Liver Pate

- 6-8 Chicken livers
- 1 Slice fresh pork fat as a topping while baking
- 1 Slice lean fresh pork fat
- 2 Shallots
- Diced mushrooms
- 1 Tablespoon butter
- ½ Cup of white bread crumbs (no crusts)
- Parsley
- Thyme
- ¼ Teaspoons allspice
- Lemon peel
- 1 Tablespoons of good brandy
- 1 Well beaten egg

Sauté shallots and mushrooms in butter. Add all ingredients and process finely in food processor. Set pate in bakeable dish. Cover with fresh pork fat as a topping. Set in a bath of boiling water and bake in oven at 325 F for 1 ½ hour.

Mexican Rice and Chicken Casserole

This is a comfort food dish that serves as a whole meal. The roasted poblano chilies give a great flavor to the dish, but requires extra preparation time. You can substitute canned Diced Green Ortega Chiles but the flavor will not be as good.

Mexican Rice

- 2 Cups long grain rice
- 3 ½ Cups water
- ½ Teaspoon cayenne pepper
- 1 Tablespoon sweet paprika
- 1 Teaspoon chicken bouillon
- 1 Clove garlic, minced

Casserole

- 1 ½ Cup sour cream
- 1 Small can of creamed corn (9 ounces)
- 1 Can of yellow corn (15 ounces)
- 1 Can of Campbell's cream of chicken soup
- 1 Chopped Spanish (yellow) onion
- 4 ~5 Large chicken thighs
- 1 Tablespoon olive oil
- 3 Fire roasted or broiled poblano chilies, chopped
- 1 Small green jalapeno chile, ribbed, seeded, diced finely (optional)
- 4 Ounce glass jar of pimentos or 1 roasted red bell pepper
- 7 Ounces Monterey jack or Munster cheese, grated plus 1 more ounce as topping

Garnish

- A generous bunch of fresh chopped cilantro

Prepare roasted poblano chilies on page 491 then remove and discard seeds and stems. Chop chilies. Place in a mixing bowl.

Preheat oven to 350 F.

Bring water to a boil in a pot with a lid. Add paprika, cayenne pepper, chicken bouillon and minced garlic. When boiling again, add the rice, cover tightly and bring back to a boil. When it boils, place covered rice in oven for 30 minutes on 350 F.

Chicken and Fowl

Using pot holders, remove cooked rice from oven. Carefully remove lid to avoid escaping steam. Spread rice on a cookie sheet and allow to cool and give off excess moisture.

While rice is cooking, place thigh pieces on a plate and cook chicken on medium (50%) in microwave for 5 minutes. Drain plate of juices. To promote even cooking, rotate thigh pieces 90 degrees and pieces turn over. Cook chicken on medium-low (40%) in microwave for another 5. Let stand for 10 minutes. Check for doness. Chicken should be fully cooked. If not done, cook another 3 minutes on medium. Let chicken cool on plate. When cool, drain chicken broth in plate into the mixing bowl. Discard skin, remove thigh meat from bone and chop into bite size pieces. Add to cut up chicken to the mixing bowl.

Sauté the chopped onions in a little oil until clear. Add cooked onions to the mixing bowl. Add the corn, creamed corn, pimentos, rice, chopped chicken, cream of chicken soup, sour cream, and most of the cheese. (Some cheese is reserved to top the casserole.) Optionally prepare and add one small seeded, ribbed, finely chopped jalapeno chile. Mix ingredients well. Taste and correct seasoning. Fill casserole dish with mixture. Top with reserved cheese.

Bake on center rack for 35 to 40 minutes at 350 F. Garnish servings with fresh chopped cilantro.

Moo Goo Gai Pan - Chicken and Mushrooms

The chicken is cut so thin and cooked so quickly that it remains wonderfully tender.

- 1 Cup Chinese (Napa) cabbage, white portions, sliced ¼ wide, 2 inches long
- 1 Can drained sliced water chestnuts
- 1 Cup snow peas, washed in cold water
- 2 Boneless, skinless chicken breast, sliced in thin slices
- 1 Cup baby cremini mushrooms, stemmed, quartered
- 2 Cloves garlic, minced
- 3 Tablespoons shallots, minced
- 1+1 Tablespoons peanut oil
- 1 Pinch crushed red pepper
- 1 Pinch white pepper
- 1 Tablespoon cornstarch
- 1 Tablespoon butter
- 1 Teaspoon white sugar
- 1 ½ Teaspoons soy sauce
- 1 Teaspoon fish sauce
- 1 Teaspoon mirin
- 1 Tablespoon rice wine or sake
- 1 Teaspoon rice vinegar
- ¼ Cup chicken broth and a little more later, if needed

In a small bowl, add cornstarch, sugar then mix in soy sauce, fish sauce, rice wine, mirin, vinegar, and ¼ cup of chicken broth. Set the cornstarch mixture aside until needed.

Heat wok over high heat. When hot, add a tablespoon of oil and the pepper. Stir fry the chicken slices until all traces of red are gone. Turn pieces over, do other side. When traces of red are gone, turn out cooked chicken on paper towels to drain. Wipe out wok.

Heat wok over high heat. When hot, add a tablespoon of butter. Stir fry in the fresh mushrooms until just tender. Turn out mushrooms on to a plate. To the wok add a tablespoon of oil, stir fry water chestnuts, shallots, snow peas until all the vegetables are hot. Add minced garlic and stir fry 1 minute more. Return the chicken to the wok, add cornstarch mixture and stir fry and toss until thickened. Add in mushrooms. Correct seasoning adding salt, sugar, pepper as needed. Add more chicken stock as required. Sauce should be thickened but slightly runny. Serve with steamed rice.

Quail with Balsamic Onions

From Greg Inchauspe family recipes. Greg is an outdoorsman from San Ramon California and friend and co-worker from Lockheed Martin.

- 3 Tablespoon extra virgin olive oil
- Large white onions, peeled and quartered
- 8 Quail

1/3 Cup or more premium balsamic vinegar
Salt and pepper to taste

Cut off necks, feet, and first 2 wing joints of each quail and discard. Cut out and discard backbones. Halve by cutting each quail lengthwise through breast. Wash and pat dry.

Place a heavy-bottom pan over medium heat. Sauté quartered white onions in olive oil. When onions clear add quail, balsamic vinegar and a pinch salt. Just brown the quail on each side. Correct the seasoning.

Roasted Pasilla Chicken

4~5 Pound fryer chicken
1 Cup of chicken stock
½ Chopped white onion
2 Cloves of minced garlic
Salt and pepper

Soak a Pasilla chili in 1 cup of chicken stock for two hours. Reserve the broth. Remove stem and seeds, then process with broth into a fine chili paste in the food processor. Add ½ chopped white onion and 2 cloves of minced garlic. Bring to slow boil in a pan then reduce on a slow simmer for an hour. Check periodically, add water if reducing too fast. Check often during the last 15 minutes, stirring occasionally.

Cut one 4~5 pound fryer chicken through the breast bone and flatten in large glass cooking dish. Baste the bone side with some of the chili paste. Turn over. Lay flat, coat the outside of the chicken with all of the remaining sauce. Salt and pepper

Add

2-3 Fresh Pasilla chilies
1 ½ Sliced onions
A few jalapenos.

Bake 1 ½ to 2 hours at 375 F until done. Baste once the last ½ hour from the juices in the pan. Add salt and pepper

Serve with salad, white corn tortillas and Frijoles Negro topped with enchilado cheese. Garnish with a fan of avocado and chopped green scallions.

Rock Cornish Game Hens

Cornish game hens are a small domestic chicken that weigh 16 ~ 24 ounces and may actually be male or female. Cornish game hens are available fresh or frozen year around and taste similar to chicken. For the chef, their smaller size makes them ideal to serve one per guest. These are often served stuffed, but are best roasted un-stuffed for a uniform result and stuffed after they have been cooked. Wild rice mixtures make a good dressing.

1 Rock Cornish game hen per guest
Melted butter
Peeled carrots, chopped
Celery, chopped
Quartered whole onions
Salt and pepper

Pre-heat oven to 350 F. Line bottom of roasting pan with chopped carrots, celery, and quartered onions. Wash and pat dry hens. Tuck wing tips under so they do not burn. Salt and pepper inside and outside of hens. Liberally butter the outside of the hens and place them on the vegetables. Roast in oven. Baste birds every 15 minutes with additional butter. Roast until the birds are golden brown and the juices from the bird's cavity runs clear. Using latex gloves, dress the birds with your prepared dressing. Set roasted birds on a warm platter. Garnish the platter with a green vegetable like peas or green beans.

Pan sauce

1 ¼-Cup white wine
½ cup chicken stock
3 Tablespoons port
1 Tablespoons sherry

Chicken and Fowl

3 Tablespoons cold butter, cut into patties used to mount the sauce

Remove roasting pan to stovetop and apply high heat. Add white wine, chicken stock, port and sherry. Stir the pan contents pressing down on vegetables with a spoon. Cook for four minutes stirring all the white. Strain the sauce into a frying pan. Reduce a little more if too loose. When thickened, remove from heat. Add patties of cold butter and swirl the sauce until the butter has melted. Pour sauce over the game hens.

Southern Smothered Fried Chicken

Gussy's recipe was one of Gussy and Ethan's favorites. They were from the deep south and took care of the family children in our early youth. Gussy was the cook but this was Ethan's favorite meal.

Truly the flavor of the deep south. This is a family favorite and a super comfort food. Katherine browned the pieces in a fry pan then transferred all to a oven proof casserole with lid. Turn the chicken once half way through the cooking cycle. Thicken sauce at the end with additional flour with the casserole on a burner. (I use a Dutch oven pan for both operations and less mess.)

Pre-heat oven to 375 F.

- 1 Free range chicken, whole, cut up (4 ½ pounds)
- ¼ Pound butter (1 stick)
- Flour
- Salt and pepper
- Whole milk
- 1 Cap full of Kitchen Bouquet (optional) to darken gravy

Cut up bird into pieces, dust each piece in flour, sauté at 350 in butter in a large skillet or Dutch oven equipped with a lid until each side is lightly colored. Add pepper and a little salt. Cover chicken at least ½ way up with milk and scrape bottom of pan to loosen bits. Reduce heat to simmer. Cover and bring to a boil. Once boiling, transfer pan or Dutch-oven to a hot oven to bake. After 30 minutes remove chicken, turn chicken pieces over, scrape bottom of pan to prevent sticking. Recover and bake another 30 minutes until chicken is done. Place pan on a burner, remove lid, thicken gravy with additional flour as needed over medium heat (you may want to remove a few pieces of the chicken to a platter while you do this.) The sauce will be thickest once the additional flour has cooked a bit. Test the salt level and correct if needed. If you want to darken the sauce a bit use a half cap full of Kitchen Bouquet (¼ teaspoon).

Serve over plain steamed rice with fresh green peas.

Spanish Chicken with Olives and Wine

This dish was modified from an original recipe that was acquired by Katherine Ottesen, my mother while on vacation in Spain. She barged into the kitchen and refused to leave unless they shared the recipe. It is bursting with solid Mediterranean flavors. It is a whole meal, easy to prepare and cooks in one hour. All that is needed is good bread to make the meal complete although we usually serve it over steamed white or brown jasmine rice.

- 1 Chicken, cut up or legs, thighs, and wings (4 pounds)
- 1 large can of pitted black Californian olives (may also want to consider half and half with green olives as a variation.)
- 4 Vine ripened large tomatoes, quartered in wedges
- 2 Green bell peppers, seeded and stemmed, cut into ½ slices (or 1 green bell pepper and 1 yellow bell pepper, etc.)
- 1 Cup of dry white wine
- 2 Cloves of crushed garlic
- 1 Large Spanish (yellow) onion, peeled, coarsely sliced
- 2 Tablespoons very good extra virgin olive oil rich in flavor)
- 1 Tablespoon sweet butter
- Salt and pepper to taste

Cut up chicken into pieces and cook on medium in butter and oil in a large skillet (equipped with a lid) until lightly golden brown on each side. Add pepper and a little salt. Add wine, garlic, then cover the chicken with **all** the other ingredients. Reduce heat to simmer, add lid and cook one hour. In about 45 minutes look at the liquid level in the pan. Partially crack the lid to allow the liquid to reduce somewhat. While not absolutely necessary, a reduced sauce will help concentrate the flavor. When an hour has past the dish is fully cooked. Taste the sauce and correct the salt as required. (You may choose to remove the vegetables and chicken from the pan so you may turn up the heat to thicken the sauce by driving away excess moisture; in this case, platter the chicken and vegetables and pour over the reduced sauce.) Serve either with fresh Italian Bread or steamed rice

or both.

Oven Works Well Too

If you are doubling the recipe for more people, or you want to make sure that things don't burn, the dish may be prepared in a Dutch-oven equipped with a lid or even a metal turkey roasting pan where the cover is fashioned from two layers of heavy tin foil. (Two layers of foil holds its shape well and will yield an excellent seal). Pre-heat the oven to 375 F. Start the chicken as above with the Dutch oven or roasting span spanning two burners. At the point where the recipe calls to: "Reduce heat to simmer, cover and cook one hour." Move the covered Dutch oven or tin foil sealed roasting pan to the oven. After 45 minutes, crack the lid a bit or poke holes in the tin foil with a long handle fork – careful of the steam. When done, taste the sauce and correct the salt as required as before.

If serving rice, 375 F is also an ideal temperature for rice. (See recipe for rice on page 190.)

Tender Teriyaki Breasts of Chicken

Very quick cooking insure the chicken remain succulent. White meat cooks very fast and will continue to cook while idling on the plate. Chicken breasts should be cooked to 160° F and no more. They will go up in temperature by about 5 F after being removed from a 400 F oven.

Marinate 4 skinless breast of chicken in:
4 Cups of teriyaki marinade
1 Cup Madeira
White pepper
Pinch Ground Mustard

Rub breast with a combination of
1 Tablespoon of olive oil
1 Tablespoon melted butter

Basting
Commercial teriyaki baste and glaze (Kikkoman)

Pre-heat oven to 400F. When the oven hot, turn on the broiler on high. Broil on each side 8 minutes. Do not over cook. Baste with glaze. Broil 2 minutes. Turn over. Baste with glaze. Broil 2 minutes. Baste again and serve immediately. Good with steamed jasmine white rice.

Thai Green Curry with Chicken

Curry is a favorite dish in Thai restaurants throughout the world. This highly aromatic favorite is loaded with herbs and fresh flavors quite unlike Western cuisines. There are as many versions of curry as chefs but Thai versions are among my favorites. The Thai usually use more cumin than this recipe but cumin is a very powerful flavor and tends to dominate a dish if too heavy handed. In Pan-Asian cuisine, "curry" does not have any specific required spices; so, in this dish, you see no tumeric, curry powder, curry leaves or garam masala. Could one use any of these in this curry? Absolutely!

2 Stalk lemongrass⁴, chop the tender bottoms, and retain upper halves
3 Cloves peeled garlic
3 Tablespoon peanut oil
1 Green Serrano chili, chopped
1 Teaspoon Thai chili sauce (optional –taste sauce first)
2 shallots chopped (substitute 1/3 cup chopped onion)
1 ½ Teaspoons ground coriander
1/8 Teaspoon cumin
2 Tablespoons fish sauce
1 Teaspoon shrimp paste¹ (potent ingredient you may start with less to taste)
1 Tablespoon brown sugar (adjusts level of sweetness, add more if you prefer)
1 Thumb-size piece peeled white ginger (galangal), chopped
1 or 2 Keffir lime leaves, stemmed, and chopped
Zest from 1 lime
½ Cup fresh cilantro³
1 Teaspoon dark mushroom soy sauce or 1 tablespoon regular soy sauce
1 Cup coconut cream

Chicken and Fowl

Half a chicken chopped into pieces
1 Each red and green bell peppers cut into bite size pieces
Juice from 1 lime
3 Green scallion whites cut diagonally
1 Teaspoon white pepper

Garnish

Fresh Thai basil leaves
Fresh cilantro leaves
3 Green scallion tops cut diagonally

Prepare the lemon grass by removing the tough outer leaves, the tough bulbs and cut off any dried out ends. Thinly slice the tenderer lower half of the stalks and put in the food processor bowl. Bruise the upper halves with back of cleaver and cut into long segments and set aside. These will be simmered with the chicken to add more flavor.

Add to the food processor bowl: the garlic, Serrano chili, the chili sauce⁵, shallots, coriander, cumin, fish sauce, shrimp paste, sugar, galangal, Keffir lime leaf strips, and fresh coriander with their stems, soy sauce, and 1 cup coconut cream. Pulse process into a very fine green curry paste. Set aside. After 10 minutes, taste and adjust salt, spiciness, pepper and sugar. Make adjustments as required: use soy for salt if you like, add more Serrano chili if not spicy enough.

Pre-heat oven to 350 F.

Heat a Dutch oven² equipped with a lid until very hot over high heat. Add oil. When smoking, add chicken pieces a few at a time. Turn with tongs as these cook. When they have some color, remove to paper towel to drain. Add next pieces and repeat until all chicken has cooked. Pour out and discard excess oil. Reduce heat to medium. Add curry paste. Add back chicken pieces. Add the whole upper stalks of the lemongrass and two additional whole Keffir lime leaves. Add additional coconut cream if needed but keep in mind the chicken releases broth as it cooks. Stir with a spoon. When boiling, add lid and cook in oven for 40 minutes.

Return **very hot pot** to stove top with pot holders. Set flame to low. Remove and discard lemongrass stalk sections and whole Keffir lime leaves. Add chopped bell peppers and sliced scallion whites. Stir vegetables well into rest of the ingredients. Cover, return to oven and cook for additional 20 minutes.

Correct seasoning. Add juice from 1 lime.

Plate into bowls. Garnish with fresh Thai basil, chopped scallion tops and chopped cilantro. Optionally add a few slices of red chilies on top. Serve with aromatic Thai jasmine rice.

Note:

1. Shrimp Paste (kapee in Thai) is made from ground preserved tiny shrimps usually in jars. In Thailand, there is a wide range of pastes varying in strength, color and quality. Typically one uses a tiny bit to enhance the flavor of a dish. If you can't find this, just leave it out.
2. If you don't have a Dutch oven, fry chicken in frying pan. Then transfer chicken to a chafing dish or hot pot equipped with a tight fitting lid.
3. To make this greener, add more cilantro when making the green curry paste.
4. If the outer leaves are very woody, use more stalks, using just the soft inner leaves to make the curry paste.

White Chicken Sausage with Mushrooms

In France, Boudins Blancs aux champignons, is a Christmas favorite. This is an ageless light delicate sausage usually made from pork, chicken, or veal in many different versions all around Europe. The sausage is flavored with Armagnac, spices, and mushrooms or truffles. In New Orleans, the sausage is transformed by Louisiana frugality and their sensibilities. Kae's recipe is more like a true French one. The tomatoes sauce, sausages can be made ahead of time. Double the recipe for more people. Requires substantial preparation time.

2 Ounces of chicken fat
½ Cup chopped onions
1 Whole chicken breast, boned, skinned, coarsely chopped
3 Ounces veal coarsely chopped
1/3 Cup milk
1/3 Cup fresh bread crumbs of firm textured bread
1 Tablespoon chopped parsley
2 Egg whites
2 Tablespoons heavy whipping cream

White Chicken Sausage with Mushrooms

1 Tablespoons Armagnac (Cognac or brandy)
¼ Teaspoon salt and 1/8 Teaspoon white pepper
1/8 Teaspoon allspice
1/8 Teaspoon nutmeg
¼ Cup chopped cremini mushrooms

Fresh Tomato Sauce

2 Small ripe tomatoes, chopped finely
1 Clove chopped garlic
½ Spanish (yellow) onion, chopped
A strip of orange peel
Pinch of sugar
Pinch each of salt and white pepper
3 Tablespoons fresh chopped parsley

Finish the sausages with:

3 Tablespoons melted butter
Bread crumbs
Garnish sprig tarragon

Melt one ounce of chicken fat and sauté the onions, mushrooms until they are tender. Do not brown. Cool.

In a food processor, add onions, mushrooms, the other 1 ounce of chicken fat, chicken, veal, and grind until just fine but not pasty.

In a saucepan, combine milk and 1/3 cup of bread crumbs. Bring mixture to a boil until thick and milk is absorbed. To the food processor, add bread crumbs mixture, parsley, seasonings and blend well. With food processor running, add the egg whites, cream, Armagnac, and mix well. It's now necessary to check to check seasonings. Take a small sample and sauté it a bit and then taste. Correcting seasonings as required. Refrigerate the mixture overnight.

Cut four squares of plastic wrap each 9 by 9 inches. Divide the sausage mixture into four sections. Spoon into each piece of plastic wrap section, a 6 inch strip of the mixture at least 1 ½ inches from the edge. Fold plastic wrap over the mixture from each end, thereby squeezing out any bubbles. Continue wrapping to form a sausage shape. Security ends with string or small rubber-bands. Place plastic wrapped sausages in an unheated large skillet. Cover these ¾ way up with boiling water. With the skillet on a low simmer, cook the sausage uncovered for 20 to 25 minutes, turning occasionally. Remove from heat and cool. When completely cold, carefully remove sausages from their plastic wrap.

Preheat broiler.

Make a quick tomato-garlic sauce in a frying pan. Sauté garlic, onions, fresh finely chopped tomatoes, a strip of orange peel, sugar, salt and fresh chopped parsley for ten minutes or so until thickened. Taste sauce and correct seasoning.

In a frying pan, add a bit of the melted butter. Roll sausages with bread crumbs, drizzle with additional butter, and broil, turning and basting every 3 minutes until all sides of the sausage are browned. Deglaze pan with ½ tablespoon of Armagnac. Plate a sausage per guest and dollop with fresh tomato sauce. Garnish with a sprig of tarragon.

Chicken and Fowl