

Poultry

Smoky BBQ Chicken

Marinade

1 cup of Balsamic Vinaigrette
¼ cup Dijon Mustard
¼ cup Honey
4 Garlic Gloves Minced
3 Small Shallots Minced
½ tsp. Kosher Salt
½ tsp. Freshly Ground Pepper
¾ cups of Olive Oil

Rub

1 tbs. + ½ tsp. of Granulated Sugar
1 tbs. + ½ tsp. Light Brown Sugar
1 tbs. + ½ tsp. Garlic Salt
1 tbs. + ½ tsp. Smoked Sweet Paprika
1 tsp. Dehydrated Onion Flakes
1 tsp. Pure Chile Powder
1 tsp. Freshly Ground Black Pepper
½ tsp. Celery Seed
½ tsp. Dried Basil
½ tsp. Dried Tarragon
½ tsp. Dried oregano
¼ to ½ tsp. Cayenne Pepper

BBQ Sauce

3 cups of Ketchup
2/3 cups of Dark Brown Sugar
½ cup of Water
½ cup White Wine Vinegar
½ cup Tomato Paste
2 tbs. Yellow Mustard
2 tbs. Pure Chile Powder
1 tbs. Freshly Ground Pepper
1 tsp. Salt
1 tsp. Granulated Onion Powder
1 tsp. Granulated Garlic Powder
½ tsp. Ground Ginger
¼ cup Italian Dressing
3-4 tsp. Lemon Juice

(½ cup dry White Wine & ½ cup Apple Juice to be added after BBQ sauce is brought to a boil). *Optional- Hot Sauce to Taste

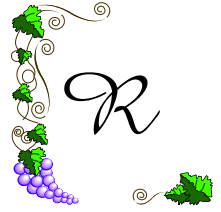
6-8 Servings

2-3 ½ pound Chickens

Directions:

Prepare Marinade and place in Ziploc Bags. Add Chicken leg quarters and breast to Marinade and place on flat surface. Allow chicken to marinate for 24 hours. Rotate Chicken as often as possible during the marinating process. Drain chicken and sprinkle both sides with dry rub (cover chicken well with rub). For best results cook chicken on a Charboiler with smoke box on the side. Place a pan of water under the chicken for moisture. Cook on 215-225° for 1 hr. on each side then mop with BBQ Sauce every hour (keep chicken as moist as you can with BBQ sauce). Continue to cook slowly for an additional 2½ hours (or until meat thermometer registers 170°).

**Make sure to use tongs to flip the chicken. Do not use a fork as you do not want to punch holes in the chicken.*



Poultry

Chicken Parmesan

Ingredients:

- 1 pkg.-Angel Hair Pasta
- 1 pkg.-thinly cut boneless chicken breasts
- Italian Bread Crumbs
- Fresh Parmesan Cheese grated (16 oz)
- 1 egg
- 1 jar marina sauce

Dredge chicken breasts in beaten egg. Then coat with Parmesan and bread crumbs mixture. Fry in pan coated with olive oil until browned. Place fillets in Pyrex dish sprayed with Pam. Spread marina sauce over cutlets and top with Parmesan cheese. Bake at 350° for about 15 minutes covered with foil. Uncover for last 5 minutes. Meanwhile cook pasta and serve with chicken and remainder of marinara sauce.



Poultry

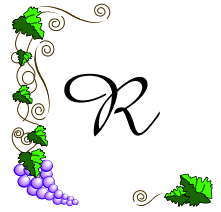
Chicken Marsala

Ingredients

Chicken Tenderloins
Marsala Cooking Wine
Mushrooms
Fresh Parsley
Pasta of Choice
Flour
Salt and Pepper
Olive Oil

Directions:

1. Cut out the vein in the tenderloins.
2. Salt and pepper the chicken and cover with flour.
3. Pan-fry the chicken in olive oil for 35 to 40 seconds on each side and place chicken in Pyrex dish.
4. Sprinkle flour in olive oil drippings to make gravy.
5. In another pan sauté 1 ½ cup of mushrooms and chopped fresh parsley in 1 ½ cup of Marsala cooking wine until soft.
6. Pour gravy into Marsala sauce.
7. Combine the chicken with the Marsala/Gravy Sauce with cooked mushrooms and parsley.
8. Cook the chicken for about a minute or two and serve with pasta.



Poultry

Delta Roasted Turkey with Million-Dollar Gravy

Servings: 8 to 10

Prep Time: 30 minutes

Soak Time: 15 minutes

Bake Time: 3 hours, 30 minutes

Stand Time: 20 minutes

Ingredients:

Poultry Brine of Choice

(We recommend Williams-Sonoma
Apple Spice Brine)

Cheesecloth

3 ½ cups low-sodium chicken broth,
Divided

5 thick hickory-smoked bacon slices

½ cup butter, softened

2 tsp. salt

2 tsp. pepper

1 (14-lb.) whole fresh or
frozen turkey, thawed

Kitchen string

2 cups dry white wine

2 bay leaves

6 black peppercorns

4 fresh thyme sprigs

4 fresh parsley sprigs

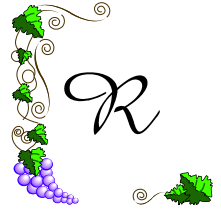
1 cup butter

3 Tbsp. all-purpose flour

2 Tbsp. butter, softened

Directions:

1. Soak Turkey in Brine for 24 hours. We strongly suggest the Apple Spice Brine from Williams-Sonoma.
2. Cut cheesecloth into a 3-x3-ft. square. (Cheesecloth should be large enough to wrap around entire turkey.) Soak cheesecloth in 1 cup broth 15 minutes. Wring out cheesecloth, discarding excess broth. Lay cheesecloth on top of a roasting rack in a roasting pan. Place bacon in center of cheesecloth.
3. Preheat oven to 500°. Combine ½ cup softened butter, salt, and pepper. Remove giblets and neck from turkey, and pat turkey dry with paper towel. Loosen and lift skin from turkey breast with fingers, without totally detaching skin; rub about one-third of butter mixture underneath skin. Carefully replace skin, and rub remaining butter mixture over outside of turkey. Tie ends of legs together with kitchen string; tuck wingtips under. Place turkey, breast side down, on top of bacon in roasting pan. Lift sides of cheesecloth together, and secure tightly with string. Trim excess cheesecloth and string.
4. Stir together wine, next 4 ingredients, and 1 cup broth. Pour into roasting pan.
5. Bake turkey at 500° for 30 minutes.
6. Meanwhile, heat 1 cup butter and ½ cup broth in a saucepan over low heat just until butter is melted. Pour mixture over turkey. Reduce oven temperature to 300°, and bake 2 ½ hours, basting with pan drippings every 30 minutes.
7. Remove turkey from oven, and increase oven temperature to 400°. Carefully transfer turkey to a cutting board, using clean dish towels. Remove and discard cheesecloth and bacon. Carefully return turkey, breast side up, to roasting pan.
8. Bake turkey at 400° for 30 minutes or until skin is golden brown and a meat thermometer inserted into thickest portion of thigh registers 170° to 175°. Transfer turkey to a serving platter, reserving pan drippings in roasting pan. Let turkey stand 20 minutes before carving.
9. Pour pan drippings through a fine wire-mesh strainer into a 4-cup glass measuring cup. Let stand 10 minutes. Remove excess fat from surface of drippings.
10. Pour 2 cups drippings into a medium saucepan; stir in remaining 1 cup broth. Bring to a boil over medium-high heat. Combine flour and 2 Tbsp. butter to form a smooth paste. Whisk butter mixture into broth mixture, and cook, whisking constantly, 2 minutes or until thickened. Serve with turkey.



Poultry

Chicken Saltimbocca

Ingredients

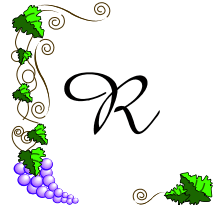
Servings: 6

6-(4oz) Boneless Skinless Chicken Breast-beaten to about ½ inch thick
2 eggs
Italian Bread Crumbs
Marsala Cooking Wine
Mushrooms-1 small pkg. Baby Portabellas
¼ cup plus of Olive Oil (use enough to thoroughly cover the bottom of your pan)
2 to 3 TBP Self-Rising Flour
¼ cup Chicken Broth
Prosciutto Ham
1- Box of Frozen Spinach
Cherry Tomatoes-thinly sliced or one can of well drained Rotel
Swiss cheese

Directions:

1. Whisk 2 eggs to be used as an egg wash
2. Dredge the chicken breast in the egg wash
3. Thoroughly cover the chicken breast in Italian Bread Crumbs
4. Cover the bottom of a sauté pan with olive oil (about a ¼ cup of olive oil)
5. Cook chicken breast on medium heat till both sides are browned (cook slow and on low heat)
6. Place chicken breast in Pyrex dish (or other oven cookware) and set aside
7. Add 1 cup of Marsala Cooking Wine and coarsely chopped mushrooms to the remaining olive oil and chicken drippings in the sauté pan. Sauté mushrooms.
8. Add a couple of Tablespoons of Self Rising Flour to the pan for thickening (do no add to much flour). Stir to the consistency that you want your Marsala Wine Sauce to be.
*Option if the sauce tastes to sweet you can add ¼ cup of Chicken Broth to the mixture
9. Top each breast with a slice of Prosciutto Ham followed by well drained Spinach and the add a layer of thinly sliced Cherry Tomatoes or well drained Rotel and then top with a slice of Swiss Cheese.
10. Pour Mushroom Sauce over the top of the chicken breasts and cook in the oven on 350° till cheese is well melted-Serve Immediately.

Serve with a side dish of Angel Hair Pasta with choice of Marina Sauce topped with freshly grated Parmesan Cheese and a nice Chardonnay wine.



Poultry

Grilled Chicken

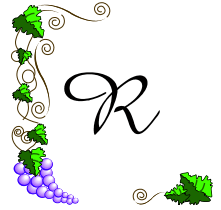
Marinade

- 1 cup of Balsamic Vinaigrette
- ¼ cup Dijon Mustard
- ¼ cup Honey
- 4 Garlic Gloves Minced
- 3 Small Shallots Minced
- ½ tsp. Kosher Salt
- ½ tsp. Freshly Ground Pepper
- ¾ cups of Olive Oil

Rub

- 1 tbs. + ½ tsp. of Granulated Sugar
- 1 tbs. + ½ tsp. Light Brown Sugar
- 1 tbs. + ½ tsp. Garlic Salt
- 1 tbs. + ½ tsp. Smoked Sweet Paprika
- 1 tsp. Dehydrated Onion Flakes
- 1 tsp. Pure Chile Powder
- 1 tsp. Freshly Ground Black Pepper
- ½ tsp. Celery Seed
- ½ tsp. Dried Basil
- ½ tsp. Dried Tarragon
- ½ tsp. Dried oregano
- ¼ to ½ tsp. Cayenne Pepper

1. For best results we suggest that you cook a Fresh Whole Fryer. Using Meat Shears remove the backbone and any excessive fat keeping the breast in tack.
2. Marinate the chicken using the marinade listed above for 24 hours in advance as this will tenderize the chicken.
3. Apply the dry rub to the chicken right before you plan to grill. Once you put the dry rub on the chicken you will want to spray the chicken down using the spray bottle with ¾ Worchestire sauce and ¼ strained pineapple juice mixture so that the rub will stay on the chicken.
4. Cook Chicken at 225 degrees for 4 to 5 hours.
5. Cook with skin side up for 1 hour to an hour and a half. Then flip chicken cavity side down and cook for an additional hour to hour and half. Flip chicken again skin side up and cook for an hour. Make sure that the skin does not get to done. *We strongly suggest that you use cooking gloves to flip the meat. This is needed so that you do not pierce the meat when flipping.*
6. In a spray bottle mix up ¾ Worchestire sauce and ¼ strained pineapple juice. Keep the Chicken sprayed and moist throughout the cooking process
7. When legs and wings start to separate cover the chicken in BBQ Sauce and cook for 30 to 40 minutes and sauce is caramelized on top of chicken.



Poultry

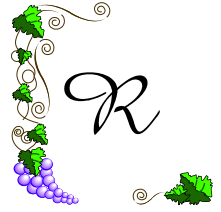
Apple-Bourbon Turkey and Gravy

Ingredients:

4 cups apple juice
1 cup bourbon
½ cup firmly packed light brown sugar
1 (12 to 15 lb) whole fresh turkey
Cheesecloth
Kitchen string
4 celery ribs
4 large carrots
3 small apples, quartered or halved
1 large onion, sliced
¼ cup butter
¼ cup all-purpose flour
½ cup chicken broth (optional)
Brine of choice

Directions:

1. Remove giblets and neck from turkey and rinse turkey with cold water. Drain cavity well; pat dry. Place turkey in roasting pan and apply brine. Cover and chill for 24 hours.
2. Stir together apple juice, bourbon and light brown sugar. Stir until sugar dissolves.
3. Rinse turkey- dip cheesecloth in apple juice mixture. Wring dry. Cover turkey with cheesecloth; pour apple juice mixture over cheesecloth, coating completely. This should be done 4-5 hours prior to cooking.
4. Preheat oven to 325. Remove turkey from pan, discarding cheesecloth and reserving 3 cups marinade. Sprinkle cavity with desired amount of salt and rub into cavity. Sprinkle desired amount of salt and freshly ground pepper on skin; rub into skin. Tie ends of legs together with string; tuck wingtips under.
5. Arrange celery, carrots and apples in a single layer in bottom of roasting pan. Place turkey, breast side up, on celery mixture. Pour marinade over turkey in pan.
6. Bake at 325 for 3 hours and 15 minutes to 4 hours or until a meat thermometer inserted into thickest portion of thigh registers 165, basting every 30 minutes with pan juices and shielding with aluminum foil after 2 hours and 30 minutes to prevent excessive browning, if necessary. Remove from oven, and let stand 30 minutes.
7. Transfer turkey to a serving platter, reserving 2 ½ cups pan drippings. Pour reserved drippings through a fine wire-mesh strainer into a large measuring cup, discarding solids.
8. Melt butter in a saucepan over medium heat; whisk in flour and cook, whisking constantly, 1 to 2 minutes or until smooth. Gradually add drippings, and bring to a boil. Reduce heat to medium, and simmer, stirring mixture occasionally, 5 minutes or until gravy thickens. Add up to ½ cup chicken broth for desired consistency, if desired. Stir in salt and freshly ground pepper to taste. Serve turkey with warm gravy.



Poultry

Catherine's Chicken Pasta

Ingredients:

- 1 – Rotisserie Chicken (de-boned & chopped) or you can use boneless skinless chicken breasts
- 1 – Can Rotel Tomatoes & Green Chilies (do not completely drain). Or, if you do not like things with a little “kick” you can substitute regular diced tomatoes.
- 1 – Can Cream of Mushroom Soup
- 1 – Lb Box of Velveeta Chopped
- 1/3 – Cup of Milk
- 1 – Box of Penne Pasta
- ½ Stick of Butter
- 1 – Medium Red Bell Pepper Finely Chopped
- 1 – Chopped Jalapeno (optional)
- 1 – Medium onion chopped

Directions

1. Cook penne pasta according to directions on box.
2. Melt butter, sauté Bell Pepper, jalapeno pepper and onion
3. Add Rotel, Soup, Velveeta, and Milk, to sautéed bell pepper, jalapeno (optional) and onion mixture. Mix thoroughly over medium heat.
4. Add pasta and mix together.
5. Last, add the chopped chicken and give it one last mix. The cheese does not need to completely melt as it will do so in the oven.

Pour into casserole dish and bake at 350 for 30 minutes

** You can also substitute the chicken with Scallops and Shrimp for a Seafood version. Add Scallops and Shrimp to dish right before going in the oven.