

About the Recipes – Please Read!

The recipes that I have written down are the size and the quantity that we use. We are a family of ten, so you may want to use smaller or larger quantities depending on the size of your family. You have to remember, though, that five of the children in our family are boys, and we don't mind having a few leftovers for lunch the next day. Also, please keep in mind that because we raise our own chickens, ours are larger than store-bought chicken. If our recipes call for two chickens, you may need three.

I have listed recipes that our family has tried and enjoyed. We use mostly whole-wheat flour and organic ingredients, trying to avoid white flour and sugar. We use less than half of the sweetener that regular recipes call for. (The amount we actually use is what will be in the following recipes.) To make the recipes healthier, we use traditional healthy foods (such as milk, real butter, eggs, organic beef and chicken), and we do *not* use what some people would call “health foods” (things like soy milk, tofu, or textured vegetable protein). I find the recipes that are in this cook book to be healthy, delicious, and nutritious. And I hope that you will, too.

All of our chicken recipes start with fully cooked chicken. This is because we raise our own chickens, and put about 200 in the freezers every summer. So when making a chicken dish, we place two or three frozen chickens in a very large roasting pan, fill the pan about 2/3 full of water, cover it, and then cook it in the oven for several hours. This way, it doesn't matter if we forget to thaw the chicken ahead of time. We start the chickens on 400 degrees just after lunch – about 1 p.m. We "break apart" the chicken pieces around 2:00 or 2:30. This means

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that we open the oven, pull out the pan, lift the lid, and take a long-handled fork to move all the pieces away from each other, so they can cook more thoroughly. (We have to wait until the chicken has begun to cook before we are able to pry apart the frozen pieces.) If you are using fresh chicken, you'll have to figure out how early to start cooking it, to come up with "fully cooked chicken" for the recipes we have listed.

By starting with cooked chicken in our recipes, we have found that the extra baking makes the chicken really tender. We also try to use the broth from cooking the chickens in some way. One of the best ways to do this (if the broth is not needed in the recipe itself) is to use the broth to cook rice. We use 1 ½ cups brown rice, ½ cup wild rice, and 4 ½ cups chicken broth. It's very nutritious, and so good! We also start our roasts frozen in the oven, in the same way as chicken. You may need to adjust cooking times if your meat is not frozen.

This recipe book was originally written to encourage young girls to serve their families by cooking meals for them. Some of the recipes are VERY easy, to help beginning cooks get started. (I know that a few of them may not be helpful to experienced cooks.)

DISCLAIMER: Sorry, but we can't be responsible for failures encountered when using these recipes. We are unable to give refunds on ingredients you may have used!

Chicken Recipes

Note: We usually de-bone our white meat, but leave the dark meat on the bones. Whatever your family prefers will work for most of these recipes.

BARBECUED CHICKEN

2 chickens, fully cooked
1 ½ cups barbecue sauce
1 ½ cups ketchup

In a bowl, mix barbecue sauce and ketchup with a whisk. Then de-bone your chicken and lay it in a casserole dish. Next, cover the chicken with the sauce mixture. Pour a very small amount of water (about ½ cup) into the bottom of the dish, to keep it from sticking. Cover. Bake at 350 degrees for about 30 minutes. Keep an eye on it, as it may get dried out if you leave it in the oven too long

MUSHROOM CHICKEN

2 chickens, pre-cooked
2 cans (10 oz) condensed mushroom soup
1 cup chicken broth
1 - 2 tsp. Mrs. Dash® original blend seasoning

Drain chicken, saving 1 cup broth to use in soup mixture. In a bowl, whisk together the condensed mushroom soup, seasoning, and the broth. Cool and de-bone the chicken, lay chicken in a large glass casserole dish, and pour the soup mixture over it all. Bake at 350 degrees for 20 to 30 minutes or until it's hot and bubbly. This is delicious served over rice.

CHEESY CHICKEN

2 chickens, fully cooked
1 ½ cups Parmesan cheese
2 tablespoons dried sage
1 tablespoon dried oregano

De-bone the chicken (if preferred that way) and lay the meat on the top part of a broiler pan, with water in the pan underneath to keep it from scorching or drying out. In a bowl, mix the Parmesan, sage, and the oregano. Mix well, then cover the chicken with it. Put a deep metal pan (such as a 9 x 13 cake pan) upside down over the chicken to cover the chicken while it cooks. (Using a deep pan will keep it from sticking to the chicken.) Bake at 350 degrees for about 20 to 30 minutes, or until the cheese is melted.

RANCH CHICKEN

1 ½ cups crushed cornflakes (plain)
1 ½ cups Parmesan cheese
2 envelopes ranch salad dressing mix
2 chickens, fully cooked
1 cup melted butter

Cool the chicken, then de-bone it. In a bowl, mix the cornflakes, Parmesan cheese, and salad dressing mix. Mix well, then melt your butter. Place the butter in a separate bowl and coat each piece of chicken with the butter, then roll it in the cornflake mixture. Bake it on a heavily oiled baking dish at 350 degrees for about 30 minutes or until it's golden brown.

CASHEW CHICKEN

2 chickens, cooked, de-boned, and cut into bite-size pieces

2 cans of mushroom soup
2 cans of sliced water chestnuts (drained)
1 or 2 stalks of celery, chopped
minced onion to taste
2 tsp. Mrs. Dash® seasoning
1 cup chicken broth
½ cup of cashews (optional)
Chow mein noodles (optional)

In a large mixing bowl, stir the mushroom soup, celery, onion, water chestnuts, Mrs. Dash®, and the broth together. (A whisk will come in handy.) Then add the chicken after you have de-boned it and cut it up. Make sure it is well stirred, then bake the mixture in a covered casserole dish.

Bake it at 350 degrees for 30 to 45 minutes. Be sure to keep on checking the casserole, and don't let it burn. It should be hot and bubbly. Then, uncover the dish, add your cashews, and give it 5 or 10 more minutes in the oven before serving.

We serve chow mein noodles with this, to sprinkle over the casserole on our plates.

CHICKEN POT PIE

2 chickens, fully cooked and de-boned
4 carrots, diced
2 cups peas
5 baking size potatoes, diced
3 cups chicken broth (about)
½ onion, minced
biscuit dough

Cut up the chicken into bite-size pieces. Save the chicken in the fridge for later. Cut up the carrots, onion, and potatoes. Cook the vegetables (including peas) in a pot on medium/high heat, in the chicken broth, until tender, stirring frequently. Meanwhile, make the biscuit dough: in a bowl add 4 ½ cups of flour, 2 tablespoons baking powder, ½ tsp. salt, 1/3 cup oil, and 2 1/4 cups milk – make them sort-of sloppy. (See directions for biscuits in the bread section if you need help with this.) Then flour a surface, place your dough on the flour, and knead gently a few times, just until the dough is no longer sticky. Carefully and gently roll the dough with rolling pin into a circle, and place lid of a covered casserole dish (the one you plan to cook your pot pie in) on top of dough. Cut around the lid with a pizza cutter. This way it will fit over the top of the pot pie.

Keep an eye on your vegetables on the stove. Check on the vegetables, they are done if they cut easily with a fork. Heat your chicken for a few minutes in the broth with the vegetables, then pour the mixture into a deep casserole dish. Now lay the biscuit dough on top of the soup. Do NOT cover. Bake at 350 degrees for 20 - 25 minutes or until the biscuit part is no longer "doughy."

CUBAN CHICKEN

2 chickens, cooked (and de-boned if you prefer)
2 cans tomato sauce (15 oz.)
1/3 to 1/2 a bell pepper, minced
½ an onion, minced
1 clove fresh garlic, minced, OR 1 tsp. minced dried garlic
2 tsp. paprika
1 tsp. salt
1 cup broth

Place cooked chicken in a large casserole dish. In a blender, mix everything except the chicken. You may have to do two batches, mixing half of each ingredient at a time, if your blender capacity is small. Once you blend everything, pour over the chicken and bake at 350 degrees for about 30 minutes or until the sauce is hot and bubbly. If you want your sauce to thicken, you may need to bake it a bit longer.

OVEN - FRIED CHICKEN

3 cups flour
1 ½ tablespoons seasoned salt
1 tablespoon Mrs. Dash seasoning
¾ cup melted butter
2 fully cooked chickens

De-bone chicken if you prefer it that way, and set aside. In a flat bowl or pan, combine the flour, seasoned salt, and Mrs. Dash. Mix thoroughly. Coat each piece of chicken in melted butter, then in the flour mixture. Place coated chicken in well-oiled pan and let bake until crispy, about 10 to 15 minutes. Then flip over and bake another 10

to 15 minutes. Drain off excess grease on paper towels.

LEMON CHICKEN

2 chickens, fully cooked

1 tsp. dried oregano

½ tsp. seasoned salt

1/4 tsp. pepper

4 to 6 tablespoons butter (you might need more)

1/4 cup water mixed with 3 tablespoons lemon juice (we use fresh lemons)

2 teaspoons minced garlic

2 tablespoons minced fresh parsley

Lay chicken in a lightly oiled casserole dish. Melt butter in a pan, add all the other ingredients, and cook on medium for a few minutes. Pour sauce over chicken, and bake for 20 to 25 minutes at 350 degrees or until chicken and sauce are thoroughly hot. Note: If you don't have all these spices that's fine. Just use what you have. Lemon slices laid over the chicken before serving look really nice.

CHICKEN AND DUMPLINGS

It can be difficult to judge how much liquid to use to make a broth that isn't too runny or too thick. It's also easy to scorch. Stir frequently, and keep the heat from getting too high.

2 chickens, cooked and deboned
biscuit dough (if your family really loves the dumplings,
you may want to double the amount)
chicken broth

Save all the broth from cooking the chickens. Cool the chicken, de-bone it, and cut into large chunks. You may want to keep the chicken in the fridge, until ready to use it. Bring broth to a boil. (If there's not enough broth to make up a third of a large pot, add some water.)

Make the biscuit dough using 4 ½ cups flour, 2 tablespoons baking powder, ½ tsp. salt, 1/3 cup oil, and 2 1/4 cups milk to make a soft dough. Combine the flour and the baking powder first. Then mix in your oil well. Next add some milk until a very soft dough consistency is reached. Turn dough onto a floured surface, and knead very lightly a few times.

Pinch off small pieces of dough and roll each piece into a ball, about 1 ½" in diameter. (You may need to use some flour on your hands to keep the dough from sticking to them.) Drop the balls into the boiling broth. Cut heat down to medium high, and watch the mixture carefully – it will scorch quickly if not stirred frequently. Your dumplings may disappear for a while, but they will surface in a minute. Stir dumplings frequently, cooking them about 15 minutes. Be sure to stir gently, though, or your dumplings will disintegrate. Now add your chicken, just long enough for it to become hot again. Stir frequently as you heat the chicken in the broth with the dumplings. This tends to stick quickly, so be sure to stir often.

HERB PARMESAN CHICKEN

3 cups grated Parmesan cheese
1/4 cup minced parsley
2 tablespoons dried oregano
2 tsp. paprika
1 tsp. salt
1 tsp. pepper

2 chickens, cooked (and de-boned if you prefer)
1 cup melted butter

In a bowl, mix together the first six ingredients. Set aside. Dipping the chicken in the butter is first. Next you roll the chicken in the Parmesan mixture, making sure that it's well coated. Place in greased baking dish. Bake it at 350 degrees for around 30 minutes, or until nicely browned.

BAKED TERIYAKI CHICKEN

1 ½ cups organic soy sauce
½ cup olive oil
4 tablespoons sugar (Sucanat®)
1 tsp. ground ginger
1 tsp. garlic powder
2 chickens, cooked (and de-boned if you prefer)

In a bowl, combine the first five ingredients. Beat with a whisk until well mixed. The oil tends to float to the top, so stir it again just before you pour it over the chicken.

Place chicken in a covered casserole dish, pour the mixture over it, and bake at 350 degrees for 30 minutes.

DIJON CHICKEN

- 2 chickens, fully cooked (and de-boned if you prefer)
- ½ cup Dijon mustard
- ½ to 1 cup milk (the smaller amount of milk will give a stronger mustard flavor to this dish)
- 1 ½ cups bread crumbs
- 1 ½ cups Parmesan cheese

Heavily oil a large metal or glass baking pan. In a flat pan or shallow bowl, mix together the mustard and milk until smooth, set aside. In another flat pan or large shallow bowl, stir the bread crumbs and the Parmesan cheese together. (Pie plates work well for these mixtures.) Dip each piece of chicken first into the mustard and milk bowl, then roll the chicken in the dry mixture to coat it. Lay each piece into the oiled pan. Bake at 350 degrees for 30 to 40 minutes or until a golden brown. Turn the chicken over halfway through baking time, to let both sides get crispy.

Beef Recipes