Chicken

- Buffalo Chicken Chili
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Buffalo Chicken Chili

Ingredients:

- 3 cups milk
- 4 cans cream of chicken soup
- 2 cans white beans
- 16 oz sour cream
- 4 cups cooked chicken, shredded or diced
- 1/4-1/2 c buffalo sauce

Directions:

1. Combine ingredients in a crock pot and cook on low for 4 hours.

Chicken Wings (Air Fryer)

Servings: 2

Ingredients

- chicken wings, as many as will fit in your air fryer, raw or frozen
- wing sauce of choice (our favorite is Sweet Baby Ray's Buffalo)

Directions

1. Fill the air fryer basket with wings
2. Cook the wings at 380° for 18 minutes (raw) or 36 minutes (frozen), flipping halfway through
3. Once cooked, add the wings to a bowl and toss with your sauce
4. (Optional but recommended) Place the sauced wings back in the air fryer and cook at 400° for an additional 5 minutes to cook the sauce onto the wings.
5. Serve hot with some buttermilk ranch dressing

Creamy Garlic Chicken Tenders

Servings: 5

Ingredients

- 2-2.5 lbs chicken tenders
- 2.5 c heavy cream
- 1 1/4 c dry white wine
- 2 medium shallots, minced
- 4-6 cloves garlic, minced
- 4 oz parmesan cheese, grated
- 1 Tbsp chicken bullion paste
- 2 Tbsp oil (avocado, olive, tallow, clarified butter, any will work)
- salt and pepper, to taste

Directions

1. Heat a large pan on medium-high heat.
2. Season the chicken tenders on both sides with salt and pepper. When the pan is hot, add the oil and let it shimmer.
3. Sear the chicken tenders on both sides until browned, but not cooked through. About 90 seconds per side. Remove them from the pan and turn the heat to medium
4. Add the shallots to the pan and cook until slightly translucent, 1-2 minutes. Add the minced garlic and cook until fragrant, about 90 seconds.
5. Add the bullion paste and white wine and cook until reduced almost completely. When the liquid has thickened and barely covers the bottom of the pan, add the heavy cream and parmesan. Stir until melted and well combined.
6. Taste for seasoning and add salt or pepper as necessary.
7. Add the chicken back into the sauce to finish cooking, 2-3 minutes.
8. Serve over noodles.

Kimberly's Chicken Adobo (Instant Pot)

Ingredients:

- 4 chicken legs + thighs, bone in and skin on
- kosher salt and black pepper
- 5 cloves garlic, smashed
- 1 onion, diced
- 2 green onions, sliced and whites separated from greens
- 2 bay leaves
- 2/3 c soy sauce
- 1/2 c sugar
- 1/2 c white distilled vinegar
- 2 tbsp oil

Directions:

1. Turn Instant Pot to saute and let it heat
2. Generously season the chicken with salt and pepper.
3. Add oil to the Instant Pot and brown the chicken in batches until all sides are brown.
4. Once browned, return all chicken to the Instant Pot and add soy sauce, sugar, vinegar, garlic, bay leaves, onion, and the green onion whites. Pressure cook on high for 8 minutes.
5. Once cooked, do a quick release and remove the chicken. Turn the Instant Pot back to saute and boil the sauce until reduced and sticky.
6. Serve over rice and garnish with green onions.

Pad Thai

Servings: 4

Ingredients

Sauce:

- 3 tbsp fish sauce
- 1 tbsp tamari
- 5 tbsp brown sugar
- 2 tbsp rice vinegar
- 1 tbsp sriracha
- 2 tbsp peanut butter

Noodles

- 8oz rice noodles
- 3 cloves garlic
- 8oz shrimp/chicken/steak
- 2 eggs
- 1/3 cup peanuts, crushed
- 1 cup bean sprouts (optional)
- 1 bell pepper (optional)

Toppings:

- 3 green onions, sliced
- 1/2 cup cilantro
- 1 lime, cut into wedges

Directions:

1. Make noodles according to package
2. Combine sauce ingredients and set aside
3. Cook meat with some oil in a skillet or wok until cooked through
4. When the meat is cooked, add more oil to the skillet or wok and scramble the eggs with the meat
5. Add noodles, sauce, peanuts, bean sprouts (if using) and bell pepper (if using) and toss to combine
   Note: you can save half the peanuts for topping at the end, if you want it to look extra fancy
6. Top with cilantro, green onions, and lime wedges

Roasted Chicken with Jus

Ingredients

- Whole chicken, preferably dead
- 1/2 c + 3 tbsp butter
- 2 c chicken broth
- Salt and pepper
- Onion powder

Directions

1. Preheat oven to 350°F
2. Remove any giblets from your chicken and check for stray feathers, then pat completely dry.
3. Season the whole bird with salt, pepper, and onion powder. Make sure to get under the wings and behind the legs.
4. Place the chicken in a roasting pan or high walled iron skillet.
5. Slice the 1/2c (one stick) of butter into thin pieces and place on top of the chicken. Tuck some under each wing and behind the legs, as well as inside the cavity.
6. Roast the chicken until the thickest part of the breast reaches 145°F, which should take between 45-65 minutes, depending on the size of your bird.
7. Turn the oven up to 450°F to brown the skin and finish cooking. Pull when the thickest part of the breast hits 155°F, which should take another 10ish minutes.
8. Remove the chicken to a cutting board and tent with foil to rest for at least 20 minutes.
9. Place the roasting pan/skillet on the stove (if you cannot use your roasting pan on the stove, transfer as much of your drippings as you can into a skillet) and add the broth. Bring to a boil and reduce until it costs the back of a spoon. Taste for seasoning.
10. Turn off the heat and add in the remaining (cold) butter, 1 tbsp at a time, whisking constantly and adding more only when the last cube is melted. When the last of the butter is melted and incorporated, the jus should be thicker than before and should have a light shine to it.
11. Carve the chicken and serve with the jus.

Shredded Garlic Chicken (sous vide)

Servings: 6

Ingredients:

- 3 large chicken breasts (~2.5 lbs)
- 6 cloves garlic, peeled
- Chili powder
- Paprika
- Salt and pepper
- Cayenne (optional)

Directions:

1. Preheat a water bath to 150°F
2. Generously coat each chicken breast in equal parts salt, pepper, chili powder, and paprika (and cayenne, if using).
3. Place the seasoned chicken in a sous vide bag with the whole garlic cloves and vacuum seal.
4. Place the chicken into the water and cook for 2 hours.
5. Remove chicken to a bowl and shred, mashing the garlic and mixing it into the chicken