



CHEF SUCCESS



STEP BY STEP
ULTIMATE POULTRY



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Step By Step ULTIMATE POULTRY

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Publishers
Simon St.John Bailey

Digital Content Manager
Christian G Bailey

Senior Editor
Isabel Toyos

Editing Proofing
Sofia Toyos

Lay Out
Luisa Bertuch

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ULTIMATE POULTRY

BECOME A BETTER, MORE CONFIDENT COOK!
PREPARE **EXPERT LEVEL CHICKEN, TURKEY, AND
QUAIL DISHES.**

The techniques included in this cookbook will allow you to add incredible flavor, variety and nutrients to your daily menu.

Whether you already know how to cook or you are just starting to learn, the amazing photos will make it easy for you to see how to prepare recipes step-by-step. Anyone can make these recipes! All you need is an understanding of the equipment, tips on how to care for it, and expert tips for making food taste better.

In Ultimate Poultry we cover the entire poultry category. These types of meat are excellent sources of essential amino acids and B complex vitamins, which, in combination with a rich and varied diet, make for a truly healthy lifestyle.

Go ahead, get your knives out and have fun accomplishing culinary expertise! The results will amaze you just as much as they'll delight your diners.

The editors





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ULTIMATE POULTRY

FOR ITS SOFT FLAVOR AND TENDERNESS, POULTRY MEAT ALLOWS FOR A WIDE RANGE OF COOKING TECHNIQUES, ALL OF WHICH RESULT IN INCREDIBLE DISHES THAT ANY LOVER OF GOOD CUISINE CAN ENJOY. IN THIS CHAPTER, WE INTRODUCE THE MAIN COOKING GUIDELINES THAT PROFESSIONAL CHEFS FROM ALL OVER THE WORLD PUT IN PRACTICE WHEN PREPARING CHICKEN, TURKEY, AND QUAIL.



COOKING TIPS

POULTRY HAS BEEN AN INDISPENSABLE INGREDIENT IN THE CULTURES OF ANCIENT GREECE, ROME AND ASIA. TODAY, POULTRY IS EMPLOYED IN THE KITCHENS OF ANY CORNER OF THE WORLD, IN EXQUISITE PREPARATIONS OF DIFFERENT ORIGIN SUCH AS THE FRENCH COQ AU VIN OR THE JAPANESE CHICKEN TERIYAKI. THE FOLLOWING TIPS WILL ALLOW YOU TO PREPARE ALL KINDS OF DISHES FEATURING POULTRY.

BUYING GUIDE

There is a wide variety of birds for consumption. "Free-range" is a popular choice among poultry buying chefs. While it may be more expensive, it is definitively the best-tasting option because the birds are fed a healthy, varied diet and given access to the outdoors. You can buy the whole birds directly from farmers markets or in supermarkets. Most of the birds are sold plucked, cleaned and ready to be cooked, with very little preparation required. When buying individual pieces, such as breast, thighs, or wings, take into account that they will last less time before going bad than whole birds.



SAFETY MEASURES

A fresh bird can be kept in the refrigerator up to 3 days. If you buy frozen birds, the package should not be broken, it should have a pinkish hue, and you should store them in the freezer immediately, for up to 6 months. Don't forget to put a label with the date of freezing. As for defrosting, it is preferable to do it in the refrigerator: leave the pieces in their package, on a plate, until completely defrosted. Poultry must be cooked 12 hours at the most after thawed, and should not be refrozen. Always wash cutting boards, utensils and surfaces that have touched raw poultry with hot, soapy water.

COOKING TECHNIQUES

Chicken and turkey are ingredients that are usually incorporated in the menu daily, while game meat is used only on special occasions. Keep in mind that more tender pieces allow for faster cooking times, and a wider variety of cooking methods. Young and smaller sized chicken, for example, have a much more tender and versatile meat than older roosters or hens.



BIRD	COOKING METHODS
Quail	Braising, grilling, pan-frying, and roasting.
Chicken	Steaming, poaching, broiling, roasting, baking, braising, grilling, frying, pan-frying, and smoking.
Duck	Braising, as confit, grilling, pan-frying, and roasting.
Turkey	Roasting, braising, grilling and smoking.
Partridge	Roasting, braising and pan-frying.
Hen & Rooster	Stewing, braising and boiling.



ESSENTIAL POULTRY COOKING TOOLS

COOKING CHICKEN IS EASIER AND LESS MESSY WHEN YOU'VE GOT THE RIGHT TOOLS ON HAND. HERE ARE THE TOP KITCHEN UTENSILS YOU'LL NEED TO GET YOU STARTED.

1



1. BONING KNIFE
This type of knife features a sharp point and a narrow blade. For removing the bones of poultry, a flexible boning knife is preferred.

2



2. CUTTING BOARD
To help prevent food poisoning and potential food contamination in your kitchen, a separate chicken cutting board is a must. The best way to disinfect a cutting board is in the dishwasher.

3



3. GRILL PAN
A grill pan has ridges that leave appealing sear marks on chicken. The ridges also allow fat to flow off the meat, making chicken meals leaner. Grill pans also heat and cool quicker than skillet.

4



4. BARBECUE SKEWERS
Stainless steel skewers are perfect for barbecues or high-heat cooking, as they can easily endure high temperatures, and do not rust easily. Leave long edges of the skewers hanging over the edge of the barbecue, to easily grab them after cooking.

5



5. WOODEN SKEWERS
THESE ARE usually made of bamboo, and are perfect for finger food and appetizers. Before cooking, make sure to soak them in water. Spread them out evenly in a single layer and allow the water to seep into them for at least 30 minutes.

6



6. ROASTING PANS
Their large size makes fitting whole birds and large pieces of meat a breeze, while the roasting rack allows for even heating when roasting. The high walls also allow for vegetable braising while the poultry cooks.



ESSENTIAL COOKING TECHNIQUES

In this chapter you will be introduced to the basic techniques needed to make delicious recipes featuring poultry as the main ingredient. You will quickly learn how to pluck and truss a bird, cut it into pieces and debone it.

A fundamental aspect to take into account when performing these techniques is the importance of using the right utensils. To work with POULTRY, you should be equipped with a good set of well-sharpened knives. This will ensure that your work is efficient and minimize the risks of accidents. Always remember to keep raw meats separate from other foods, to prevent the spread of dangerous bacteria. Aside from this considerations, keep your hands clean at all times, and follow the safety measures mentioned on pg. 8.



HOW TO PLUCK A CHICKEN

TIP OFTEN CHICKEN PIECES STILL CONTAIN A FEW FEATHERS CLINGING TO THE SKIN. FOLLOW THESE STEPS TO EASILY REMOVE THEM BEFORE COOKING.



1. Rinse the inside and outside of the chicken under running water. Pat dry with paper towels.



2. Using tweezers, pluck out feathers on the outside of the chicken. Alternatively, you can pinch each feather between your thumb and the flat side of a paring knife, and pull them out with a gentle pressure.



3. Using tongs or carving forks, hold the chicken over the burner, moving it back and forth and rotating it until all the feathers have been singed away.

HOW TO TRUSS A BIRD

TIP TRUSSING ALLOWS THE CHICKEN TO COOK MORE EVENLY, AND PREVENTS THE TIPS OF THE WINGS AND DRUMSTICKS FROM BURNING. IT ALSO MAKES FOR A BETTER PRESENTATION AT THE TABLE.



1. Remove excess fat surrounding the chicken. Remove any giblets, organs or neck pieces from inside the chicken's cavity. These can be discarded or set aside for later use. Place the chicken breast side up. Tuck the wings behind the neck area of the chicken.



2. Lay kitchen twine under the legs. Cross the kitchen twine over the legs. Then cross the ends over each other to form an "x" across the legs. Pull the ends the ends of the kitchen twine tightly on either side.



3. Place the kitchen twine under the thighs and over the wings. Hold the ends tightly together at the top of the chicken, near the neck.



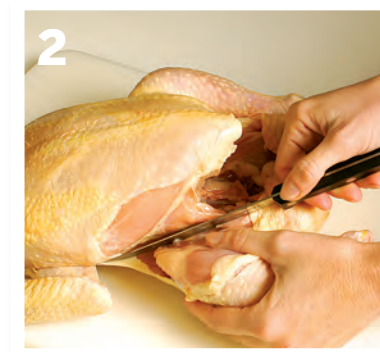
4. Turn the chicken over. Position the kitchen twine under the neck opening of the chicken and tie it in a tight knot. Trim excess twine.

CUTTING UP A WHOLE CHICKEN

TIP UNLESS YOU ARE ROASTING OR GRILLING A WHOLE CHICKEN, YOU WILL NEED TO CUT IT INTO INDIVIDUAL PIECES BEFORE COOKING.



1. Place the chicken, breast side up on, a cutting board. use a chef's knife to make a score on the center of the underside of the breast bone, and then flip the bird over.



2. Using a sharp knife, pull each leg away from body, then slice through skin between breast and drumstick.



3. Turn chicken on its side. Bend each leg back until thighbone pops out of its socket. Cut through joint and skin to detach each leg.



4. Place each leg skin side down. Using hands, bend the leg to feel for the ball joint, where the drumstick and thigh connect. Cut through the line of fat that runs along the ball joint to separate the thigh and drumstick. Repeat with the other leg.



5. Lift up chicken and slice downward through rib cage and then shoulder joints to separate breast from backbone.



6. Using hands, press breast downwards to loosen backbone.



7. Place breast skin side down. Cut along both sides of the breastbone. Using hands, pull breastbone away from breast.



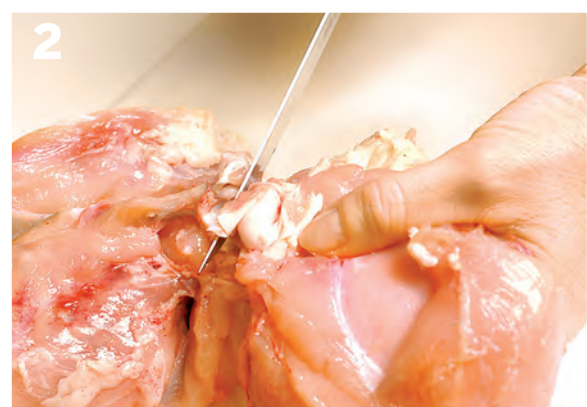
8. Place breast skin side up. Cut lengthwise through the center of the breast to separate into 2 pieces. With chicken on its side, pull each wing away from body. Cut through each joint and remove wings.

DEBONING FOR STUFFING

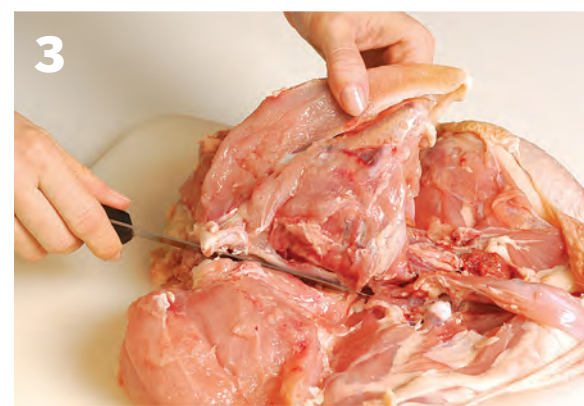
TIP TO PREPARE A DELICIOUS, QUICK STUFFING, IN A LARGE SKILLET, OVER MEDIUM HEAT, SAUTEE 1 FINELY CHOPPED ONION, AND 1 SLICED RED ONION. ADD 1 SLICED LEEK, 10 SPINACH LEAVES, AND 200 G OF GRATED PARMESAN CHEESE. COOK FOR 3 MORE MINUTES. SEASON WITH SALT, AND PEPPER, TO TASTE.



1. Place the chicken, breast-side up, on a cutting board. Using a boning knife, cut the wing tips off at the joint. Cut along the backbone from the neck to the tail.



2. Keep the knife close to the bones and use your fingers to pull the flesh away from the carcass. Slice through the ball-and-socket joints connecting the thigh to the carcass.



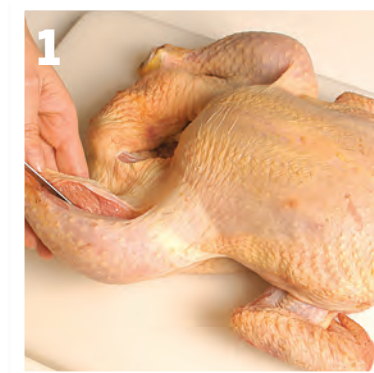
3. Slice through the ball-and-socket joints connecting the wing to the carcass. Pull gently to separate the breastbone and carcass from the flesh. Repeat with the other thigh and wing.



4. Gently separate the carcass from the breasts. Remove the carcass.

DEBONING FOR ROULADE

TIP THIS TECHNIQUE IS SURE TO IMPRESS YOUR DINERS! MAKE SURE TO RESERVE CHICKEN BONES FOR STOCK. IF POSSIBLE, USE A SMALL SHARP KNIFE, OR A BONING KNIFE.



1. Using a sharp knife, cut the skin between the breast and thigh on one side.



2. Fold the leg backward until you break the joint between the thigh and hip. Using a knife, remove it completely. Repeat this on the other side.



3. Fold the wing to the side until you break the shoulder joint. Remove the wing completely, and repeat this on the other side.



4. Run your knife alongside the breastbone, and gently pull it to remove it completely. Repeat on the other side.



5. While holding the wing bone from inside the bird, cut through the tendons and scrape the meat from the bone. Pull out the bone, using the knife to free it.



6. Cut off skin from wings. Arrange meat and skin to form a rectangle. Season with salt, and pepper, to taste.



7. Roll out plastic wrap, keeping it connected to the roll so you can make it taut. Lay the skin, exterior side down, on the plastic. Stretch out the skin until it's as flat as possible. Spread stuffing over chicken. Roll meat up until it overlaps. Poke six small holes into the skin. Boil in salted water for 2 hours.



RECIPES

COOKING TIPS

ESSENTIAL CHICKEN COOKING TOOLS

ESSENTIAL COOKING TECHNIQUES

CHICKEN STOCK

STUFFED TURKEY BREASTS

BRAISED TURKEY DRUMSTICKS

TURKEY STIR-FRY

HERBED ROASTED TURKEY

TURKEY TERRINE

CAESAR SALAD

GRILLED CHICKEN BREAST

MARINATED CHICKEN SKEWERS

WINE BRAISED CHICKEN

CHICKEN ROULADE

GLAZED DRUMSTICKS

STUFFED CHICKEN

COQ AU VIN

SALT CRUSTED CHICKEN

CHICKEN PIE

CHICKEN TACOS

FRIED CHICKEN WINGS

PICKLED QUAIL

ALMOND CRUSTED QUAIL

WINE BRAISED QUAIL

CHICKEN STOCK

INGREDIENTS (serves 8)

2 kg/4 lb chicken carcasses • 750 g/1 ½ lb beef soup bones • 100 ml/¾ cup olive oil • 2 carrots, cut into chunks • 2 stalks celery, cut into chunks • 1 leek, cut into chunks • 2 cloves garlic • 250 ml/1 ½ cup dry white wine • 3 l water • 1 bay leaf • 1 tablespoon black peppercorns • Thyme and parsley, to taste



1. Rinse chicken carcasses and beef bones under running water, and pat dry. Arrange carcasses and bones in a baking dish.



2. Pour in olive oil, cover and roast at 350°F for 30 minutes.



3. Wrap kitchen twine around carrots, celery stalks, leek, and garlic, then add them to the baking dish. Continue roasting for 30 more minutes.



4. Pour in white wine, and roast until alcohol has evaporated.



5. Remove from oven. Transfer mixture to a stockpot, add water, the bay leaf, and peppercorns. Bring to a boil.



6. Skim off any foam that rises to the surface.



7. Reduce heat to low, and simmer, partially covered, for 2 hours. Add thyme, and parsley. Remove from heat, and let rest for 20 minutes.



8. Strain stock through a fine-mesh sieve lined with cheesecloth into another pot.



STUFFED TURKEY BREASTS

INGREDIENTS (serves 2)

2 breasts turkey • Salt, and pepper, to taste • 50 g/2 oz black olives, pitted, and chopped •
50 g/2 oz white mushrooms, thinly sliced • 100 g/3 oz fresh spinach, julienned •
2 tablespoons grated cheese • 1 egg • 200 g/7 oz bacon slices



1. Preheat oven to 400°F. Rinse breasts under running water, place them on a cutting board, and pat dry. Make a cut in the center of each breast, without reaching the edges, to create a cavity. Season with salt, and pepper, to taste.



2. In a large bowl, combine olives, mushrooms, spinach, grated cheese, and egg. Season with salt, and pepper, to taste. Mix well.



3. Using a spoon to apply pressure, stuff the sautéed vegetables into the cavity cut into each breast. Make sure to stuff the entire surface of the cavity evenly.



4. Secure the open edge of each breast with toothpicks. Wrap kitchen twine around the toothpicks and make a knot.



5. Lay bacon strips across the breasts lengthwise. If needed, secure bacon with toothpicks inserted in the ends. Make sure to cover the entire exposed surface.



6. Place the breasts on aluminum foil. Fold foil over each breast so that edges meet, then roll down toward each breast to seal. Transfer stuffed breasts to a roasting pan, and roast for 40 minutes or until cooked through. Remove stuffed breasts from the oven, remove aluminum foil, and let cool slightly. Remove toothpicks and kitchen twine, and serve warm.



TIP FOR AN ALTERNATE VERSION, STUFF THE BREASTS WITH HAM AND CHEESE CUBES.

BRAISED TURKEY DRUMSTICKS

INGREDIENTS (serves 2)

2 whole turkey legs • Salt, and pepper, to taste • 1 chili pepper • 50 g/2 oz butter • 50 ml /1/4 cup olive oil • 150 g smoked bacon, cubed • 3 cloves garlic, sliced • 3 white onions, cubed • 3 carrots, sliced • 100 g/3 oz de black olives • 700 ml/2 1/2 cup dry red wine • 3 bay leaves • 4 thyme sprigs • 2 rosemary sprigs • 100 ml/1/2 cup tomato puree • Chicken stock, as needed



1. Rinse turkey legs under running water, and pat dry. Rub the chili pepper all over the turkey legs, and season with salt, and pepper, to taste.



2. In a casserole dish, over medium heat, heat butter and olive oil and, once smoking hot, add the turkey legs. Sear all sides of the turkey legs.



3. Add bacon, and garlic, and continue to cook for 2 minutes.



4. Add onions, carrots, and black olives. Season with salt, and cook for 3 minutes.



5. Pour in red wine, and add bay leaves, thyme, and rosemary.



6. Pour in tomato puree, and chicken stock, as needed. Cook, covered, for 40 minutes, or until the sauce thickens and turkey legs are cooked through.



TIP THIS DISH REQUIRES LESS TIME TO PREPARE THAN THE TRADITIONAL ROAST TURKEY, AND IT MAKES A GREAT MAIN FOR ANY HOLIDAY FEAST. THE UNBELIEVABLY TENDER DRUMSTICKS COMPLEMENT THE RICH, AROMATIC SAUCE PERFECTLY.

IF DESIRED, SERVE ALONGSIDE A GLASS OF CHARDONNAY WINE.



TURKEY STIR-FRY

INGREDIENTS (serves 4)

2 turkey breasts, chopped • 100 g/3 oz flour • 50 g/2 oz butter • 1 tablespoon olive oil •
1 white onion, julienned • 1 leek, julienned • 1 carrot, julienned • 1 red bell pepper, julienned •
Salt, and pepper, to taste • 100 g/3 oz broccoli florets, blanched • 250 ml/1 cup chicken stock •
2 tablespoons soy sauce • Fresh grated ginger, to taste

1



1. Rinse turkey legs under running water, and pat dry. Coat turkey with flour; tap gently to remove any excess. Season with salt, and pepper, to taste.

2



2. In a wok, heat butter, and olive oil, over medium high heat, until hot. Add the turkey, in an even layer, and cook, without stirring, for 4 minutes, or until lightly browned. Remove from wok, and set aside.

3



3. Add onion, leek, carrot, and bell pepper to the wok. Season with salt, and pepper, to taste. Sauté for 2 minutes. Add in broccoli, and turkey.

4



4. Pour in chicken stock, and cook for 3 more minutes. Pour in soy sauce, sprinkle ginger. Let rest 10 minutes, and serve warm.



TIP SERVE THIS SAVORY, ASIAN-INSPIRED STIR-FRY OVER STEAMED RICE, OR NOODLES.

HERBED ROASTED TURKEY

INGREDIENTS (serves 6)

1 turkey • 100 g/3 oz butter, melted • 1/2 cup chopped parsley • 1 tablespoon fresh rosemary, chopped • 1 tablespoon fresh sage leaves, chopped • 1 1/2 teaspoons fresh thyme leaves, chopped • Salt, and pepper, to taste • 2 thyme sprigs • 2 rosemary sprigs • 1 orange, quartered • 1 lemon, quartered • 250 ml/1 cup chicken stock • Fresh chives, as needed



1. Set rack at lowest position in oven. Preheat oven to 350°F. Rinse turkey inside and out; pat dry. Carefully slide hand between skin and breast meat to loosen skin.



2. In a bowl, combine butter, parsley, rosemary, sage, and thyme. Season with salt, and pepper, to taste.



3. Rub herb butter over breast meat under skin, in main cavity, and over outside of turkey.



4. Season main cavity generously with salt and pepper. Place fresh herb sprigs, orange, and lemon in main cavity. Tie legs together loosely, using chives. Place turkey on rack set in large roasting pan. Pour in chicken stock, and roast for 1 hour and 30 minutes, or until thermometer inserted into thickest part of thigh registers 175°F.



TIP APPLE PUREE MAKES THE PERFECT SIDE FOR THIS JUICY TURKEY. TO PREPARE IT, BRING 5 PEELED, CORED, AND SLICED APPLES TO A BOIL, ADD 1 TABLESPOON OF LEMON JUICE, AND 2 TABLESPOONS BROWN SUGAR, AND THEN GENTLY SIMMER FOR 20 MINUTES OR UNTIL SOFT.



TURKEY TERRINE

INGREDIENTS (serves 6)

2 turkey breasts • 3 eggs • 100 ml/3 oz heavy cream • 2 red onions, chopped •
1 tablespoon cognac • Salt, and pepper, to taste • 2 tablespoons olive oil •
Fresh chopped thyme, to taste • 100 g/3 oz prosciutto, cubed • 50 g/2 oz prunes, pitted



1. Preheat oven to 400°F. Remove skin and excess fat surrounding the turkey breasts. Slice the breast meat across the grain into cutlets.



2. In a large bowl, combine eggs, heavy cream, red onions, and cognac. Mix well. Season with salt, and pepper, to taste.



3. Line a terrine mold with aluminum foil, letting about 2-in of paper hang over the sides. Brush the aluminum foil with olive oil. Cover the bottom of the terrine mold with turkey cutlets. Sprinkle thyme, and arrange half of the prosciutto, and half of the prunes over the cutlets.



4. Spread half of the egg mixture evenly into the terrine mold. Arrange another layer of turkey cutlets on top. Add remaining prosciutto, and prunes. Then spread remaining egg mixture evenly into the terrine mold.



5. Fold the sides of the aluminum foil inwardly to cover the surface of the terrine. Cook terrine in bain-marie for 50 minutes. Remove the terrine mold from the bain-marie. Let cool, and refrigerate for 4 hours. Remove from the mold, slice and serve cold.



TIP SERVE WITH A GREEN SALAD, TOASTS AND CORNICHONS. IF PRUNES ARE UNAVAILABLE, YOU CAN USE RAISINS.

THIS TASTY TERRINE IS PERFECT FOR
HOSTING GUESTS ON HOT DAYS.



CAESAR SALAD

INGREDIENTS (serves 4)

2 boneless, skinless chicken breasts • 1 tablespoon olive oil •
 400 g/13 oz romaine lettuce, washed, dried, and chopped • 1 cup croutons •
 100 g/3 oz Parmesan cheese, grated • Dressing: 2 tablespoons olive oil • 1 cup lemon juice •
 1 teaspoon Worcestershire sauce • 2 teaspoons Dijon mustard • 1 teaspoon sugar •
 1 teaspoon salt • 1 teaspoon black pepper • 1 clove garlic, chopped



1. Remove excess fat surrounding the chicken breasts. Remove the inner fillet by making a longitudinal cut across each breast.



2. With the edge of a knife parallel to the cutting board, carefully slice each breast in half horizontally into two even pieces.



3. Cut each breast piece longitudinally into ½-in wide, long, even strips.



4. Cut the strips into cubes equal in length to the width of the chicken strips.



5. In a large skillet, heat olive oil, over medium heat, until hot. Add cubed chicken, and cook for 4 minutes, or until evenly browned. Transfer chicken to a large bowl, and add lettuce. Mix well.



6. For the dressing, in a bowl, combine olive oil, lemon juice, Worcestershire sauce, mustard, sugar, salt, pepper, and garlic. Mix well, and drizzle over the salad. Top salad with croutons, and Parmesan cheese. Serve immediately.



TIP FOR AN ADDED CRUNCH, ADD CRISPY PROSCIUTTO OR BACON PIECES. ADDITIONALLY, YOU CAN ADD HALVED, SOFT-BOILED EGGS. GREEN LETTUCE, ESCAROLE, SPINACH OR SPRING GREENS CAN BE USED INSTEAD OF ROMAINE LETTUCE.

GRILLED CHICKEN BREAST

INGREDIENTS (serves 3)

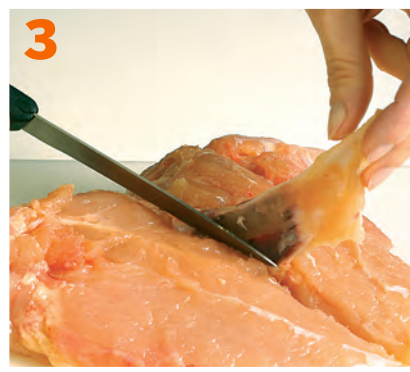
1 whole chicken breast • 1 head of garlic • Salt, and pepper, to taste •
50 ml/2 oz olive oil • Lemon wedges, for garnish



1. Preheat the grill to high heat and oil the grates. Place chicken breast, skin side up, on a cutting board. Cut lengthwise into the thickest part of the chicken. Carefully peel the skin from the breast. Using a boning knife, gently remove the entire wings from the breast, being careful to leave as much meat as possible on the breast portion. Remove the wing tips.



2. Place chicken breast skin side down. Using a sharp knife, slice along both sides of the tendon. Using hands, lift and scrape until the tendon is completely removed.



3. Cut along both sides of the breastbone. Using hands, pull breastbone away from breast. Repeat cutting to remove the two breast pieces.



4. Fillet each breast into 3 cutlets. Peel the outer paper off the head of garlic, wrap it in aluminum foil, and bake for 30 minutes, or until tender. Press on the bottom of each clove to push them out of the paper.



5. Arrange chicken breasts in baking dish. Spread sliced garlic cloves all over the breasts, and drizzle olive oil. Season with salt, and pepper, to taste. Cover with plastic wrap, and refrigerate for 30 minutes.



6. Place the chicken breasts on the grill and cook, covered, 3 minutes per side, or until golden and cooked through. Serve immediately.



TIP TO MAKE SANDWICHES, STACK A FEW LETTUCE LEAVES, SEVERAL SLICES OF TOMATO, CHEESE SLICES AND A PIECE OF GRILLED CHICKEN BREAST ONTO A LIGHTLY TOASTED BUN. ADD DIJON MUSTARD, OR MAYONNAISE, IF YOU WISH.



MARINATED CHICKEN SKEWERS

INGREDIENTS (serves 5)

2 boneless skinless chicken breasts • Salt, and pepper, to taste •
1 tablespoon lemon zest • 3 tablespoons lemon juice • 1 cup olive oil •
2 cloves garlic, chopped • 1 tablespoon fresh parsley, chopped • 100 g/3 oz flour



1. Preheat the grill to high heat and oil the grates. Cut the chicken breasts into 1 ½ inch strips. Pat dry, and season with salt, and pepper, to taste



2. If using wooden skewers, soak them in lukewarm water for 30 minutes. This will skewers from burning while grilling.



3. Thread these strips zigzag fashion onto skewers, about 3 or 4 strips per skewer.



4. In a small bowl, combine lemon zest, lemon juice, olive oil, and parsley. Season with salt, and pepper, to taste. Mix well.



5. Press chicken skewers into flour, to coat on all sides. Tap lightly to remove any excess, and drizzle with lemon marinade. Cover with plastic wrap. Refrigerate for 1 hour.



6. Place the chicken breasts on the grill and cook, brushing lightly with lemon marinade, 5 minutes per side, or until golden and cooked through. Serve immediately.



TIP YOU CAN ALSO PREPARE THESE SKEWERS USING TURKEY BREASTS. COUSCOUS TIMBALES, TOPPED WITH LEMON ZEST AND CHOPPED RED BELL PEPPER, MAKE A GREAT SIDE FOR THIS JUICY DISH.

WINE BRAISED CHICKEN

INGREDIENTS (serves 4)

1 whole chicken • ½ red bell pepper, chopped • ½ green bell pepper, chopped •
½ yellow bell pepper, chopped • 1 white onion, diced • 1 leek, sliced •
1 tablespoon fresh rosemary, chopped • 50 ml/¼ cup olive oil • ½ cup white wine



1. Preheat oven to 350°F. Cut chicken into 8 pieces. Rinse under running water, and pat dry.



2. In a large bowl, combine bell peppers, onion, leek, and rosemary.



3. Pour in olive oil, and white wine. Mix well.



4. Place chicken on rack set in large roasting pan. Spread mixture all over the chicken. Cover with plastic wrap, and refrigerate for 1 hour.



5. Remove plastic wrap, and roast for 1 hour, or until golden and cooked through.



TIP THIS JUICY DISH FEATURES SWEET AND SAVORY FLAVORS, AND IT IS LIGHT ENOUGH FOR LUNCH ON WARMER DAYS. SERVE OVER STEAMED RICE, ALONGSIDE A GLASS OF SAUVIGNON BLANC.



CHICKEN ROULADE

INGREDIENTES (8 porciones)

3 green onions, chopped • 2 carrots, grated • 1 zucchini, grated •
 10 sundried tomatoes, soaked, drained, and halved • 300 g/10 oz sausage, shredded •
 Salt, and pepper, to taste • 6 eggs, 4 hardboiled • 150 g/50 oz Parmesan cheese, grated •
 2 cloves garlic, chopped • 2 tablespoon fresh parsley, chopped •
 1 whole chicken, deboned, and skinless • 1 teaspoon flavorless gelatin • 500 ml/2 cups chicken stock



1. Preheat oven to 400°F. In a large bowl, combine green onions, carrots, zucchini, sundried tomatoes, and sausage. Season with salt, and pepper, to taste.



2. In another bowl, combine 2 eggs, Parmesan cheese, garlic, and parsley. Pour egg mixture into the stuffing bowl. Using hands, mix until well combined.



3. Place chicken between 2 sheets plastic wrap, and flatten to 1/4-inch thickness using a rolling pin. Season with salt, and pepper, to taste. Spoon stuffing over chicken, leaving a 1/2-inch border around edges.



4. Top with hardboiled eggs, and sprinkle gelatin.



5. Beginning at one of the edges, roll up, enclosing filling. Tie with kitchen twine at 1" intervals to secure.



6. Wrap chicken roulade in aluminum foil. Pour chicken stock into a baking dish. Transfer chicken roulade to baking dish, and bake for 1 hour and 40 minutes, or until golden and cooked through. Remove twine. Let rest for 10 minutes, then slice into circular rolls.



TIP THIS BAKED DELICACY IS SOPHISTICATED ENOUGH FOR A DINNER PARTY. YOU CAN SUBSTITUTE SAUSAGE FOR HAM, BACON, OR PROSCIUTTO. SERVE ALONGSIDE A BIG GREEN SALAD, STEAMED RICE, OR BAKED POTATOES.

THIS DISH PAIRS WONDERFULLY
WITH A GLASS OF RIESLING WINE.



GLAZED DRUMSTICKS

INGREDIENTS (serves 4)

6 chicken drumsticks • Salt, and pepper, to taste • 2 tablespoon Dijon mustard •
2 tablespoons olive oil • 150 g/5 oz plum jam • ½ cup sherry • 2 tablespoons orange juice •
1 teaspoon ground mustard • 50 g/2 oz almonds, silvered, and toasted



1. Preheat oven to 400°F. Rinse drumsticks under running water. Using paper towels, grip the skin and pull it off. Repeat with the remaining drumsticks. Remove excess fat, and pat dry. Season with salt, and pepper, to taste. Spread Dijon mustard onto drumsticks, transfer to a greased baking sheet, and bake for 30 minutes or until cooked through.



2. In a small saucepan, heat plum jam, sherry, orange juice, and ground mustard, over low heat, stirring frequently, until thickened. The glaze should not reach 100°C. If needed, check temperature using a thermometer.



3. Serve drumsticks with plum glaze, topped with almonds.



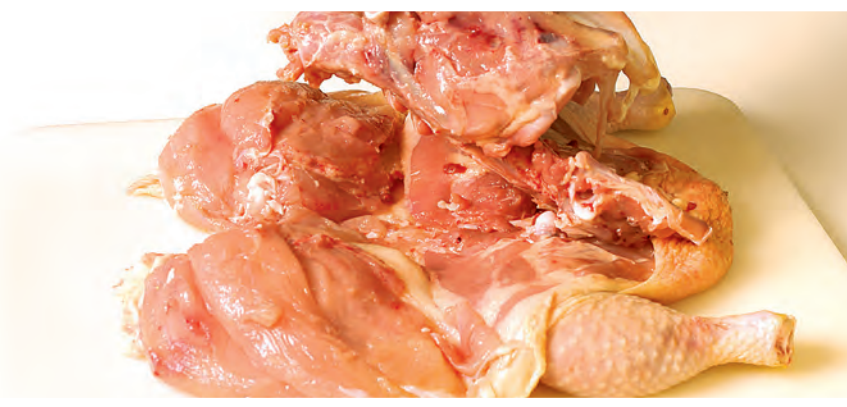
TIP INSTEAD OF PLUM JAM, YOU CAN ALSO USE STRAWBERRY, PEACH, OR RASPBERRY JAMS. SERVE THESE TANGY, SWEET DRUMSTICKS WITH RICE AND GREEN PEA TIMBALES.

STUFFED CHICKEN

INGREDIENTS (serves 4)

1 whole chicken • Olive oil spray, as needed • 2 tablespoons olive oil • 1 white onion, chopped • 1 red onion, chopped • 1 carrot, diced • ½ red bell pepper, diced • ½ green bell pepper, diced • Salt, and pepper, to taste • 100 g/3 oz bacon, diced • 1 cup couscous, cooked • 1 egg • 2 tablespoons breadcrumbs • 1 tablespoon Parmesan cheese, grated • Chopped fresh oregano, to taste

1



1. Preheat oven to 350°F. Grease a baking dish with olive oil spray. Set aside. Debone whole chicken, rinse under running water, and pat dry. If needed, reserve bones for chicken stock.

2



2. In a saucepan, heat olive oil, over medium heat, until hot. Sauté onions for 5 minutes, or until tender. Add carrot, and bell peppers, and continue to cook for 6 minutes, or until tender. Season with salt, and pepper, to taste. Set aside. In a cast iron skillet, cook bacon for 5 minutes, or until browned. In a large bowl, combine vegetables, bacon, couscous, egg, breadcrumbs, Parmesan cheese, and oregano. Season with salt, and pepper, to taste. Spread stuffing onto the center of the chicken.

3



3. Close opening using toothpicks. Wrap kitchen twine around the toothpicks and tie tightly to secure. Place stuffed chicken on baking dish. Bake for 1 hour, or until golden, and cooked through.



TIP ALLOW CHICKEN TO REST FOR 10 MINUTES BEFORE SLICING AND SERVING. ROAST POTATOES AND SEASONAL GREENS MAKE GREAT SIDES FOR THIS FLAVORFUL, JUICY DISH.



COQ AU VIN TRADITIONAL

INGREDIENTS (serves 4)

1 whole chicken • Olive oil spray, as needed • 12 shallots • 1 bunch fresh rosemary •
2 cloves garlic, sliced • 150 g/3 oz bacon, cubed • 1 l red wine • Salt, and pepper, to taste •
200 g/7 oz white mushrooms • 1 tablespoon flour



1. Cut chicken into 8 pieces. In a cast iron skillet, cook bacon 5 for minutes, or until browned. Remove bacon, and set aside. Add onions, and sautee until tender. Remove onions, and set aside. Add chicken pieces in batches, and fry until golden all over. Reserve cooking liquids. Set chicken pieces aside.



2. In a large saucepan, heat olive oil, over medium heat, until hot. Add bacon, onion, chicken pieces, rosemary, and garlic. Pour in red wine, and season with salt, and pepper, to taste. Bring to a boil, and reduce heat to low. Cook, covered, for 40 minutes. Add White mushrooms, and cook for 20 more minutes.



3. In a small bowl, combine flour with reserved cooking liquids, and mix well. Pour in flour mixture into saucepan. Cook, stirring constantly, for 5 minutes, or until sauce thickens. Serve immediately.



TIP A CLASSIC FRENCH DISH MADE OF CHICKEN, BACON, SHALLOTS, AND MUSHROOMS COOKED IN RED WINE. THIS DELICIOUS MAIN DISH IS TYPICALLY SERVED EITHER ON TOP OF MASHED POTATOES OR PASTA.

SALT CRUSTED CHICKEN

INGREDIENTES (6 porciones)

1 whole chicken • Freshly ground black pepper, to taste • 2 cloves garlic, crushed •
3 sprigs parsley • 3 sprigs marjoram • 3 sprigs tarragon • 5 kg/10 lb kosher salt • 1 egg white



1. Preheat oven to 450°F. Line a roasting pan with foil, if desired. Rinse chicken under running water, and pat dry.



2. Season chicken cavity with pepper, to taste. Stuff garlic, parsley, marjoram, and tarragon into chicken cavity. Tie legs loosely together. Tuck wing tips under.



3. In a large bowl, combine salt and egg white. Using hands, blend well, kneading to soften slightly, for 4 minutes.



4. Place 1/3 of salt mixture onto bottom of roasting pan.



5. Place chicken on top. Pack remaining salt mixture over and around chicken to completely enclose. Roast for 70 minutes, or until a thermometer registers 165°F when inserted into the thickest part of the thigh. Let rest for 10 minutes. Crack salt with the back of a knife. Remove salt and skin from chicken. Carve and serve.



TIP ROASTED SWEET POTATOES MAKE A DELICIOUS SIDE FOR THIS RICH-TASTING CHICKEN. ROASTING THE CHICKEN IN A SALT CRUST ALLOWS IT TO COOK IN ITS OWN JUICES WITHOUT DRYING. THIS RESULTS IN AN EXTRAORDINARILY TENDER TEXTURE.



CHICKEN PIE

INGREDIENTES (6 porciones)

1,5 kg/3 lb chicken breast • Olive oil spray, as needed • 1 white onion • 150 g/5 oz white mushrooms • 3 tablespoons Worcestershire sauce • 1 bunch fresh parsley • 50 ml chicken stock • Salt, and pepper, to taste • 100 g prosciutto slices • 3 potatoes, boiled, peeled, and cubed • 2 eggs, hardboiled, and chopped • 2 pie crusts, unbaked, and softened • 1 egg, beaten



1. Preheat oven to 400F. Cut chicken breast into bite-sized cubes. Spray a large frying pan with olive oil, add the chicken and fry for 8 minutes, or until browned on all sides. Add onion, and continue to cook, stirring frequently, for 3 more minutes. Add mushrooms, Worcestershire sauce, and parsley. Pour in chicken stock, and season with salt, and pepper, to taste. Reduce heat to low, and cook until the mushrooms have reduced in size. Remove from heat. Spray a skillet with olive oil, add prosciutto and cook until browned, and crispy. Set aside. In a large bowl, combine chicken mixture, prosciutto, potatoes, and hardboiled eggs. Mix well, and season, if needed.



2. Roll out the pastry on a lightly floured surface. Brush the edges of a pie dish with beaten egg, lay 1 pie crust on top, press down the edges, allowing an overhang. Spoon chicken mixture into the piecrust.



3. Roll out, and top with remaining piecrust. Seal the edges of the piecrust together. Cut 3 slits in the top crust to allow steam to escape. Brush top crust with beaten egg. Bake for 1 hour, or until golden brown. Let rest 5 minutes before serving.



TIP FOR AN EXTRA-GOLDEN PIE CRUST, BRUSH PIE WITH BEATEN EGG HALFWAY THROUGH COOKING. ALTERNATIVELY, YOU CAN SUBSTITUTE THE TOP PIECRUST WITH A LAYER OF GRATED PARMESAN CHEESE.

CHICKEN TACOS

INGREDIENTS (serves 4)

1 chicken breast • 50 ml/¼ cup olive oil • 1 white onion, sliced • Salt, and pepper, to taste • 1 avocado, peeled, and cubed • 1 tablespoon lemon juice • 8 hard taco shells • 4 tomatoes • 2 red onions, chopped • ½ red bell pepper, diced • ½ green bell pepper, diced • 1 tablespoon fresh chives, chopped • 8 leaves lettuce, for garnish



1. Rinse chicken breast under running water, and pat dry. Fillet chicken breast into 3 cutlets.



2. Cut each cutlet longitudinally into ½-in wide, long, even strips. In a large skillet, heat olive oil, over medium heat, until hot. Add chicken strips, and cook for 4 minutes, or until evenly browned. Add white onion, and sautee for 5 minutes, or until tender. Season with salt, and pepper, to taste. Remove from heat, and set aside. Drizzle avocado with lemon juice, and set aside.



3. Bring a large pot of salted water to a boil. Add tomatoes, and cook for 15 seconds. Immediately transfer tomatoes to a bowl of cold water. Remove tomatoes from water, and gently peel off the skins. Carefully cut tomatoes in half lengthwise from bottom to top. Using a teaspoon, scoop out the seeds, and cut tomatoes into cubes.



4. In a large bowl, combine red onions, bell peppers, and chives. Mix well. Season with salt, and pepper, to taste. Spoon the chicken mixture into the shells. Top with avocado, and tomato mixture. Serve alongside lemon wedges, and lettuce leaves.



TIP THIS CLASSIC, EASY DISH MAKES THE TASTIEST SUMMER LUNCH! FEEL FREE TO SUBSTITUTE FLOUR TORTILLAS FOR HARD SHELL ONES. TO PREVENT INGREDIENTS FROM FALLING WHILE EATING, DOUBLE STACK THE TORTILLAS.



FRIED CHICKEN WINGS

INGREDIENTS (serves 6)

2 eggs • 2 tablespoons flour • 1 tablespoon Parmesan cheese, grated • 2 tablespoons white wine • Salt, and pepper, to taste • 12 chicken wings • Flour, as needed • Olive oil, for frying



1. In a large bowl, combine eggs, 2 tablespoons of flour, Parmesan cheese, and white wine. Season with salt, and pepper, to taste. Mix well.



2. Rinse chicken wings under running water, and pat dry. Using a sharp knife, make a cut between the joints where the drumette and wingette meet. Make another cut between the wingette and the tip. Repeat with remaining chicken wings.



3. Press chicken wings into flour to coat on all sides.



4. Dip chicken wings in egg mixture. Tap gently to remove any excess.



5. In a large skillet, heat olive oil, over medium heat, until hot. Add chicken wings, and fry until golden brown. Remove shrimp from heat using a skimmer, and drain on paper towels.



TIP IF DESIRED, SERVE WITH HOT SAUCE. TO PREPARE IT, COMBINE 1 CHOPPED GREEN ONION, 1 CUP OF SOY SAUCE, 1 TEASPOON OF WASABI, 1 TEASPOON OF FRESH GRATED GINGER, 1 TEASPOON OF TABASCO SAUCE, AND 1 TABLESPOON OF BROWN SUGAR. MIX WELL.

PICKLED QUAIL

INGREDIENTS (serves 2)

2 quails • 2 tablespoons butter • 50 ml olive oil • Salt, and pepper, to taste • Olive oil spray, as needed • 1 white onion, julienned • 1 carrot, julienned • 2 stalks celery, julienned • ½ red bell pepper, julienned • ½ green bell pepper, julienned • 1 tablespoon kosher salt • 4 cloves garlic, sliced • 1 teaspoon black peppercorns • 1 cup white wine • 1 cup white wine vinegar • 1 cup olive oil • 2 bay leaves • 1 bunch thyme



1. Rinse quail under running water, and pat dry. Halve quail lengthwise.



2. In a large skillet, heat butter and olive oil, over medium heat, until hot. Add quail and cook, turning frequently, for 15 minutes, or until golden on all sides. Season with salt, and pepper, to taste. Place on paper towels to drain, and set aside.



3. Spray a large pot with olive oil. Add onion, carrot, celery, bell peppers, kosher salt, garlic, and peppercorns.



4. Pour in white wine, and olive oil. Add bay leaves and thyme. Cook, covered, over medium heat, for 25 minutes.



5. Add quail, and cook for 20 more minutes. If needed, add ½ cup of white wine vinegar, ½ cup of olive oil, and ½ cup of white wine. Let cool for 1 hour. Transfer mixture to sterilized jars.



TIP YOU CAN SERVE THIS CLASSIC SPANISH DELICACY COLD, WARM, OR AT ROOM TEMPERATURE, OVER TOAST, BREAD, OR BOILED POTATOES. IT MAKES A DELICIOUS LIGHT LUNCH, OR ENTREE. IT WILL KEEP IN THE REFRIGERATOR FOR 5 TO 6 DAYS.



ALMOND CRUSTED QUAIL

INGREDIENTS (serves 2)

3 quail • Salt, and pepper, to taste • 100 g/3 oz butter, softened • 2 tablespoons almond flour • 2 tablespoons breadcrumbs • 1 tablespoon dried oregano • 5 sprigs rosemary • 1 apple, quartered • 2 cups chicken stock • ½ cup white wine • 200 g/7 oz white mushrooms



1. Preheat oven to 400F. Rinse quail under running water, and pat dry. Season quail all over with salt, and pepper, to taste.



2. In a large bowl, combine butter, almond flour, breadcrumbs, and oregano. Knead briefly until well mixed.



3. Using hands, spread almond mixture onto quail, to coat on all sides. Place 1 rosemary sprig inside each quail's main cavity.



4. Arrange quail on rack set in large roasting pan, and pour in chicken stock. Add 2 rosemary sprigs, and apple to the bottom of the pan. Cook for 35 minutes, or until golden brown. If needed, cover with aluminum foil halfway through cooking.



TIP SAUTEED MUSHROOMS, AND LEAFY GREENS MAKE A WONDERFUL SIDE FOR THIS CRUNCHY, LIGHT AND SATISFYING QUAIL. YOU CAN ALSO SERVE THEM WITH BBQ OR RANCH SAUCE. IF DESIRED, SUBSTITUTE PEELED, UNSALTED PEANUTS, FOR ALMONDS.

WINE BRAISED QUAIL

INGREDIENTS (serves 4)

4 quail • Salt, and pepper, to taste • 100 g butter • 50 ml olive oil • 100 ml dry white wine • 150 ml chicken stock • Fresh parsley, to taste • Fresh thyme, to taste



1. Preheat oven to 400°F. Rinse quail under running water, and pat dry. Season quail all over with salt, and pepper, to taste. Tie wings together, using kitchen twine.



2. In a large clay pot, heat butter and olive oil, over medium heat, until hot. Add quail and cook, turning frequently, for 15 minutes, or until golden on all sides. Season with salt, and pepper, to taste.



3. Pour in white wine. Add parsley, and thyme. Cook, covered, for 10 minutes. Add chicken broth, and cook for 10 more minutes.



TIP SERVE ALONGSIDE CARAMELIZED ONIONS. ADD THE BUTTER AND 2 SLICED ONIONS TO A LARGE SKILLET OVER MEDIUM HEAT. STIR TO COMBINE, REDUCE HEAT TO A LOW, AND COOK, STIRRING FREQUENTLY, FOR 40 MINUTES. IF THE ONIONS START TO DRY OUT WHILE COOKING, ADD 2 TABLESPOONS OF WATER TO DEGLAZE THE SKILLET.



