

300 Chicken Recipes

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# 300 Chicken Recipes

## **ORIENTAL CHICKEN TENDERS CURRIED PEANUT CHICKEN**

1 c. soy sauce  
1/3 c. sugar  
4 tsp. vegetable oil  
1 1/2 tsp. ground ginger  
1 tsp. five spice powder  
2 bunches green onion  
16 chicken tenders (approx. 2 lbs.)

Blend soy sauce, sugar, oil, ginger and five spice powder in a large bowl until the sugar dissolves. Stir in green onions. Add chicken tenders to marinade. Turn to coat. Cover chicken and refrigerate overnight. Preheat oven to 350 degrees.

Drain chicken **RESERVING MARINADE**. Arrange chicken in dish and bake until brown and tender, while basting occasionally with marinade.

*Another variation of the same recipe:*

4 halves, skinned & boned chicken breasts  
2 c. half & half  
1 1/2 c. mayonnaise  
3 tbsp. mango chutney  
2 tbsp. dry sherry  
1 tbsp. sherry vinegar  
2 tbsp. plus 1 tsp. curry powder  
1 tsp. turmeric  
2 c. finely chopped salted roasted peanuts

Preheat oven to 350 degrees. Place chicken breasts in a shallow baking dish just large enough to hold them. Pour half and half over them and bake for 30 minutes. Let cool and cut in 1 inch cubes.

Process mayonnaise, chutney, sherry, vinegar, curry powder and turmeric in a blender or food processor. Dip chicken pieces into the curry mayonnaise and roll in the chopped nuts. Refrigerate 30 minutes. Arrange on a serving plate with fancy toothpicks.

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# 300 Chicken Recipes

## **ORIENTAL CHICKEN WINGS**

6 chicken wings  
1 sm. clove garlic  
1 scallion  
1/4 c. soy sauce  
2 tbsp. honey  
2 tsp. rice-wine vinegar  
1/2 tsp. g rated ginger  
1/2 tsp. oriental sesame oil  
Pinch of cayenne  
1 tsp. sesame seeds  
1 tbsp. chopped fresh coriander or parsley

Remove wing tips and cut wings in half at the joint. Mince garlic and scallion. Combine soy sauce, honey, vinegar, garlic, ginger, oil and cayenne in a microwave safe dish. Add wings and turn to coat. Marinate at least 30 minutes, turning twice. Put larger wings at the edge of the dish. Cover with plastic and vent. Microwave on high for 5 minutes.

Rotate plate and cook 5 minutes longer. Transfer wings to a serving plate. Return marinade to oven and cook, partially covered on high for 2 minutes. Pour marinade over wings and turn to coat. Sprinkle with sesame seeds, scallion and coriander. 12 pieces.

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## **APRICOT CHICKEN WINGS**

1 pkg. Lipton onion soup  
1 jar apricot preserves  
1 bottle of clear Russian dressing  
2 lbs. chicken wings

Bake chicken wings in oven at 350 degrees until tender (1 hour). Mix together soup mix, preserves and Russian dressing. Pour mixture over chicken wings, coating each piece and serve.

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