

# ***Chicken Recipes***

## ***From Around The World***



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# INTRODUCTION

Do you love to experience your mouth screaming, hurry, another bite of that incredible dish, and stop talking and feed me?

Throughout my life I have been exposed to several different dishes in Europe mainly German, Italian, Turkish and since living in America, also learned from my Chinese colleague in Manhattan, New York, how to make chicken with broccoli and in Flatbush, New York even Island food, which I adore.

In this book I will show you several dishes I learned to cook from my siblings' families and beyond. And since I am a chicken keeper as well, all the dishes in this booklet are made with chicken, which of course you could substitute for other meats.

Often enough the usual dinner menu is getting a bit stale after a few years and the kids are yelling for something new. This is your opportunity to surprise them with something fascinating and exciting from around the world.

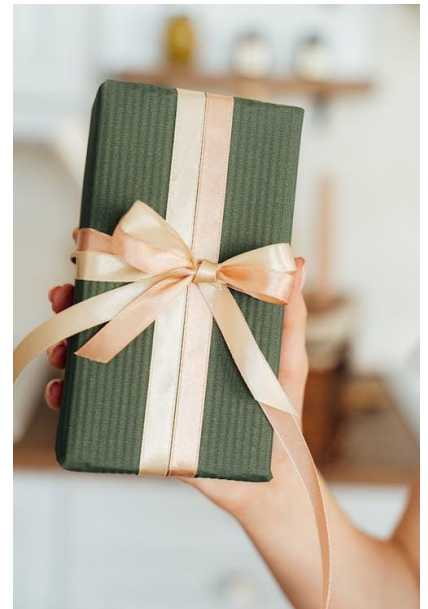
This book is just a beginning of chicken recipes, and I will provide additional recipes books on covering vegetables, deserts, salads, appetizers, pastries, and whatever else my members who desire mouthwatering surprises.

In my weekly newsletter, I will share my adventure in discovering more incredible and simpler to make recipes to share with my friends, so be sure to subscribe to my newsletter on my [TalkingChickens.com](http://TalkingChickens.com) website.

**BONUS:** This recipe book is my gift to you in advance of my appreciation for helping me built a community of likeminded people like yourself.

**HELP WANTED:** I need your help in growing our community and if you will send this copy to any of your friends it will be greatly appreciated.

As our community grows, so will its needs for quality information and guides and based on the community's needs I'll provide this quality information.



**[Thank you for your assistance in helping to grow our community.](#)**

**By Sharing This E-book With Your Friends.**

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## Chapter One - German

### Hähnchen-Schnitzel (Chicken Schnitzel) and German Riesling Pairing

*Hähnchen-Schnitzel, or Chicken Schnitzel, is an impressive, yet easy dinner recipe that the whole family will love. Pair your schnitzel with some German Riesling and traditional German sides for a fun German themed dinner!*

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Course: Dinner

Cuisine: German

Keyword: Chicken

Servings: 4 people

Author: Sarah | Curious Cuisiniere



### Ingredients

- 2 large chicken breasts
- Salt and pepper
- 4 Tbsp butter, divided
- Vegetable oil
- ½ cup unbleached all-purpose flour
- 2 eggs, beaten lightly
- 1 ½ cup plain, unseasoned breadcrumbs
- Lemon slices and fresh parsley (to serve)

## Instructions

1. Cut each chicken breast in to two, thin cutlets, by slicing them through the side, as if you were butterflying them, but go ahead and cut right through. Salt and pepper both sides of each of your 4 chicken cutlets. Place them between two sheets of plastic wrap and pound them thin using a meat mallet or rolling pin, to 1/8 inch thick. Set the cutlets aside.
2. Melt 2 Tbsp of butter in a medium sauté pan and add enough oil to fill the pan to 1/8 inch deep. Heat the oil and butter over high heat until it begins to crackle. (Tip: Toss a pinch of breadcrumbs into the hot oil, if crackle and crisp up nicely, but don't burn, then you know your oil is ready.)
3. While the oil is heating, place the flour and breadcrumbs each in their own shallow dish. Place the beaten eggs in a shallow bowl.
4. Dip each pounded chicken cutlet in flour, covering it completely.
5. Then, dip the cutlet in the beaten eggs, moistening it entirely and letting any excess drain off.
6. Finally, dip the cutlet into the breadcrumbs, covering it completely, but not pressing the breadcrumbs into the cutlet. Let any excess breadcrumbs fall off.
7. Immediately transfer the breaded cutlet to the hot oil. Fry for 1-2 minutes, each side until golden brown. Transfer the cutlet to a paper towel lined platter or wire rack.
8. Repeat with another cutlets.
9. After frying 2 cutlets, add the remaining 2 Tbsp of butter and additional oil if necessary. Heat the oil/butter mixture again to frying temperature and continue frying your remaining two cutlets.
10. To serve, garnish the chicken schnitzel with lemon slices and parsley. Serve with spaetzle, fries, braised cabbage, and/or German potato salad.

## What Is Schnitzel?

Schnitzel is a dish of thin cutlets of meat that are breaded and fried. It is a simple dish, but the crispy exterior and juicy interior are a combo that have gained it much popularity.

Even though we most often think of schnitzel as a German dish, it originated in Austria. We have another article that goes pretty in depth into the history of schnitzel, if you're interested.

Most commonly, you will find veal schnitzel (Wiener-Schnitzel, the most traditional version) and pork schnitzel. But today, we're making another common variation, Hähnchen-Schnitzel, or chicken schnitzel.

## How Do You Make Chicken Schnitzel?

Schnitzel goes through a very similar process to chicken fried steak (or country fried steak, depending on where you are located).

For chicken schnitzel, we cut chicken breasts in half horizontally, creating two, thinner cutlets. These cutlets are then pounded to 1/8 inch thick.

The thinness of the cutlets is very important for making schnitzel because thin cutlets will cook quickly in the hot oil, meaning that the meat will be cooked by the time the crust is golden.

After you have your meat prepared, the cutlets get dipped in flour, egg, and breadcrumbs.

Then, the coated cutlets are fried in a mixture of oil and butter. It might seem unnecessary to add a little butter to the oil, but it is very traditional, and does add some extra flavor to the finished product.

## What Is Traditionally Served With Schnitzel?

Traditionally, Schnitzel is garnished with slices of lemon and chopped parsley.

Spätzle, French fries and German potato salad are all great, traditional choices for serving with your schnitzel, along with a green salad or some braised cabbage.

Chicken Schnitzel is an impressive, yet easy dinner recipe that the whole family will love. Pair your schnitzel with some German Riesling and traditional German sides for a fun German themed dinner!

We ate this dish mostly when we go to restaurants with the whole family. Usually, we ate it with German Potato salad without the mayo and red cabbage and a Lager or Pilsner Beer. Hmmm Yummy, good times.

**Guten Appetit!**



## Chapter Two – German

### Oma's German Chicken Fricassee Recipe ~ Hühnerfrikassee

By Gerhild Fulson

PREP TIME: 10 minutes

COOK TIME: 30 minutes

TOTAL TIME: 40 minutes

SERVINGS: Makes 4 servings

Make this chicken fricassee recipe, aka Hühnerfrikassee, and you'll think you're back in Oma's kitchen. It's interesting how some foods bring back memories of one's childhood.

Especially when these memories are pleasant, these foods become comfort foods. Chicken fricassee is one of these, for sure. German food at its best.

That's the best kind of meal in my books! Made with humble ingredients like chicken and hearty vegetables simmered in a simple yet rich and creamy white sauce, this delicious dish truly is one of the simplest, ultimate, nostalgic comfort foods.



#### Ingredients

- 1 tablespoon olive oil
- 3 tablespoons butter, divided
- 8 ounces fresh white or cremini mushrooms, sliced
- 1½ pounds boneless skinless chicken thighs, cubed
- 4 tablespoons all-purpose flour
- 2 cups chicken broth, hot
- 1 cup frozen peas (optional)
- ½ cup heavy cream, or 10%
- salt, pepper
- fresh parsley to garnish

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## Instructions

1. In a large saucepan or Dutch oven, heat oil and 1 tablespoon butter over medium heat. Add mushrooms and sauté for several minutes until golden brown. Remove mushrooms with a slotted spoon and set aside.
2. Add remaining butter and lightly cook chicken without browning it. Sprinkle with flour and stir to mix.
3. Add hot broth and continue stirring; increase heat and bring to a boil.
4. Return mushrooms to saucepan and stir. Cover, reduce to medium-low heat and simmer for about 15 - 20 minutes. If the sauce gets too thick, add a bit extra water.
5. Add peas (if using) and simmer for 2 to 3 minutes. Add cream. Season. Sprinkle with parsley to garnish.

## Is Fricassee German?

Chicken fricassee originated in France dating all the way back to the early 1300s. The first record of this classic dish is found in the French cookbook *Le Viandier*, which was published circa 1300.

The classic French fricassee eventually spread around Europe and eventually North America thanks to Julia Child's cookbook *Mastering the Art of French Cooking*.

Though it is typically considered French cuisine, there is a traditional German version that is quite popular and featured on many German restaurant menus.

## What does fricassee mean?

Fricassee is a French term derived from the French words *frire* (meaning to fry) and *casser* (meaning to break into pieces).

Fricassee is a dish made up of pieces of meat and veggies that are lightly sautéed in butter and oil, and then stewed in a rich and savory white wine cream sauce.

The traditional meat used in fricassee is chicken for its flavor, versatility, and ability to pair well with about any vegetable.

## What is the difference between French and German Fricassee?

Although there are variations, French chicken fricassee calls for skin-on and bone-in chicken pieces sautéed with sliced onion, carrot, and celery, then stewed in chicken stock, white wine, and a bouquet of fresh herbs such as parsley, thyme, and bay leaf.

Then, using a tempering process, egg yolks and heavy cream are added to the strained cooking liquid to make a rich and creamy sauce which is then seasoned with nutmeg and lemon juice.

It is often served over white rice or buttered egg noodles and garnished with braised sweet pearl onions and stewed button mushrooms.

The traditional German way of making chicken fricassee is to cook the whole chicken in water with added veggies such as celery root, carrot, leek, celery, and onion to create wonderfully flavored meat and a delicious broth.

Once the chicken is cooked, the skin and bones are removed, and the meat is cut into pieces. The cooking liquid is strained, and the resulting broth is used along with egg yolks, heavy whipping cream, white wine, nutmeg, and lemon juice to make a wonderfully delicious white sauce.

German chicken fricassee is traditionally served with mushrooms, green peas, green or white asparagus, and/or carrots.

## My Easy Homemade Chicken Fricassee Recipe

As yummy as the traditional German way of making chicken fricassee is, it is rather time consuming. My German chicken fricassee is much easier and quicker to make. My recipe is simple, yet so delicious.

Just sautéed skinless boneless chicken thighs (or breasts), sautéed mushrooms, and frozen peas cooked in chicken broth; heavy cream and seasonings are added to make a delicious creamy white sauce.

Easy peasy German comfort food at its best. Another way to make this recipe a little more German is by adding some true German ingredients, herbs, and spices! Like our well-known white asparagus... YUM!

This will add a nice crunch and an extra boost of flavor that will pair perfectly with that creamy sauce.

Herbs and spices are always something fun to play around with. Try mixing in some different herbs and spices into your version of this fricassee to make it your own yummy, special German creation!

Or add a little white wine or lemon juice to add even more flavor to that lovely creamy sauce. What vegetables or wine to use however, is all up to the chef. That's you!

Now what to serve with it? Well, that's totally up to preference! You could go classic and serve it with rice or go comforting with creamy mashed potatoes. Or perhaps some pasta like my delicious homemade German egg noodles?

And what is better than some delicious homemade crusty bread to help mop up that delectable sauce? The best part about a recipe like this is you can alter it to make it completely your own.

## What is the difference between stew and fricassee?

This question is quite frequently asked, "What is the big difference between a chicken stew and a chicken fricassee?" Or maybe you're thinking, "But Oma, aren't they the same thing?"

The answer is simple, though they seem very similar, they are indeed very different! It's really all in the chicken! Depending on how you cook it that is.

A stew and a fricassee use different cooking methods.

When you are making a stew, the chicken and all the veggies are cooked from the start in broth or water.

But when making your fricassee, the chicken and veggies are first pan-fried before simmering to perfection.

## Fricassee

- Originally thought to stem from France, fricassee
- is described as "halfway between a sauté and a stew" by Julia Child, who made the classic French dish famous in her cookbook *Mastering the Art of French Cooking*
- In a traditional French (and American) fricassee, the cut-up meat is first sautéed (but not browned) and then the liquid is added, and it is simmered to finish cooking
- Traditional for the German one is to add white asparagus tips

## Oma says,

I remember my Mutti serving this over a bed of rice and her creamed peas and carrots on the side. Pure comfort food!

In the photo above, I've made the chicken fricassee with just mushrooms. Hubby and I LOVE freshly grounded black pepper, but if you don't want the dark specks, then add white pepper instead.

Make this chicken fricassee recipe, aka Hühnerfrikassee, and you'll think you're back in Oma's kitchen.

It's one of those convenient one-pot meals you can throw together quickly using whatever you may have laying around. Perfect for an easy dinner any night of the week.

## Notes/Hints:

- Add 1 teaspoon capers to the finished sauce.
- Add frozen asparagus about 10 minutes before sauce is finished.
- Season with 1 tablespoon lemon juice.
- You can substitute the boneless skinless thighs for boneless skinless chicken breasts.
- If you prefer a creamy white wine sauce, replace ½ cup chicken broth with ½ cup dry white wine such as Sauvignon Blanc, Riesling, or Pinot Grigio.
- Use paprika and/or nutmeg to season.
- I usually make my "steamed" rice to serve with this.
- SUPER QUICK FRICASSEE: use leftover cooked chicken and follow the above recipe, only the cooking time is reduced to about 5 minutes for the chicken to heat through and the flour to cook.

In our house we always had potatoes with just about every meal, this one was no exception. Mom wanted to change the sides occasionally but found opposition in my dad every time. He ate the noodles or rice with a hopeful face for the next time with potatoes. The above recipe, when my parents cooked it or I later in life by myself, never used capers nor anchovies and always with potatoes (Kartoffeln). Berliner love potatoes.

**Guten Appetit!**

## Chapter Three – Turkish

### Tavuk Sote (Turkish Chicken Sauté)

Tavuk Sote (Turkish Chicken Sauté) is a wholesome, simple, and healthy chicken dish full of Mediterranean flavors.

Prep Time: 10 mins

Cook Time: 20 mins

Total Time: 30 mins

Course: Main Course

Cuisine: Mediterranean, Turkish

Diet: Gluten Free, Low Lactose

Servings: 4 people

Calories: 303kcal

Author: Ayla Clulee



#### Ingredients

- 2 tbsp good quality olive oil
- 700 g boneless skinless chicken breast or thigh (cut in small pieces)
- 200 g button mushrooms or chestnut mushrooms (sliced)
- 2-3 cloves garlic (finely chopped)
- 100 g red pepper (sweet Romano pepper) (sliced)
- 100 g Turkish green pepper (sliced)
- 1 tbsp tomato paste
- 250 g tomatoes (diced)
- 1 TSP paprika
- 1 TSP salt
- 1 TSP dried thyme or oregano
- ½ TSP freshly ground black pepper
- 50 ml water

## Instructions

1. Put a large wok or a frying pan on medium-high heat and add 1 tablespoon of olive oil.
2. When the pan is hot, sear the chicken pieces until slightly browned and then set them aside on a plate. Avoid overcrowding the pan, do it in batches if necessary.
3. Add the rest of the olive oil to the pan and sauté the mushrooms and garlic before adding the peppers.
4. Sauté the peppers for a few minutes and then stir in the tomato paste.
5. Add the tomatoes, paprika, salt, thyme or oregano and water, give them a good stir.
6. Cover the pan with a lid and cook it on medium heat for 10 minutes, until the chicken pieces are thoroughly cooked.

## Equipment

- 1 kitchen scale
- 1 measuring spoons
- 1 Sharp knife
- 1 wok with lid

## Nutrition

Calories: 303kcal | Carbohydrates: 9g | Protein: 40g | Fat: 12g | Saturated Fat: 2g | Polyunsaturated Fat: 2g | Monounsaturated Fat: 6g | Trans Fat: 1g | Cholesterol: 112mg | Sodium: 825mg | Potassium: 1109mg | Fiber: 3g | Sugar: 5g | Vitamin A: 1559IU | Vitamin C: 67mg | Calcium: 33mg | Iron: 2mg

I visited Turkey and Kurdistan in the early 80s and learned to love their cuisine as well and was astonished how clean the Turkish people are inside their homes and kitchens.

**afiyet olsun!**

## Chapter Four – Turkish

### Turkish Chicken and Okra Casserole

By Martha Rose Shulman

In Turkey, okra is often stewed with lamb or chicken. I liked this dish so much that I made it twice in one week, the second time for a big dinner party. It's adapted from Ghillie Basan's recipe in "Classic Turkish Cooking."

Featured in: Learning to Love Okra

Yield: Serves six



#### Ingredients

- 1 pound okra
- Salt
- ½cup red wine vinegar or apple cider vinegar
- 2 tablespoons extra virgin olive oil
- 1 small chicken, cut up into 8 pieces, skinned if desired
- 1 large onions, cut in half lengthwise then thinly sliced across the grain
- 2 teaspoons coriander seeds
- 1teaspoon Aleppo pepper, mild chili powder or smoked paprika
- 4 garlic cloves, puréed with a pinch of salt
- 1-pound tomatoes, seeded and grated; or peeled, seeded, and chopped
- ½ teaspoon sugar
- 1 tablespoon tomato paste diluted in ⅔ cup water
- Juice of 1 lemon
- Freshly ground pepper
- ¼ cup chopped fresh parsley
- Plain thick yogurt for serving optional

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## Instructions

1. Trim the stems from the okra and place them in a large bowl. Salt generously, douse with the vinegar, and let sit for 30 minutes to an hour while you prepare the other ingredients and begin cooking the dish. Toss from time to time.
2. Heat half the olive oil over medium-high heat in a large, lidded skillet or casserole. Brown the chicken in batches. Set the chicken aside in a bowl. Drain off excess fat from the pot and discard. Turn the heat down to medium and add the remaining olive oil and the onions. Cook, stirring, until they begin to soften, about three minutes. Add the coriander seeds and Aleppo pepper (or chili powder or paprika), and stir until the onions are tender, about two minutes. Add the garlic and stir for about 30 seconds until fragrant. Add the tomatoes and sugar. Cook, stirring often, until the tomatoes have cooked down slightly, about 10 minutes. Stir in the dissolved tomato paste and bring to a simmer. Add salt to taste.
3. Return the chicken pieces to the pot, reduce the heat to low, cover and simmer for 25 to 30 minutes.
4. Drain the okra, and rinse thoroughly. Add to the pot with the chicken, arranging the okra on top of the chicken pieces. Add the lemon juice, cover the pan and simmer for another 20 to 25 minutes. The chicken should be cooked through, and the okra should be just tender.
5. If you wish, remove the chicken to a platter. Stir the okra into the sauce and add the parsley. Add salt and pepper to taste, then spoon over the chicken and serve. Alternatively, stir everything together in the pot, season, and serve with rice or bulgur. Pass thick plain yogurt for topping.

## Tip

Advance preparation: You can make this several hours ahead and reheat gently on top of the stove.

**afiyet olsun!**

## Chapter Five – Italian

### One-Pot Italian Tomato Chicken and Rice

Weight Watchers:

13pp (per serve - one thigh; one drumstick; about 1/3 cup cooked rice)

Servings: 4

Calories: 573kcal

Author: Karina - Cafe Delites



#### Ingredients

- 1 tbsp olive oil
- 4 chicken thigh cutlets
- 4 drumsticks
- 1 red onion, cut into 8 wedges
- 1 red capsicum/bell pepper, deseeded and chopped
- 4 whole garlic cloves, smashed with the back of a knife
- 1/2 cup pitted olives
- 1/2 cup Sundried tomato strips in oil
- 1 teaspoon dried basil
- 1 teaspoon dried oregano
- 1/4 cup fresh parsley, finely chopped
- 1 cup long grain rice
- 400 g can chop tomatoes
- 1 1/2 cups chicken stock (or 1 1/2 cups water + 1 tablespoon vegetable stock powder)
- freshly grated parmesan cheese (to serve)
- chopped parsley (to serve)

## Instructions

1. Heat oven to 200c | 400F. Heat the oil in a large, shallow ovenproof cast iron skillet/or pan.
2. Add the chicken and fry for 3-4 mins on medium-high heat. Turn and fry again until golden all over.
3. Add the onion, red capsicum/peppers and garlic and fry for about 3 mins or until lightly golden and onion is transparent.
4. Transfer the chicken onto a plate; stir the olives, sundried tomato strips, basil, oregano, parsley, and rice into the pan; allow the rice to soak up all the juices.
5. Return the chicken pieces back to the pan on top of the rice; add the tomatoes and stock. Bring everything to the boil, rotate the chicken in the sauce before transferring to the oven. Cover with foil and allow to bake for about 40 minutes (depending on your oven) until the rice has softened.
6. Remove cover and change oven settings to grill/broil on medium heat; grill/broil for a further 8-10 minutes or until the chicken is crispy and golden.
7. Season with a little salt to taste and sprinkle with freshly chopped parsley and grated parmesan cheese (optional).

## Nutrition

Calories: 573kcal | Carbohydrates: 27g | Protein: 48.2g | Fat: 22g | Fiber: 3g

Italian is my favorite language, Rome, the Cypresses, the Café Crema, the pastries, and some of the food, because tomatoes are bad for gout, I must limit my Italian dishes intake unfortunately. But you can enjoy it, because it is so healthy with the cold pressed virgin olive oil, the homemade pastas, the fresh pressed tomatoes, the fresh herbs, and most importantly the red vino for its resveratrol and taste. So, enjoy.

**Buon appetito!**

## Chapter Six – Italian

### Chicken Spiedini - Italian Chicken Skewers

*The easiest **Chicken Spiedini** made with tender and juicy chicken and a simple flavor packed marinade. These Italian chicken skewers are grilled to perfection and taste incredible, so easy and healthy they're perfect for whipping up when you're short on time or want a fuss-free dinner!*

Prep Time 10 mins

Cook Time 10 mins

Total Time 20 mins

Course: Main Course

Cuisine: Italian

Servings: 4 servings

Calories: 325kcal

Author: Emily Kemp



#### Equipment

- 4 wooden skewers

#### Ingredients

- 4 chicken breasts
- 2 tbsp fresh rosemary finely chopped
- 1 tbsp dried oregano
- Zest of 1 whole lemon
- 2 tbsp olive oil
- Salt and pepper to season
- A squeeze of fresh lemon juice for serving

## Instructions

1. If using wooden skewers, soak them in a tray of water for 30 minutes.
2. Cut the chicken into 1-inch cubed pieces and add to a bowl.
3. Add all the herbs, zest, olive oil and a good pinch of salt and pepper. Stir until thoroughly combined. You can use the chicken immediately or place in the fridge to marinate until you're ready.
4. Heat the broiler (grill) to high. Thread the chicken onto the wooden skewers evenly and place on a baking tray.
5. Place the chicken on a high shelf under the broiler and cook for 5 minutes, turn the skewers, and cook for another 5 minutes until browned and cooked through.
6. Serve the chicken skewers on plate with a squeeze of lemon juice and some grilled veggies.

## Notes

- Make sure to soak the wooden skewers for at least 30 minutes so they don't burn, it's super important.
- Cut the chicken into even pieces so they all cook at the same time.
- Feel free to play around with flavors using different herbs and spices these are so versatile!
- You can grill this outdoors during the summer it'll also give them an extra smoky flavor.
- Leftovers can be stored in the fridge in a sealed container for up to 3 days. Reheat in the oven or under the broiler (grill) until piping hot all the way through or eat cold. Serve with salad or any sides you like.
- You can freeze these either before cooking or after, make sure to thaw overnight before cooking.
- If cooking on an outdoor grill or BBQ they'll need only around 3 minutes each side.

## Nutrition

Calories: 325kcal | Carbohydrates: 1g | Protein: 48g | Fat: 13g | Saturated Fat: 2g | Cholesterol: 145mg | Sodium: 844mg | Potassium: 852mg | Fiber: 1g | Sugar: 1g | Vitamin A: 118IU | Vitamin C: 5mg | Calcium: 34mg | Iron: 1mg

You know you can literally make this recipe with shrimps, oh my goodness so good as well.

## Enjoy your meal

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## Chapter Seven – English/American

### Ultimate Coronation Chicken

By Kimberly Killebrew

Originally created and served for Queen Elizabeth II's coronation in 1953, this Coronation Chicken recipe bumps up the flavor several notches for a truly delicious meal that can be enjoyed as a salad or sandwich filling!

PREP TIME: 15 mins

COOK TIME: 10 mins

TOTAL TIME: 25 mins

COURSE: Appetizer, Main Course,  
Side Dish

CUISINE: British, English

SERVINGS: 6

CALORIES: 297 kcal



### Ingredients

- 2 large boneless, skinless chicken breasts (for a quicker method you can use roast chicken from the store)
- For the Creamy Curry Sauce:
  - 3/4 cup quality mayonnaise
  - 1/2 cup creme fraiche or Greek yogurt
  - 1-2 tablespoons heavy cream
  - 2 tablespoons apricot jam or mango chutney
  - 1 tablespoon quality curry powder (use Madras for a bit of spicy kick)
  - Homemade Curry Powder or any store bought
  - 3 tablespoons very finely chopped dried apricots
  - 2 teaspoons tomato paste
  - 1/4 cup toasted sliced almonds (toast them in a dry skillet over medium-high heat until golden brown)
  - 1/4 cup chopped fresh cilantro

## Instructions

1. Place the chicken breasts in a small pot and cover with chicken broth (you can use water, but we recommend chicken broth as it will infuse the chicken with more flavor). Bring it to a boil, reduce the heat, and simmer until the chicken for about 10-15 minutes or until completely cooked through. Drain the chicken and let it cool completely. Chop it into 1/2-inch pieces or smaller if you prefer.
2. While the chicken is cooking, prepare the creamy curry sauce:
3. For optimal flavor, first briefly toast the curry powder in a dry skillet over medium-high heat until very fragrant. Be careful not to scorch it or it will become bitter.
4. Place all the sauce ingredients in a large bowl, reserving the toasted almonds and cilantro until last, and stir to thoroughly combine.
5. Once the chicken is cold, pour over the sauce and carefully fold until the chicken is even coated. Refrigerate for at least a couple of hours before serving.
6. Serve sprinkled with toasted almonds and chopped cilantro (see NOTE). Serve on a bed of lettuce, on baked potatoes, with rice, or as a sandwich filling.

## Notes

If you prefer you can combine the sliced almonds and the cilantro in the sauce instead of sprinkling them on top. We reserve the cilantro as optional (though we love the flavor in this salad) and prefer to sprinkle the almonds on top to maintain their crunch.

## Nutrition

Calories: 297kcal | Carbohydrates: 12g | Protein: 5g | Fat: 27g | Saturated Fat: 4g | Polyunsaturated Fat: 14g | Monounsaturated Fat: 8g | Trans Fat: 1g | Cholesterol: 16mg | Sodium: 204mg | Potassium: 215mg | Fiber: 2g | Sugar: 9g | Vitamin A: 411IU | Vitamin C: 1mg | Calcium: 55mg | Iron: 1mg

KEYWORD Coronation Chicken, Curried Chicken, Poulet Reine Elizabeth, Sandwich Filling

It was just an 8 hour stop on Harthorn Airport on my way to Germany, and I saw this dish but didn't feel like waiting in line so I thought if I ever find the recipe, I will make it. So here we are.

**Bon Appetit**

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## Chapter Eight – American

### Great All – American Fried Chicken

Submitted by **The Spice Guru**

"My recipe for a real crowd-pleasing fried chicken made with corn flour (masa harina). PLEASE NOTE: The Nutritional Information listing here is inaccurate -- since only a fraction of flour and salt end up in the finished product. So be aware -- the suggested sodium, sugar, carbohydrate, and calorie levels are ridiculously exaggerated!"

Ready In: 26hrs

Ingredients: 13

Serves: 6



#### Ingredients

- UNITS: US
- CHICKEN
- 8 -16 assorted skin-on frying chicken
- salt & freshly ground black pepper
- BREADING
- 1 2/3cups all-purpose flour
- 1/4cup cornstarch
- 2tablespoons fine corn flour (or masa harina flour)
- 2tablespoons seasoning salt (Lawry's, no exceptions!)
- 1tablespoon ground black pepper
- 1 3/4teaspoons poultry seasoning (McCormick, no exceptions!)
- 1/4teaspoon ground turmeric
- 1/8teaspoon cayenne pepper
- 1/8teaspoon paprika
- EGGWASH
- 4beaten eggs
- FRYING OIL
- peanut oil

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## Instructions

1. To make corn flour, finely grind corn meal in a clean spice mill or coffee grinder to yield 2 tablespoons. Moderately season chicken with salt and freshly ground pepper, Rub seasoning well into chicken.
2. IN a large bowl add the breading ingredients except the flour and cornstarch, combine ingredients well using a whisk, add the flour and cornstarch, whisk well until mixture is thoroughly blended.
3. IN a medium to large bowl, beat 4 large eggs, add the chicken pieces, and turn to coat well, transfer a few pieces chicken at a time into the breading container, roll chicken in breading until well-coated, gently shake excess breading from chicken, place breaded chicken on a platter and repeat procedures with remaining chicken, let chicken rest a few minutes to absorb breading.
4. Add the manufacturer's recommended amount frying oil for deep-frying, place deep-fryer basket into place in deep-fryer, preheat fryer to 315°F (or preheat enough fat to immerse chicken completely in deep heavy stovetop pot between 315°F to 325°F, using a standard deep-fryer thermometer to gauge).
5. Carefully drop each piece breaded chicken one at a time, gently into the deep-fryer basket without crowding (if a standard size home fryer is used, add no more than 2-3 pieces at a time), (if stovetop frying, gently place breaded chicken pieces into hot oil using tongs, turning once halfway through frying duration).
6. Fry chicken between 15-18 minutes until golden brown and fully cooked, depending on chicken portions/sizes (juices should run clear when chicken is done) Blot chicken lightly to absorb excess oil.
7. Maintain frying fat temperature for each new batch and repeat the same cooking/steaming procedures for the remaining chicken.
8. Reheat chicken before serving, on grill-inserted broiler pan(s) in a preheated oven until warmed (keep oven temperature at 170°F (do not keep chicken in oven over 25 minutes, since it will lose moisture and flavor at that point).
9. Serve and enjoy!

My girlfriend Loretta makes the best fried chicken, and she uses Slap your Momma seasoning into the flour!

**Enjoy your meal!**

## Chapter Nine – Haitian

### Poul Ak Nwa – Haitian Chicken with Cashews

Poulet aux noix, aka Poul Ak Nwa, or chicken with cashews is a very popular dish in Haiti. It is notably from the northern side, especially around Cap Haitien, which is very known for its use of cashews.

In Haiti, Sunday is considered as the family day, and it's the day of the week where the "best" dishes like Poul Ak Nwa are made because the entire family gets together, dines, and has great time together before the start of a new week.



This dish holds a very special spot in my childhood memories, as I can recall how excited I was whenever I knew that my mom was making it. I can truly say that this is one of the dishes that drew me into the kitchen and spiked my interest in cooking. The fact that my mom took it upon herself to make it instead of the house cook, always stuck with me. She always wanted to make sure that Sunday meals were well prepared and tasted exactly as she wanted it. I hope you enjoy this recipe.

#### Ingredients

- 4 Chicken leg quarters, cut in two
- 6 oz Tomato paste
- 1 qt Chicken stock or broth
- 6 oz Epis (Haitian green seasoning)
- ½ cup Cashew halves, toasted
- 2 tbsp Finely ground cashews
- 1 Bouquet Garni
- ½ Green bell pepper, julienned
- ½ Yellow onion, julienned
- Canola oil, for cooking
- Salt and pepper to taste

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## Instructions

1. Make the Bouquet Garni by wrapping 3 thyme sprigs, a bunch of parsley stems, 2 heads of scallions, 1 habanero pepper, 5 whole peppercorns, 2 whole cloves and 3 heads of garlic in cheesecloth.
2. Season chicken with épis, salt, and pepper. Place in a container and let marinate overnight or for 3 to 4 hours.
3. Heat a dense pot, add some oil and sear chicken in small batches until golden brown on each side.
4. Remove and set aside.
5. In same pan, add tomato paste and cook on low heat until well dissolved, about 2 minutes.
6. Pour in chicken stock/broth then mix in cashew powder until well dissolved.
7. Add chicken pieces, and bouquet garni - make sure chicken is at least three quarters submerged.
8. Adjust seasoning to your liking, bring to a boil, and then let simmer for about 30 minutes.
9. Once the chicken has reached an internal temperature of 165°F, and sauce is silky, add cashew halves, onions, and peppers.
10. Let cook for an additional 7 minutes.
11. I suggest serving it with white rice and avocados.

It was truly an adventure visiting Haiti in 1997 and having had the opportunity to try some of the craziest recipes out there. Haitian food is utterly delicious! See if you can find a Haitian Restaurant in your area and eat a variety of this fantastic delight. Just be careful they cook extremely spicy. Take an order for tomorrow as well, you'll be sorry if you didn't.

**Bon Appetite**

**SEE CHAPTER TEN ON NEXT PAGE**

## Chapter Ten – Haitian

### Soup Joumou (Haitian Squash Soup) Recipe

Soup Joumou (Haitian Squash Soup) is served every year on the 1st of January as the Haitian nation celebrate its Independence. It is one of the most savored foods as it is a rarity. Deliciously prepared to one's taste but the base is squash. Extremely filling, but the enjoyment of the sensational flavors with the proudness of freedom makes this dish a unique experience that one must share.

Course Breakfast, Dinner, Lunch, Main Course

Cuisine: Haitian - Prep Time: 45 minutes

Cook Time: 2 hours 30 minutes

Total Time: 3 hours 15 minutes

Servings: 8 People - Calories: 327kcal

Author: Savory Thoughts



#### Ingredients

#### Stovetop Soup Joumou

- 1 Butternut squash about 2 ½ - 3 lbs.
- 3 cups Macaroni
- 1 lb. Beef cubes
- 1 tbsp fresh ginger chopped
- 1 lb. Fresh vegetable 8 blend
- Salt and pepper to taste
- 2 Garlic cloves
- Juice from 2 lemons or limes
- 1 tsp Garden sage fresh and chopped
- 3 cups Shredded cabbage
- 1 tbsp Better than bouillon vegetable paste
- 2 tbsp olive oil
- 2 tbsp Fresh parsley
- 10 cups Water plus extra for cooking
- 2 cups Vegetable broth

## Instant Soup Joumou Ingredients To Marinate The Meat

- 2 Lbs. Angus Beef
- 1 Cup Haitian Epis
- 2 Tbsp. Ground Fresh Ginger
- 2 Tsp. Kosher Salt
- 2 Tsp. Black Pepper
- 2 Tsp. Ground Cloves
- Instant Pot Soup Ingredients

## Instant Soup Joumou Ingredients

- 1 Large Butternut Squash about 2 ½ - 3 lbs.
- 1 Tsp. Kosher Salt
- 2 Rosemary Sprigs
- 5 Thyme Sprigs
- 1 ½ Tsp. Allspice
- Fresh Sage about 3 leaves
- 3 Large Carrots Peels
- 1 Small Cabbage about 1 ½ lbs.
- 1 Box Penne Pasta or about 3 cups of pasta
- 2 Large Fresh Lemon
- 2 Tbsp. Better Than Bouillon Paste Vegetable paste
- 8 Cups Water

## Instructions

### Stovetop Instructions

1. In a medium-size bowl, season the meat with salt and pepper, garlic, sage, 1 lemon or lime juice, and parsley. Marinate for 6-8 hours or overnight.
2. Transfer the meat with the marinating liquid to a 5-quart Dutch oven, or deep pan. Add 8 cups of water and cook on medium-high covering the pan halfway. Cook the meat for 2 hours. Be sure to check the water quantity so it does not dry. Add more water if needed as the meat cooks. In the end, you should have about 2 cups of water left with the meat. Reduce the heat to low.
3. Meanwhile, cook the squash until fork through (about 35 minutes). Remove the squash from the heat, cut in half, remove the seeds, and cut into small pieces. Feel free to leave the skin on. Place the squash the blender, blend until liquify with cups of vegetable broth and 2 cups of water.
4. Pour the mixture into the meat, stir. Add the bouillon paste and vegetables, cook for 10 minutes. Stir constantly.
5. Add the juice from the other lemon or lime, then add the noodles. Cook for 10 minutes. Stir. Serve warm with bread. Enjoy!

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## Instant Pot Soup Joumou Instructions

1. Cut and wash the meat well. Pat dry and place in the instant pot basket. Add the marinating ingredients, mix well. Cover with foil and set aside. Let marinate for 30 minutes or overnight.
2. Wash the squash, then cut into large pieces. Then add the squash into the basket with the meat. Add 8 cups of water. Cover and turn the knob to seal. Pressure cooks on high for 35 minutes.
3. When the timer goes off, quick release. Place the meat in one bowl. Do NOT discard the water from the meat and squash. Place the water in large bowl to use for later.
4. Add the squash to the Instant Pot Blender or good quality blender. Add 2 ½ cups of the water from the meat. Blend well to a smooth consistency.
5. In the Instant Pot, add the oil, carrots, cabbage, and noodles. Stir until well combined.
6. Then transfer the blended squash to the vegetables and noodles.
7. Add the remaining ingredient - herbs, salt, lemon juice, allspice, and Better Than Bouillon Paste (See Instant Pot Soup Ingredients list above).
8. Add the cooked meat. Next, add the remaining water from the meat (broth) and stop until the liquid reaches the "max" mark in the pot. Do not overfill, otherwise the soup will overflow when cooking.
9. Stir lightly to mix the ingredients together. Cover and seal. Cook for additional 10 minutes. Quick release when complete.
10. Serve and enjoy.

## Notes

\*\*\* This recipe was first published in December 2018. The content was updated to better serve the readers.

Per readers' request, the soup has been modified to include an Instant Pot version.

The ingredients/recipe remained as is for the stovetop version as the readers already love it.

Step-by-step photo guide along with a video is provided to help you make this recipe perfectly each time.

If you want to make this meal vegan, simply remove the meat.

\*\*\*\*Calories are estimated per serving for the stovetop version.

\*\*\* This post contains affiliate links, which means we will receive compensation if clicked on it or make a purchase. Please read our full disclosure here!

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## Nutrition

Serving: 8People | Calories: 327kcal | Carbohydrates: 29g | Protein: 25g | Fat: 13g | Saturated Fat: 3g | Monounsaturated Fat: 3g | Cholesterol: 39mg | Sodium: 1134mg | Potassium: 453mg | Fiber: 4g | Sugar: 9g | Vitamin A: 6050IU | Vitamin C: 89.1mg | Calcium: 160mg | Iron: 3.4mg

This soup is utterly amazing! A must cook! I have had it with goat, and I tried it with chicken, which was also fantastic, however, if you ever have a chance to eat it with goat do so without hesitation, just be prepared they cook it rather spicey, when I cook it I use hardly any hot peppers! Love, love, love, this soup!!!

**Bon Appetite**

**SEE NEXT CHAPTER ON FOLLOWING PAGE**

## Chapter 11 – Asian - Chinese

### Quick Sesame Chicken With Broccoli

By Rhoda Boone

**Active Time:** 22 minutes

**Total Time:** 22 minutes

For this quick dinner, chicken gets a crisp crust thanks to a touch of cornstarch. This recipe calls for quick-cooking white rice to save time, but feel free to use whatever you have on hand and follow the package directions.

#### Ingredients

- 4 servings
- 1 1/2 cups quick-cooking white rice
- 1 3/4 teaspoons kosher salt, divided, plus more
- 8 cups broccoli florets
- 1/4 cup plus 2 tablespoons cornstarch
- 1/2 teaspoon freshly ground black pepper
- 2 pounds boneless skinless chicken thighs, breasts, or a mix, patted dry, cut into 1" chunks
- 4 tablespoons vegetable oil, divided
- 1/4 cup plus 1 tablespoon honey
- 1/4 cup low-sodium soy sauce
- 3 tablespoons rice wine vinegar
- 1 tablespoon Sriracha
- 1 large clove garlic, finely grated
- 1 teaspoon finely grated ginger
- 1 1/2 teaspoons toasted sesame oil
- 2 tablespoons toasted sesame seeds, divided
- 2 scallions, thinly sliced





## Instructions

1. Cook rice with a pinch of salt according to package directions.
2. Set a steamer basket in a medium pot filled with 1" water, cover pot, and bring water to a boil. Steam broccoli, covered, until crisp-tender, 5–6 minutes. Drain and set aside.
3. Whisk cornstarch, pepper, and 1 1/2 tsp. salt in a large bowl. Add chicken and toss to coat.
4. Heat 2 Tbsp. vegetable oil in a large skillet over high. Add half of the chicken and cook, turning occasionally, until chicken is cooked through and a light brown crust form, about 5 minutes.
5. Meanwhile, whisk together honey, soy sauce, vinegar, Sriracha, garlic, ginger, sesame oil, 1 Tbsp. sesame seeds, and remaining 1/4 tsp. salt in a medium bowl.
6. Transfer first batch of chicken to a plate. Heat remaining 2 Tbsp. vegetable oil and cook remaining chicken. Add sauce to skillet along with first batch of chicken. Toss well and cook until sauce is reduced and thickened, about 2 minutes. Fold in reserved broccoli, toss to coat, and remove from heat.
7. Divide chicken and broccoli among 4 plates and top with scallions and remaining 1 Tbsp. sesame seeds. Serve with rice on the side.

## Cooks' Note

*Feel free to substitute traditional white or brown rice for quick-cooking rice. Make this meal gluten-free by substituting tamari for the soy sauce.*

Chinese food is not everybody's thing, but I love two dishes, chicken or beef with broccoli and some rolls. When we go to a nice Chinese Buffet, I always get this and perhaps some Teriyaki chicken, of which I will add the recipe in next month's edition. Please let me know how your family liked your meal and other recipes you wish to be published on.

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“chī hǎo hē hǎo” 吃好喝好

## Chapter Twelve – Asian - Japanese

### Hibachi Chicken and Fried Rice

Recipe by Carolina Rice

#### Ingredients

- Ingredients
- Hibachi Sauce
- Instructions
- Hibachi Chicken
- How do you Cook Hibachi?
- Save for later
- Yum Yum Sauce tip



#### Instructions

1. Fried Rice: Cook rice according to package directions. Cool completely.
2. Hibachi Sauce: Whisk all ingredients together in a small bowl. Refrigerate until ready to use.
3. Hibachi Chicken: In a medium bowl, combine chicken and soy sauce. In a large wok or skillet, melt 2 tbsp butter. Add chicken. In batches, cook stirring, 3 to 5 mins or until cooked through. Transfer to a bowl. Toss sesame oil and rice vinegar with chicken. Set aside; keep warm.
4. In the same wok or skillet, add 1 tbsp oil. Add eggs. Cook, stirring frequently, for 2 to 3 mins or until eggs are set. Transfer to small bowl; set aside.
5. Add remaining oil to wok or skillet. Add ginger and garlic. Cook, stirring, for 1 to 2 mins or until fragrant. Add rice, peas, carrots, and cabbage. Cook for 5 to 8 mins or until heated and vegetables are tender crisp. Add 1/2 cup green onions. Season with salt.
6. Serve hibachi chicken over fried rice. Top with remaining green onions. Sprinkle black and white sesame seeds. Substitute chicken with thinly sliced beef sirloin, pork tenderloin or shrimp for variation.

## Hibachi Chicken

Make your kitchen your new favorite restaurant with this delicious Japanese dish. Pair this savory Hibachi Chicken with Chinese Fried Rice and vegetables and enjoy a hearty meal in less than an hour. If you love easy stir-fry recipes packed with lots of flavors, this Hibachi Chicken served with Carolina® Jasmine Rice is the way to go. Whether you are cooking for yourself or for a large group, this recipe will satisfy all your needs – plus, it's a great way to entertain a group!

## How do you Cook Hibachi?

There are several ways you can recreate this recipe at home. For instance, if you own an outdoor flat top griddle, this recipe is perfect for a pool & barbecue day! But if you don't own one, don't worry! There are many other options, just make sure you use flat-bottomed cookware that can heat up quickly. Want to try other recipes using Carolina® Jasmine Rice and a wok? This Miso Fried Rice is quick and full of flavor.

## Save for later

Save this recipe and enjoy it later: cooked chicken can be kept in the refrigerator for 4 to 5 days after cooking, but the fried rice will stay good for up to a week so make sure you store them in separate containers! When reheating the Hibachi chicken, do it in a hot pan on the stove, so everything stays moist, and the vegetables get their crispiness back.

## Yum Yum Sauce tip

Upgrade this dish by making your own Yum Yum Sauce just like the one served at hibachi places. If you want to make it from scratch, make sure you add butter, paprika, onion powder, cayenne pepper and a touch of sriracha if you enjoy spicy flavors. For best results, prepare the sauce one day in advance. If you manage to have any leftover sauce, you can store it in an airtight container, and it should last 5 to 7 days in the fridge. Serve these Veggie Rolls with Sushi Rice as an entrée when hosting a large group. It will make a great combination for a Japanese themed lunch or dinner!

This dish is one of my husband's and mine favorite Asian dish we always ate at a little Chinese/Vietnamese restaurant in Umatilla, Florida. It was utterly delicious. Too bad we moved a bit too far now, but occasionally, we still stop buy and indulge. I made it at home a couple of times, but it never tastes the same as theirs, I wonder why?

## Meshiagare

## Final Words

It is my deepest desire to create a community that is helping each other and a Mission that my innermost dream of having a place of peace and harmony creating togetherness amongst three groups of people, the young, the veterans and the elderly! To integrate love, friendship, respect, and to treasure the wisdom they can share with others be fulfilled.



**YOUTH:** A place where the youth can learn so much from our admired vets, their experiences, their skills and their friendship and the youth in turn keeps the vets and elderly from feeling lonely, but rather, to be looked up to and appreciated.

**VETS:** A place where the vets can call their home for the rest of their life, feeling important, belonging, and feeling they can still contribute to their country. They can impart their skills while having fun all wrapped in exciting experiences of boating, fishing, building, flying, so many fun things that shape and influence the minds of our youth.



**ELDERLY:** A place they will call their happy home again in our ALF (Assisted Living Facility) where we will provide for them, not a huge group mind you, perhaps two dozen or so, that have no one else and are happy to teach the youth manners, respect, share their life experiences and values, especially, to keep a happy family, with a mother and a father.

On my blog the [talkingchickens.com](http://talkingchickens.com), we have just begun the legacy of a purposeful community and will add to this special reason many other subjects and ideas, may it be animals, relationships, health, business, and trades to assist the youth, vets, elderlies, as well as anyone that is in need to learn more.

So, please share this e-book with your friends on your email list and social media to bring some joy into their lives and to help create a community of significance.

Thank you so very much for your help and I appreciate your time to make a difference.

Blessings,

***Liane S. Page***

# Chicken Recipes From Around the World



What a pleasure it is to share with you my experiences with the greatest chicken dishes I had the fortune to discover in my travels around the world. It is such a delight to share with you the finest creations possible with the heavenly chicken.

The recipes are easy to understand and the instructions are very simply to follow, you will find pictures, and will achieve a dinner for your family they will speak about for ages to come. I bet you they will want to learn how to cook those light dishes themselves in no time.

This eBook is Volume I of many to follow. Each month I will be adding newly discovered unique recipes so please be sure to subscribe to my Newsletter at <https://www.talkingchickens.com/signup>

Please help to grow our wonderful community by sharing this eBook with all of your friends on your email list and social media. Thank you for your help.

And remember we can cook everything with Christ who strengthens us.



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