

Chicken Farmers of Canada

Three easy recipes where chicken is the star! These recipes are great for a protein packed weeknight meal or taken to a friends backyard get-together. Each recipe uses a different part of the chicken and each is prepared in a different way. All recipes have an element of grilling included.

Jerk Chicken Wings

Ingredients:

3 pounds *Raised by a Canadian Farmer* chicken wings
1 habanero chili pepper, seeded
1 shallot, cut into quarters
¼ cup vegetable oil
2 tablespoons lime juice
1 tablespoon soy sauce
1 tablespoon garlic powder
2 teaspoons thyme
2 teaspoon allspice
1 teaspoon sugar
1 ½ teaspoon salt
½ teaspoon pepper
½ teaspoon cinnamon

Instructions:

1. Place jerk marinade ingredients in a blender. Puree to a smooth, thick paste.
2. Transfer marinade to a large zip lock bag. Ensure you're using *Raised by a Canadian Chicken Farmer* chicken wings for the highest quality fresh chicken and place wings in the marinade and toss to coat. Press out as much air as possible then seal the bag and place in the fridge to marinate for 6 to 12 hours.
3. Turn all BBQ burners to high, cover, and heat grill until smoking hot. Keep one burner at high heat (direct heat), and turn remaining burners to low heat (indirect heat).
4. Grill chicken wings over low heat (indirect heat) with the lid closed, turning once, for 20 minutes, or until chicken registers 165°F for dark meat or 160°F for white meat. It's a good idea to invest in a meat thermometer to be sure. Chicken farmers work hard to keep chicken we purchase safe, but it's up to us to cook it safely.
5. When the chicken wings have reached temperature, move them to the high heat side (direct heat) and grill uncovered until the skin crisps, about 5 minutes.
6. Serve with a creamy coleslaw.

Chicken Tostadas

Ingredients:

- 10 *Raised by a Canadian Farmer* boneless skinless chicken thighs
- 1 tablespoon oil
- 1 white onion, finely chopped
- 2 garlic cloves, finely chopped
- ½ teaspoon salt
- 1 28-oz can diced tomatoes
- 2-3 chipotle peppers in adobo sauce, finely chopped
- 2 cups salsa
- 2 cups refried beans
- 1 cup crumbled feta
- 2 cups shredded iceberg lettuce
- 10 tostada shells

Instructions:

1. Start by sourcing the best farm fresh ingredients you can find. Canadian farmers work hard to make sure fresh, high quality chicken is in season all year round. Just look for the *Raised by a Canadian Farmer* sticker on your favourite cuts to make sure you're getting the best.
2. Heat a large pot over medium heat.
3. Add oil, onion, garlic, and salt. Cook, stirring often until onions have softened, about 5 minutes.
4. Add the chicken thighs, diced tomatoes and chipotle peppers. Stir, to coat the chicken in the sauce. When the sauce starts to bubble, reduce the heat to medium-low and simmer until the chicken is just cooked, about 20 minutes. You can also substitute bone-in cuts for added flavour, just make sure to remove the bones in the next step. Keep an eye out in your grocery store for good deals as chicken is often on sale.
5. With tongs, transfer chicken to a cutting board and shred using two forks. Add shredded chicken back to the pot. Increase heat to medium, cook, stirring occasionally until the sauce becomes thick and coats the shredded chicken. About 15 minutes.
6. **Taking it to a BBQ** - Make ahead and reheat on the grill at a barbecue. Just pack the shredded chicken in a disposable aluminum container, adding some extra marinade, and heat gently over the grill. While it is reheating, crisp the tostadas on the grill over high heat. This gives you more time to mingle at a party without having to worry about cooking all day.
Cooking at home - While chicken is reheating, heat oven to 325F. Place tostada shells in a single layer on a baking sheet and bake for 6 minutes to 10 minutes, or until crisp.
7. Top tostadas with refried beans, chipotle chicken, lettuce, salsa, and feta cheese.

Chicken Patties

Ingredients:

454 g *Raised by a Canadian Farmer* ground chicken
40 g green onion, minced
1 small zucchini, grated
1 egg
2 tablespoons dill
2 tablespoons parsley
½ teaspoon tarragon
1 teaspoon salt
½ teaspoon pepper

Instructions:

1. These patties are packed with fresh herbs and farm fresh chicken that is in season all year long thanks to Canadian chicken farmers. In a bowl, whisk together egg, green onion, dill, parsley, tarragon, salt, and pepper.
2. Mix in the zucchini and ground chicken. Shape into 12 patties about ½ inch thick.
3. Heat grill over medium-high heat and grill patties for 5 minutes per side. For a more delicate caramelized flavour, try adding a flat top to your grill. If you don't have a flat top, spray aluminum foil with non-stick cooking spray on cook the patties on top.
4. Serve with tzatziki sauce.