

Sweet, Sour, and Spicy Asian Chicken Salad with Lemon



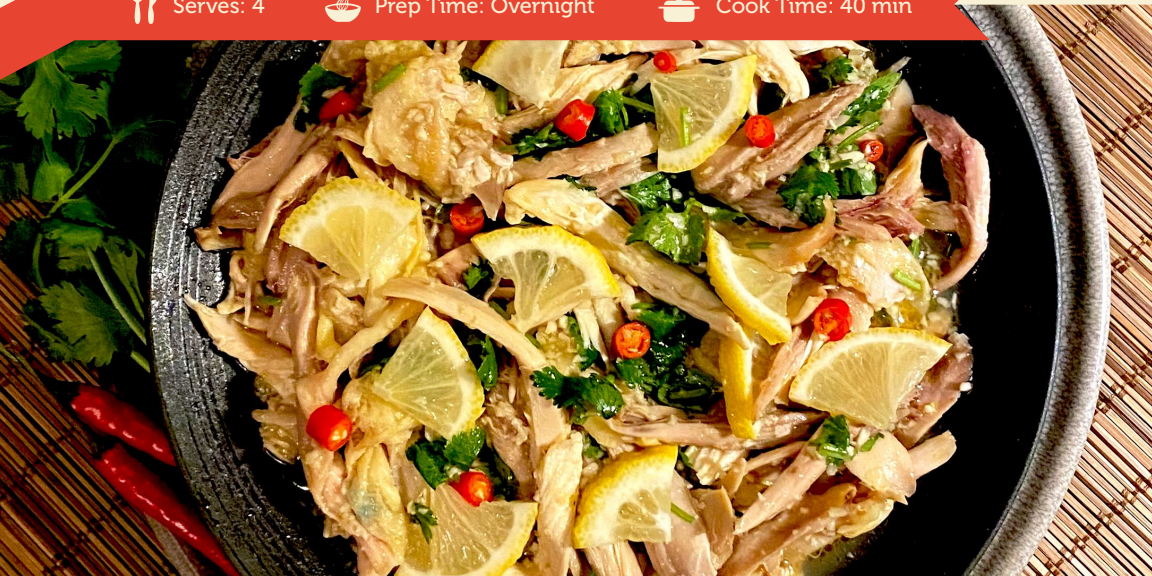
Serves: 4



Prep Time: Overnight



Cook Time: 40 min



Ingredients:

- 1 Fraser Valley Specialty Poultry Emperor Chicken

Marinade

- 2 tsp (10 mL) salt
- 1 tbsp (15 mL) Shaoxing wine

Sauce

- 1 lemon
- 3 sprigs of cilantro
- 1 clove of garlic
- ½ to 1 red chili pepper
- 1 1/2 tsp (7.5 mL) sugar
- 2 tsp (10 mL) soy sauce
- 1 tsp (5 mL) chicken powder
- 1 tbsp (15 mL) sesame oil

How To Make It:



- 1 Marinate the Emperor Chicken with salt and Shaoxing wine. Allow it to marinate for at least 6 hours or overnight in the refrigerator.
- 2 Place marinated chicken on an oven-safe plate and position in a large pot over water. Steam over high heat for approximately 30 minutes, ensuring the internal temperature reaches a minimum of 74°C (165°F) for thorough cooking. After steaming, submerge the chicken in ice water for about 10 minutes to enhance the texture of the skin and meat, providing a refreshing taste.
- 3 While the chicken is steaming, prepare the citrus-infused sauce. Finely chop garlic and cilantro. Cut a lemon into two slices, then further divide each slice into quarters, setting aside for decorative purposes. Squeeze the juice from the remaining lemon. Combine the lemon juice with other sauce ingredients to create a flavourful mixture.
- 4 Drain the steamed chicken, and either shred or pull the meat. Drizzle the citrus-infused sauce over the chicken, add the lemon slices for a vibrant presentation, and thoroughly mix all the components together. Serve and enjoy the refreshing and flavourful Emperor Chicken dish.

Tip:

Try Fraser Valley Specialty Poultry's Emperor Chicken for your next meal at fvsp.ca and **save 10%** with code **FVSPCKN** on your first order!

Maple Chicken Wings



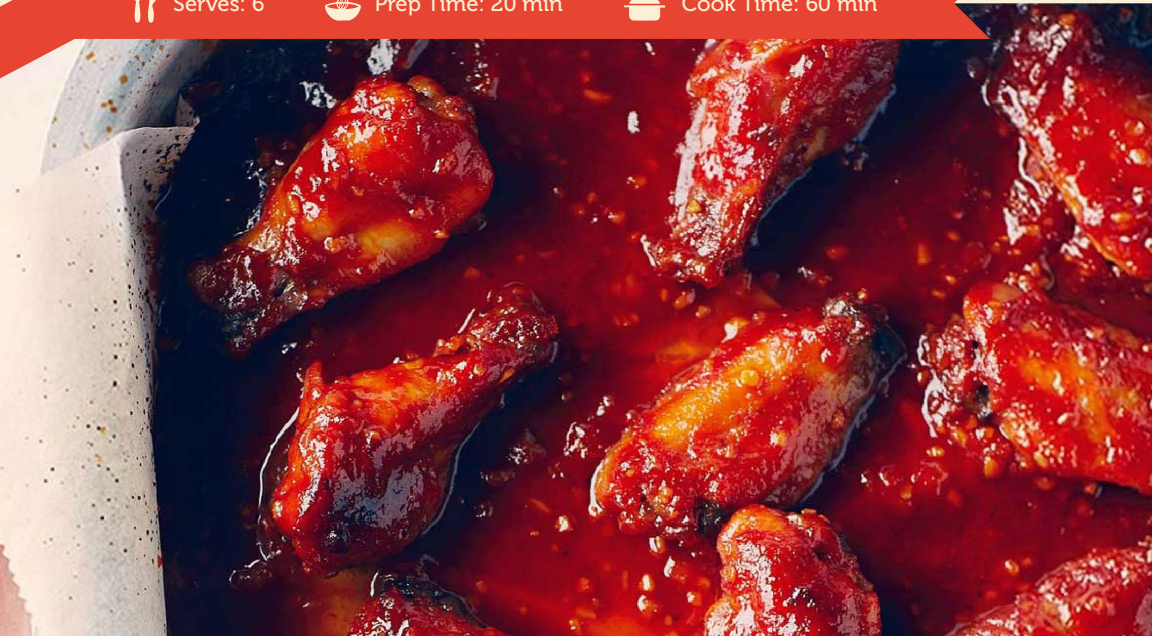
Serves: 6



Prep Time: 20 min



Cook Time: 60 min



Ingredients:

- 24 chicken wings
- 3 tbsp (45 mL) apple cider vinegar
- 1/3 cup (80 mL) low-sodium soy sauce
- 2 tbsp (30 mL) ginger, chopped
- 3 tbsp (45 mL) dijon mustard
- 8 cloves garlic, chopped
- 3 tbsp (45 mL) hot sauce
- 1 cup (250 mL) chili sauce
- 1 cup (250 mL) maple syrup

How To Make It:



- 1 First, remove the tips and cut the wings in half at the joint.
- 2 In a small saucepan, boil all of the sauce ingredients together without the wings. As soon as the sauce cools, add the wings and marinate for 3 to 5 hours in the refrigerator.
- 3 Preheat oven to 450°F (230°C).
- 4 Place wings in a baking dish and bake for 40 to 45 minutes, until juices run clear or the internal temperature reaches 165°F (74°C).
- 5 Serve with rosemary potatoes and enjoy.

Tip:

Before you start, wash all surfaces and your hands with soap and warm water, and remember to wash your hands, utensils and cutting boards after they touch raw meat or eggs. Avoid cross-contamination by using a different cutting board for your meat and other ingredients. Make sure you're cooking to safe temperatures and chilling any leftovers within two hours.

Chicken Souvlaki Pitas



Serves: 4



Prep Time: 15 min



Cook Time: 25 min



Ingredients:

Pitas

- 1 lb (454 g) boneless, skinless chicken thighs
- 1 tbsp (15 mL) olive oil
- 1 tbsp (15 mL) red wine vinegar
- 2 cloves garlic, minced
- 1/2 tsp (2.5 mL) black pepper, freshly ground
- 1/4 tsp (1.25 mL) salt
- 1 tsp (5 mL) oregano, dry
- 1 cup (250 mL) English cucumber, diced
- 1 cup (250 mL) romaine lettuce, shredded
- 1 cup (250 mL) cherry tomatoes, halved
- 4 whole wheat pita

Tzatziki Sauce

- 1/2 cup (125 mL) plain yogurt, 2-4% MF
- 1/2 cup (125 mL) sour cream, 14% MF
- 1 cup (250 mL) English cucumber, grated
- 2 cloves garlic, minced
- 2 tsp (10 mL) lemon juice, fresh
- 1 tsp (5 mL) lemon zest
- 1/4 tsp (1.25 mL) dill, dry or 1 tsp (5 mL) dill, fresh, chopped

How To Make It:



- 1 Add yoghurt and sour cream to a fine mesh sieve. Place over bowl and leave to drain in the refrigerator for 4 or more hours.
- 2 Grate the cucumber and add to another sieve and leave to drain for 1 hour or so. Press down to remove more water from the cucumber. If the grated strands of cucumber are long use a sharp knife to mince smaller.
- 3 Mix drained yogurt and cucumbers with garlic, fresh lemon juice, lemon zest and dill. Combine and refrigerate for flavours to develop. Taste and adjust seasoning - you can add more lemon juice or zest if you wish. Refrigerate until ready to use.
- 4 Cut chicken thighs into 1 inch (2.5 cm) cubes. Add to a plastic bag along with olive oil, red wine vinegar, garlic, pepper, salt and oregano. Seal bag and use your hands to work marinade through chicken. Place in refrigerator to marinate 1 hour or preferably overnight.
- 5 Thread chicken pieces onto four skewers. If you don't have metal skewers, soak bamboo skewers in water for 20 minutes so they don't burn on the grill.
- 6 Heat grill to medium-high heat. Grill skewers for 20 minutes or until chicken reaches internal temperature of 165°F (74°C). Turn so the chicken browns evenly and doesn't burn.
- 7 Shred romaine and add with cucumber to salad bowl. Meanwhile, cut cherry tomatoes in half. Refrigerate until ready to serve.
- 8 Warm pitas on the grill or in the oven five minutes before serving.
- 9 To serve, spread inside of pocket pita with Tzatziki sauce, followed by salad and warm grilled chicken pieces. Serve remaining Tzatziki on the side.

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Chicken, Sweet Potato and Peanut Stew



Serves: 8



Prep Time: 20 min



Instant Pot Cook Time: 45 min



Ingredients:

- 2 tbsp (30 mL) vegetable oil
- 1 medium onion, ¼ inch dice
- 2 tbsp (30 mL) freshly grated ginger
- 2 tsp (10 mL) mild curry powder
- 1/4 tsp (1.25 mL) cayenne pepper
- 1 tsp (5 mL) salt
- 28 oz (794 g) can diced tomato
- 3 cups (750 mL) chicken or vegetable stock
- 3/4 cup (185 mL) peanut butter
- 1 1/2 lbs (680 g) sweet potato (4 cups / 1l), peeled and cut in 1-inch (2.5 cm) pieces
- 6 skinless chicken thighs, cut in chunks
- 2 chicken breasts, cut in chunks
- 3 cups (750 mL) fresh spinach, chopped
- 8 lime wedges
- 8-16 fresh cilantro sprig

How To Make It:



- 1 Select the Sauté function on the Instant Pot and pre-heat.
- 2 Add oil to the pre-heated inner pot of Instant Pot. Stir in onions, garlic and ginger. Sauté until soft, about 2 minutes.
- 3 Add salt, curry powder and cayenne pepper, stirring until fragrant about 15 to 30 seconds.
- 4 Add chicken and stir to coat with spices. Cook until lightly browned.
- 5 Stir in broth, tomato, sweet potatoes and peanut butter.
- 6 Close the lid and pressure cook on HIGH PRESSURE for 10 minutes.
- 7 When the timer goes off QUICK RELEASE the pressure. Select CANCEL and open the Instant Pot lid.
- 8 Stir in chopped spinach until wilted.
- 9 To serve, place in serving bowls and garnish with fresh cilantro sprigs and lime wedges.

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