

1967

# Maine Prize Winning Chicken Recipes

Maine Department of Agriculture

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## Maine-ly Chicken Casserole

Mrs. Stephen McDonough

So. Portland, Maine

Split the breasts of two 1½ lb. Maine Chickens, wash and dry these breasts and the four legs. Put in a hot skillet 3 tblsp. of butter (or your favorite frying ingredient). Add chicken breasts and legs. Brown well on all sides. (10-15 minutes). Mix well in a bowl:

- 2 cups water
- 6 tblsp. of flour
- 1 10½ oz. can of cream of mushroom soup
- 1 8 oz. can of small boiled onions
- 4 tblsp. of dry ready-made poultry stuffing
- ¼ tsp. salt
- 8 to 10 raw carrot sticks

Arrange chicken breasts and legs in a casserole dish. Pour over this the above mixture. Be sure carrot sticks are placed deep in the liquids for proper cooking. Bake in a 400° oven for 1 hour and 45 minutes. Cover for the first hour then remove cover for last 45 minutes to brown and crisp top. Serves 6 to 8 people.

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## Chicken Newburgh

Mrs. Chalmers G. Farrell

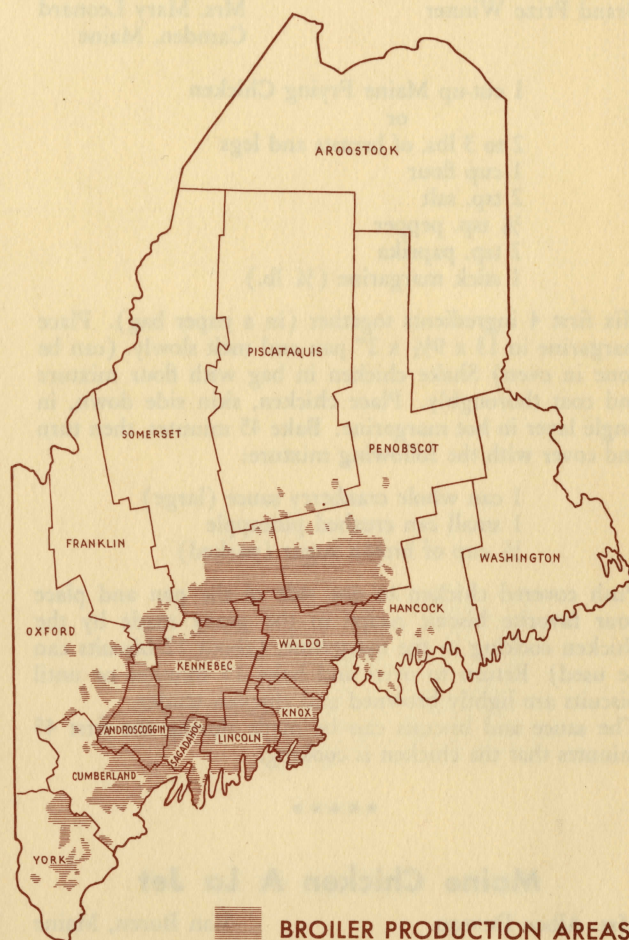
Gardiner, Maine

Cut up and wash a 3 lb. Maine Chicken. Put into a 2 quart kettle and add 3 cups of cold water. To this add 1 onion, cut up fine, 1 teaspoon salt, ½ teaspoon pepper. Cook one hour, starting on high until boiling, then turn to low. When hour is up strain liquid into separate kettle and leave chicken in platter to cool before removing bones and skin. Skim off extra fat from liquid. Add to liquid:

- 1 can cream of mushroom soup
- 1 tsp. worcestershire sauce
- 1 can (1½ oz.) Parmesan cheese
- ½ tsp. garlic salt
- ½ tsp. regular salt

After stirring mixture, add ½ cup of flour which has been blended with 1 cup of cold water. Cook slowly and stir until thick. Pour over chicken meat in large casserole or six individual casseroles. Sprinkle with cornflake crumbs and a dash of paprika. Bake in 400° oven for ½ hour. Serves six people.

## MAINE BROILERS



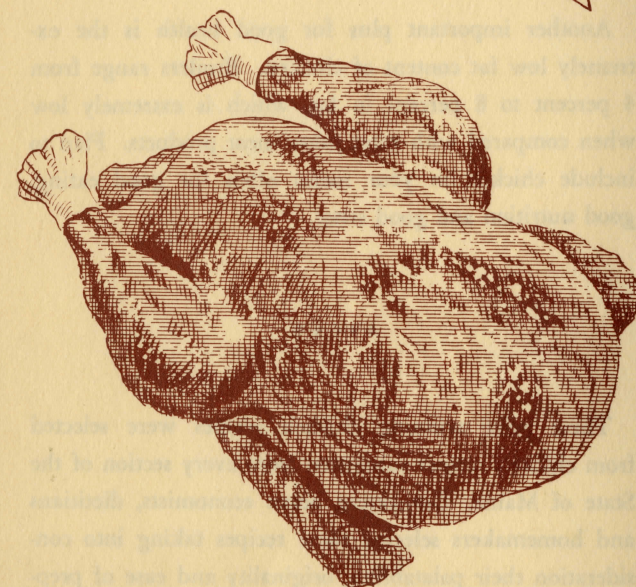
BROILER PRODUCTION AREAS

STATE OF MAINE

QUALITY

CHICKEN

# MAINE



WHOLESOME — PACKED WITH FLAVOR — NUTRITIOUS

First Edition  
Published by

THE MAINE DEPARTMENT OF AGRICULTURE  
Augusta, Maine



Chicken — barbecued, broiled, fried or roasted is a long-time favorite. To meet the constant demand of everyday food menus, a specialized segment of the poultry industry produces a meatier, more tender, more flavorful young chicken — the broiler fryer. Varying from 1½ to 3 lbs., ready-to-cook weight, the broiler fryer lends itself to an amazing variety of cooking methods and styles of service.

Chicken is more than good eating. Scientists tell us that the modern broiler-fryer chicken contains a wealth of essential nutrients. An average person can get practically all of his daily protein requirement from a one-pound serving of broiler meat. In addition, the same protein contains generous quantities of other essential nutrients, such as calcium, phosphorus and iron, and the vitamins, thiamine, riboflavin, and niacin.

Another important plus for good health is the extremely low fat content of chicken. Broilers range from 4 percent to 8 percent in fat, which is extremely low when compared with most other meat products. Plan to include chicken in your menu often for good eating, good nutrition and good sense.

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These prize winning chicken recipes were selected from chicken recipes submitted from every section of the State of Maine. Competent home economists, dietitians and homemakers selected these recipes taking into consideration their palatability, originality and ease of preparation. As a final gesture those submitting the recipes selected were required to cook and prepare their chicken dish, both in area cook-offs and in the final cook-off held at the annual Maine Broiler Festival in Belfast, Maine.

## Blushing Hawaiian Chicken

Grand Prize Winner

Mrs. Mary Leonard  
Camden, Maine

- 1 cut-up Maine Frying Chicken
- or
- 2 to 3 lbs. of breasts and legs
- 1 cup flour
- 2 tsp. salt
- ¼ tsp. pepper
- 2 tsp. paprika
- 1 stick margarine (¼ lb.)

Mix first 4 ingredients together (in a paper bag). Place margarine in 13 x 9½ x 2" pan and melt slowly. (can be done in oven) Shake chicken in bag with flour mixture and coat thoroughly. Place chicken, skin side down, in single layer in hot margarine. Bake 45 minutes, then turn and cover with the following mixture:

- 1 can whole cranberry sauce (large)
- 1 small can crushed pineapple
- ½ cup of brown sugar (packed)

Push covered chicken to one side of the pan and place your favorite biscuit recipe in the gravy made by the chicken cooking in the margarine. (about 12 biscuits can be used) Return to oven and bake 15 minutes or until biscuits are lightly browned and chicken tender. The sauce and biscuits can be made during the first 45 minutes that the chicken is cooking.

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## Maine Chicken A La Jet

Mrs. Albeo Deveau

Van Buren, Maine

- 2 to 3 lbs. cut-up Maine Frying Chicken
- 1 large sheet heavy-duty foil, buttered
- 1 envelope dehydrated onion soup
- 3 tablespoons apple juice, sherry or any wine (optional)

Butter a large piece of foil lightly. Spread half the package of soup on foil. Arrange chicken meat on top and sprinkle remaining soup over meat. If desired, add liquids mentioned above. Fold foil over meat, turning in ends to seal it completely. Bake in 375° oven, about 1 to 1½ hours, depending on the chicken parts used. Light meat cooks faster than dark meat. *Do not* add salt or pepper, the soup contains all the necessary seasonings. Will serve four to six people.



## Skillet Chicken

Mrs. Mary DuBois

Bangor, Maine

- 1½ lb. Maine Chicken cut up for frying
- ⅔ cup of flour
- 1 tsp. salt
- ½ tsp. pepper
- ½ tsp. garlic salt
- ½ cup Wesson oil
- 1 cup thin onion rings
- 1 green pepper cut in rings
- 2 8 oz. cans tomato sauce

Rinse chicken pieces in cold water, drain and dry. Combine flour, salt, pepper, and garlic salt in paper bag. Shake 3 or 4 pieces of chicken in the bag at a time to coat evenly. Heat oil in a heavy skillet. Brown chicken on both sides. Drain off oil, if necessary. Arrange onion and green pepper rings over the top. Pour on tomato sauce. Cover skillet and simmer 30 to 40 minutes. Skillet 420° to brown, 340° to simmer. Serves four or five people.

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## Potato Chip Chicken

Mrs. Morton Berman

Eastport, Maine

- 1 2½-3 lb. Maine Chicken, cut up
- 1 4 oz. pkg. potato chips (2 cups crushed)
- ¼ tsp. garlic salt (onion salt may also be used)
- ⅓ cup cooking oil

Line shallow pan or cookie sheet with aluminum foil which has been greased. Combine crushed chips and seasonings. Dip chicken in oil, then roll in chip mixture. Place pieces in pan skin side up, so they don't touch each other. Bake at 375° one hour without turning. Serves four people.