

## WHAT YOU WILL NEED

- 4 chicken leg quarters
- 4 tablespoons flour
- 4 tablespoons vegetable oil
- 1 medium onion
- 1 green bell pepper
- 1 stalk celery
- 1 jalapeno
- 8 cloves garlic
- 2 tablespoons tomato paste
- 1/2 teaspoon Italian seasoning
- 2-3 cups water (chicken stock optional)
- 2 teaspoon Crystal Hot Sauce
- Salt and pepper to taste

## KITCHEN ESSENTIALS

- Large Skillet
- Wooden Spoon
- Cutting Board



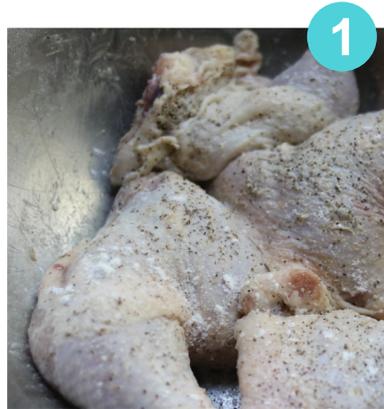
## WHAT YOU WILL NEED

- 2 cups Jasmine Rice
- 3 cups of water
- 1 teaspoon preserved lemon
- Additional water to rinse

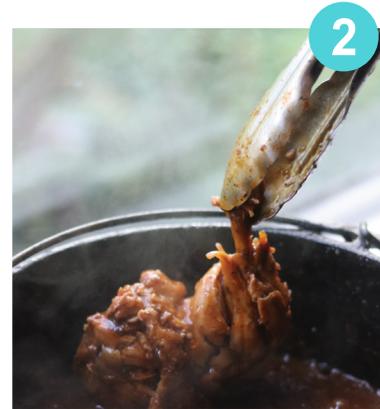
## KITCHEN ESSENTIALS

- Sauce Pan
- Strainer

# CHICKEN ÉTOUFFÉE



1 PLACE CHICKEN BREAST SIDE DOWN, WITH THE LEGS POINTING AWAY FROM YOU. USE KITCHEN SHEARS TO CUT DOWN ONE SIDE OF THE BACKBONE, ALL THE WAY THROUGH WHERE THE LEG JOINT MEETS THE BACKBONE.



2 REPEAT ON OPPOSITE SIDE OF THE BACKBONE TO FREE THE WHOLE SPINE FROM THE BIRD. SAVE THE SPINE TO MAKE A STOCK OR BONE BROTH.



3 ROTATE THE CHICKEN SO THAT THE LEGS ARE POINTING TOWARDS YOU, AND THE SKIN SIDE IS DOWN. LOCATE THE BREAST PLATE BY FEELING FOR HARD CARTILAGE IN THE CENTER OF THE BIRD. SNIP THROUGH THE HARD CARTILAGE AND THE WISH BONE, CAREFUL NOT TO CUT ALL THE WAY THROUGH THE BREASTS.

# JASMINE RICE



1 WASH THE RICE UNDER COLD RUNNING WATER, CHANGING WATER SEVERAL TIMES UNTIL WATER RUNS CLEAR. DISCARD RINSING WATER.



2 ADD 3 CUPS OF CLEAN WATER TO RICE. COVER AND COOK OVER MEDIUM LOW HEAT FOR 20 MINUTES, OR UNTIL ALL WATER IS ABSORBED AND RICE IS FULLY COOKED.



3 REMOVE FROM HEAT, FLUFF GENTLY WITH A FORK, AND RETURN COVER TO POT TO LET REST FOR ADDITIONAL 10 MINUTES. GENTLY FOLD IN THE PRESERVED LEMON AND KEEP WARM UNTIL READ TO SERVE..

### WHAT YOU WILL NEED

- 4oz mixed greens
- 3 Lemons
- 1 Cup Steens
- 2 Tablespoons Olive Oil
- 0.5 Cup Apple Cider Vinegar



## MIXED GREEN SALAD

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1. PINCH OF KOSHER SALT
  2. ZEST AND JUICE LEMONS.
  3. COMBINE WITH ALL OTHER INGREDIENTS SHAKE WELL.. IN A LARGE MIXING BOWL, ADD THE DRESSING AND COAT THE SIDES OF THE BOWL
- \*CHEF TIP- THIS WILL HELP LIGHTLY MIX IN THE DRESSING, RATHER THAN POURING OVER THE TOP AND MAKING THE GREENS SOGGY.
4. ADD THE MIXED GREENS TO THE BOWL AND LIGHTLY FLUFF FROM THE BOTTOM TO THE TOP OF THE BOWL

## GARLIC BREAD

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1. MIX SOFTENED BUTTER WITH SEASONINGS. SLICE BREAD LENGTHWISE TO SPLIT IN HALF. SPREAD BUTTER MIXTURE EVENLY OVER BREAD, AND TOAST UNDER BROILER IN OVEN WITH BUTTER SIDE FACING UP.
2. BAKE FOR 3-5 MINUTES, OR UNTIL TOASTED TO YOUR LIKING. SERVE IMMEDIATELY.

### WHAT YOU WILL NEED

- 8 tablespoons, softened
- 1 tablespoon Italian Seasoning
- 2 tablespoons granulated garlic
- Pinch of salt and pepper



TAG #COOKHOUSEATHOME  
TO SHOW OFF YOUR SKILLS!