



Chicken Recipes

with BC wine pairings





STAG'S
HOLLOW

2019
Rosé
British Columbia BC VQA



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Food safety tips

Food prep, cooking and storage

- Wash hands for 20 seconds with warm soapy water.
- Wash cutting boards, counters and dishes with hot soapy water.
- Do not rinse poultry or other meat as this can spread germs.
- Defrost food in refrigerator, cold water or microwave.
- Use defrosted poultry within 2 days.
- Use a meat thermometer to ensure food is properly cooked.
- Refrigerate leftovers in shallow containers within 2 hours.
- Keep refrigerator at or below 4°C and freezer at or below -18°C.
- Throw out leftovers after 3 days.

Grocery shopping



Place poultry and meat in bags provided at meat counter



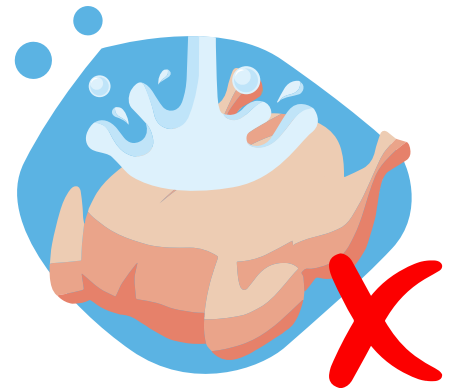
Remember to wash your reusable grocery bags



Separate raw meat, seafood and eggs from other foods in grocery cart, when bagging and in refrigerator

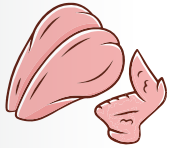


ALWAYS
WASH YOUR HANDS
before and after handling raw chicken



NEVER
WASH YOUR CHICKEN

Use this chart to ensure chicken is cooked perfectly



Boneless or
bone in pieces

Internal temperature

165°F | 74°C



Ground chicken

Internal temperature

165°F | 74°C



Whole chicken

Internal temperature

180°F | 82°C



Benefits of eating chicken

Excellent source of protein

Chicken's high protein content helps generate healthy cells and is essential for building and maintaining muscles.

Full of vitamin B12

B12 is important for healthy red blood cells.

Awesome source of other B vitamins

Contains B vitamins: Biotin, Thiamin, Riboflavin. These help convert food into usable energy.

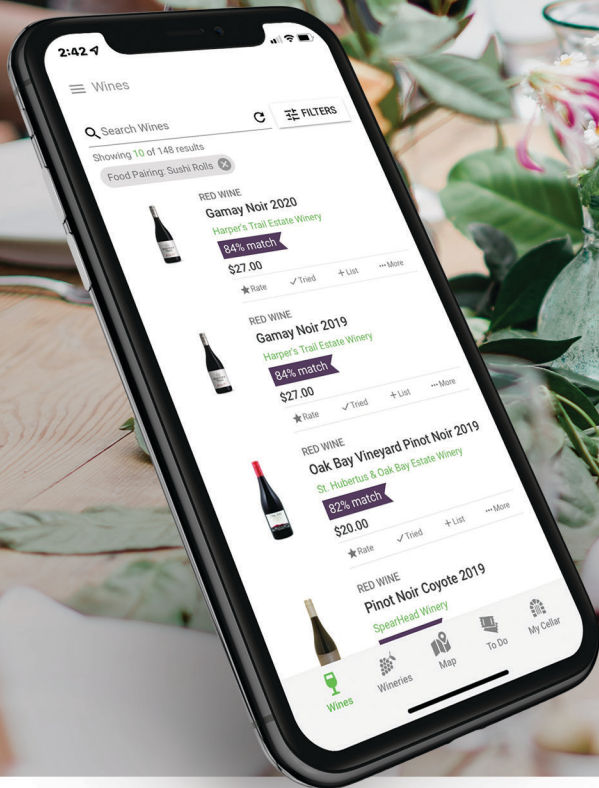
Great source of iron

High in easy to absorb iron, called heme-iron, important for preventing anemia.

Contains zinc

A mineral we need for a healthy immune system and for wound healing.

YOUR BC WINE PAIRING COMPANION



CULINARY ADVENTURES WITH THE AWARD-WINNING WINES OF BC EXPLORER APP.

Champion your inner foodie with insider tips on pairing your favourite BC wine with this new collection of BC chicken recipes.

Wine and food pairing has never been easier, and it's **FREE** to download.





EVER WONDER WHAT THE INSIDE OF A BC POULTRY BARN LOOKS LIKE?

The BC Chicken Growers' Association and the BC Broiler Hatching Egg Producers' Association developed the Poultry In Motion™ Educational Mini Barn to educate and increase awareness about chicken farming in BC.

DID YOU KNOW

that the Poultry In Motion™ has a new website? Now you can get an online tour of our replica poultry barns right from your own home or classroom!

Check out our informative **Poultry In Motion™ virtual tours** (10 minute and 20 minute) featuring BC chicken farmer Bev! We've also got all kinds of educational resources for teachers, students, and parents.

Check it out at poultryinmotion.ca



Taiwanese-Style Three Cup Chicken



Serves: 4



Prep Time: 30-45 min



Cook Time: 25 min



Ingredients:

Featuring Fraser Valley Specialty Poultry Loong Kong Chicken:

- 1 Fraser Valley Specialty Poultry Loong Kong Chicken, cut into bite size pieces
- 1/2 cup sesame oil
- 1/2 cup soy sauce
- 1/2 cup rice wine
- 1 Tbsp sugar
- 1-inch piece of ginger, sliced
- 6 cloves garlic, minced
- 2-3 Thai basil sprigs (for garnish, optional)
- 2 Tbsp dark soy sauce (for color, optional)
- 1-2 red chili peppers, sliced (for heat, optional)

To Serve:

- Cooked rice

How To Make It:

- 1 In a bowl, combine the chicken pieces with soy sauce, rice wine, and sugar. Let it marinate for at least 15-30 minutes.
- 2 Slice the ginger, mince the garlic, and prepare the chili peppers (if using).
- 3 Heat sesame oil in a wok or large skillet over medium heat. Add ginger slices and minced garlic, sauté until fragrant.
- 4 Add the marinated chicken to the wok. Stir-fry until the chicken is browned on all sides.
- 5 Pour in the soy sauce, rice wine, and dark soy sauce (if using). Mix well and bring it to a simmer. Reduce heat to low, cover, and let it simmer for about 15-20 minutes or until the chicken is fully cooked and tender, and the sauce has reduced down and thickened.
- 6 Add sliced chili peppers and Thai basil sprigs (if using) to the chicken. Stir to combine and let it cook for an additional 2-3 minutes.
- 7 Serve the Three Cup Chicken over steamed rice.



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



BC Blueberry Glazed Chicken Thighs



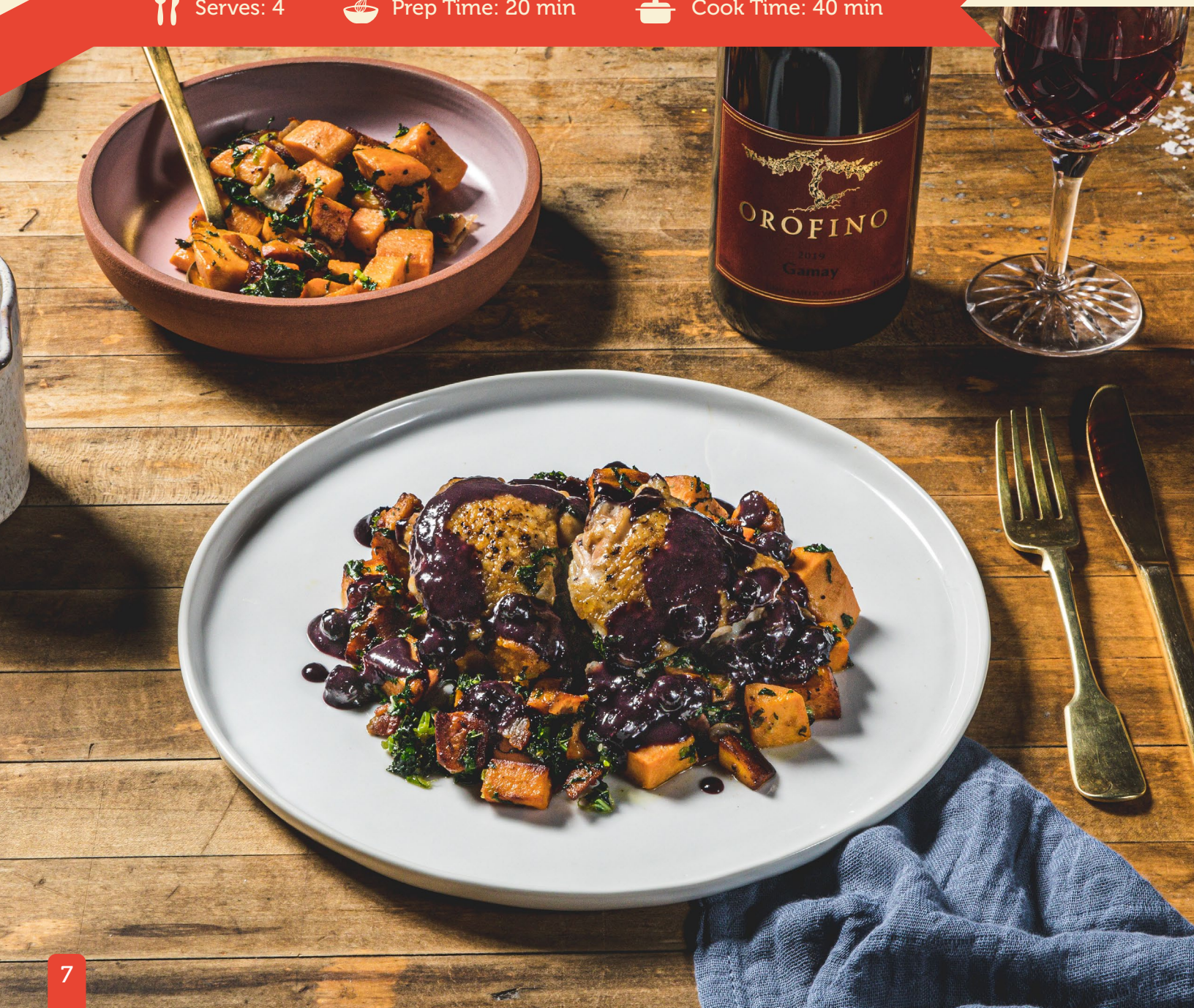
Serves: 4



Prep Time: 20 min



Cook Time: 40 min



Ingredients:

BC Chicken:

- 8 chicken thighs bone in skin on
- Salt and pepper for seasoning
- 2 cloves of garlic
- 1 bunch of thyme
- 2 Tbsp butter
- 2 Tbsp canola oil
- ½ small white onion chopped

- 1/4 cup balsamic vinegar
- 1/4 cup maple syrup
- 1 Tbsp chopped rosemary
- 1 Tbsp chopped thyme
- ½ cup beef stock

Blueberry Glaze:

- 2 cups BC blueberries, fresh or frozen

Hash:

- 2 sweet potatoes
- 8 leaves of kale thinly sliced
- 8 slices bacon
- 2 green onions finely sliced
- 2 Tbsp butter
- Salt and pepper to taste

How To Make It:

- 1 Preheat oven to 475°F.
- 2 Season chicken with salt and pepper.
- 3 Heat oil in a 12" cast-iron or heavy oven proof skillet over high heat until hot but not smoking. Place chicken in skillet, skin side down, and cook 2 minutes. Reduce heat to medium-high; continue cooking skin side down, occasionally rearranging chicken thighs to evenly distribute heat, until fat renders and skin is golden brown, about 10 minutes.
- 4 While chicken is browning, begin preparing the blueberry glaze. Cook onions in 1 Tbsp olive oil for 5 minutes or until soft and translucent. Add 1 cup blueberries and cook for another minute until juices release and they are softened. Deglaze pan with beef stock and reduce by half, then add balsamic vinegar, maple syrup, thyme and rosemary. Reduce for 10 minutes on low heat. Pour sauce in blender and blend. Strain the sauce back into the pan discarding any solids. Throw in the rest of the blueberries and cook for another 5 minutes over medium heat until softened and juices are released.
- 5 Transfer skillet with chicken to oven and cook 10 more minutes. Flip chicken; continue cooking until skin crisps and meat is cooked through, about 5 minutes longer. Put pan back on medium heat throw in thyme, garlic, and butter, baste chicken for another 5 minutes. Transfer to a plate; let rest 5 minutes before serving.
- 6 While chicken is in the oven preheat a medium sauce pot over medium high heat. Heat 4 tablespoons of extra virgin olive oil in a large skillet over medium heat. Once hot, add in the finely diced sweet potatoes, finely sliced bacon, and season very generously with Kosher salt and freshly ground black pepper. Cook mixture, stirring occasionally, until sweet potatoes are cooked through and tender, about 15-18 minutes. Add kale into the skillet approximately during the last 5 minutes of cooking. Throw in butter and scallions. Taste the hash and season with additional salt or pepper if needed.
- 7 To plate, place a portion of hash on bottom of plate, top with two golden brown chicken thighs, then drizzle blueberry reduction over top. Pair with a glass of Orofino Gamay.



Did you know that British Columbia is one of the largest highbush blueberry suppliers in the world? Fresh or frozen, blueberries are high in vitamin C, a good source of fibre, an excellent source of manganese and high in antioxidants. To find local farms and learn more about blueberries, check out the BC Blueberries website: www.bcbblueberry.com/consumer



BC Cranberry Stuffed Chicken



Serves: 4



Prep Time: 20 min



Cook Time: 3 hrs



Ingredients:

BC Chicken:

- One 3-4 pound chicken
- 1 tsp salt
- 1 tsp pepper
- 1/2 tsp poultry seasoning
- 1 tsp chopped sage
- 2 Tbsp butter

Cranberry Stuffing:

- 1 cup chopped onion
- 1 cup chopped celery
- 2/3 cup dried BC cranberries (or 1 cup fresh/frozen)
- 2 cloves of minced garlic
- 4 cups cubed French bread (stale)
- 1 1/2 cups chicken stock
- ½ cup butter

How To Make It:

- 1 Preheat oven to 350°F
- 2 In a large skillet, sauté the celery, onion and cranberries in 1/2 cup butter until tender. Stir in the garlic, croutons, and enough broth to moisten; set aside.
- 3 Place chicken with breast side up on a rack in a roasting pan. Combine salt, pepper, poultry seasoning and sage; sprinkle over inside and outside of chicken. Loosely stuff with cranberry mixture. Melt 2 Tbsp butter; brush over chicken.
- 4 Bake, uncovered, at 350° for 1 to 1 hour 20 minutes or until a thermometer reads 165°F, basting occasionally with pan juices. Remove chicken from oven; tent with foil. Let stand 15 minutes before removing stuffing and carving.



Woven into the fabric of local tradition, cranberries are one of the few commercially grown fruits that are native to North America. The BC cranberry harvest comprises about 10% of the North American crop. Learn more about BC cranberries here:

www.bccranberries.com



BC Fresh Veggie & Chicken Stew



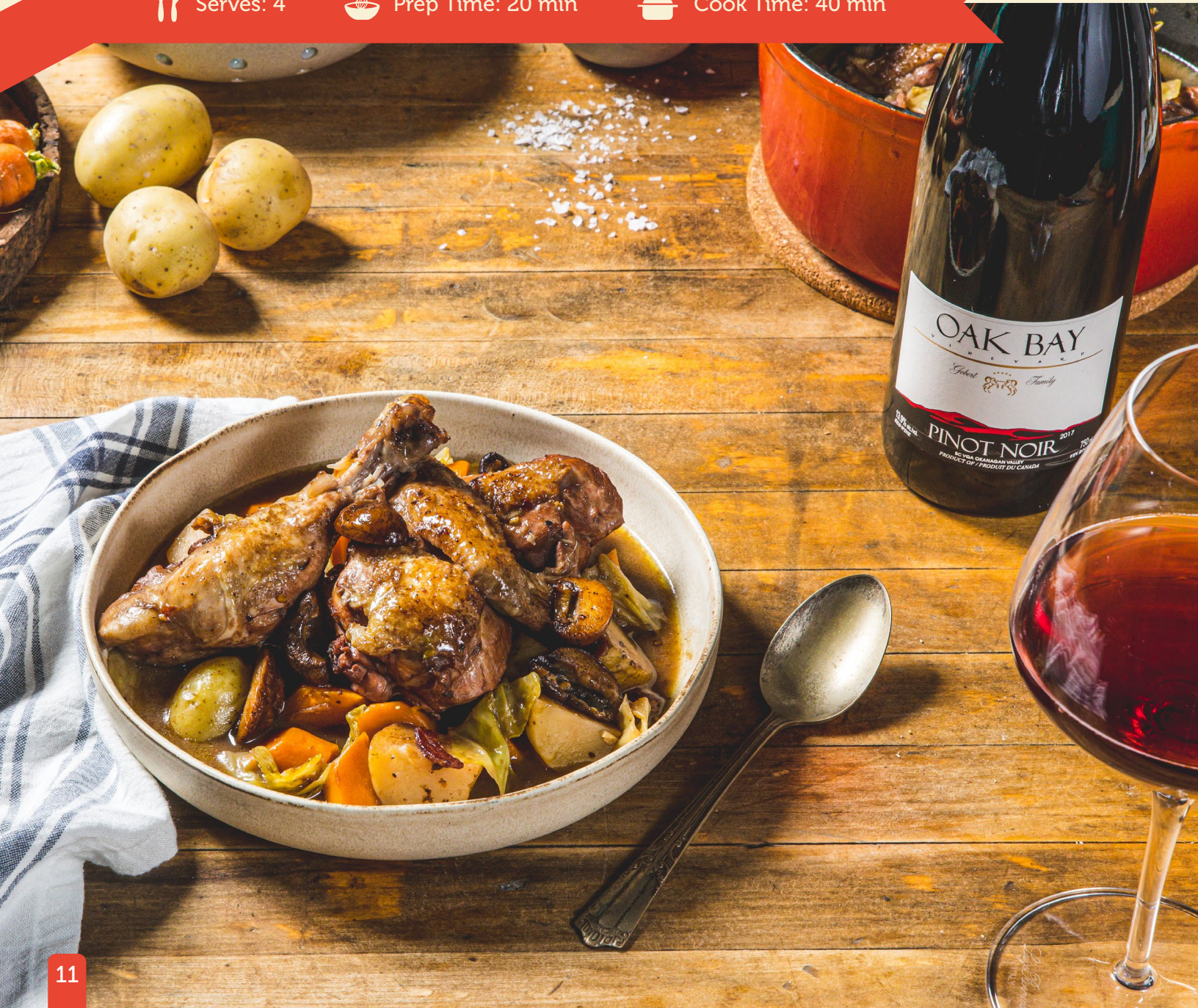
Serves: 4



Prep Time: 20 min



Cook Time: 40 min



Ingredients:

- 1 3-4-pound chicken cut into 8 pieces
- 8 slices bacon
- 3 shallots thinly sliced
- 1 cup carrots peeled and cut on a bias
- 1 cup creamer potatoes cut in half
- 1 cup diced cabbage
- 2 cloves minced garlic
- ¼ cup brandy
- 1 cup red wine
- 1 cup chicken stock
- 10 sprigs of thyme
- 2 Tbsp butter
- 1 Tbsp flour
- ½ cup cremini mushrooms cut in half stem removed
- 2 Tbsp olive oil
- Salt and pepper to taste

How To Make It:

- 1 Preheat the oven to 250 degrees F.
- 2 Heat the olive oil in a large Dutch oven. Add the bacon and cook over medium heat for 8 to 10 minutes, until lightly browned. Remove the bacon to a plate with a slotted spoon.
- 3 Meanwhile, lay the chicken out on paper towels and pat dry. Liberally sprinkle the chicken on both sides with salt and pepper. When the bacon is removed, brown the chicken pieces in batches in a single layer for about 5 minutes, turning to brown evenly. Remove the chicken to the plate with the bacon and continue to brown until all the chicken is done. Set aside.
- 4 Add the carrots, shallots, cabbage, 2 teaspoons salt, and 1 teaspoon pepper to the pan and cook over medium heat for 10 to 12 minutes, stirring occasionally, until the onions are lightly browned. Add the garlic and cook for 1 more minute. Add in 1 Tbsp butter and flour and cook for another 2 minutes until flour is browned. Add the Cognac and reduce for 5 minutes. Put the bacon, chicken, and any juices that collected on the plate into the pot. Add the wine, chicken stock, potatoes and thyme and bring to a simmer. Cover the pot with a tight fitting lid and place in the oven for 30 to 40 minutes, until the chicken is just not pink. Remove from the oven and place on top of the stove.
- 5 In a medium saute pan, add the remaining 1 tablespoon of butter and cook the mushrooms over medium-low heat for 5 to 10 minutes, until browned. Add to the stew. Bring the stew to a simmer and cook for another 10 minutes. Season to taste. Serve hot.
- 6 To serve place vegetable nicely on plate with two pieces of chicken and spoon sauce over top of chicken. Pair with a glass of Oak Bay Pinot Noir.



BC carrots, potatoes, and cabbage are available throughout much of the year. Look for the BC Fresh logo to know you are supporting local BC farm families. Learn more about BCfresh, recipes, and availability here: www.bcfresh.ca



BC Mojo Chicken with Fennel & Orange Slaw



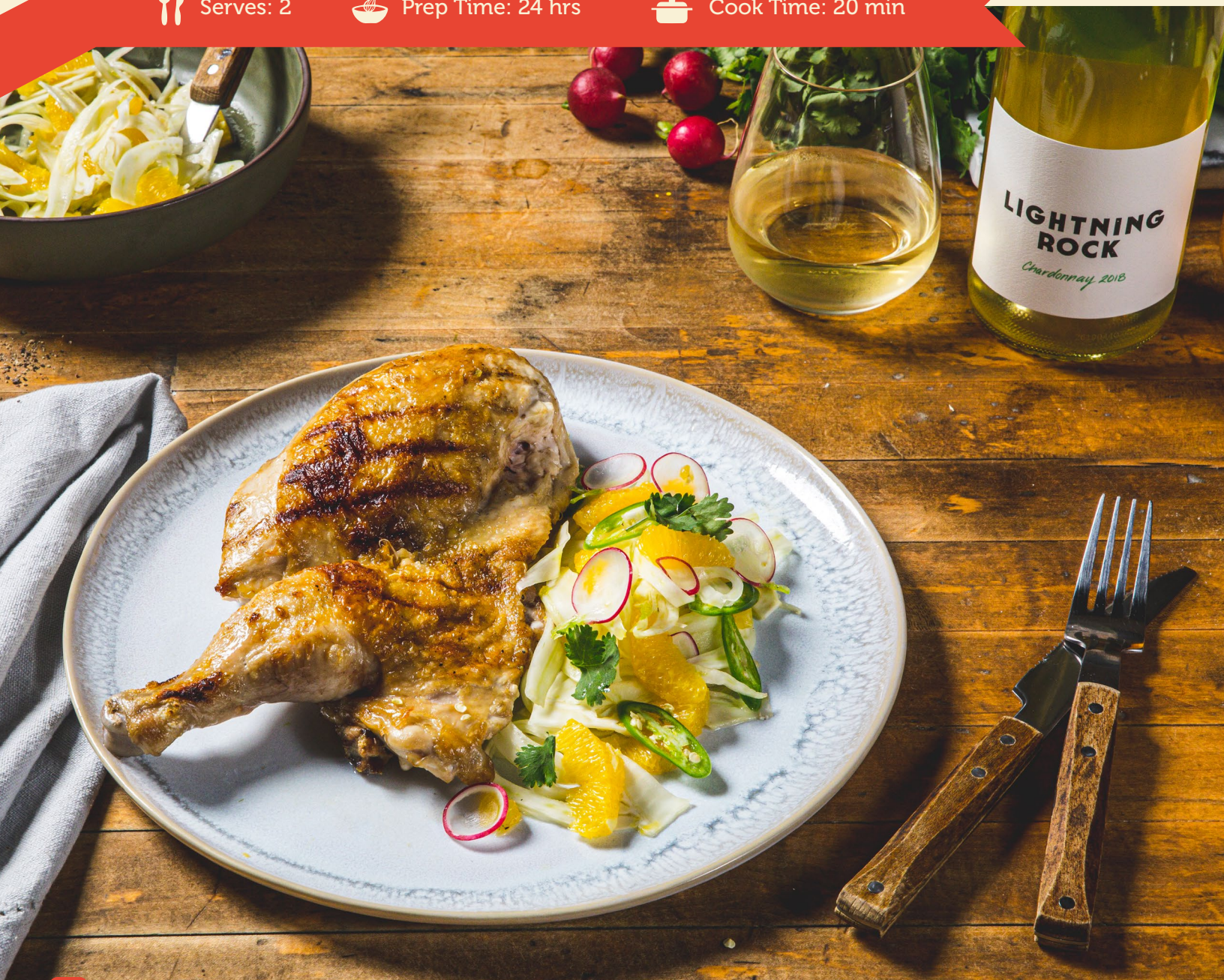
Serves: 2



Prep Time: 24 hrs



Cook Time: 20 min



Ingredients:

Mojo Chicken:

- One 3-pound chicken
- ½ cup white wine
- ½ cup grapefruit juice
- ½ cup orange juice
- ¼ cup lemon juice
- ¼ cup lime juice
- 1 1/2 Tbsp mince ginger
- 2 Tbsp kosher salt
- 4 Tbsp minced jalapeno

- 1 Tbsp minced shallot
- 1 tsp coriander seeds
- 1 tsp black peppercorn
- 1 star anise

Garnish:

- ¼ cup picked coriander leaves
- 1 radish thinly sliced (watermelon radish if available)
- 1 jalapeno thinly sliced

Fennel Orange slaw:

- 1 large fennel (very thinly sliced)
- 2 medium oranges peeled and segmented
- 1 Tbsp apple cider vinegar
- 2 Tbsp orange juice
- 1 Tbsp olive oil
- 1 tsp sugar
- ½ tsp salt
- Pinch of black pepper

How To Make It:

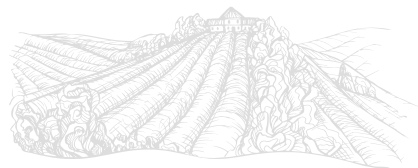
- 1 Halve the chicken and debone the legs and thighs.
- 2 In a large mixing bowl, combine wine, citrus, ginger and salt. Whisk to make sure the salt is fully dissolved. Place the juice mixture, jalapeño, and shallots in the bowl of a food processor or blender, and lightly pulse to combine until smooth.
- 3 Place the chicken in an airtight container or large zip-lock bag, cover with the marinade then add the whole coriander, black peppercorns and star anise. Place in the refrigerator and allow to sit for 12 hours. After 12 hours, remove the chicken from the marinade and dry on a resting rack in the refrigerator for about another 12 hours.
- 4 Preheat grill to medium-high heat and lightly oil grates. Preheat the oven to 450°F.
- 5 On a grill or grill pan over medium-high heat, cook chicken to char, about 7 minutes uninterrupted. Transfer charred chicken to a baking sheet and place in the oven until the internal temperature reads 165°F, about 15 minutes.
- 6 Remove the chicken from the oven and allow to rest at room temperature for at least 10 minutes.
- 7 In a large bowl combine the fennel and orange segments.
- 8 In another bowl whisk together the apple cider vinegar, orange juice, olive oil, sugar, salt, and pepper, until well combined. Pour over the fennel and massage gently with your hands. Let sit to combine while the chicken is resting.
- 9 To serve place a generous amount of fennel slaw on bottom of plate, place chicken on top then garnish with cilantro, radish and jalapeno. Pair with a glass of Lightening Rock Chardonnay.



THE BC FARMERS' MARKET TRAIL

If you've never made coleslaw with fennel, now is the time to try. It has a crisp texture like celery and a fresh licorice flavor. Local fennel is available in BC from March to October. Find a fresh, local in season food at a BC farmers' market near you using the BC Farmers' Market Trail:

www.bcfarmersmarkettrail.com



BC Pear Glazed Chicken with Apple Slaw



Serves: 4



Prep Time: 20 min



Cook Time: 40 min



Ingredients:

BC Chicken:

- 2 lbs chicken thighs and drumsticks
- Salt and pepper

Pear Glaze:

- ¼ cup pear preserves
- 1 Tbsp apple cider vinegar
- 2 Tbsp soy sauce
- 1 tsp grated ginger

Apple Fennel Slaw:

- 2 thinly sliced fennel bulbs
- 2 celery ribs sliced diagonally
- 2 honey crisp apples halved-cored and sliced
- 2 Tbsp olive oil
- 2 Tbsp lemon juice

How To Make It:

- 1 Preheat oven to 375°F
- 2 In a small sauce pot whisk together all ingredients for the pear glaze. Reduce sauce over medium high heat until it thickens, about 5 minutes.
- 3 Pat chicken dry with paper towel and season with salt and pepper. Place on baking sheet and brush with some of pear glaze. Bake for 30 to 40 minutes brushing chicken with glaze every ten minutes until chicken is cooked through and the glaze is caramelized.
- 4 While the chicken is roasting, mix fennel, celery, in a bowl with salt and massage gently with your hands. Let sit for five minutes until fennel softens and leaches its juices. Add apples, olive oil, lemon juice and pepper. Mix well.
- 5 To serve place a pile of slaw in the middle of plate, top with chicken and drizzle with leftover glaze. Pair with a glass of Oak Bay Pinot Noir.



Canadian Food Focus is your place to explore how food is grown, find recipes and get expert food advice. To learn more about apples, check out the Canadian Food Focus "What's in Season" guide. You will find a description of the different types, as well as how to buy, store and prepare them.

www.canadianfoodfocus.org



BC Pulled Chicken and Spicy Tomato Salad



Serves: 4



Prep Time: 20 min



Cook Time: 30 min



Ingredients:

BC Chicken:

- 1 half chicken
- ¼ cup kosher salt
- 4 inch piece ginger
- 1 bunch scallion
- 2 Tbsp sesame oil

Salad:

- 3 Persian cucumbers
- Kosher salt
- 3 tsp granulated sugar
- 1 ½ tsp fresh lime zest plus 3

- Tbsp juice (from 2 limes)
- 4 tsp fish sauce
- 1 Tbsp canola oil
- 1 Tbsp very thinly sliced green serrano chile (about 1/2 large chile)
- 1 garlic clove, finely grated
- 12 ounces multicolored cherry tomatoes and small tomatoes, halved or quartered, depending on size
- ½ cup torn fresh thai basil and extra thinly sliced for garnish
- ½ cup small sprigs cilantro

- ¼ small red onion, very thinly sliced
- 1 (1-inch) piece fresh ginger, peeled and cut into matchsticks
- ¼ cup roasted salted peanuts, coarsely chopped

Dressing::

- 2 Tbsp sambal
- 2 Tbsp sriracha
- 1 Tbsp minced garlic
- 1 Tbsp grated ginger
- 1 Tbsp lime juice & 2 Tbsp water

How To Make It:

- 1 Season the chicken generously with salt. Stuff the chicken cavity with the ginger slices and scallions.
- 2 Place the chicken in a large stock pot, cover with cold water by 1 inch (2 cm), and season with salt to taste. Bring to a boil over high heat, then immediately reduce the heat to low to maintain a simmer. Cover and cook for about 30 minutes, or until the internal temperature of the chicken reaches 165°F (75°C). Remove the pot from the heat. And place the chicken in an ice bath to stop the chicken from overcooking.
- 3 When cooled, pat the chicken dry and remove skin. Pull chicken from bones then toss with sesame oil to keep from drying out. Place in bowl and cover in fridge for later use.
- 4 Halve the cucumbers lengthwise, then cut crosswise into 1/2-inch pieces. Transfer to a colander and toss with 1 teaspoon salt and 1 teaspoon sugar.
- 5 Meanwhile, make the salad dressing: In a large bowl, whisk together the lime zest and juice, fish sauce, coconut oil, chile, garlic and the remaining 2 teaspoons sugar.
- 6 Now make the spicy chili sauce for the chicken: In a bowl mix the sambal, sriracha, minced garlic, grated ginger, lime juice and water. Set aside for later.
- 7 Just before serving, add the tomatoes, basil, cilantro, red onion, ginger, cucumbers and half the nuts to the salad dressing; toss to coat.
- 8 To plate spoon salad nicely into a bowl leaving room for chicken in the middle. Top with chicken, drizzle the spicy chili sauce over chicken. Top with remaining nuts, and chiffonade of Thai basil. Pair with a glass of Moraine Riesling.



BC
GREENHOUSE
GROWERS'
ASSOCIATION

BC Greenhouse Growers produce succulent tomatoes, peppers, cucumbers, lettuce and eggplant, providing fresh produce to the people of BC and the world. Learn more about BC Greenhouse growers here: www.bcgreenhouse.ca



New Canadian Chicken Label

Chicken is Canada's favourite meat.

Why? It's affordable, low in fat, high in protein and versatile.

We're making it easier for consumers to know that they are buying the highest quality chicken that is raised with care by Canadian farmers. Ask for and look for the "Raised by a Canadian Farmer" logo wherever chicken is sold.



WHAT IS Supply Management?

Supply Management has been a part of our Canadian agriculture sector for more than 60 years. Supply management ensures that through planned production:

- Canadians have access to staples such as dairy, eggs and poultry, at prices that they can afford.
- Farmers:
 - Have a dependable income that reflects the cost of production
 - Can sustain and invest in their farms
 - Support their families
 - Remain the heart of rural communities.

Through Supply Management, farmers produce exactly what's needed, making the most of our resources and our land, with little to no waste. This efficient system is a made-in-Canada solution for our agricultural industry, allowing it to be self-sustaining without subsidies.



www.bcchicken.ca



This project is supported by the BC Government's Buy BC Partnership Program; delivered by MNP LLP with funding from the Government of British Columbia.