



EVERYWAY WHOLE CHICKEN

HOMEMADE CHICKEN STOCK

makes 8 cups

Select your bird

1 whole chicken, about 4 pounds, organs discarded

For the freshest chicken, buy one right from the meat counter.

Inspect your bird. It should be dry and the meat pink.

+ Vegetables

4 carrots, peeled, cut in half

2 turnips, peeled, cut in quarters

2 large onions cut in quarters

+ Seasonings

1 tablespoon dried thyme leaves

1 handful fresh parsley (with stems)

2 bay leaves

1 teaspoon whole black peppercorns

Preparation:

1. Place the chicken, vegetables and seasonings in a large stockpot over high heat. Pour enough water (about 4 quarts) over the bird to cover and bring to boil.
2. Turn heat down to medium-low and simmer gently, partially covered, until the bird is done, about one and a half to 2 hours.
3. Periodically skim the surface of the liquid as it simmers. Add liquid as needed to keep submerged.
4. Remove the bird and transfer to a large bowl or cutting board. Cool, remove skin and separate meat from bones. You should have about 5 to 6 cups of meat. Hand shred the meat, transfer to an airtight container and refrigerate. Use throughout the week for tacos, wraps and summer rolls.
5. Strain stock into storage container. Discard garlic, peppercorns and herbs.
6. Coarsely chop strained vegetables and return to stock. Add more fresh parsley and salt and pepper to taste.
7. To prevent food poisoning, chill the stock quickly by placing the container in a sink full of ice water and chill to 40°F or colder. Label, date, and refrigerate for up to one week or freeze.

Tip: When making homemade soups or sauces remove fat layer from stock first. Add meat, cooked beans, your favorite chopped vegetables and/or whole grain pasta to the stock for a deliciously fresh chicken soup.

CHICKEN SUMMER ROLLS

serves 4 (makes 8 rolls)

Basic ingredients

1 package rice paper rounds
1 package rice noodles, about 8 ounces
2 cups shredded chicken

+ Vegetables

8 romaine lettuce leaves, torn
1 small carrot, shredded
1 small zucchini, diced

+ Optional herbs and sprouts

½ cup fresh basil, mint or cilantro, chopped
1 cup fresh bean sprouts

Preparation:

1. Boil 6 cups of water and remove from heat. Soak rice noodles in a bowl of boiled water for 10 minutes.
2. Drain noodles and rinse with cold water. Drain again and pat dry. Set aside.
3. Rinse veggies, sprouts and herbs. Chop veggies and herbs.
4. Soak two rice paper rounds stacked on top of each other for 30 seconds so they stick together. Stretch double rice paper rounds flat on a work surface.
5. Assemble roll. Put a torn lettuce leaf on lower half of the rice paper round. Top with 1/4 cup chicken, 1/8 cup noodles, 1/4 cup vegetables and 1 tablespoon of herbs. Fold in sides and roll up tightly.
6. Repeat steps 4 and 5 for each roll.
7. Serve with Crunchy Peanut Slaw dressing as a dipping sauce (see page 19).

AROUND THE WORLD WRAPS

each wrap serves 1

Basic ingredients

1 corn or whole-wheat tortilla or 1 romaine lettuce leaf
½ cup shredded chicken
1 cup chopped parsley, broccoli or your favorite dark green veggie
2 tablespoons chopped red onion

+ Mediterranean-style

¼ cup cooked garbanzo or white beans
¼ cup Chef Ann Cooper's hummus (see page 24)
½ cup tabbouleh (see page 20)
½ cup savory roasted veggies (see page 19)

seasonings to taste:
fresh basil, mint, oregano or parsley, red pepper flakes, garlic or lemon juice

OR California-style

¼ of an avocado
1/4 cup cooked black or pinto beans
¼ cup shredded cabbage
¼ cup corn
¼ cup cooked pumpkin, yellow squash or zucchini
1 tablespoon queso blanco, queso fresco or low fat plain yogurt
¼ cup diced canned tomatoes, no salt added

seasonings to taste:
cumin, cilantro or parsley, garlic, lime juice, jalapeno

Preparation:

1. Choose your wrap.
2. Add: 1 cup dark greens, 2 tablespoons red onion and ½ cup shredded chicken.
3. Add your favorite Mediterranean or California fillings.
4. Add salt, pepper and your favorite seasonings to taste. Fold the wrap up and enjoy.