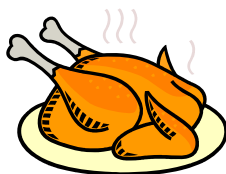


Main Dish Recipes

Poultry



Roasting Poultry



This will work for **Chicken, Turkey** and **Game Birds**.

1. Rinse the whole bird thoroughly, outside as well as inside the body. Pat dry with paper towels.
2. For an unstuffed bird you can place a quartered onion and cut up celery in the body cavity. Fasten the neck skin to the bird with a skewer and tie the drumsticks to the tail.
3. Place bird, breast side up on a rack in a shallow roasting pan. Brush with cooking oil and if desired sprinkle with pepper and salt and crushed dried herbs, like rosemary and sage.
4. For large birds you can insert a meat thermometer into the centre of one of the inside thigh muscles. Make sure it does not touch a bone.
5. Cover the pan with foil, leaving an air space between the bird and foil. Uncover bird the last 45 minutes of roasting for larger birds or the last 30 minutes for smaller birds.
6. Continue roasting until the meat thermometer reaches 180° F (82° C). Drumsticks will move easily in their sockets and juices run clear. Always check the temperature with a meat thermometer.
7. Remove bird from oven; cover and allow to stand for 15 minutes before carving.

To Make Gravy

1. You can add some water to pan juices while your bird is cooking uncovered to increase the amount of gravy you will have.
2. Remove poultry from pan and keep warm.
3. Measure 1 ½ cups (375 mL) of pan juices.
4. Mix ¼ cup (50mL) of flour with ½ cup (125 mL) of cold water.
5. Stir flour mixture into pan juices and cook over medium high heat. Stir mixture all the time. Bring to a boil and continue to boil for 1 minute.
6. Make sure you taste and add salt and pepper before serving.

**Note:**

Water drained from potatoes and other vegetables can be used to increase the amount of gravy.

Cooking Times For Whole Birds (Foil Wrapped)

	Weight	Temperature	Time
Chicken	2 ½ - 3 lbs	375° F (190°C)	1 -1 ¼ hours
	3 - 3 ½ lbs	375° F (190°C)	1 ¼ - 1 ½ hours
	3 ⅔- 4 lbs	375° F (190°C)	1 ¼ - 1 ¾ hours
Unstuffed Turkey	8 -12 lbs	325° F (160°C)	2 ¾ - 3 hours
	12 - 14 lbs	325° F (160°C)	3 - 3 ¾ hours
	14 - 18 lbs	325° F (160°C)	3 ¾ - 4 ¼ hours
	18 -20 lbs	325° F (160°C)	4 ¼ - 4 ½ hours
	20 -24 lbs	325° F (160°C)	4 ½ - 5 hours

Always check the temperature of the bird with a meat thermometer and cook until it reaches 180° F (82° C).

Note:

Whole chickens and turkeys should be thawed in the refrigerator. It will take about 4 hours per pound. If your turkey is not completely thawed inside the cavity, close to the time you will be cooking it, you can place it in a sink and cover with very cold water to speed the process.

Bread Stuffing

Serves 10 to 12

3 stalks	celery, chopped	3
1 large	onion, chopped	1
½ cup	butter or margarine	125 mL
1 tsp	dried parsley or poultry seasoning	5 mL
1 tsp	dried sage	5 mL
½ tsp	pepper	2 mL
½ tsp	salt	2 mL
12 cups	dried bread cubes or crumbs	3 L
1 cup	chicken broth	250 mL

How to Make:

1. Heat oven to 325° F (160°C).
2. Cook celery and onion in butter in a skillet until tender, but not brown. Remove from heat and stir in sage, parsley, salt and pepper.
3. Place bread cubes or crumbs in a large bowl, add onion mixture. Drizzle with enough chicken broth to moisten, tossing lightly to combine.
4. Place the stuffing in a greased 2 quart (2 L) casserole and bake at 325° F (160°C) oven for 30 to 40 minutes or until heated through.

Note:

- You can use 1 Tbsp (15 mL) fresh parsley in place of dried parsley.
- You can use 1 Tbsp (15 mL) fresh sage in place of dried sage.

Add What You Want Rice Dish (Sara's recipe)

Serves 4

1 cup	white rice	250 mL
	oil cooking spray	
1 cup	grated cheese	250 mL
1 cup	meat, choose one or more to make up 1 cup (250 ml)	250 mL
	<ul style="list-style-type: none"> • turkey, chopped • ham, chopped • chicken, chopped • beef, chopped 	
1 cup	vegetables, choose one or more to make up 1 cup (250 ml)	250 mL
	<ul style="list-style-type: none"> • frozen, mixed vegetable • corn, fresh, frozen, or canned • broccoli/cauliflower, chopped • onion/garlic, chopped • celery, chopped • green beans, fresh, frozen, canned 	
1 tsp	seasonings – choose one or more to make up 1tsp (5 mL)	5 mL
	<ul style="list-style-type: none"> • paprika, pepper • parsley, thyme, sage • basil, oregano 	

How to Make:

1. Heat oven to 350° F (180° C).
2. Cook rice: in a medium pot add 2 cups (500 mL) water. Bring to boil and add 1 cup (250 mL) rice. Stir and bring back to a boil. Reduce heat to low and allow rice to cook about 15 minutes or until water is absorbed.
3. If using fresh vegetables, cook lightly in microwave or on stove. Heat 2 Tbsp (30 mL) of oil in sauce pan. Add onions and garlic and cook until soft. Add remaining fresh vegetables and cook 3 minutes.
4. Spray casserole dish with vegetable oil spray. Put rice in dish. Add meat, vegetables, and seasonings. Stir to mix. Sprinkle cheese on top.
5. Bake at 350° F (180° C) for 30 minutes until cheese melts and casserole is heated.

Chicken Macaroni Casserole

Serves 6

2 cups	macaroni, uncooked	500 mL
1 cup	grated cheddar cheese	250 mL
1 cup	diced cooked chicken or turkey	250 mL
½ cup	chopped celery	125 mL
½ tsp	oil or margarine	2 mL
1 can (10 oz)	Cream of Mushroom soup	284 mL
½ tsp	salt	2 mL
½ tsp	curry powder	2 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Fill a large pot about half full with water and bring to a boil.
3. Add macaroni and cook uncovered at high heat until tender.
4. Remove from heat and drain off the water.
5. Heat oil or margarine in a small skillet. Add celery and stir at medium heat until slightly tender.
6. Add cooked macaroni back to the pot along with all of the other ingredients.
7. Stir all together and pour into a lightly greased, medium sized casserole dish.
8. Cover and bake ½ hour at 350° F (180° C).

Note:

You can add ¼ cup (50 mL) each of chopped red pepper and frozen peas. Heat with the celery.

Curried Chicken

Serves 6

3 lbs	chicken pieces	1.5 kg
¼ cup	mustard	50 mL
½ cup	honey	125 mL
2 tsp	curry powder	10 mL
½ tsp	salt	2 mL

How to Make:

1. Heat oven to 300° F (150° C).
2. In a small bowl or measuring cup mix together, mustard, honey, curry powder and salt.
3. Place chicken in a lightly greased baking pan and coat chicken pieces with sauce.
4. Bake uncovered at 300° F (150° C) for 1 hour. Baste with sauce occasionally while cooking.

Note:

- You can use this recipe for chicken breasts, thighs, legs or wings.
- Serve with steamed rice and Sesame Broccoli (see Page 156).

Ginger Chicken Stir-Fry

Serves 4

Sauce:

1/3 cup	cider or white wine vinegar	75 mL
1/4 cup	sugar	50 mL
1/2 cup	water	125 mL
2 Tbsp	soy sauce	30 mL
2 tsp	cornstarch	10 mL
1 Tbsp	grated fresh ginger root	15 mL

Stir-fry:

2 Tbsp	vegetable oil	30 mL
2 large	skinless, boneless chicken breasts, cut into thin strips	2
2 cups	thinly sliced celery	500 mL
2 cups	thinly sliced carrot	500 mL
1 small	red or green pepper, cut into thin strips	1
1 small	onion, sliced	1
2 cloves	garlic, minced	1

How to Make:

Sauce:

1. Mix all of the sauce ingredients in a small saucepan.
2. Over medium-high heat, bring mixture to a boil, stirring constantly. Cook and stir for about 1 minute until sauce gets thick and clear.

Stir-fry:

1. Heat a small amount of oil in a skillet at medium-high heat. Add chicken and cook until no pink remains.
2. Add celery and carrots, stir and cook for 2 to 3 minutes. Add pepper, onion and garlic. Stir and cook for a few more minutes.
3. Add sauce and cook until heated through.
4. Serve over steamed rice or noodles.

Note:

You can use 1/2 tsp (2 mL) powdered ginger instead of fresh ginger.

Mexican Chicken

Serves 4

1 Tbsp	oil	15 mL
1 lb	cubed boneless, skinless chicken	.50 kg
1 small	onion, chopped	1
1 small	green pepper, chopped,	1
1 cup	corn, canned or frozen	250 mL
1 cup	chicken broth	250 mL
1 cup	salsa	250 mL
$\frac{3}{4}$ cup	white rice	175 mL

How to Make:

1. Heat oven to 350° F (180° C).
2. Place oil in a skillet and brown chicken, onions and peppers together.
3. Add corn, broth, salsa and rice.
4. Place in an ovenproof pan or 2 quart (2 L) casserole.
5. Cover and bake at 350° F (180° C) for 1 hour.

Note:

- You can use tomato sauce in place of the salsa.
- You can sprinkle $\frac{1}{2}$ cup (125 mL) of grated cheddar cheese over the top of this dish and bake, uncovered for the last 5 minutes.

Mid Eastern Chicken Stew

Serves 4

1 lb	cubed boneless, skinless chicken	.50 kg
2	onions, thinly sliced	2
1 ½ cups	water	375 mL
2 tsp	minced fresh ginger root	10 mL
1 tsp	turmeric	5 mL
1 tsp	cinnamon	5 mL
1 tsp	sugar	5 mL
1	sweet potato or yam, peeled and cubed	1
3	carrots, cut into chunks	3
⅔ cup	chickpeas, cooked and drained	150 mL
3 Tbsp	dried currants or raisins	45 mL
2 tsp	lemon juice	10 mL
1 Tbsp	chopped fresh parsley or cilantro	15 mL
½ tsp	salt	2 mL
¼ tsp	pepper	1 mL

How to Make:

1. In a nonstick skillet or saucepan, brown chicken over medium high heat.
2. Reduce heat to medium. Add onions; cook, stirring occasionally, for about 5 minutes or until softened. Add water, ginger root, turmeric, cinnamon and sugar; bring to a simmer.
3. Add sweet potato and carrots. Cover and simmer for 30 minutes. Add chickpeas, currants and lemon juice. Add chicken. Cover and simmer for 10 minutes until vegetables are tender.
4. Add parsley along with salt and pepper.
5. Serve with cooked rice or couscous.

Note:

You can use ½ tsp (2 mL) powdered ginger instead of the fresh ginger.

Skillet Italian Chicken

Serves 4

1 lb	boneless, skinless chicken cut into bite size pieces	.50 kg
2 Tbsp	oil	30 mL
1 medium	green or red pepper, chopped	1
1 medium	onion, chopped	1
1 carton	chicken broth (4 cups)	1 L
1 can (28 oz)	diced tomatoes	796 mL
2 ½ cups	small shell pasta, uncooked	625 mL

How to Make:

1. In a large pot over medium-high heat, brown the chicken in oil.
2. Add peppers and onion; continue to cook about 10 minutes.
3. Add broth and tomatoes. Mix well and bring to a boil.
4. Add pasta, reduce heat to medium-low. Cover and continue cooking for 10 minutes, stirring occasionally or until pasta is tender.

Note:

You can use 4 cups (1 L) of chicken broth made from dry chicken bouillon mixed with water instead of the carton of chicken broth.

Sweet and Sour Chicken

Serves 4

1 can (19 oz)	pineapple tidbits	540 mL
¼ cup	white vinegar	50 mL
1 Tbsp	honey	15 mL
1 Tbsp	soy sauce	15 mL
2 cups	chicken broth	500 mL
¼ tsp	ground ginger	1 mL
2 whole	skinless chicken breasts OR 1 breast and 4 thighs	2
1 large	onion, thinly sliced	1
3 stalks	celery, thinly sliced	3
1	green, red, orange or yellow pepper, sliced into strips	1
2 Tbsp	cornstarch	30 mL
3 Tbsp	water	45 mL
	pepper to taste	

How to Make:

1. Combine juice drained from pineapple, vinegar, honey, soy sauce, broth and ginger in large saucepan and heat.
2. Cut chicken into bite size pieces and add to mixture in saucepan. Bring to a boil and cook until chicken loses its pink colour.
3. Add onion, celery and peppers. Return to a boil. Reduce heat and simmer for 5 minutes.
4. Add pineapple.
5. Mix cornstarch with cold water in a small bowl or cup. Stir into mixture in saucepan. Bring to a boil, stirring and cook for 1 minute, until sauce is thickened and clear. Season with a sprinkle of pepper.

Note:

Serve over rice.

Turkey Tetrazzini

Serves 4

8 oz	fettuccine, uncooked	250 g
2 tsp	vegetable oil	10 mL
¼ cup	thinly sliced onion	50 mL
¼ cup	chopped celery (about 1 stalk)	50 mL
1 can (10 oz)	mushroom pieces	284 mL
2 Tbsp	flour	30 mL
1 can (13 oz)	2% evaporated milk	385 mL
¼ tsp	nutmeg	1 mL
½ tsp	salt	2 mL
½ cup	parmesan cheese	125 mL
1 cup	chopped, cooked turkey	250 mL

How to Make:

1. Heat oven to 375° F (190° C).
2. Cook fettuccine in a large pot of boiling water until tender, about 10 minutes. Drain.
3. Heat oil in a pot or skillet. Add onion and celery and cook about 1 minute.
4. Drain mushrooms and add to skillet. Cook while stirring, about 5 minutes.
5. Add flour to the skillet and cook, stirring until the vegetables are coated, about 2 minutes.
6. Add evaporated milk, salt and nutmeg to the pan and heat while stirring.
7. Reduce heat to simmer and cook while stirring until thickened, about 5 minutes.
8. Stir in ¼ cup (50 mL) Parmesan cheese, pasta and the turkey.
9. Put mixture in a greased 9 x 13 inch (2.5 L) baking dish. Sprinkle with remaining cheese.
10. Bake at 375°F (190° C) until bubbly and crusty, about 20 minutes.

Note:

- You can use chicken instead of turkey, spaghetti instead of fettuccine.
- Nutmeg can be left out, if you don't have any.