

Poultry



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Baked Chicken, Simple and Basic

Plan on 2 pieces per serving. You can use cut fryers or leg quarters.

For 24 servings:

48 each chicken pieces (or 6 whole fryers, cut up)
 olive oil as needed
 salt and pepper as needed

- Preheat oven to 400 F
- Rinse the chicken, drain and pat dry.
- Rub lightly with oil. Lightly is key. Then salt and pepper.
- Arrange in single layer on sheet pans, skin side up, pieces not touching.
- Bake for 30 minutes at 400 F, then turn down to 325 F, and continue baking until juices run clear, or to internal temperature of 170 F.
- Put in steamtable pans for serving.



Baked Chicken Sesame

A simple to prepare dish that can be served as part of a theme meal, or as an alternative or healthy choice for any meal. Serve with fluffy white rice.

For 20 servings

| | | |
|-------|------|--|
| 15 | each | chicken breasts, cut into bite size pieces |
| 1 | lb | cornstarch (or more if needed) |
| 2 | cups | honey |
| 1 1/2 | cups | ketchup |
| 1/2 | cup | sugar |
| 3/4 | cup | brown sugar |
| 3/4 | cup | white vinegar |
| 1 | cup | soy sauce |
| 2 1/2 | tsp | salt |
| 1 1/2 | Tbsp | garlic powder |
| 1/4 | cup | cold water |
| 2/3 | cup | cornstarch |
| 1/2 | cup | sesame seeds |

- Preheat oven to 375F
- Prep a shallow, full size steamtable pan with food release spray.
- Put the 1 lb of cornstarch in a bag and add the chicken. Close the bag; shake to coat the chicken well.
- In a saucepan, mix all ingredients (except chicken and sesame seeds)
- Bring to a boil and, when thickened, remove from heat.
- Working in batches, sauté chicken in oil until browned, and put in steamtable pan. When all chicken is cooked, cover with the sauce.
- Bake about 30 minutes, or until chicken is cooked through.
- While chicken is baking, toast sesame seeds very lightly by heating in a dry skillet on medium heat. Watch carefully so they don't burn.
- Remove chicken from oven, sprinkle with sesame seeds.



Baked Chicken Teriyaki

About 24 Servings

| | | |
|-----|------|--|
| 1/4 | cup | cornstarch |
| 1/4 | cup | cold water |
| 2 | cups | granulated sugar |
| 2 | cups | soy sauce |
| 2 | cups | cider vinegar (or wine vinegar) |
| 2 | Tbsp | minced garlic |
| 2 | tsp | ground ginger |
| 1 | tsp | black pepper |
| 48 | each | chicken pieces (can be cut fryers or 6 chickens) |

- Preheat oven to 425 F.
- In a saucepan, combine all ingredients but the chicken. Bring to a boil, and then reduce to a low simmer. The sauce will have thickened.
- Working in batches, toss chicken in sauce together in a bowl, then arrange – not touching – on sheet pans lined with parchment paper. If you don't have parchment, wipe with oil or spray with food release spray.
- Bake about 30 minutes on one side and then turn and bake another 20 to 30 minutes until chicken is done (when juices run clear).
- Remove, put in shallow steamtable pan to serve.

Balsamic, Bacon, Brussels Sprouts & Chicken

This is a dish some will love and some won't even slow down to look at. Brussels sprouts? No thanks. But those who try it will be glad they did.

Serves about 12 brave souls

| | | |
|-----|------|---|
| 1 | cup | olive oil (divide into 3/4 cup and 1/4 cup) |
| 3 | Tbsp | balsamic vinegar |
| 1 | Tbsp | thyme |
| 1 | Tbsp | dried rosemary, crushed |
| | | salt and pepper as needed |
| 12 | each | chicken thighs, bone in |
| 24 | each | garlic cloves, peeled, whole |
| 3 | lbs | Brussels sprouts, thawed |
| 1 | lb | bacon, uncooked, diced in 1 inch pieces |
| 1/2 | cup | parmesan cheese |

- Preheat oven to 425 F.
- In a large bowl, mix 3/4 cup olive oil, vinegar, thyme, and rosemary.
- Salt and pepper thighs, and toss in the olive oil/vinegar mixture.
- In a hot skillet, sear the chicken (skin side down), turn over, and sear the other side, about 3 minutes per side. Set the chicken aside for now.
- In a skillet, cook the bacon until it begins to crisp, then add the remaining olive oil and Brussels sprouts. Season with salt and pepper.
- Cook until sprouts begin to take on a slightly golden color, then transfer to a shallow, full size steamtable pan. Place the chicken thighs on top.
- Bake until chicken is cooked completely; remove pan and place on line.

Breaded Mushroom Chicken

This is a pretty crumby dish. Get it? Crumby? Yeah, this book is loaded with lame humor. But at least it isn't dull and boring. Neither is this chicken.

For 20 servings

| | | |
|-----|------|---|
| 20 | each | boneless chicken breasts |
| | | Salt and pepper as needed |
| 4 | each | eggs |
| 1/2 | cup | buttermilk |
| 2 | Tbsp | garlic powder, divided (half in the batter, half in crumbs) |
| 3 | cups | bread crumbs |
| 1 | cup | grated parmesan cheese |
| 2 | lbs | fresh mushrooms, sliced |
| 1/2 | cup | oleo, melted |
| 3 | Tbsp | lemon juice (fresh squeezed is best) |
| 3 | tsp | fresh parsley, chopped |

- Preheat oven to 375F.
- Combine melted oleo and lemon juice. Pour half of it into a baking pan.
- Add the mushrooms to the pan in an even layer and set aside.
- In a shallow bowl, beat the eggs, milk, and 1 Tbsp of garlic powder.
- In breading pan, mix bread crumbs, cheese, and remaining garlic powder.
- Salt and pepper the chicken breasts, then bread: First, dip in egg wash, then place in the bread crumbs. Press down a bit to ensure a good coat.
- Place each breast in the baking pan on top of the mushrooms. When all are arranged, drizzle the other half of the oleo on the chicken breasts.
- Bake uncovered about 45 minutes, or to an internal temp of at least 165 F.
- Transfer to a shallow steamtable pan for serving.

Blackened Chicken

Make sure that hood fan is working. This uses some heat, and makes some smoke for sure. It also makes big flavor. But seriously, lots of smoke.

For 24 servings

| | | |
|----|------|--|
| 24 | each | boneless breasts or thighs, pounded flat |
| 3 | Tbsp | paprika |
| 2 | Tbsp | garlic powder |
| 2 | Tbsp | onion powder |
| 2 | Tbsp | ground dried thyme |
| 2 | tsp | black pepper |
| 2 | tsp | cayenne pepper |
| 4 | tsp | dried basil |
| 2 | tsp | dried oregano |
| 2 | tsp | file' powder |

- First, make the blackening seasoning: mix all the spices together.
- Generously sprinkle the seasoning over each chicken breast.
- Turn the grill or heat a skillet as hot as you can **safely** get it.
- Cook each breast about 3 to 4 minutes per side. Turn only once.
- Remove when juices run clear. Serve. Garnish with a lemon slice.



Cassoulet

Pronounced “cass-o-lay”, this traditional French dish has been “Cajunized” so it tastes how we like it down here in the south. It is an entrée dish, to be sure.

Makes 2 each half size, 4 inch deep pans

| | | |
|-----|--------|--|
| 2 | lbs | great northern beans |
| 12 | quarts | chicken stock |
| 1 | lb | salt meat, diced about 1/2 inch |
| 1 | lb | pork steaks, cutlets, or other pork, raw, cubed 1 inch |
| 2 | lbs | bacon, diced |
| 2 | lbs | smoked sausage, sliced in coins about 1/2” thick |
| 4 | lbs | chicken thighs, cubed about an inch or so |
| 6 | cups | onions, diced |
| 3 | cups | celery, diced |
| 1/2 | cup | garlic, minced |
| 2 | cups | tomato puree |
| 2 | tsp | thyme |
| 2 | tsp | salt |
| 2 | tsp | pepper |
| 1/2 | tsp | cayenne |
| 1/2 | cup | Worcestershire sauce |

- In large stockpot, put beans, salt meat and stock. Bring to boil; reduce to a simmer; cook until beans are just becoming tender, about 45 minutes.
- Don’t overcook; they’ll be cooking in the oven for a while too.
- Meanwhile, poach chicken, pork and sausage in just enough water to cover, until tender – also about 45 minutes.
- When meat and beans are both cooked, drain both the stocks and save.
- Put the meat and beans into the half pans together.
- Now cook the bacon in a large saucepan. When the fat is rendered out, turn up the heat a bit and sauté the onions, celery and garlic. When soft, add the tomatoes, thyme, seasonings, and about 2 cups of the stock.

- Cook until the stock is reduced by about half, and has thickened.
- Add some of the stock to the pans; just enough to cover the beans plus about half an inch or so. No more.
- Save the rest of the stock in case you need it (or for something else).
- Taste and adjust seasoning before covering and baking at 350 F for about 40 minutes to an hour. By that time, much of the liquid should have been absorbed into the dish. If not, uncover and bake another 20 minutes.
- Remove and serve.



Chicken & Dumplings

This recipe uses biscuit mix for the dumplings, which are rolled thin and cut. It takes a bit of time, so plan ahead. The stock really makes this dish stand out. Plan to let the dumplings sit and dry for about an hour, too.

Makes about 25 servings

STEP 1

4 each whole fryers, 8 cut
2 gallons water
6 Tbsp chicken base

- Put water, chicken and base in a stockpot. Bring to a boil, and then simmer until the meat can be pulled from the bone. Remove chicken and let cool.
- When chicken is cool, debone, leaving as many large pieces as you can. Set the chicken aside in the cooler. It won't be used for a while.
- Strain the stock through a mesh strainer, return it to the stockpot.

STEP 2

3 cups onions, diced small
3 cups celery, diced small
1 Tbsp black pepper
2 gallons chicken stock (that you just made)

- Add the pepper, onions and celery to the stock and simmer until they are very, very tender. Let broth simmer slowly

STEP 3

12 cups biscuit mix
4 each eggs
4 cups water (not milk)

- Beat the eggs and water together; fold in the biscuit mix. The dough should be pretty loose. Add water if needed, a little bit at a time.
- Once you have a sticky but workable dough, turn out on a well-floured surface and fold several times until the dough becomes dryer and no longer sticky. Keep it well-floured (and the work table too).
- Roll dough 1/4 inch thick. Cut into squares about 1 1/2 inches.
- Let them dry out for at least an hour. More is okay.
- About 30 minutes before mealtime, add chicken to the stock. Check the seasoning. If the broth isn't rich tasting, add chicken base (instead of salt).
- When the chicken starts to get very tender bring the stock up to a boil and add the dumplings in batches. Scoop them into the broth, flour and all.
- Let them boil like crazy for about 4 minutes, and while they boil, make a slurry with cornstarch and water.
- When the dumplings are floating, pour the slurry into the pot, stirring as you do. The broth will thicken.
- Turn the heat down and the dumplings will sink in the pot.
- Put in a steamtable pan and serve.



Chicken Diane

Serves 24

| | | |
|-----|------|---------------------------|
| 24 | each | boneless chicken breasts |
| 1/4 | cup | olive oil |
| 1/4 | cup | butter |
| 1/3 | cup | lemon juice |
| 1/3 | cup | fresh parsley, chopped |
| 4 | Tbsp | Dijon mustard |
| 3 | cups | chicken stock |
| 1/2 | cup | green onions, chopped |
| 1/4 | cup | butter |
| 2 | lb | fresh mushrooms, sliced |
| | | salt and pepper as needed |

- Flatten the breasts flat with a mallet, then salt and pepper.
- In a large skillet, brown the chicken in the oil and butter on both sides.
- Transfer to a shallow, full size steamtable pan.
- In same skillet, blend lemon juice, parsley, and mustard.
- When hot, add broth and green onions, then pour over the chicken.
- Rinse the skillet. Melt 1/4 cup butter, then sauté mushrooms until golden brown, then pour over the chicken and sauce.
- Put chicken in oven for about 15 minutes. Remove and serve.



Chicken Parmesan

Japanese bread crumbs (Panko) make this chicken extra crisp, so it holds up well to the sauce. Usually served with a long pasta like angel hair or spaghetti.

For 12 servings

| | | |
|-----|------|--|
| 12 | each | boneless chicken breasts (or thighs), pounded 1/2 inch thick |
| 6 | each | eggs |
| 3 | cups | panko bread crumbs (and you may need more) |
| 1 | cup | grated parmesan cheese |
| 2 | cups | flour or more as needed |
| 1 | can | prepared pasta sauce |
| 1 | tsp | dried basil |
| 1/2 | tsp | garlic powder |
| 3 | cups | shredded mozzarella cheese |

- Preheat oven to 450 F.
- Season chicken with salt and pepper.
- Beat the eggs in a shallow bowl and set aside.
- Mix the panko and parmesan cheese in a shallow pan; set aside.
- Put flour in a shallow pan. Dredge chicken in flour and then in the eggs.
- Place in the bread crumbs. Press the breast into it a bit to coat well.
- Set the breasts aside for about 10 minutes to “set”.
- Brown the breasts in a skillet with oil (or in a deep fryer set to 350 F) to a golden brown and put in a steamtable pan.
- Bake in oven for 15 minutes. While chicken is in oven, combine pasta sauce with basil and garlic powder; heat and keep warm.
- After 15 minutes, remove chicken, and top each with sauce and cheese.
- Return to oven; reduce temp to 350 F, and bake another 15 minutes.
- Chicken is done when internal temp is 170 F, or when juices run clear when the meat is pierced.
- Remove and place on serving line. Have pasta available as a side item.

Crisp, Crisp, Brined Fried Chicken

This is some seriously crispy chicken if you follow the procedure.

For about 25 servings (64 pieces)

The Brine:

| | | |
|-----|--------|--|
| 1/2 | cup | garlic powder |
| 1 | cup | Creole seasoning |
| 1 | cup | salt |
| 1 | cup | soy sauce |
| 1 | cup | sugar |
| 1 | gallon | water |
| 1 | gallon | pitcher filled with ice and then water |

Breading:

| | | |
|-----|---------|--|
| 8 | each | whole fryers, or 64 pieces of cut fryers, kept very cold |
| 2 | gallons | flour |
| 1/2 | cup | Tony's or other Creole seasoning |
| 1/4 | cup | garlic powder |
| 1/2 | cup | black pepper |
| 1/2 | cup | paprika |
| 3 | Tbsp | poultry seasoning |

Batter:

| | | |
|----|------|---|
| 10 | cups | flour |
| 3 | Tbsp | salt |
| 2 | tsp | black pepper |
| 20 | each | egg yolks, beaten (save the whites for breakfast) |
| 12 | cups | water |

- Make the brine: combine all brine ingredients but the ice water in a stockpot; bring to a boil cook until sugar completely dissolves.
- Cool about half an hour, then pour into a container with the ice water.
- Put the chicken into a deep bus pan. If needed, split into 2 containers, and then pour the marinade over the chicken.

- Put the chicken in cooler to marinate overnight. If it isn't completely covered by marinade, turn it after about 8 hours so it all gets soaked.

When ready to fry heat your fryer to 350 F, and make batter and breading:

- Batter: combine batter ingredients in a bus pan and mix well.
- Breading: Mix breading ingredients thoroughly, and split into 2 bus pans.
- Working in small batches, dredge chicken in the first flour pan.
- Then dip in the batter briefly, then in the second flour pan.
- Allow to set in the 2nd pan for a while to coat well

Note: add water to the batter if it gets too thick.



- Remove the chicken, shake off the excess flour, and place in fryer.
- Fry until golden brown; legs and wings take about 10 – 12 minutes, breasts and thighs between 14 and up to 18 minutes. The internal temperature of the pieces should be at least 165 F, and the juices should run clear if you pierce a piece.
- Remove and drain on a rack to preserve crispness.
- Hold in a dry, warm oven at 200F.



D's Fried Chicken

From Wayne Dorsey. We do this awesome chicken for big events all the time.

For 48 pieces of chicken, about 20 to 24 servings:

| | | |
|----|---------|--|
| 6 | each | whole fryers, cut into 8 pieces |
| 4 | gallons | cold water |
| 4 | Tbsp | salt |
| 16 | each | eggs |
| 2 | Tbsp | Tony's or similar (dry crab boil if you have it) |
| 2 | Tbsp | cayenne |
| 2 | Tbsp | salt |
| 2 | Tbsp | granulated garlic |
| 16 | cups | flour |

Set fryer to 325 F.

Add salt and chicken to cold water; soak for half an hour.

Put eggs and seasonings in large pan; whip together well.

Put flour in breading pan.

Dip chicken in egg mix, then toss in flour and coat well.

Fry for 16 to 18 minutes; remove and drain well.



Dr. Pepper Chicken

Seriously easy and seriously tasty. Serve some up for a game day. You can use just drumsticks, or split wings and use them. Or use the whole chicken.

Serves 25

- 6 cups ketchup
- 4 cups Dr. Pepper
- 1/2 cup tomato paste
- 1/4 cup Worcestershire sauce
- 4 tsp onion powder
- 2 tsp chili powder
- salt and pepper as needed
- 8 lbs drumsticks

- Preheat oven to 425 F.
- In a large saucepan, combine everything but the drumsticks.
- Cook until slightly thickened then set aside to cool for 10 minutes.
- Put drumsticks in large bowl, season with salt and pepper.
- Pour about 3/4 of the sauce over the chicken and toss well.
- Lay parchment sheets on one or two sheet pans, then place drumsticks on parchment in a single layer. They should not touch each other.
- Roast about 30 minutes and turn. Cook to an internal temp of 170 F.
- Remove chicken, brush with remaining sauce, and put on serving line.



Florentine Chicken

Chicken breasts or thighs on a bed of creamed spinach, bacon and mushrooms.

For 12 servings

| | | |
|-------|------|--|
| 12 | each | boneless breasts or thighs |
| 3/4 | cup | oleo |
| 3 | Tbsp | garlic, minced |
| 3 | Tbsp | lemon juice |
| 3 | cans | cream of mushroom soup |
| 2 | Tbsp | Italian seasoning |
| 1 1/2 | cup | half and half |
| 1 1/2 | cup | parmesan cheese |
| 3 | lbs | frozen spinach, thawed |
| 1 1/2 | cups | mushrooms, sliced (can be fresh, canned, leftover, etc.) |
| 2 | cups | bacon, cooked, crumbled |
| 4 | cups | shredded mozzarella |

- Salt and pepper chicken, put on sheet pan; bake until done, then set aside.
- In saucepan, melt the oleo, and sauté garlic 3 minutes.
- Add soup, half & half, lemon juice, parmesan cheese and spices. Blend well, and heat at a simmer until well-heated.
- Prep shallow steamtable pan with food spray, then place spinach on bottom in even layer. Top with mushrooms, and pour half of sauce on top.
- Place the chicken breasts on top of the sauce, then cover them with the remaining sauce. Finally put on bacon and top with mozzarella.
- Return to oven at 350 F, and cook until the cheese is lightly brown and the sauce is bubbling.

Chicken Fricassee

This is rich and hearty dish demands a big old bowl and lots of rice. You can use chicken or, if you have the patience, stewing hens make a rich stew.

Serves about 25

| | | |
|-----|--------|---|
| 4 | each | fryers, cut into 8 pieces |
| 6 | cups | flour |
| 2 | cups | oil |
| 8 | cups | onions, diced |
| 4 | cups | celery, diced |
| 2 | cups | bell pepper, diced |
| 1/4 | cup | minced garlic |
| 6 | quarts | chicken stock |
| 1 | cup | green onion tops, sliced |
| 1 | cup | fresh parsley, chopped (optional) |
| | | salt, pepper and Cajun Chef hot sauce as needed |

- Rinse the chicken and dry it. Season it with hot sauce, salt and pepper.
- Dredge in flour, and shake off the excess.
- Working in batches, fry the chicken in a Dutch oven with a cup of the oil, turning the pieces so they are golden brown on all sides.
- When all the chicken is browned, add the remaining oil and a cup of flour to make a roux about the color of peanut butter.
- Add vegetables and cook until wilted. Add the stock; bring to a boil.
- Add chicken and reduce to a simmer; cook about 45 minutes or until the chicken is tender. Adjust salt and pepper. Add onions, parsley.



Heat & Sweet Chicken

This is a hot and sweet marinade for chicken. Use legs, wings, quarters, or pieces. Use for snacks or serve as an entrée with potatoes au gratin maybe?

For about 24 servings (based on 2 pieces per serving)

| | | |
|-------|--------|--|
| 48 | pieces | chicken (cut fryers, whole fryers, etc.) |
| 1/2 | cup | cooking oil |
| 1 1/2 | cups | Dijon mustard |
| 1 1/2 | cups | yellow mustard (plain old ball park mustard) |
| 3 | cups | brown sugar (packed) |
| 3 | cups | cider vinegar |
| 2 | Tbsp | dry mustard |
| 2 | Tbsp | salt |
| 2 | Tbsp | ground black pepper |
| 1 | Tbsp | paprika |
| 1 | tsp | cayenne |

- Slash the chicken breasts and thighs across the top in a couple of places to let the marinade penetrate. Cut deeply, but not to the bone.
- Make a marinade with everything but the oil and chicken.
- Put both chicken and marinade in a bag, mush around to get good coverage; close up bag and refrigerate overnight (or at least 6 hours).

- Preheat oven to 450 F.
- Line a couple of sheet pans with parchment. Spray with food release.
- Remove chicken from marinade; drain in colander; place on sheet pans.
- Roast until chicken is done, about 45 minutes, or until juices run clear.
- Place the chicken in a steamtable pan, and pour the juice into a saucepan.
- Heat the drippings, and reduce to make a sauce. Skim the fat off and pour over the chicken.

Honey Chicken Kabobs

These are a great item for a steak day alternative and can be cooked on the pit, but you can cook any time on a rack in the oven. Use a steam table grate as a rack, or just put them on a parchment sheet with the oven on high.

Makes 24 kabobs

| | | |
|-----|------|--|
| 24 | each | skewers, soaked in water for about an hour |
| 1/2 | cup | cooking oil |
| 2/3 | cup | honey |
| 2/3 | cup | soy sauce |
| 1/2 | tsp | black pepper |
| 2 | Tbsp | garlic |
| 6 | each | onions, cut into 1 1/2 inch pieces |
| 3 | each | bell peppers, cut into 1 1/2 inch pieces |
| 1 | can | pineapple chunks (or rings, cut into segments) |
| 16 | each | boneless breasts, cut into 1 inch cubes |

- In a large pan, mix oil, honey, soy, pepper, garlic and juice from the can of pineapples. Set aside 1/4 of the marinade to use as basting sauce.
- Add the chicken and vegetables; marinate overnight.
- Next day, drain off marinade and assemble skewers by putting on chicken, pineapple and vegetables in alternating order.
- Spray with cooking spray and cook on grill 12 to 15 minutes. Or bake at very high temperature in oven. Baste with sauce before serving.



Mediterranean Lemon Chicken & Potatoes

A “one pan” meal that's easy to prepare and the ingredients don't have to be exact. It has roots in Greek cuisine with a nod to the American palate.

24 servings

| | | |
|-----|------|---|
| 24 | each | leg quarters |
| 8 | lbs | potatoes, washed and cut in pieces about 1 inch |
| 2 | cups | olive oil |
| 1 | cups | cooking oil |
| 1/2 | cup | lemon juice |
| 4 | each | lemons |
| 1/2 | cup | dried oregano |
| 1/2 | cup | dried basil |
| 6 | Tbsp | salt |
| 6 | Tbsp | black pepper |
| 3/4 | cup | lemon pepper seasoning |
| 4 | lbs | frozen green beans (thawed) |

- Preheat oven to 425 F.
- Combine oils, lemon juice, and spices in a pitcher or small pan.
- Put potatoes and green beans in a large bowl; pour some of oil mixture over the potatoes and toss well to coat.
- Spread the potatoes in a single layer on oiled sheet pans and set aside.
- Put chicken in bowl; pour on enough oil mixture to coat and toss chicken well, then arrange on sheet pans. Cut lemons in half and put on pan.
- Bake until the chicken is fully cooked, and the potatoes are tender.
- Remove from the oven, and arrange in a steamtable pan with vegetables on the bottom and the chicken on top.
- Squeeze the lemons onto the chicken.



Mediterranean Lemon Chicken

Orange Chicken

Serves about 20

Sauce / Marinade

| | | |
|-------|------|----------------------|
| 8 | cups | water |
| 2 | cup | orange juice |
| 1 1/2 | cup | lemon juice |
| 2 | cup | cider vinegar |
| 1 | cup | soy sauce |
| 6 | cups | brown sugar |
| 6 | tbsp | orange zest |
| 3 | Tbsp | fresh ginger, minced |
| 3 | Tbsp | minced garlic |
| 2 | tsp | red pepper flakes |
| 1/2 | cup | green onion, sliced |
| 1 | cup | cornstarch |
| 3/4 | cup | water |

Chicken / Breading

| | | |
|----|------|---|
| 12 | each | boneless chicken thighs, excess fat trimmed and cubed |
| 4 | cups | flour |
| 1 | tsp | salt |
| 1 | tsp | pepper |

- In saucepan, combine the liquids for the Sauce / Marinade, and heat.
- Stir in the brown sugar and spices; bring to a boil, then remove from heat.
- Let the marinade cool under refrigeration for about half an hour.
- Place the chicken in a bag with enough marinade to cover, then put in cooler for at least 4 hours. Save remaining marinade to make a sauce.
- In a breading pan, place the flour, salt and pepper.
- Remove chicken from the marinade, drain and bread lightly in the flour.
- Set deep fryer to 350 F. Fry the chicken until golden brown and transfer to a steamtable pan.

- In a saucepan, put the reserved marinade; bring to a boil.
- Make a slurry with the cornstarch and water, add slowly to the boiling sauce to thicken. You may not need all the cornstarch, so add gradually.
- Pour the sauce evenly over the chicken.
- Bake in the oven at 350 F for 10 minutes.
- Remove, garnish with green onions, and serve.



Parmesan Crusted Garlic Chicken

A simple to make, oven baked crusted chicken. Serve as an Italian themed entrée, as a sandwich, or on pasta with a red or Alfredo sauce.

For 20 servings

| | | |
|-------|------|--|
| 20 | each | boneless chicken breasts. You can also use thighs, pounded a bit thinner so they're uniform. |
| 1 | cup | olive oil |
| 4 | Tbsp | garlic, minced and then smashed to a pulp |
| 2 | cups | Italian bread crumbs (you can grind up croutons if out) |
| 1 1/2 | cups | grated Parmesan cheese |

- Preheat oven to 425 F, and spray a sheet pan with food release spray.
- In a saucepan, heat oil and garlic for a few minutes to infuse flavor. Remove from the pan, and allow to cool for 10 minutes. Discard garlic.
- Combine bread crumbs and parmesan cheese in a small bowl or pan.
- Pat the chicken dry – this is important – then dip in oil.
- Next put in the bread crumbs. Press lightly in crumbs to coat evenly.
- Place on sheet pan. Bake about 30 minutes or until juices run clear when pierced. Internal temp of at least 165 indicates that they are done.
- Remove and place in shallow full size steamtable pan.



River Road Chicken Maque Choux

For about 25 servings

| | | |
|---|-------|--|
| 4 | each | fryers, cut into 8 pieces |
| 4 | cups | small shrimp, uncooked |
| 1 | cup | cooking oil |
| 2 | lbs | frozen corn |
| 2 | each | large onion, diced |
| 2 | cups | celery, diced |
| 2 | cups | bell pepper, diced |
| 1 | cup | andouille or Tasso, diced very small |
| 1 | #303 | can cream corn |
| 2 | quart | chicken stock |
| 8 | cups | canned tomatoes, rough chop, with liquid |
| 2 | cups | green onions, sliced (separate the white; use with onions) |

- In large stockpot, heat oil and sauté chicken golden brown on all sides.
- Add corn, onion, celery, bell pepper, garlic, andouille. Cook until wilted.
- Add tomatoes, stock and shrimp. Cook until broth cooks down and chicken is fully cooked; about 15 minutes. Adjust salt, pepper, hot sauce.
- Transfer to a couple of half pans; cover and bake about an hour.
- Remove, stir in green onions and serve.



Sauce Piquant with Stewing Hens

Makes about 12 servings

| | | |
|-------|--------|--|
| 3 | each | stewing hens, cut up, skin removed |
| 1 1/2 | cups | oil |
| 2 | cups | onions, diced |
| 1 | cup | bell pepper, diced |
| 1 1/2 | cup | flour |
| 2 | #303 | cans tomato sauce |
| 2 | cans | Rotel tomatoes |
| 2 | Tbsp | minced garlic |
| 4 | quarts | water |
| 1 | Tbsp | Tony's or similar seasoning (plus to adjust flavor) |
| 1 | cup | green onions, sliced (add white to the onions above) |
| 1 | 16 oz | canned mushrooms (optional) |

- Cut breasts and thighs into smaller pieces, about 3 or 4 pieces each.
- Put oil in large pot; heat and brown the meat on all sides. Set aside.
- Add onions and bell pepper to oil, cook until just brown and remove, leaving the oil in the pot.
- Add flour to oil, stirring constantly until you have a medium brown roux.
- Add hens, cooked vegetables, tomatoes and spices and stir into the roux.
- Add about half the water, stirring in to blend well. You want a somewhat thick sauce. Bring to a boil, then reduce the heat to a simmer.
- Cook for about two hours on low simmer, until the meat is tender. Add liquid if you need as it cooks, but remember this should have body.
- Remove from heat, stir in the green onions, and put in a steamtable pan to serve.

Sausage & Chicken Jambalaya

Serves about 25 or more as a side dish.

| | | |
|-----|--------|----------------------------------|
| 4 | lbs | smoked sausage, sliced in coins |
| 6 | lbs | chicken, cubed (boneless thighs) |
| 1/2 | cup | bacon drippings or cooking oil |
| 4 | cups | onions, diced |
| 3 | cups | celery, diced |
| 2 | cups | bell pepper, diced |
| 1/2 | cup | garlic, minced |
| 4 | quarts | chicken stock (or beef stock) |
| 10 | cups | parboiled rice |
| 3 | Tbsp | salt |
| 2 | Tbsp | black pepper |
| 1 | Tbsp | garlic powder |
| 1 | tsp | cayenne |
| 2 | cups | green onions |

- In a very large stockpot, heat the oil, then brown the chicken until brown on all sides. Don't take shortcuts here, because the final color of the jambalaya depends on the color of the meat.
- Add the smoked sausage, and brown it for about 10 minutes more.
- Remove some oil, leaving about 1/2 cup, then add the vegetables. Cook until they are all caramelized. Watch and stir so they don't scorch.
- Add the stock, bring to a boil, reduce to a simmer and add seasonings. Cook about 10 minutes or so. Check seasoning (over season since you'll be adding a bunch of rice that will absorb some of the flavor).
- Add the rice and green onions. Cook at a low simmer about 45 minutes.
- Leave it covered. Don't open except to stir about every 15 minutes.
- Remove and place on serving line in half pans.

Smothered Chicken Terrebonne

This recipe hails from the former mayor of a small bayou town, who also happened to work offshore all his life. Besides being a great fisherman, he was also a pretty good cook.

Serves about 25

| | | |
|-----|------|---|
| 4 | each | stewing hens, cut up (cut breasts and thighs in half) |
| 3 | lbs | onions, diced about 1/4 inch |
| 1/4 | cup | cooking oil |
| 1/2 | cup | Worcestershire sauce |
| 2 | Tbsp | salt |
| 1 | tsp | black pepper |
| 2 | Tbsp | garlic powder |
| 1/2 | tsp | cayenne |

- Heat the oil in bottom of a large stockpot; brown chicken pieces in batches and when they are all browned, add onions, cook in the remaining oil and brown them a bit, and then return the chicken to the pot.
- Add remaining ingredients; simmer slowly until chicken is done. As it cooks, it will make a sauce. If you wish, add kitchen bouquet to darken.
- When cooked, place on serving line and have lots of rice ready. 😊



Southern Mushroom Chicken with Lemon

For 12 chicken breasts

| | | |
|-------|------|--|
| 2 | Tbsp | olive oil |
| 12 | each | boneless chicken breasts |
| 2 | each | lemons |
| 1/2 | cup | butter |
| 4 | cups | fresh mushrooms, sliced |
| 1/4 | cup | flour |
| 1 – 2 | cups | chicken stock |
| 2 | Tbsp | parsley (fresh chopped if you have it) |

- Preheat oven to 400 F
- Cut 12 slices from the largest portion of the lemons; save the ends.
- Pour oil into a sheet pan; place chicken on the pan and coat all sides with the oil. Squeeze the lemon ends onto each chicken breast.
- Place a slice of lemon on each chicken breast.
- Bake the chicken about 30 minutes, to an internal temperature of 170F, or until juices run clear if pierced with a knife.
- Meanwhile, in a skillet, melt the butter, and sauté mushrooms until they brown and the liquid cooks off.
- Add flour slowly while stirring in to make a light roux. Cook a few minutes, and then add chicken broth, stirring with a wire whip as you add it.
- Reduce the sauce until it thickens as desired. Keep warm until needed.
- Remove chicken from the oven; place in a shallow, full steamtable pan.
- Pour sauce around the chicken and spoon mushrooms on it.

Soul Smothered Chicken

Serves about 20

| | | |
|----|------|---|
| 4 | each | whole fryers, cut up, seasoned with salt and pepper |
| 1 | cup | oleo |
| 1 | cup | cooking oil |
| 3 | cups | flour |
| 4 | each | large onions, coarsely chopped |
| 3 | cups | celery, diced in large pieces |
| 4 | Tbsp | garlic, minced |
| 8 | cups | carrots, peeled and diced large |
| 12 | cups | chicken stock |
| 1 | tsp | cayenne |
| 2 | Tbsp | salt |
| 1 | tsp | black pepper |

- Heat butter and oleo in a large stockpot. Dredge the chicken in flour.
- Working in batches, brown the chicken on all sides and set aside. Drain the skillet, leaving only about 1/2 cup of oil.
- Reduce heat to medium-low; add onions, celery, garlic and carrots. Cook until they take on some color and wilt a little.
- Stir in flour and cook until you have a light brown roux. Add the chicken stock, a couple of cups at a time, and blend to prevent lumping.
- When all stock is in, add spices, bring to a boil and reduce heat to low.
- Put in chicken, cook until it is fully done and tender.
- Remove and put in steamtable pan. Serve with rice.



Soul Smothered Chicken

Tandoori Chicken Thighs

The “tandoor” refers to a type of oven, originally of mud, which used wood as a heat source. Today it is commonly known as a cooking style, “tandoori”. Marinated meats are cooked at high temperature until done. Spicy and fragrant best describes this dish. Serve with cumin roasted potatoes.

Serves 16 to 24 (depending on size of thighs)

| | | |
|-------|------|---|
| 1 1/2 | cups | plain yogurt (not the same as vanilla) |
| 3 | tsp | salt |
| 2 | tsp | black pepper |
| 1 | tsp | ground cloves |
| 4 | Tbsp | ginger, freshly grated |
| 2 | Tbsp | garlic, minced |
| 3 | Tbsp | paprika |
| 2 | Tbsp | ground cumin |
| 4 | tsp | ground cinnamon |
| 32 | each | boneless chicken thighs, trimmed of excess fat and skin |

- In a bowl, combine everything but the chicken. Mix well and set aside.
- Trim excess fat from the thighs, rinse and dry them.
- Place chicken and yogurt in a bag (a small trash bag is sanitary to use), press the air out and close the bag tightly.
- Put the bag in the cooler; marinate a minimum of 8 hours or overnight.
- Remove chicken from the bag, wipe off excess yogurt. Let it come to room temperature before cooking.

If cooking outdoors on pit, use indirect heat. Set up the grill with coals to one side, let them ash over completely before putting chicken on grill.

- Spray the chicken with food spray and put on the grill – start on the hot side just to give it a good sear for about 2 minutes

- Flip and then move to the indirect heat side. Cook an additional 15 minutes or so and check to see if it is done.
- When done, remove and place in a shallow steamtable pan. Serve with roasted potatoes or curried or saffron rice alongside thighs in the pan.

If cooking in the oven, set oven to highest temperature.

- Spray chicken with food spray and place on sheet pan, spaced well apart – don't overcrowd the pans and only put one pan in the oven at a time – to get the maximum sear you can on the chicken.
- When thighs take on a good color, turn them and repeat; when they are well browned on both sides, reduce oven temperature to 350F and bake until cooked through. Thighs should cook to an internal temp of 180 F.



Turkey Roast with Rosemary

- 1 each whole turkey, brined (see brine recipe in BBQ section)
- 3/4 cup olive oil
- 3 Tbsp garlic, minced
- 2 tsp salt
- 1 Tbsp dried rosemary, crushed
- 2 tsp dried basil
- 1 Tbsp Italian seasoning
- 1 tsp black pepper

- Preheat oven to 325 F
- Remove giblets, neck and excess fat from the turkey. Rinse and pat dry.
- On a clean surface, mix salt and garlic. Using a spatula or the flat of a knife, grind them together to make a paste.
- Mix the oil, garlic paste and all other seasonings together.
- Loosen skin of turkey breast and, using your hand, rub the oil generously under the skin. Rub the rest on the outside of the turkey, starting with the breast.
- Put the turkey in a roasting pan. If you don't have a rack, use a steamtable drain grate. Set the turkey on top. Put about 1/4 inch of water in pan.
- Roast about 15 minutes per pound. Cook to an internal temperature of at least 165 F but no higher than 170 or the breast will be dry.
- Remove, allow to stand for at least 20 minutes before slicing. This allows the meat to reabsorb the juices and will make for a juicier turkey.

Turkey Carving, Illustrated



1 Remove thigh and drumstick by pulling away from the body. Cut the joint that holds the thigh to the



4 Hold drumstick on end and slice parallel to the bone. Remove the hard tendons and pick the remaining meat from bone.



2 Place on a cutting board and cut between the drumstick and thigh to separate them.



5 Hold the breast from top. Slice into breast as close to wing as possible and all the way to the ribs, parallel to the cutting board.



3 Hold the thigh firmly with a fork and cut parallel to the bone in even slices.



6 Slice downward into the breast toward the base cut. Slice

Turkey a la King

You don't have to wait for leftovers to do this one, but since you probably have some once in a while, why not? Serve with noodles or rice and maybe biscuits.

Serves about 20

| | | |
|-------|------|-------------------------------------|
| 2/3 | cup | oleo |
| 2 | cups | mushrooms, fresh, sliced |
| 1/3 | cup | flour |
| 5 | cups | chicken stock |
| 2 1/2 | cups | cream or half and half |
| 6 | cups | turkey, cooked and diced or chopped |
| 2 | cups | frozen peas (thawed) |

- In a large sauté pan, on medium, heat the oleo until it just starts to brown.
- Add the mushrooms; sauté until tender.
- Add in flour; blend well. Cook about 3 minutes.
- Add the stock and cook until it thickens a bit, then add the cream.
- Cook another couple of minutes, add salt and pepper to taste and check.
- Add turkey, reduce heat to low and simmer until fully thickened.
- Add the peas, check seasonings a last time, and put in steamtable pan.



Turkey a la King Creole

Kind of a “kicked up” version of the preceding dish. It has the southern flavors we look for, and none of those mushrooms that have to be picked out. 😊

Serves about 20

| | | |
|-------|------|--|
| 2/3 | cup | oleo |
| 1 | cup | diced onions |
| 1/2 | cup | bell pepper, diced |
| 1 | cup | celery, diced |
| 2 | Tbsp | garlic, minced |
| 1/3 | cup | flour |
| 5 | cups | chicken stock |
| 2 1/2 | cups | cream or half and half |
| 6 | cups | turkey, cooked and diced or chopped |
| 2 | cups | frozen peas (thawed) |
| 2 | cups | fresh carrots, diced small (about like the peas) |
| 1 | Tbsp | Tony’s or other creole seasoning |

- In a large sauté pan, on medium, heat the oleo until it just starts to brown.
- Add onions, pepper, celery, garlic and carrots; sauté until tender.
- Add in flour; blend well. Cook about 3 minutes.
- Add the stock and cook until the carrots are tender.
- Add cream, Creole seasoning and adjust for salt and pepper.
- Add turkey and peas, reduce heat to low and simmer until fully thickened.

Turkey Bites a la “Spoon”

If you can't deep fry the whole turkey, well, deep fry it a piece at a time. Or a couple hundred pieces that is. Debone a turkey, cut into pieces and deep fry those bad boys. Recipe courtesy of Cage “Spoon” Weatherspoon.

1 each Tom turkey
1/2 buspan cold water
4 Tbsp salt

8 each eggs
1 1/2 Tbsp Tony's or similar (dry crab boil if you have it)
1 1/2 Tbsp cayenne
1 1/2 Tbsp salt
1 1/2 Tbsp granulated garlic
8 cups flour

- Remove the skin and excess fat (tail, neck, etc.) from the turkey.
- Section it into parts like you would a chicken (8 cut)
- Cut the parts into small, bite size pieces. **SAVE THAT CARCASS FOR STOCK.**
- Add salt and turkey to cold water; soak for half an hour.
- Put eggs and seasonings in large pan; whip together well.
- Put flour in breading pan.
- Dip turkey in egg mix, then toss in flour and coat well.
- Fry at 350 F for a few minutes (depending on size of pieces) until done.
- Serve with an assortment of dipping sauces.

Turkey Bites Idea Stolen from Spoon

We stole Cage's idea and did this version. Not better. Just different.

| | | |
|-------|---------|--|
| 1 | each | Tom turkey |
| 1/2 | bus pan | cold water |
| 4 | Tbsp | salt |
| 1/2 | cup | brown sugar |
| 8 | each | eggs |
| 1 1/2 | Tbsp | Tony's or similar (dry crab boil if you have it) |
| 1 1/2 | Tbsp | cayenne |
| 1 1/2 | Tbsp | salt |
| 1 1/2 | Tbsp | granulated garlic |
| 4 | cups | flour |
| 6 | cups | panko bread crumbs (may need more) |

- Remove the skin and excess fat (tail, neck, etc.) from the turkey.
- Section it into parts like you would a chicken (8 cut)
- Cut the parts into small, bite size pieces. **SAVE THAT CARCASS FOR STOCK.**
- Add salt and turkey to cold water; soak for half an hour.
- Put eggs and seasonings in large pan; whip together well.
- Put flour in breading pan and the panko in another.
- Roll the turkey in the flour and let sit a moment.
- Dip turkey in egg mix, then toss in flour and coat well.
- Fry at 350 F for a few minutes (depending on size of pieces) until done.
- Serve with an assortment of dipping sauces.

Turkey Pot Pie

You can use fresh made pie crust for this, or you can use puff pastry with equally good results. Either way, a double crust makes it a true “pie”.

Yield: 1 half size pan, 2 1/2 inch depth

| | | |
|-------|-------|---|
| 1 | sheet | puff pastry dough (or enough pie crust for double crust) |
| 2 | cups | frozen peas and carrots (thawed) |
| 1 | cup | frozen green beans (thawed) |
| 2 | cups | baked potatoes, diced (leftover bakes are best for this) |
| 1 | cup | onion, diced |
| 1 | cup | celery, sliced about 1/2” |
| 1/2 | tsp | garlic powder or granulated garlic |
| 3/4 | cup | oleo |
| 3/4 | cup | flour |
| 1 | tsp | salt |
| 1 | tsp | black pepper |
| 1/2 | tsp | Italian seasoning |
| 2 | cups | chicken stock |
| 1 1/4 | cups | milk |
| 4 | cups | chicken meat, cubed or cut up (got any leftover chicken?) |

- Prepare the pan: put a crust in the bottom and form up the sides.
- In a saucepan, melt oleo, sauté onion and celery until tender. Add flour and cook a few minutes to make a very light (blonde) roux.
- Add chicken stock and seasonings, blend with whip until it thickens, then add the milk (don't boil or milk will curdle) and vegetables.
- Put potatoes and turkey in the pan, then spoon out vegetables.
- Finally, pour the gravy until it's just about 1/3 inch from the top.
- Using a pastry brush, dampen the edge of the bottom crust a little, and place the top crust on and pinch the two together. Be sure to seal it well so your nice, clean oven stays that way.

- There are several ways to do this, but the easiest is to pinch it between your thumb and fingers, and press together.
- Now that it's sealed, slash the center a couple of times as shown below right. This will release steam and prevent and thereby eliminate the need for a blowout preventer on your pie.
- You may wish to wash the crust with a bit of egg white. It gives a nice, clear sheen to the crust. Crack and separate an egg, mix the white with an ounce or two of water, and paint the surface with the wash.
- Oven time. Put it in the oven at 325 to 350 and bake until the crust is golden brown (since everything in it is already cooked).
- Remove and place on serving line.



Turkey Tetrazzini

A simple, classic dish that is easy to prepare and makes good use of your leftover turkey. You can also change up the pasta type and make a casserole.

Makes a full size steamtable pan

| | | |
|-------|------|---------------------------------|
| 2 | lbs | spaghetti pasta, uncooked |
| 1 1/4 | cups | oleo |
| 1 1/4 | cups | flour |
| 8 | cups | chicken stock |
| 4 | cups | milk |
| 4 | cups | grated parmesan cheese |
| 10 | cups | cooked turkey, chopped or diced |

- Prepare a full size shallow steamtable pan by buttering it well.
- Cook the pasta al dente', rinse and place in the pan.
- Melt the oleo; add flour and cook about 3 minutes or so.
- Add the chicken stock, bring to a boil while stirring, and then reduce to a simmer. Add the milk and then about 2/3 of the cheese. Mix well.
- Add turkey to the spaghetti in the pan and distribute evenly, then pour the sauce evenly over everything. Top with the remaining cheese.
- Bake about an hour at 350 F. However, check the thickness of the sauce during this time and remove when it is thick but still a bit creamy. Oven times may vary and you don't want the dish to be dried out and too thick.