3 RECIPES FOR 1 CHICKEN

These recipes make enough for 5 people. Use 1 chicken. If there are more people in your family, use 2 chickens.

What You Use:

**Recipe 1**
- 5 pieces chicken
- 3 tablespoons flour
- 1 teaspoon salt
- 1/2 cup fat
- 1 cup water

**Recipe 2**
- Other pieces of chicken
- 1 tablespoon salt
- 4 cups water
- 1 apple
- 1/2 cup pickles

**Recipe 3**
- Gizzard
- Liver
- 4 cups chicken broth
- 2 cups rice
- 1/2 cup mayonnaise
- water

TEXAS A&M UNIVERSITY
TEXAS AGRICULTURAL EXTENSION SERVICE
J. E. Hutchison, Director, College Station, Texas
1. Smothered Chicken


2. Cut up chicken. Fry only 5 pieces. Put other in the refrigerator.


5. Add 1 cup water. Cover frying pan. Cook on low heat. Cook 30 minutes.
2. Chicken Salad

1. Put other pieces of chicken in boiler. Cover with water.

2. Add 1 tablespoon salt. Cook until chicken is tender - about 30 minutes.


4. Let meat cool a few minutes. Pull all of it from bones. Cut meat in small pieces.

5. 1 apple cut in small pieces.

6. Pickles, chopped 1/2 cup.

7. Mayonnaise 1/2 cup.

Mix chicken, apple, pickles and mayonnaise.

Put in refrigerator till cool. Use it to make sandwiches. Or eat it plain.
3. Rich Rice

1. Add enough water to the jar of chicken broth to make 1 quart (4 cups).

2. Cut the gizzard and liver in small pieces. Put in boiler with broth. Bring to a boil.


4. Put lid on boiler. Turn heat to low.

5. Cook about 20 minutes. No water will be in the boiler.

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