



## Some of our Favorite Family Recipes for CHICKEN

### Sauteed Chicken Livers

1 pound of chicken livers  
1 medium onion, cut in 1/2, sliced thinly  
olive oil, butter or lard

salt and pepper to taste  
dry sherry or white wine

Saute the onions on medium heat in the fat of your choice until they are translucent. Add the livers, salt and pepper lightly, add the sherry or white wine and cook for a few minutes, just until the pink is gone in the livers. Do not overcook as they get hard and lose much of their delicious texture. Wonderful served by themselves, smother over a plate of rice, stuffed inside some hot buttered pita bread, or use your imagination!

### Chicken, Artichoke & Fennel

1 whole chicken cut into pieces  
1 15 oz can of artichoke hearts, drained & chopped  
1 cup of chicken stock

1 large onion, sliced  
1 fennel bulb, chopped

Start with a whole chicken, and cut into pieces. (see our handout on how to do so) Reserve the chicken carcass and make stock for the recipe. In a large pan, salt and pepper the chicken and brown all of the pieces on both sides. Add the onion, fennel, artichoke hearts and chicken stock, cover and simmer for at least 30 minutes to let all of the flavors meld together nicely. Remove the cover and cook further for a thicker sauce. Add more chicken stock if needed.

### Escarole Soup

2 quarts chicken stock  
4 large cloves garlic  
1 head of escarole, cut in half

2 carrots, sliced  
Parmesan or Romano cheese grated

Cut up your chicken ahead of time removing the breast, wings, thighs and legs and use the neck and back for stock. Save the chicken parts to make another recipe. (like above) Once you have your stock, saute the chopped garlic in olive oil for a few minutes until the wonderful aroma comes out. Add the chicken stock and carrots and cook until tender. Wash your escarole thoroughly as sand can get inside the layers of the plant. Add to the soup and cook 15-20 minutes until tender. Small meatballs can be added to the soup as well for a nice surprise. Garnish with grated cheese and serve!