

Recipes

Citrus Chicken

- 4 whole broiler-fryer chicken breasts, halved, skinned, boned
- 1/2 teaspoon salt
- 1/2 teaspoon paprika
- 1/2 teaspoon chopped fresh basil
- 1/4 teaspoon rosemary
- 1/4 teaspoon pepper
- 1 tablespoon butter
- 3 tablespoons fresh lemon juice
- 3 tablespoons fresh lime juice
- 3 tablespoons fresh orange juice
- 1/4 cup white wine
- 3 tablespoons banana natural lowfat yogurt

In small bowl, mix together salt, paprika, basil, rosemary and pepper; sprinkle over chicken. In non-stick frypan, place butter and melt over medium heat. Add chicken and cook, turning, about 10 minutes or until brown on all sides. In small bowl, mix together lemon, lime and orange juices; add wine and stir to blend. Pour over chicken in pan, cover, reduce heat to low and simmer about 15 minutes or until fork can be inserted in chicken with ease. Remove chicken to warm dish. Into pan drippings, slowly stir yogurt; heat about 1 minute and pour over chicken. Makes 8 servings.

Quick and Easy Chicken

- 8 broiler-fryer chicken thighs, boned
- 1 cup plain yogurt
- 1 tablespoon dried, chopped onion
- 2 teaspoons dehydrated chicken broth
- 2 tablespoons sherry
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 8 ounces fresh mushrooms, sliced

In small bowl, mix together yogurt, onion, broth and sherry. Arrange chicken in 2-quart shallow baking dish; sprinkle with salt and pepper and cover with sliced mushrooms. Pour yogurt mixture over mushrooms and chicken; cover with foil. Bake in 375°F. oven for about 25 minutes or until fork can be inserted in chicken with ease. Serve over rice. Makes 4 servings.



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Simple Techniques Make Cutting Up Chicken Easy

Buying a whole bird is the most economical way to purchase chicken. Supermarkets often run specials on whole chickens and a little time spent cutting them into various parts for immediate or later use can mean big savings in the food budget.

Cutting and boning chicken is easy once a few simple techniques have been mastered. For best results, the National Chicken Council offers three tips: (1) be confident, (2) work quickly, and (3) use a sharp knife.

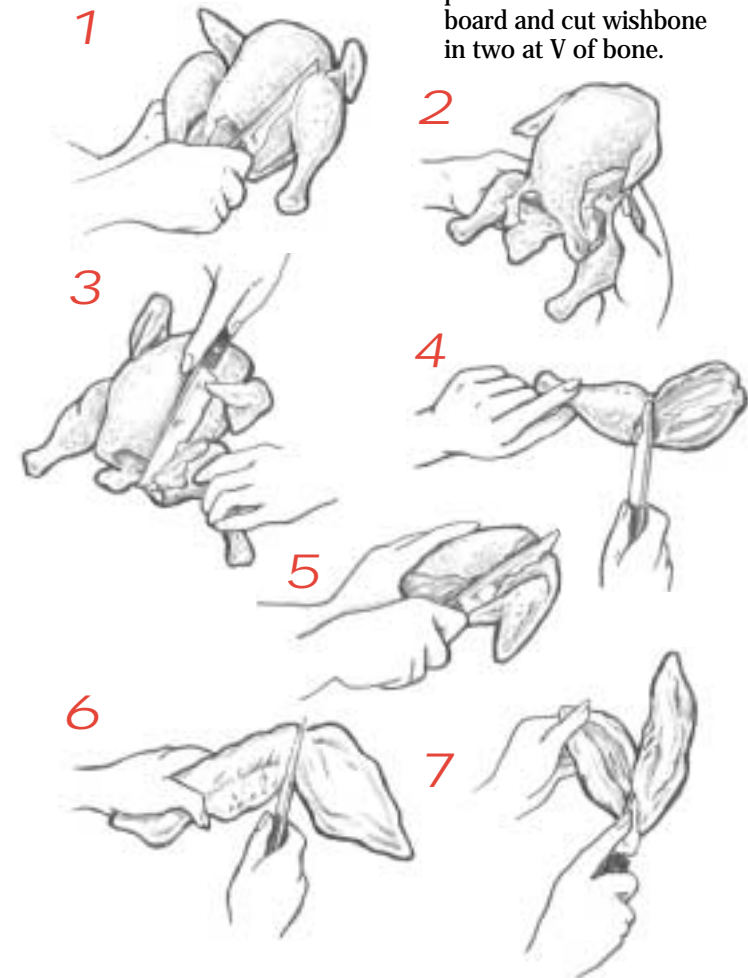
Chicken is delicious roasted whole. Or, a whole chicken can be halved, quartered or cut into parts. Bone the breast or thighs or cut into strips or nuggets. Cut the meatier portion from the wing and store in the freezer until enough have been accumulated for party drumettes. Save leftover skin, bones and unused parts (neck, back, etc.) to make soup or broth for seasoning.

Of course, if shortage of time is a concern, contemporary chicken is also conveniently packaged in dozens of different forms, ready to use exactly as needed – individual parts, boned breasts and thighs, nuggets, strips, diced. Low in calories and cholesterol, so versatile it can be served repeatedly but different every time, chicken is America's smart meal choice.

Cutting Up a Whole Chicken

Chicken is always one of the best buys at the supermarket. You save even more when you purchase whole birds and cut them up yourself.

1. Place chicken, breast side up, on cutting board. Cut skin between thighs and body.
2. Grasping one leg in each hand, lift chicken and bend back legs until bones break at hip joints.
3. Remove leg-thigh from body by cutting (from tail toward shoulder) between the joints, close to bones in back of bird. Repeat other side.
4. To separate thighs and drumsticks, locate knee joint by bending thigh and leg together. With skin side down, cut through joints of each leg.
5. With chicken on back, remove wings by cutting inside of wing just over joint. Pull wing away from body and cut from top down, through joint.
6. Separate breast and back by placing chicken on neck-end or back and cutting (toward board) through joints along each side of rib cage.
7. Breast may be left whole or, to cut into halves, place skin side down on board and cut wishbone in two at V of bone.



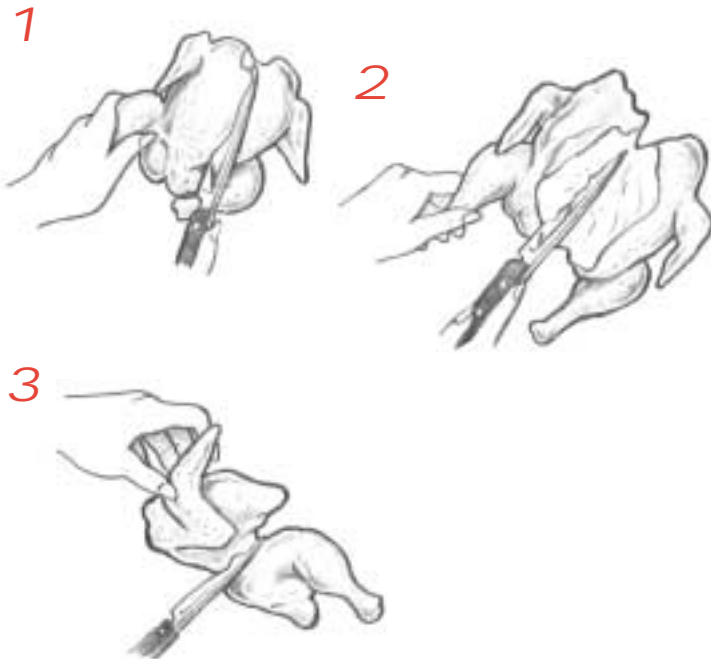
Handling Raw Chicken

Always wash hands, knife and cutting board thoroughly after handling raw chicken. Do not cut up raw poultry and then use the same knife or cutting board to prepare other foods until the utensils have been washed. Refrigerate or freeze chicken immediately after cutting and/or boning; do not leave standing at room temperature.

Quartering a Chicken

No food tastes better cooked outdoors on the grill than chicken and quarters are ideal for backyard barbecuing.

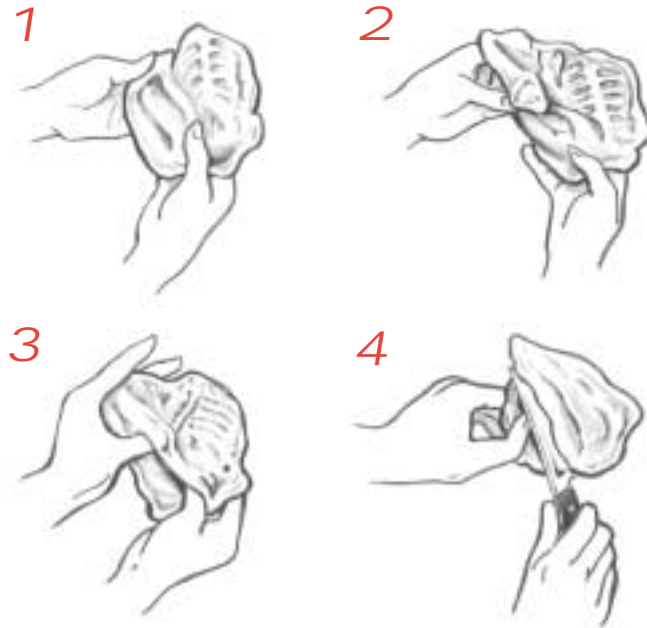
1. Place chicken on back and with sharp knife, cut in half along the breast bone.
2. Pull the two sections apart, breaking the ribs away from the backbone; finish cutting with knife.
3. Take each half and separate the leg-thigh combination from breast-wing portion by cutting between the thigh and the breast.



Boning Half a Chicken Breast

Packages of chicken half breasts at the supermarket

1. Holding breast half in both hands, bend and break keel bone.
2. Thumb between meat and keel bone; pull out bone and strip of cartilage.
3. Using both thumbs, loosen meat from rib cage.
4. Pull or scrape breast meat away from bones. (If small piece of pulley bone remains, pull it out or cut away with knife.)



Refrigeration and Freezing

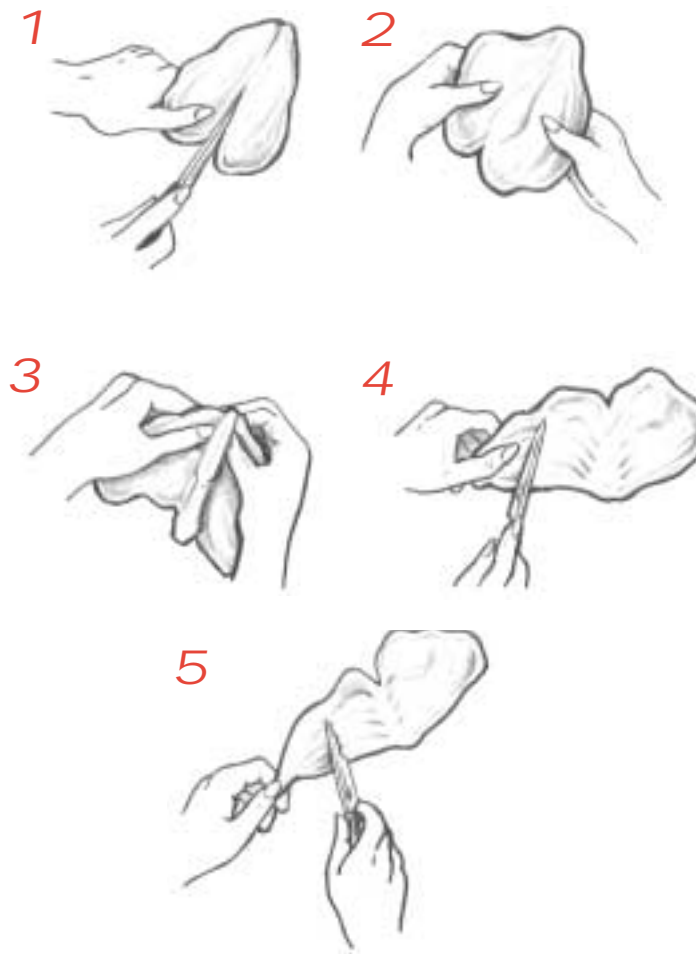
Chicken may be kept in the refrigerator in its original wrapping for up to two days without loss of quality. For longer storage, freeze in heavy-duty foil or freezer bags.

Home-frozen whole chicken should be used within 12 months; chicken parts, within 9 months.

Boning a Whole Chicken Breast

Boned chicken breasts offer the creative cook opportunity for endless variety. Without skin, a 3 ounce serving has just 116 calories.

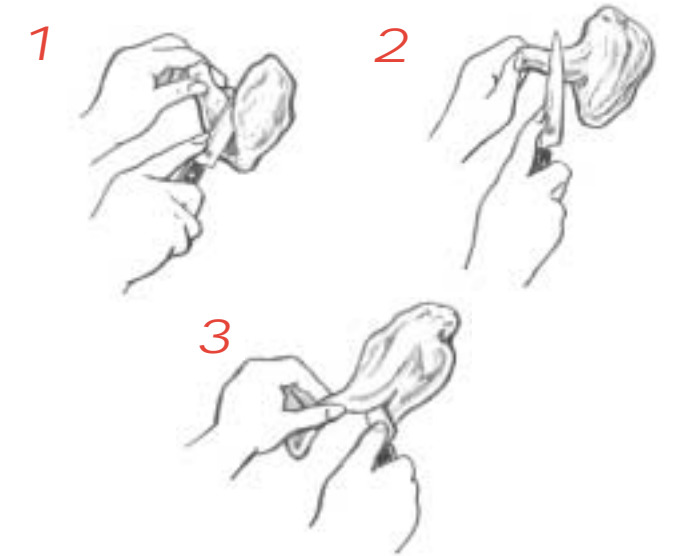
1. Place skin side down on cutting board with widest part nearest you. With point of knife, cut through white cartilage at neck end of keel bone.
2. Pick up breast and bend back, exposing keel bone.
3. Loosen meat from bone by running thumbs around both sides; pull out bone and cartilage.
4. Working one side of breast, insert tip of knife under long rib bone and cut or pull meat from rib cage. Turn breast and repeat on other side.
5. Working from ends of wishbone, scrape all flesh away and cut bone from meat. (If white tendons remain on either side of breast, loosen with knife and pull out.)



Boning a Chicken Thigh

For those who prefer dark meat, boned chicken thighs can be used in many imaginative chicken dishes.

1. Place thigh on cutting board, skin side down, and cut along thin side, joint to joint.
2. Cut meat from one joint; then pull or scrape meat from bone.
3. Cut meat from opposite joint.



Cutting Wings into Drumettes

Oven baked or fried, the meatier portion of the wing (drumette) is a favorite finger food when served with a variety of dipping sauces.

1. With skin side down, flatten wing on cutting board with wingtip on left and thicker (drumette) portion on right.
2. Cut through joint, leaving as much skin as possible on drumette.

