rev: November 16, 2015

## Chicken (oven baked or pressure cooked has never been so good)

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#	qty	units	ingredients	notes
1 2	4 2 - 4	# TBLS	boneless chicken Billy Goat Mountain blend # 12	get with bone if you like you can adjust later
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If possible, clean fowl with sodium hypochlorite (bleach) (see instruction on separate page)

- 1 Preheat oven to 200-225 degrees.
- 2 Place fowl, 1 layer thick, in glass pan (that is what I use) and put in oven.
- 3 Cook till meat is proper temperature, ie chicken around 160-165.
- 4 Use a meat thermometer. Open oven and using tongs or fork lift a piece of meat and poke meat in a direction which allows a long section
- 5 of temperature probe to be IN the meat. Check at intervals in the process.
- 6 STOP the cooking process when the temperature is reached. The meat will still continue to cook on its own for a short time.
- 7 Turn off heat and remove meat from oven.
- 8 If you want to use a crock pot, it may take much longer. DO NOT put in crock and cook ALL DAY.
- 9 Over cooking (temperature or time) will dry the meat & make it tough.
- 10 NOTE: the temperature will rise slowly at first and faster the longer you cook. (exponential). Pay attention & learn your equipment.
- 11 You may want to try testing a crock for what temperatures are reached for each setting. Not always easy.
- 12 At this point, you can do whatever you want with the meat and meat juice. My idea follows next.
- 13 Remove meat and add spice to meat juice and mix thoroughly. Add cream sauce (or sour cream) to thicken juice.
- 14 Afterwhich, you can return meat to spiced juice or make a dipping cup for each person.
- 15 NOTE: The drippings can be used on chicken or for dipping chicken, or in other dishes (rice, quinoa, soup, etc).
- 16 Of course, do not forget the dogs eat of the crumbs which fall from their masters' table.
- 17 You can also simply sprinkle spice on meat at the table.

## Contributed by ... Rocky

approximate serving size = 4 - 8 people

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