

Poultry Recipes

Chicken Bordeaux

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p.
Contributed by Diane Wolford Sheppard

1 2 ½ to 3 pound broiler, quartered
¼ cup flour
1 teaspoon salt
¼ teaspoon pepper
¼ cup vegetable oil
¼ cup canned tomatoes
2 tablespoons flour
1 ½ teaspoons sugar
1 cup dry white Bordeaux wine
½ cup fresh or canned mushrooms, sliced

Dredge chicken with flour. Salt with ½ teaspoon salt, pepper.

In chicken fryer, heat oil. Add chicken and cook until well browned on both sides. Cover and cook over low heat for 25 minutes.

Combine tomatoes, 2 tablespoons flour, sugar, and remaining salt. Add tomato mixture to pan. Add wine and mushrooms. Cover and continue cooking over low flame for 20 minutes, or until chicken is tender.

Serves 4

Chicken Sauté Chasseur

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 35

Contributed by Diane Wolford Sheppard

1 2 ½ to 3 pound broiler or young chicken, cut into individual pieces
Flour seasoned with salt and pepper
¼ teaspoon tarragon
Butter
4 green onions, minced
¼ pound mushrooms, chopped
2 tablespoons lemon juice
1 teaspoon sugar
1 teaspoon salt
1/3 cup apple juice
2 medium sized tomatoes, diced
Parsley or chives

1. Roll chicken in seasoned flour to which thyme has also been added.
2. Brown chicken in butter, turning occasionally so that it will be brown on both sides.
3. Add shallots (green onions), mushrooms, lemon juice, sugar, salt, apple juice, and tomatoes when chicken is browned.
4. Cover frying pan and cook over low heat for 40 to 60 minutes or until chicken is tender. Uncover and sprinkle with parsley or chives.

Serves 3 to 5

Chicken Dijon

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p.
Contributed by Diane Wolford Sheppard

1 2 ½ to 3 pound broiler, quartered
2 tablespoons butter
2 cups dry white wine
¼ teaspoon dried tarragon leaves
Pinch of thyme
1 small bay leaf
½ teaspoon salt
¼ teaspoon pepper
2 egg yolks
2 tablespoons prepared mustard – Dijon style
2 tablespoons sour cream
Pinch of cayenne pepper

In chicken fryer, heat butter. Add chicken and cook until chicken is well browned on both sides. Add wine, tarragon, thyme, bay leaf, salt, and pepper. Bring to a boil. Cover and simmer for 45 minutes, or until meat is tender. Remove meat to heated serving dish and keep warm.

Discard bay leaf. Blend sauce with egg yolks. Add sour cream, mustard, and cayenne pepper. Heat, stirring briskly and constantly. Do not allow to boil. Pour over chicken.

Serves 4

French Chicken Casserole

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 37

1 roasting chicken
1 strip bacon or salt pork
Salt and pepper
4 potatoes
4 onions
4 carrots
3 tomatoes, halved
12 mushrooms
Vegetables (any kind but beets)
2 bay leaves
Pinch of rosemary
½ cup of water.

1. Spread bacon or pork on bottom of deep casserole and place chicken, cut into serving pieces, on it. Sprinkle with salt and pepper.
2. Arrange vegetables (cut up potatoes, onions, and carrots (if you wish) and add any vegetables you have in the house – turnips, cauliflower, celery, green pepper, green beans, lima beans are ideal.
3. Season vegetables as you place them in the dish, thick vegetables on the bottom and green vegetables, mushrooms and tomatoes on top, cut side up.
4. Add bay leaves, rosemary, and water.

5. Cover and place in a 375° oven and leave for 1 ½ to 2 hours. If there is too much liquid, uncover casserole for last half hour.

Serves 4

Chicken Marengo

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p. 74
(The author notes that this dish was named to commemorate Napoleon's victory in Italy)

Contributed by Diane Wolford Sheppard

1 2 ½ to 3 pound ready-to-cook broiler, quartered
2 tablespoons salad oil
2 medium sized onions, chopped
1 tablespoon flour
½ cup consommé
¼ cup dry white wine
3 tablespoons tomato paste
1 clove garlic, crushed
¼ teaspoon thyme
1 bay leaf
½ teaspoon salt
¼ teaspoon pepper
½ pound mushrooms, sliced
1 tablespoon chopped
4 slices French bread, fried in butter

In a large, heavy skillet, cook chicken in heated oil until browned on both sides. Add onions, and cook until onions are slightly browned. Sprinkle with flour, and cook for 3 minutes, stirring constantly. Add consommé, wine, tomato paste, garlic, thyme, bay leaf, salt, and pepper. Bring to boil. Cover and simmer gently for 30 minutes, or until meat is tender. Remove chicken to heated serving dish and keep warm. Add mushrooms to skillet. Cover and cook over low flame for 15 minutes. Pour over chicken. Sprinkle with parsley. Garnish with slices of fried bread.

Serves 4

Chicken and Sliders (Noodles)

Sharon Howard – www.allrecipes.com

Contributed by Diane Wolford Sheppard

Howard notes that this dish was invented during the depression

3 pounds whole chicken
2 onions, quartered
3 stalks celery, cut in 1-inch pieces
2 bay leaves
Salt and Pepper to taste

1 egg
4 cups all-purpose flour

1. Wash chicken and place in large pot. Cover with water and add chopped vegetables, bay leaves, salt and pepper. Bring to a boil, then reduce heat and simmer for about 2 hours or until meat comes away

- from the bones. Remove chicken from broth and strain liquid. Reserve the broth and discard the vegetables.
2. When chicken is cool, remove meat from the bones and skin, keeping the chicken in reasonably large pieces.
 3. To make the sliders (noodles), beat the egg with some of the cooled broth, measure out the flour. Work the egg mixture into the flour, adding broth as required until the dough forms a ball. Knead the ball for a few minutes. Roll out the dough on a floured surface. Cut the dough into strips about 1 ½ inch wide and 3 inches long. Don't worry if they are irregular in shape. Leave any excess flour on the noodles.
 4. Bring the reserve broth to a rapid boil, add the noodles, and boil them for about 5 minutes. Reduce heat, add cut up-chicken and simmer until the broth is very thick like gravy (add a little flour if necessary to thicken). Add salt and pepper to taste.

Coq au Vin (Chicken with Wine)

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), pp. 74-75

Contributed by Diane Wolford Sheppard

1 2 ½ to 3 pound broiler, quartered
2 tablespoons oil
1 tablespoon chopped onions
1 tablespoon flour
½ cup red wine
½ cup clear chicken broth
1 clove garlic, crushed
1 bay leaf
¼ teaspoon thyme
12 small white onions
1 cup mushrooms, sliced
4 slices French bread, fried in butter

In a large, heavy skillet, cook chicken and chopped onion in heated oil until slightly browned. Stir in flour and cook until well browned. Add wine, chicken broth, garlic, bay leaf, thyme, white onions, and mushrooms. Bring to boil. Cover. Simmer for 45 minutes, or until meat is tender. Garnish with slices of fried bread.

Serves 4; serve with boiled potatoes.

Chicken with Tarragon

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p. 75

Contributed by Diane Wolford Sheppard

1 tablespoon butter
2 medium-size carrots, sliced
1 medium-size onion, sliced
2 sprigs green celery tops
4 sprigs parsley
1 2 ½ to 3 pound ready-to-cook-chicken
3 cups clear chicken broth
3 cups water
½ teaspoon dried tarragon leaves

1 clove
½ tablespoon salt
2 egg yolks

Melt butter in Dutch oven. Add carrots, onion, celery, and parsley. Cover and cook over low flame for 30 minutes. Lay chicken over vegetables. Add chicken broth and water. Bring to a boil. Add ¼ teaspoon tarragon, clove, and salt. Cover and simmer very gently for 1 ½ hours, or until chicken is tender. Keep warm.

In small, heavy saucepan, place 3 cups of liquid in which chicken was cooked, and add ¼ teaspoon tarragon. Bring to boil over brisk flame until reduced to half. Stir in egg yolks and heat without boiling.

Serve chicken on a heated platter. Serve sauce in sauce boat.

Serves 4; serve with rice.

Chicken Touraine

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), p. 78
Contributed by Diane Wolford Sheppard

1 2-3 pound broiler, quartered
2 tablespoons butter
12 small white onions, whole
½ cup fresh or canned mushrooms, sliced
½ cup canned tomatoes, drained and crushed
½ cup sweet white wine
1 teaspoon salt
¼ teaspoon freshly ground pepper
½ teaspoon paprika
½ cup sour cream

In chicken fryer, heat butter. Add chicken and cook until lightly browned on both sides. Add onions, and continue cooking until onions are well browned. Add mushrooms, tomatoes, wine, salt, pepper, and paprika. Bring to a boil. Cover and simmer for 45 minutes, or until chicken is tender. Remove chicken to heated serving dish and keep warm. Add sour cream to pan and heat, stirring constantly, without allowing to boil. Pour over chicken. Serve hot.

Serves 4

Duck à L'Orange

Fernande Garvin, *The Art of French Cooking* (New York: Bantam Books, 23rd printing – 1970s), pp. 85-86
Contributed by Diane Wolford Sheppard

“This is the family version of the classic duck à l’orange. It is surprisingly simple when compared to the classic one, and tastes just as good.”

1 3 ½-to-4 pound duckling, quartered
⅓ cup orange marmalade
1 tablespoon soy sauce
1 teaspoon salt

1 tablespoon butter
1 tablespoon flour
¾ cup dry white wine
1 tablespoon wine vinegar
¼ cup consommé
¼ teaspoon pepper
1 oranges, peeled and cut into wedges

In mixing bowl, combine marmalade, soy sauce, and salt. Roast duckling at 450° for 15 minutes. Reduce heat to 400° and continue roasting, brushing occasionally with half of the orange mixture, for 30 minutes, or until meat is tender. Meanwhile, heat butter in a small saucepan. Add flour and cook until flour is browned. Stir in wine, vinegar, and consommé. Bring to a boil, stirring constantly. Cover and simmer for 10 minutes. Add remaining orange mixture. Add pepper.

Meanwhile, cook orange wedges in boiling water for 3 minutes. Drain. Keep warm.

Remove duckling to heated serving dish and keep warm. Pour excess fat off duckling pan. Add remaining liquids to saucepan in which orange sauce is cooking. Mix. For serving: garnish with wedges of orange. Serve sauce in sauceboat. Serve hot.

Serves 4; serve with matchstick potatoes.

Duck à L'Orange

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 141

Contributed by Diane Wolford Sheppard

1 duck, domestic or wild
Duck liver
Grated rind of ½ orange
¼ teaspoon cinnamon
¼ teaspoon cloves
Salt and pepper
3 tablespoons butter
1 teaspoon dry mustard
Juice of ½ orange
Oranges, thinly sliced

1. Clean duck and chop liver.
2. Add grated rind of ½ orange, cinnamon, and cloves to liver. Salt and pepper the interior of the duck, and place liver mixture in cavity/
3. Place duck in dripping pan without a rack. Mix butter, mustard and juice of ½ orange together and spread this paste over the duck.
4. Place orange slices on buttered bread.
5. Roast in a 350° oven for 20 minutes to the pound, or roast in a clay baker.

Casserole Duck à L'Orange

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 140

Contributed by Diane Wolford Sheppard

1 duck domestic or wild
3 tablespoons butter
Grated rind of 1 orange
½ cup orange juice
¼ teaspoon cinnamon
¼ teaspoon cloves
1 teaspoon salt
½ teaspoon pepper
Duck liver, chopped
½ cup water, apple juice, or orange juice
1 teaspoon cornstarch

1. Cut duck into individual pieces. The average duck usually serves only two.
2. Melt butter in a heavy casserole and brown pieces of duck all over,
3. Add grated rind of 1 orange, ½ cup of orange juice, cinnamon, cloves, salt, and pepper and stir well.
4. Cover and cook over low heat until duck is tender (about 1 ½ hours). Use clay baker if desired.
5. Remove duck, when cooked, to a warm dish. Add chopped liver and water, or apple or orange juice which has been mixed with cornstarch. Cook a few minutes to remove raw starch taste and pour over duck.
6. Cook, and about half an hour before eating, reheat slowly. This is delicious with wild or brown rice to which a couple of tablespoons of chutney have been added. A green salad, to which segments of fresh or canned oranges have been added, is another accompaniment.

Roast Québec Duck

Helen Gougeon and Carlo Italiano, Illustrator, *Original Canadian Cookbook* (Don Mills, Ontario: Collins Publishers, 1975), p. 23

Contributed by Diane Wolford Sheppard

3 medium apples
½ teaspoon salt
¼ teaspoon pepper
¼ teaspoon cloves
¼ teaspoon cinnamon
¼ teaspoon nutmeg
¼ teaspoon dry mustard
1 duck
2 thin slices salt pork
1 cup apple juice
1 onion, minced

1. Peel and quarter apples and roll each piece in a mixture of salt, pepper, cloves, cinnamon, nutmeg, and mustard.
2. Place apples in the cavity of the duck and sew it up.
3. Spread slices of salt pork over the duck's breast. Sprinkle bird with salt and pepper.
4. Place in a heavy casserole with apple juice and onion.
5. Roast in a 450-degree oven about an hour, uncovered.
6. Thicken gravy if desired, as you would chicken gravy.