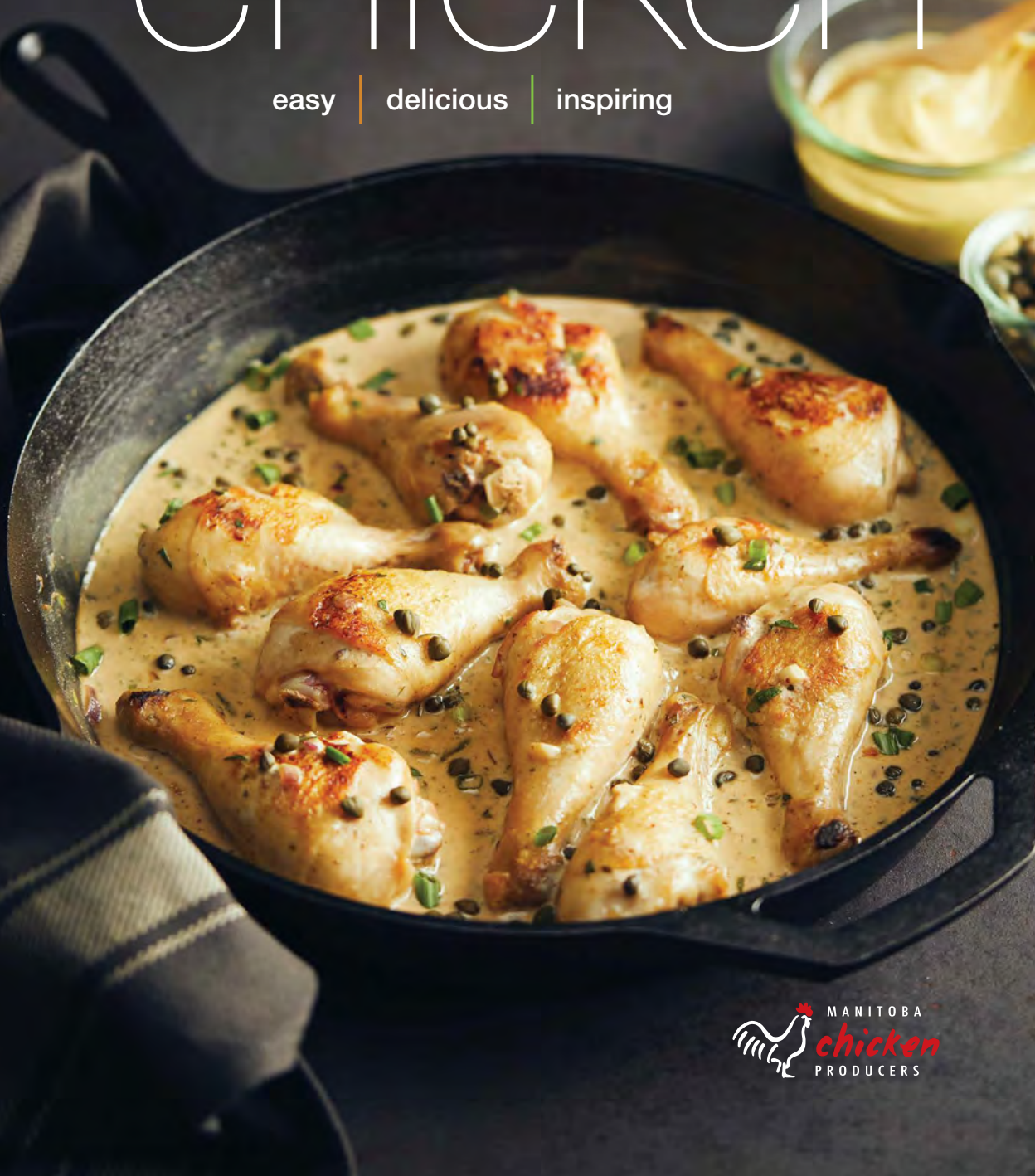


MANITOBA chicken

easy

delicious

inspiring



MANITOBA
chicken
PRODUCERS



Korean Chicken Wings

2 lbs chicken drumettes
(or wingettes and drumettes mixed)

Marinade / Finishing sauce

2 Tbsp canola oil

1 tsp sesame oil

2 Tbsp rice vinegar

3 Tbsp soy sauce

2 Tbsp Korean red chili paste
(Gochuchang) - can substitute by
mixing 1 ½ Tbsp sambal oelek or
other chili paste with ½ tsp sugar

2 Tbsp lime juice

1 tsp lime zest

1 Tbsp grated fresh ginger

2 cloves garlic, finely minced

2 Tbsp. brown sugar

2 green onions, finely chopped

½ tsp dried chili flakes (optional)

SERVES 6 - 8

Preheat oven to 375F

Combine all the marinade / finishing sauce ingredients in a medium bowl. Stir with a whisk until sugar is dissolved. Divide sauce into two equal portions. Half will be used as a marinade. The remaining half will become the finishing sauce.

In a large resalable plastic bag, place the chicken wings. Pour the portion of sauce reserved for the marinade over the wings. Seal the bag and massage the bag to ensure the wings are completely covered in the marinade. Marinate in the fridge for 1 hour, or overnight.

Line a large baking sheet with foil and position a baking rack on the baking sheet large enough to hold all the wings in one layer. Spray the rack with non-stick spray. Using tongs, remove wings from the marinade, and position wings on the rack in one layer. Wings can be placed close together. Discard bag with marinade.

Bake wings in the oven for 35 - 40 minutes (longer if you like crispier wings), or until wings are cooked through and brown. Transfer wings to a serving platter and drizzle with the finishing sauce.



Chicken Pancetta and Sweet Potato Soup

1 cup quinoa

1 Tbsp olive or canola oil

200 g pancetta (or bacon),
chopped

1 lb boneless, skinless chicken
breasts, thinly sliced

1 yellow onion, chopped

2 cloves garlic, minced

2 cups sweet potato, peeled and
chopped into ½ inch pieces

1 tsp dried chili flakes

6 cups chicken broth

2 cups baby spinach leaves

½ cup whipping cream (optional)

½ cup cilantro leaves

SERVES 4

Soak quinoa in 1 ½ cups of warm water for 15 minutes. Drain and set aside. Heat the oil in a saucepan over medium heat. Add pancetta (or bacon) and cook for 4 minutes or until golden. Add chicken and stir-fry until no pink is showing, about 4 minutes, add onion and garlic and cook about 4 minutes until softened.

Add sweet potato, chili flakes and broth. Increase heat to high and bring to a boil. Add quinoa and cook for 15 minutes or just until sweet potato is tender and the quinoa is cooked. Add spinach and cream (if using) and stir to combine.

Serve garnished with fresh cilantro.



One Pan Chicken Dijon

2 Tbsp canola or olive oil

12 medium chicken drumsticks
(about 4 pounds)

½ tsp salt

½ tsp freshly ground pepper

¼ cup finely chopped onion

4 garlic cloves, minced

1 ½ cups chicken broth

1 tsp ground coriander

½ tsp dried basil

2 Tbsp whole-grain Dijon
mustard (or other Dijon mustard)

½ cup full-fat sour cream

2 tsp chopped fresh tarragon
or 1 tsp dry

1 Tbsp capers, chopped
(optional)

Crusty bread for serving

SERVES 4–6

In a large skillet heat oil to medium heat. Season chicken drumsticks with salt and pepper, add them to the skillet and cook over moderate high heat, turning, until golden brown, about 10 minutes. Add onion and cook, stirring occasionally until softened, about 3 minutes. Add garlic and cook for 1 minute. Add broth, coriander and basil, bring to a boil. Cover and cook over moderate heat until the chicken is cooked through, about 15 minutes.

Transfer chicken to a platter, cover and keep warm. In a small bowl, whisk mustard with sour cream, tarragon and capers. Add sour cream mixture into the skillet and simmer sauce over moderate heat until thickened, about 5 minutes. Adjust seasonings (salt and pepper). Return chicken to the skillet and turn to coat.

Serve chicken with crusty bread.

TIP *This recipe can be made ahead and refrigerated for up to 2 days.*



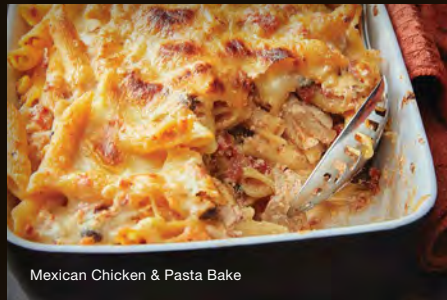
Chicken Empanadas



Chicken Stir-fry with Water Chestnuts



BBQ Chicken Bacon Bites



Mexican Chicken & Pasta Bake



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