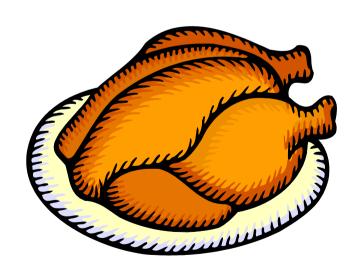
# Chicken



# **CHICKEN**

# BAKED MILANESA WITH SAUCE

(see under beef milanesa pg 11)

# CHICKEN CASSEROLE (Chile)

INGREDIENTS: 1 Chicken or 8 Chicken portions

2 tablespoons rice 2 tablespoons oil

2 quarts (4 pints) hot water

1 carrot, sliced

½ green pepper, sliced 8 potatoes, peeled ½ onion, chopped

1 handful of green beans1 cup raw peas, shelled

Salt, pepper, oregano, parsley

METHOD: Divide the chicken, if using whole, into portions, wash meat. Fry in oil in large pot with onion. Cover with boiling water; add carrot, pepper, seasonings and herbs. Simmer 1 - 1½ hours until meat is almost tender. Add remaining vegetables and cook until tender (green beans should be trimmed and split lengthways). When ready to serve, mix a little broth with 1 beaten egg yolk and return to pot. Chileans often eat a salad of sliced tomatoes or celery with chopped onions, or cucumbers in season, as a side dish.

## CHICKEN FILLING FOR PASTA

INGREDIENTS: 1 cup cooked chicken meat, coarsely chopped

1 cup white sauce 2 beaten eggs

3 large fresh basil leaves coarsely chopped

1 garlic clove, minced

salt, ground white pepper and a pinch of nutmeg

#### CHICKEN FILLING FOR PASTA continued ...

METHOD: Work all ingredients to a smooth paste to which 1 cup of any cooked and mashed vegetable is added, such as carrots, marrow etc.

Ravioli, if filled with chicken, is served with a white or light cream sauce and topped with plenty of grated cheese.

## CHICKEN MILANESA

(See under beef milanesa pg. 17)

## CHICKEN AND HUMITA PIE

INGREDIENTS: 2 cups cooked and coarsely chopped chicken

2 onions cooked in butter

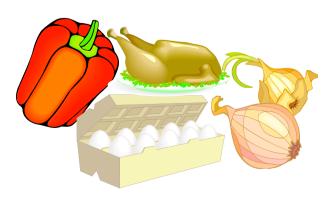
1/4 cup raisins

2 chopped hard boiled eggs

½ cup of broth
½ cup dry sherry
1 tablespoon cornflour

salt and finely chopped red pepper.

METHOD: Place filling in dish and cover with BAKED HUMITA recipe and bake in the same way (see pg 52).



### CHICKEN TORTILLA

INGREDIENTS: 2 medium potatoes, sliced in thin rounds

and parboiled

1 medium onion, sliced in rounds 1 cup cooked chicken pieces

4 eggs beaten

1/4 cup sweetcorn or peas

salt and pepper

METHOD: Fry onion and potatoes and add chicken to heat through. Cook as POTATO TORTILLA (pg 61)

#### CHICKEN TUCO

INGREDIENTS: 6 tablespoons oil

1 chopped onion

½ small frying chicken, cut into small pieces

and floured

2 cups fresh tomato pulp, seeded and well drained

½ cup broth or stock

1 bay leaf

salt and pepper to taste

METHOD: Fry chopped onion and then quickly fry well floured chicken pieces until browned. Add tomato, broth and bay leaf, season to taste with salt and pepper and bring to gentle boil. Simmer for about 1 hour until chicken pieces are well done and meat comes off bones. Let it stand for a few minutes and serve over any kind of pasta.

#### CRIOLLO ROAST

See CRIOLLO ROAST (pg 13)

#### CHICKEN EMPANADAS

See recipe for EMPANADAS (pg 14) and substitute beef for chicken

PALTA RELLENA CON POLLO (Avocado stuffed with chicken)

INGREDIENTS: 2 large ripe avocados

2 oz cooked peas

4 oz cooked chicken cut into small chunks

1 chopped tomato

3 tbs mayonnaise (add more if you prefer) 2 hard boiled eggs chopped into small pieces

salt and pepper

lettuce and strips of red pepper to garnish

METHOD: Carefully cut each avocado in half lengthways. Discard the stone. With a spoon carefully remove flesh leaving the skin intact. Cut avocado flesh into cubes. Fold together avocado cubes, chicken, tomato, eggs, seasoning and mayonnaise. Heap into the four shells. Serve with lettuce and decorate with pepper strips.

