

Sheet1

NAME,C,41	TIME,C,15	YIEI	ALC	Q1,CQ2,CQ3,CQ4,C,6Q5,C,6Q6,CQ7,C,6	Q1	Q2	Q3	Q4	Q5	Q6	Q7	Q8
WATERCRESS CHICKEN	1 HOUR	6	5052	1	1	1	1/4	1	2	1		
CHICKEN WITH SAUERKRAUT	1 HOUR	4	5051	1	1/4	2		1	1	4		
BAKED CHICKEN	3 HOURS	4	600	1	1	1		1 1/2	1	1/4		
ORIGINAL SOUTHERN FRIED CHICKEN	2 HOURS	8	580	1/2	1/2	2			2	1 1/2		
CHICKEN TERIYAKI	1 HOUR	4	4551	1	2	2		1/4	1/4	1		
WOODSMEN'S TURKEY CHILI	1 1/2 HOURS	16	250 1/2	1/4	2	2		3	4	1		
TURKEY CAKES	30 MINUTES	4	5001	1/4	1	3/4		1/8	1	6		
CHICKEN BASTE AND BAKE	1 HOUR	4	230 1/4	1	1	1/4		4				
PECAN CHICKEN	2 HOURS	8	5902	1/2	1	1		1	1	1		
CHINESE SESAME CHICKEN	1 HOUR	8	2258	2	2	1/2		1/4	1	1/2		

Sheet1

Q8,CQ9,C,6Q10,M1,C,12	M2,C,12	M3,C,12	M4,C,12	M5,C,12	M6,C,12
1/2 TBS.	3 POUND	POUND	CUPS	TSP.	16 OZ. CANS
2 3 POUND	TSP.	TSP.	TBS.	32 OZ. BAG	12 OZ. CAN
1 3 1/2 1/4	MEDIUM	SMALL	8 OZ. CNTR.	TSP.	TSP.
1 1	CUP	TSP.	CUPS		3 POUND
1 1 1	TBS.	TBS.	TSP.	TSP.	TSP.
2 2 6 POUND	CUP			TBS.	19 OZ. CANS
1/3 1/3 16 OZ. PKGE.	CUP	TBS.	TSP.	TSP.	
1/3 1/3 CUP	TBS.	TBS.	TSP.		
1 1/8 1	CUP	CUP		CUP	CUP
1/2 1/2 6	TBS.	TBS.	TSP.	TSP.	

Sheet1

M7,C,12	M8,C,12	M9,C,12	M10,C,11,C,47	
BUNCH	CUP		VEGATABLE OIL	
LARGE	TBS.		BROILER-FRYER	
TSP.	3 POUND	CUPS	CUP BUTTER	
CUPS	CUP		VEGATABLE OIL	
SMALL		3 POUND	TBS. GREEN ONION	
28 OZ. CAN	4 OZ. CANS	TSP.	TURKEY BREAST	
TBS.	CUP	CUP	GROUND TURKEY	
			CANOLA OIL	
TBS.	TBS.	TSP.	CUP BROILER FRYING CHICKENS, CUT UP	
CUP	CUP	CUP	CUPS CHICKEN THIGHS	

Sheet1

I2,C,47	I3,C,47	I4,C,47
BROILER - CUT UP	SMALL WHITE ONIONS	WATER
SALT	PEPPER	VEGATABLE OIL
MINCED ONION	MINCED GARLIC CLOVE	PLAIN YOGURT
MILK	PEPPER	ALL-PURPOSE FLOUR
DRY SHERRY	VEGATABLE OIL	GRATED ORANGE PEEL
VEGATABLE OIL	SLICED GARLIC CLOVES	ONIONS, DICED
MINCED PARSLEY	GRATED ONION	SALT
HONEY	LIME JUICE	PAPRIKA
BUTTER	BUTTERMILK	EGG, BEATEN
SOY SAUCE	DRY SHERRY	GRATED GINGER

Sheet1

15,C,47

SALT
SAUERKRAUT, DRAINED
GROUND GINGER
SALT
GROUND GINGER
CHILI POWDER
MARJORAM
CHICKEN BREASTS, WASHED AND DRIED
FLOUR
GROUND WHITE PEPPER

16,C,47

DRAINED, WHITE BEANS
BEER
SALT
FRYERS - CUT UP
CRUSHED RED PEPPER
RED KIDNEY BEANS
EGG
PECANS, GROUND
EGG WHITE, BEATEN

17,C,47

WATERCRESS
CARROTS, CUT INTO CHUNKS
PEPPER
WATER
CRUSHED GARLIC CLOVE
TOMATOES
SOFTENED BUTTER
PAPRIKA
FLOUR

Sheet1

18,C,47

HALF AND HALF

DARK BROWN SUGAR

BROILER-FRYER, CUT

HALF AND HALF

SOY SAUCE

CHOPPED,MILD GREEN CHILIES

GROUND ALMONDS

SALT

CORNSTARCH

19,C,47

WHOLE WHEAT FLAKED CEREAL, CRUSHED

CHICKEN FLAVOR BOUILLON CUBE

BROILER - CUT IN HALF

SALT

DRIED BREAD CRUMBS

PEPPER

SESAME SEADS

I10,C,47

TOASTED WHEAT GERM

BROWN SUGAR

PECAN HALVES

PEANUT OIL FOR DEEP FRYING

Sheet1

ST1,C,142

ADD OIL TO LARGE SAUCEPAN OVER MEDIUM-HIGH HEAT. COOK CHICKEN, A FEW AT A TIME, UNTIL BROWNE
RUB CHICKEN WITH SALT AND PEPPER. IN 5 QT. DUTCH OVEN OVER MEDIUM HEAT IN VEGATABLE OIL, COOK CH
MELT BUTTER IN 1 QT. SAUCEPAN OVER MEDIUM HEAT. ADD ONION AND GARLIC, COOK UNTIL TENDER. SPOON
HEAT 1/2 INCH OIL IN SKILLET AT 350F. POUR MILK INTO BOWL. COMBINE PEPPER, 1 3/4 CUPS FLOUR AND 1 TSP
PREHEAT BROILER IN REQUIRED. MINCE ONION, RESERVE 1 TBS. FOR GARNISH. MIX REMAINING ONION WITH SH
REMOVE SKIN AND BONE FROM TURKEY BREAST AND CUT INTO 1/2 INCH CUBES.
MIX FIRST 6 INGREDIENTS IN LARGE BOWL WITH 3 TBS. BUTTER UNTIL BLENDED. SHAPE TURKEY MIXTURE INTO
PREHEAT OVEN TO 400F. COMBINE CANOLA, OIL, HONEY, LIME JUICE AND PAPRIKA IN SMALL BOWL.
MELT BUTTER IN 13X9X2 PAN. MIX BUTTERMILK AND EGG IN BOWL. MIX FLOUR, GROUND PECANS, PAPRIKA, SAL
MARINATE THIGHS IN MARINADE MIXTURE FOR 15 MINUTES. DIP EACH THIGH INTO EGG WHITE THEN DREDGE IN

Sheet1

ST2,C,142

COOK ONIONS IN REMAINING DRIPPING UNTIL BROWNED. RETURN CHICKEN TO SAUCEPAN, ADD WATER AND SAUCE. REMOVE CHICKEN AND SPOON OUT OIL. RETURN CHICKEN TO DUTCH OVEN AND ADD SAUERKRAUT, BEER, CARAMEL. STIR IN YOGURT, SALT, GINGER AND PEPPER. ADD CHICKEN AND TURN TO COAT. COVER AND REFRIGERATE 2 HOURS. DIP CHICKEN INTO MILK, THEN COAT WITH FLOUR MIXTURE. REPEAT TO COAT TWICE.

PLACE CHICKEN, SKIN SIDE DOWN, IN GREASED BROILING PAN. BRUSH HALVES WITH SOY MIXTURE. BROIL HALVES OVER MEDIUM HEAT IN 8 QT. DUTCH OVEN, HEAT VEGETABLE OIL. COOK GARLIC UNTIL BROWNED AND DISCARD. COMBINE ALMONDS AND BREAD CRUMBS ON PLATE. DIP EACH TURKEY INTO MIXTURE AND COAT COMPLETELY. PLACE CHICKEN SKIN SIDE UP IN 7X11 BAKING DISH. APPLY MIXTURE TO PIECES.

DIP CHICKEN PIECES INTO BUTTERMILK MIXTURE AND ROLL IN FLOUR MIXTURE. PLACE PIECES SKIN SIDE DOWN IN OIL. DEEP FRY AT 360F UNTIL GOLDEN, ABOUT 15 MINUTES.

Sheet1

ST3,C,142

HEAT TO BOILING OVER HIGH HEAT. REDUCE HEAT, COVER AND SIMMER 20 MINUTES. ADD BEANS, COOK 5 MINUTES.
OVER HIGH HEAT, BRING TO A BOIL. REDUCE HEAT, COVER AND SIMMER FOR 45 MINUTES.
PREHEAT OVEN TO 400F. MIX CEREAL AND WHEAT GERM IN BOWL. USE TO COAT CHICKEN.
PLACE 1/3 OF CHICKEN SKIN SIDE UP IN HOT OIL. COOK 5 MINUTES, REDUCE HEAT AND COOK 5 MORE MINUTES.
TURN CHICKEN SKIN SIDE UP. BROIL 20 MINUTES LONGER, BRUSH WITH SOY SAUCE DURING LAST 10 MINUTES.
STIR IN CHILIE POWDER AND COOK 1 MINUTE LONGER. ADD KIDNEY BEANS WITH LIQUID, TOMATOES, GREEN CH
OVER MEDIUM HEAT, ADD 3 TBS. BUTTER TO SKILLET. COOK TURKEY CAKES, TURNING ONCE, UNTIL GOLDEN - A
BAKE IN OVEN 35-40 MINUTES, BASTING EVERY 10 MINUTES. REMOVE FROM OVEN AND COVER WITH FOIL FOR 1
SPRINKLE PECAN HALVES OVER CHICKEN. BAKE IN MODERATE OVEN FOR 1 3/4 HOURS OR UNTIL TENDER AND C

Sheet1

ST4,C,142

SKIM FAT AND STIR IN WATER CRESS AND HALF & HALF. HEAT THROUGH.

IN 13X9 BAKING DISH IN OVEN, MELT 3 TBS. BUTTER. REMOVE FROM OVEN, ARRANGE CHICKEN IN 1 LAYER SKIN
COVER AND COOK AT MEDIUM HEAT 5 MINUTES. REDUCE HEAT AND COOK 5 MINUTES LONGER. REMOVE CHICK
MIX BROWN SUGAR IN SMALL BOWL WITH 1 TBS. SOY SAUCE. BRUSH CHICKEN WITH MIXTURE AND BROIL 30 SE
HEAT MIXTURE TO BOILING OVER HIGH HEAT, REDUCE HEAT, COVER AND LET SIMMER 45 MINUTES. STIR OFTEN

ST5,C,142

SPOON 1/4 CUP OIL FROM SKILLET INTO 2 QT. SAUCEPAN. STIR IN 1/4 CUP FLOUR UNTIL BLENDED OVER MEDIUM
SPRINKLE WITH RESERVED ONIONS AND SERVE.

ST6,C,142

SLOWLY STIR IN WATER, HALF AND HALF, BOUILLON AND 3/4 TSP. SALT. STIR UNTIL MIXTURE THICKENS. SERVE

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