

# 30+

*ways with*

# CHICKEN



YOUR  
GOLDI GUIDE  
to tasty  
meals



A different chicken recipe  
for every day of the month

## Good food and good memories

That's what you will find in *Love Chicken!* Like all Astral brands, Goldi Chicken is committed to delivering the best products so that you can enjoy delicious meals without having to spend hours in the kitchen. Plus, our handy tips will take the guesswork out of buying, storing and cooking chicken.

Whether you're looking for weeknight dinner ideas or want to impress at your next party, chances are you will find something to inspire you here.

**Let's get cooking!**



### A leading Southern African poultry producer

Astral was founded in April 2001 and

- is a top 100 JSE-listed company;
- is represented in four Southern African countries;
- has more than 4 000 shareholders;
- employs in excess of 11 453 full-time and contract workers;
- its operations spans

7 000 hectares' agricultural and industrial land;

- has four poultry-processing plants;
- processes 5 240 000 broilers per week;
- manufactures 1 410 000 tons of animal feed per year;
- uses 850 000 tons of maize per annum; and
- operates nine feed mills in Southern Africa.



### Spicy chicken drumsticks

Scoring the skin allows the meat to absorb all the flavours and also helps it to cook a little quicker.

#### Serves 6

- 1 tbsp (15 ml) paprika
- 1 tsp (5 ml) cayenne pepper
- 1 tsp (5 ml) cumin
- 1 tbsp (15 ml) mixed herbs
- 3 tbsp (45 ml) vegetable oil
- 10 drumsticks

#### Salsa

- 2 tomatoes, chopped
- ½ onion, chopped
- ½ cucumber, chopped
- a handful of fresh coriander, chopped



- ¼ cup (60 ml) canola oil
- 3 tbsp (45 ml) vinegar or lemon juice
- 1 tsp (5 ml) sugar

#### Pap

- 1½ (375 ml) water
- 1 tsp (5 ml) salt
- 3 cups (750 ml) maize meal

**Preheat** the oven to 180°C.

**Combine** the spices, herbs and oil, and use to coat the drumsticks. Place the drumsticks on a baking tray

and roast for 30 minutes, turning them once or twice.

**For the salsa**, combine all the ingredients and refrigerate for 15 minutes.

**To make the pap**, add the water and salt to a large saucepan and bring to a boil. **Sprinkle** the maize meal on the water, cover and simmer for 15 minutes. Stir with a fork to create a crumbly texture. If you prefer smooth pap, cover and simmer for 30 minutes more.





## Chicken pie

Serve this rich pie piping hot straight from the oven.

### Serves 8

2 tbsp (30 ml) olive oil  
250 g chicken gizzards  
2 tbsp (30 ml) flour  
250 g bacon, sliced  
2 onions, chopped  
2 garlic cloves, sliced  
150 g chicken hearts

1 tbsp (15 ml) tomato paste  
2 bay leaves  
a handful of fresh parsley, chopped  
3 cups (750 ml) chicken stock  
250 g chicken livers, cleaned, trimmed and chopped

### Herb dumplings

80 g butter, cubed  
2 cups (500 ml) self-raising flour  
a handful of fresh parsley, chopped  
60 g Cheddar, grated  
 $\frac{1}{5}$  cup (190 ml) milk  
1 egg yolk, beaten

**Preheat** the oven to 180°C and heat the oil in a cast-iron dish on the stove.

**Coat** the gizzards with flour and brown.

**Add** the bacon, onions and garlic, and cook for 5 minutes.

**Stir** through the hearts, tomato paste, bay leaves and parsley.

**Pour** over the stock and bring to a boil. Reduce the heat and simmer for 1 hour.

**Add** the livers and set aside.

**To make the dumplings,** rub the butter into the flour. Stir in the parsley and 40 g Cheddar.

**Add** the milk and knead to make a dough. Roll into golf-ball-sized balls.

**Pack** the balls of dough on top of the chicken, brush with egg yolk and scatter over the remaining Cheddar. Bake for 15 minutes or until the dumplings are golden.

## Chicken biryani

### Serves 6

#### Marinade

1½ cups (375 ml) double-cream yoghurt  
6 garlic cloves  
2 cm fresh ginger, grated  
a handful of fresh coriander, chopped  
20 cardamom pods, crushed  
1 tsp (5 ml) turmeric  
1 tsp (5 ml) medium curry powder  
a pinch of ground cloves  
2 green chillies

8 chicken thighs, halved (crush through the bone)  
 $\frac{1}{4}$  cup (60 ml) vegetable oil  
5 onions, sliced  
2 cups (350 g) rice

**For the marinade,** blitz all the ingredients in a blender.

**Score** the thighs and pour over the marinade. Cover and marinate at room temperature for 1 hour or overnight.

**Preheat** the oven to 180°C.

**Heat** the oil in a cast-iron dish and fry the onions for 30 minutes, stirring often, until golden. Scoop out half.

**Pour** the chicken and marinade into the dish and



stir until it starts to simmer. Cover and roast in the oven for 20 minutes or until the meat is tender.

**Soak** the rice in cold water for 20 minutes. Bring a saucepan of water to a boil, add the strained rice, bring to a boil and strain.

**Remove** the chicken from the oven and turn down

the temperature to 140°C. Spoon out half the chicken, sprinkle half the rice over the chicken in the dish and season. Layer the remaining chicken followed by the rice on top.

**Scatter** with the remaining onion. Cover with baking paper, then foil, then the lid. Bake for 30 minutes.





## No-fuss chicken with crispy potatoes

This recipe works just as well with a sauce of chopped herbs and olive oil, if you prefer a lighter, fresher taste.

### Serves 4

#### Crispy potatoes

40 g butter, melted  
300 g baby potatoes  
salt and pepper

#### Tangy sauce

1 tsp (5 ml) vegetable oil  
½ onion, chopped  
¼ cup (60 ml) tomato sauce  
1 tbsp (15 ml) vinegar

3 tbsp (45 ml)  
Worcester sauce  
3 tbsp (45 ml) brown sugar  
  
6 chicken thighs  
and drumsticks

**Preheat** the oven to 180°C.  
**Rub** the butter into the potatoes, place on a baking tray and season. Roast for 45 minutes, remove

from the oven, smash, season again and roast for 15 minutes more.

**For the sauce,** combine all the ingredients.

**Rub** the sauce all over the chicken pieces.

**Place** on a baking tray and roast for 30 minutes or until the meat is cooked through and the sauce is sticky.

## Chicken quarters with potato and cabbage

### Serves 4

2 tbsp (30 ml) vegetable oil  
4 chicken quarters  
2 tsp (10 ml) chicken spice  
1 onion, chopped  
150 g baby potatoes  
⅓ cabbage, shredded  
1 bay leaf  
⅔ cup (200 ml) chicken stock

salt and pepper  
½ cup (125 ml) frozen peas

**Heat** the oil in a saucepan and brown the chicken. Stir through the chicken spice and set aside.

**Cook** the onion until translucent in the same saucepan. Add the potatoes

and cabbage, and stir continuously while cooking until charred.

**Return** the chicken to the saucepan. Add the bay leaf and chicken stock, cover and simmer for 15 minutes or until the chicken is cooked through. **Season** and stir in the peas.





## SHOPPING

- Always look for chicken that have an even colour and no bruises.
- The meat should not have a strong smell.
- The packaging should be intact without any tears.
- Make sure that all the pieces are frozen. None should have defrosted and there should be no water dripping from the packet.
- Always check the sell-by date.

## Amasi chicken bake

### Serves 6

1½ cup (375 ml) Amasi  
3 garlic cloves, chopped  
1 cm fresh ginger, grated  
1 green chilli, chopped  
a handful of fresh coriander, chopped  
1 tsp (5 ml) garam masala  
1 tsp (5 ml) turmeric  
1 tbsp (15 ml) lemon juice

1 whole chicken, cut into pieces (see page 16)

**Combine** all the ingredients, cover and refrigerate for 3 hours or overnight.

**Preheat** the oven to 200°C.

**Bake** the chicken in the sauce for 40 minutes or until cooked through and tender.



## STORING

- Always refrigerate or freeze chicken as soon as possible after buying it.
- If chicken has defrosted and you only want to cook it the next day, pat the meat dry and cover it with clingwrap or foil on a plate. Place it on the bottom shelf in the fridge so that it won't drip on the other food.
- To defrost chicken in a hurry, put the sealed packet in a sink full of cold tap water. Otherwise leave the sealed packet in a bowl in the fridge to defrost slowly.

## Creamy chicken livers

### Serves 4

2 tbsp (30 ml) vegetable oil  
1 onion, sliced  
2 garlic cloves, chopped  
250 g chicken livers, cleaned  
1 tsp (5 ml) chicken spice  
a pinch of paprika  
salt and pepper  
1 tsp (5 ml) brown onion soup powder  
½ cup (125 ml) cream

**Heat** the oil in a large pan and sauté the onion until soft.

**Add** the garlic and livers, and cook, stirring occasionally, for 5 minutes. Season with chicken spice, paprika, salt and pepper.

**Stir** in the soup powder, cover and cook for 3 minutes.

**Pour** in the cream and stir through. Serve warm.





## Chicken stew with pumpkin fritters

You can also fry the fritters the traditional way, in a pan.

### Serves 6

2 tbsp (30 ml) oil  
1 kg Goldi chicken  
soup pieces  
1 onion, chopped  
2 carrots, chopped  
1 red pepper, deseeded  
and diced

1 tsp (5 ml) ground cumin  
1 red chilli, deseeded  
and chopped  
4 cups (1 L) chicken stock  
3 tomatoes, chopped

### Pumpkin fritters

1½ cup (375 ml) flour  
2 tsp (10 ml) baking powder

a pinch of salt  
a pinch of onion powder  
a pinch of cinnamon  
a pinch of nutmeg  
2 eggs  
200 g pumpkin, cooked  
and mashed  
½ cup (125 ml) milk  
20 g butter, melted  
oil, for deep-frying

**Heat** the oil in a large  
saucepan over medium heat,  
brown the chicken pieces  
in batches and set aside.

**Cook** the onion, carrots  
and pepper in the same  
saucepan, stirring  
continuously, until soft.

**Return** the chicken to  
the saucepan, add the  
remaining ingredients and  
simmer for 20 minutes.

**For the fritters**, mix  
the dry ingredients in  
one bowl and the wet  
ingredients in another.

**Add** the dry ingredients  
to the wet ingredients  
and mix well to make  
a smooth batter.

**Heat** the oil until very hot.

**Drop** tablespoonfuls of  
batter into the hot oil in  
batches and fry until golden.



## KEEPING IT CLEAN

- Once chicken has been defrosted, do not refreeze it.
- Keep raw chicken separate from other food, raw and cooked.
- Wash your hands, utensils and surfaces with warm soapy water after working with raw chicken.
- Always make sure that chicken is cooked through and that it is no longer pink on the inside to ensure that all harmful bacteria that may have been present are destroyed.



## Chicken and lentil stew with rice

### Serves 6

1 tbsp (15 ml) vegetable oil  
500 g chicken breast fillets,  
cut into pieces  
2 onions, chopped  
1 tbsp (15 ml) medium  
curry powder  
1½ cup (375 ml)  
chicken stock

100 g red lentils  
150 g spinach  
250 g rice

**Heat** the oil in a saucepan  
and brown the chicken over  
high heat for 5 minutes.

**Add** the onions and fry for  
3 minutes while stirring.

**Reduce** the heat, stir in the

curry powder and cook for  
1 minute.

**Add** the stock and lentils,  
cover and simmer for 15  
minutes. Stir in the spinach  
and remove from the heat.

**Bring** a saucepan of water  
to the boil. Rinse the rice,  
add to the boiling water and  
simmer until cooked.



## Mzansi Amasi fried chicken

To get really crispy chicken, make sure that the oil is hot enough. Test it by dropping a little batter into the oil. If it starts to bubble and the batter slowly rises to the top, it is ready.



### Serves 4-8

2 tbsp (30 ml) paprika  
8 chicken thighs  
2 cups (500 ml) Amasi  
2 cups (500 ml) flour  
1 tbsp (15 ml) baking powder  
oil, for deep-frying

**Combine** the paprika, chicken and Amasi. Cover and refrigerate for 30 minutes.

**Mix** the flour and baking powder.

**Remove** the chicken pieces from the Amasi and roll in the flour mixture to coat them all over. Place on a wire rack.

**Heat** the oil and when it's ready, gently drop the chicken pieces into the oil in batches. Cook for 6 minutes or until crispy and cooked through. Serve with vegetables or salad.



## Tomato and chicken relish with steamed bread

### Serves 10

1 kg tomatoes, diced  
2 red onions, chopped  
200 g chicken hearts  
500 g chicken gizzards, cooked  
3 garlic cloves, chopped  
¼ cup (60 ml) olive oil  
salt  
juice of 1 lemon  
4 gherkins, chopped (optional)

A handful of fresh parsley, chopped

**Preheat** the grill in the oven. **Combine** the tomatoes, onions, gizzards, hearts, garlic and oil. Season and grill for 10 minutes.

**Tip** into a bowl and stir through the lemon juice, gherkins and parsley.

**Serve** with steamed bread. (Turn to p30 for our recipe.)

## Chicken-neck pot

### Serves 6

1 kg chicken necks  
1 tsp (5 ml) vegetable oil  
5 carrots, diced  
1 onion, chopped  
2 tbsp (30 ml) tomato paste  
1½ cup (375 ml) chicken stock  
1 tsp (5 ml) cayenne pepper  
2 tsp (10 ml) chicken spice  
salt and pepper  
samp or pap, to serve

**Heat** the oil in a saucepan over medium heat and cook the necks for 5 minutes, stirring continuously.

**Add** the carrots and onions and cook until the onions are soft.

**Stir** in the tomato paste, stock, cayenne pepper and chicken spice. Simmer for 15 minutes to reduce

**Season** and serve with samp or pap. (Turn to p3 for our pap recipe.)







## Sweet-and-sour chicken necks

The secret to getting the full sweet-and-sour taste, is to reduce the liquid completely so that the sauce is nice and sticky.

### Serves 6

⅓ cup (80 ml) flour  
 salt and pepper  
 500 g chicken necks  
 ¼ cup (60 ml) vegetable oil  
 ½ cup (125 ml) apple  
 cider vinegar  
 ¼ cup (60 ml) honey  
 1 cup (250 ml) tinned  
 pineapple pieces and juice  
 3 tbsp (45 ml) tomato sauce

2 tsp (10 ml) brown sugar  
 ½ onion, sliced  
 1 each red, green and yellow  
 pepper, sliced

**Season** the flour and use to coat the chicken necks.

**Heat** half the oil in a pan over medium heat and cook the necks in batches, turning occasionally, until cooked through.

**Combine** the vinegar, honey, pineapple pieces and juice, tomato sauce and sugar. Season with salt.

**Heat** the remaining oil in same pan and cook the onion and peppers, stirring occasionally.

**Add** the necks and the vinegar mixture, and cook until the sauce has thickened.

## Mushroom chicken and mash

Serves 6-8

1 kg chicken portions  
 2 tbsp (30 ml) chicken spice  
 2 tbsp (30 ml) vegetable oil  
 150 g mushrooms, sliced  
 2 onions, chopped  
 2 garlic cloves, crushed  
 1 tbsp (15 ml) cream of  
 chicken soup powder  
 2 cups (500 ml)  
 chicken stock  
 1 kg potatoes, peeled  
 ¼ cup (60 ml) milk  
 salt and pepper

**Season** the chicken with chicken spice. Heat the oil in a saucepan over medium heat and brown.

**Add** the mushrooms, onions and garlic, and cook for 3 minutes while stirring continuously.

**Mix** the soup powder with a little water to make a paste and add to the saucepan. Add the stock and simmer for 30 minutes to reduce it.

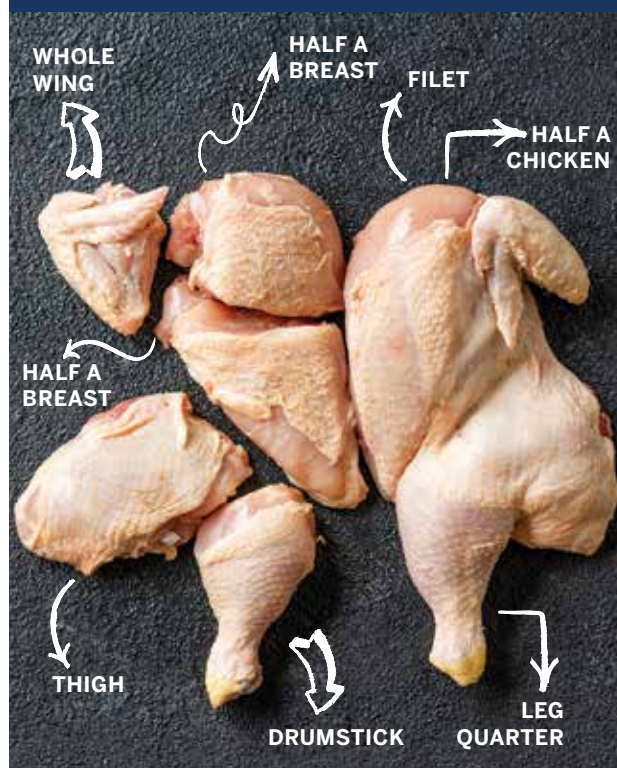
**For the mash**, boil the potatoes and strain. Turn down the heat, return the saucepan with the potatoes to the stove, add the milk and season.

**Simmer** and mash.





## KNOW YOUR CHICKEN CUTS

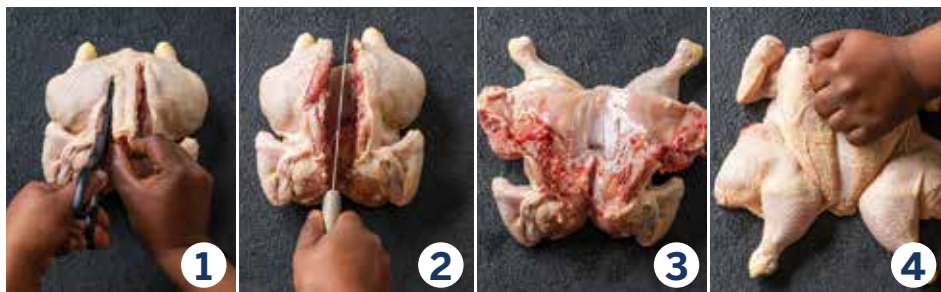


## MISCELLANEOUS PRODUCTS

- Gizzards
- Necks
- Hearts
- Livers
- Heads
- Feet

## How to spatchcock a chicken

Place the chicken with the breastbone down. Use kitchen scissors to cut along both sides of the backbone and remove it. Turn the chicken over, press down firmly on the breastbone to break it and flatten. Remove the wing tips.



## Spatchcock chicken on the braai

**Serves 6**

1 whole chicken  
4 tbsp (60 ml) vegetable oil

### Basting sauce

1 onion, finely chopped  
½ cup (125 ml) tomato sauce  
1 tbsp (15 ml) chutney  
1 tsp (5 ml) chilli flakes  
3 tbsp (45 ml) brown sugar  
¼ cup (60 ml) Worcester sauce  
1 tbsp (15 ml) barbecue spice

### Tomato relish

1 tbsp (15 ml) vegetable oil  
1 onion, sliced



2 large tomatoes, chopped  
3 garlic cloves, crushed  
1 tbsp (15 ml) tomato sauce  
1 tbsp (15 ml) chutney  
1 tsp (5 ml) chilli flakes  
1 tsp (5 ml) Worcester sauce

**Fire** up the braai until the flames have died down.

**Spatchcock** the chicken (see page 16 for instructions), rub with oil and place in the middle of the grid, skin side down.

**Braai** for 20 minutes, turning the grid regularly.

**In a saucepan**, cook all the basting sauce ingredients for 5 minutes and baste the chicken every time you turn it.

**For the relish**, heat the oil and fry the onion until soft. Add the remaining ingredients and simmer for 10 minutes. The relish should still be chunky.

**Serve** with steamed bread (Turn to p30 for our recipe.)





## BRAAI TIPS

- **The best temperature for the meat:** Always allow chicken to reach room temperature before braaiing it. That way, it will cook evenly. (Chicken can safely be left out of the fridge for 2 hours.)
- **Technique:** Turn the grid or pieces frequently so that the meat cooks evenly.
- **Size:** The size of the pieces or chicken will determine the cooking time. Meat on the bone takes longer, too.
- **Checking the meat see if it's done:** Use a skewer or thin knife to pierce the meat at the thickest part. The juices should run clear..
- **The coals:** The coals should be a moderate heat. To test them, hold your hand above them for 10 seconds. If you can't, it's too hot and the chicken will burn on the outside before it is cooked through.
- **Cheat:** First par-cook the chicken and then braai it for that charred look and taste.

## 4 BRAAI MARINADES

It's as easy as 1, 2, 3: mix everything, add the chicken, refrigerate for 30 minutes or overnight.

### Lemon and orange

2 tbsp (30 ml) lemon juice  
2 tbsp (30 ml) orange juice  
2 tbsp (30 ml) oil  
1 sprig rosemary

### Lemon yoghurt

1/3 cup (80 ml) double cream yoghurt  
1/4 cup (60 ml) olive oil  
juice of 4 lemons  
4 garlic cloves, crushed  
3 tbsp (45 ml) mixed spice  
salt and pepper

### Paprika

1 tbsp (15 ml) olive oil  
2 tbsp (30 ml) lemon juice  
1 tbsp (15 ml) paprika  
1 tsp (5 ml) onion powder  
2 garlic cloves, crushed  
1 lemon peel  
salt and pepper

### Beer

3 tbsp (45 ml) beer  
2 tbsp (30 ml) honey  
3 garlic cloves, crushed  
1 green chilli  
salt and pepper

## Whole chicken inside a pot bread

This is the best 2-in-1 padkos and works just as well in the oven as on the Weber.

### Serves 6

2½ cups (625 ml) flour  
2 tsp (10 ml) yeast  
a pinch of salt  
1 tsp (5 ml) sugar  
1½ cups (375 ml) water  
1 whole chicken  
2 tbsp (30 ml) braai spice  
2 tsp (10 ml) mixed herbs

**Combine** the flour, yeast, salt and sugar. Slowly pour in the water while stirring continuously to form a firm dough.

**Dust** a work surface with flour, place the dough on it and knead for 5 minutes.

**Place** the dough in a bowl, cover and leave in a warm spot to rise for 40 minutes.

**Prepare** the coals in the Weber to create moderate heat.

**Cook** the chicken in the Weber for 25 minutes or until almost cooked.

**Line** an enamel bowl or saucepan with half the dough, place the chicken in the center and cover with the remaining dough. Seal the dough along the sides.

**Sprinkle** with braai spice and mixed herbs.

**Cover** with foil and cook in the Weber for 30 minutes.







## Sticky chicken feet

This is a beautiful meal made for sharing. Put a large bowl full in the centre of the table and watch them disappear!

### Serves 8

1 kg chicken feet, cleaned  
1 red chilli, deseeded and finely chopped  
3 tbsp (45 ml) vegetable oil  
3 tbsp (45 ml) honey  
2 tbsp (30 ml) apple cider vinegar  
2 tbsp (30 ml) steak and chops spice  
½ cup (125 ml) chicken stock

**Place** all the ingredients in a saucepan, bring to a boil and simmer for 15 minutes or until the chicken feet are cooked through and the sauce is sticky.

**Serve** with achar and pap (Turn to p3 for our pap recipe.)



## Chicken sishebo

### Serves 6

800 g chicken braai pack  
2 tbsp (30 ml) chicken spice  
2 tbsp (30 ml) vegetable oil  
1 onion, chopped  
3 carrots, sliced  
3 potatoes, cubed  
2 tsp (10 ml) medium curry powder  
2 cups (500 ml) chicken stock

2 tbsp (30 ml) cream of chicken soup powder  
2 tsp (10 ml) vinegar  
a pinch of sugar  
1 green pepper, deseeded and chopped

**Season** the chicken with chicken spice. Heat the oil in a saucepan over medium heat and brown the meat.

**Add** the onions, carrots and potatoes, and cook while stirring for a few minutes. **Stir** in the curry powder and add the stock.

**Combine** the soup powder, vinegar and sugar, and add to the chicken. Simmer for 40 minutes or until reduced. **Stir** in the green pepper and season.





## Chicken in spicy gravy

If you don't have a mortar and pestle, simply cover seeds with clingwrap and crush them with a rolling pin.

### Serves 4

2 tbsp (30 ml) vegetable oil  
4 chicken quarters  
1 tbsp (15 ml)  
mustard seeds  
2 tsp (10 ml) fennel seeds  
2 tsp (10 ml) cumin seeds

a pinch of turmeric  
1 tsp (5 ml) chilli powder  
1 bay leaf  
2 curry leaves (optional)  
1 garlic clove, chopped  
2 cm fresh ginger, grated  
2 cups (500 ml)  
chicken stock

**Heat** the oil in a saucepan over medium heat and brown the chicken pieces in batches. Set aside.

**Roast** the seeds in a dry pan over low heat and grind or crush them.

**Mix** the crushed seeds with the turmeric and chilli powder, and roast in the same saucepan for 2 minutes.

**Add** the garlic and ginger, and cook for 2 minutes.

**Return** the chicken, add the stock and cook until the meat is cooked through.

**Serve** with soft white bread.

## Pan-fried chicken and pap

### Serves 4

3 tbsp (45 ml) vegetable oil  
2 tsp (10 ml) mixed herbs  
3 tbsp (45 ml) chicken spice  
1.5 kg mixed chicken pieces  
1 chicken stock pot

### Curried cabbage

2 tbsp (30 ml) vegetable oil  
1 onion, sliced  
½ cabbage, shredded  
a pinch of turmeric  
1 tbsp (15 ml) curry powder

### Tomato salsa

4 tomatoes, chopped  
1 green pepper, deseeded and chopped  
1 onion, finely chopped  
a small handful of fresh coriander, chopped  
2 tbsp (30 ml) red wine vinegar  
2 green chillies, deseeded and finely chopped  
salt and pepper

**Place** a large non-stick pan over medium heat.

**Combine** the oil, herbs and chicken spice.

**Rub** the mixture over the chicken, and brown in batches, first skin side down and then on the other side. Remove from the pan.

**Return** all the chicken to the pan, reduce the heat and add the chicken stock as

well as ¼ cup (60 ml) water. Cover and simmer until the chicken is cooked through.

**For the curried cabbage,** heat the oil in a medium-sized saucepan over high heat. Sauté the onion until lightly browned.

**Add** the cabbage and continue to sauté until slightly charred. Add the turmeric and curry

powder, and cook, stirring continuously, to amalgamate the spices. Season.

**For the tomato salsa,** mix all the ingredients and refrigerate for 30 minutes.

**Serve** the chicken, cabbage and salsa with pap. Drizzle the chicken juices over the pap. (Turn to p30 for our pap recipe.)







## Chicken-liver bunny chow

### Serves 2-4

2 tbsp (30 ml) oil  
500 g chicken livers, cleaned and trimmed  
1 tsp (5 ml) chicken spice  
3 onions, chopped  
4 garlic cloves, chopped  
1 cm fresh ginger, chopped  
2 tsp (10 ml) cumin seeds  
2 bay leaves  
2 tsp (10 ml) coriander  
1 tsp (5 ml) turmeric

1 tbsp (15 ml) curry powder  
1 tin (400 g) tomato purée  
salt and pepper  
1 loaf of bread, unsliced

**Heat** the oil in a large pan over high heat. Brown the livers, sprinkle with chicken spice and scoop out.

**Fry** the onions in the same pan until soft. Add the spices and herbs and cook for 2 minutes.

**Add** the tomato purée and 1½ cups (375 ml) water, bring to a boil and simmer for 15 minutes or until thickened. Season.

**Return** the chicken livers to the pan, gently stir through and remove from the heat.

**Slice** the bread in half or into quarters, hollow out the insides and fill with chicken livers.

## Perfect roast chicken and vegetables

### Serves 4

1 whole chicken  
½ lemon, roughly chopped  
canola oil  
salt and pepper  
500 g baby potatoes  
4 carrots, thickly sliced  
5 garlic cloves  
1 each red, yellow and green pepper, halved and deseeded

**Preheat** the oven to 200°C.

**Pat** the chicken dry with paper towel and place the lemon inside the cavity.

**Tie** the legs with string and place on a wire rack in a roasting pan. Drizzle with oil and season.

**Roast** for 30 minutes.

Carefully remove the rack with the chicken on top. Arrange the vegetables in the roasting pan and drizzle with oil.

**Place** the rack with the chicken on top of the vegetables and roast for 60 minutes.







## Chicken gravy with pap

### Serves 6

3 tbsp (45 ml) oil  
1.5 kg chicken pieces  
2 tbsp (30 ml)  
chicken spice  
1 tbsp (15 ml) steak and  
chops spice  
4 cups (1 L) chicken stock  
1 tbsp (15 ml) flour

**Heat** the oil in a large  
saucepan over medium heat  
and brown the chicken pieces  
in batches on all sides.  
**Sprinkle** with chicken spice  
and steak and chops spice  
**Reduce** the heat, cover  
and steam for 15 minutes.  
**Return** the saucepan to the

heat, add the chicken stock  
and scrape to incorporate  
all the tasty bits stuck to the  
bottom of the saucepan.  
**Mix** the flour and a little  
water to make a smooth  
paste. Add to the stock and  
simmer for 10 minutes.  
**Return** the chicken to the  
saucepan and cook for  
10 minutes.  
**Serve** with roast butternut  
and pap. (Turn to p3 for our  
pap recipe.)

## Chicken stew with steamed dumplings

### Serves 4

2 tbsp (30 ml) canola oil  
1.5 kg chicken pieces  
1 onion, chopped  
3 carrots, thinly sliced  
2 tbsp (30 ml) chicken spice  
1 bay leaf  
2 potatoes, diced  
1 chicken stock pot  
2 cups (500 ml) water  
1 tbsp (15 ml) cream of  
chicken soup powder

### Dumplings

1 cup (250 ml) flour  
1½ tsp (7 ml)  
baking powder  
a pinch of salt  
2 tbsp (30 ml) sugar  
60 g margarine  
¾ cup (200 ml) milk  
2 fresh parsley sprigs,  
chopped

**Oil** a large saucepan, heat  
it over medium heat and  
brown the chicken pieces.



Add the onions and, stirring  
continuously, cook until soft.  
**Stir** in the carrots, chicken  
spice, bay leaf, potatoes,  
stock pot and water.  
**Bring** to a boil and simmer  
for 10 minutes.  
**Mix** the soup powder  
and a little water to  
make a paste. Add to  
the saucepan, cover and  
simmer for 20 minutes.

**For the dumplings,**  
combine the dry ingredients.  
**Rub** in the margarine until  
the mixture is crumbly. Mix  
in the milk and parsley to  
make a batter.  
**Drop** spoonfuls of batter  
onto the chicken, cover  
and simmer for 8 minutes  
without opening the pot.  
The dumplings should have  
doubled in size.





## Beer-can chicken

### Serves 4

1 whole chicken  
2 tsp (10 ml) chilli powder  
1 tsp (5 ml) paprika  
a pinch of garlic powder  
1 tsp (5 ml) cumin  
3 tbsp (45 ml) canola oil  
440 ml can of beer

**Prepare** the braai until there are no more flames and the coals are medium hot. Preheat the braai stand.

**Scrape** the coals to both sides, away from underneath the braai stand. Place a roasting pan in the opening between the coals.

**Mix** the chilli powder, paprika, garlic, cumin and oil. Rub over and inside the chicken.

**Use** a tin opener to take the top off the can of beer and pour out half.

**'Sit'** the chicken on the can, legs down, so that it balances.

**Place** the can with the chicken on top in the roasting pan and cook slowly for 2 hours until the meat is cooked through.

**Remove** from the braai and allow to rest for 10 minutes before carving.

**TIP:** If your braai stand is too small, place the chicken inside the stand and cover with foil. This recipe also works in an oven that has been preheated to 180°C.

## Chicken curry and yellow rice

### Serves 4

2-3 tbsp (30-45ml) curry powder  
2 tbsp (30 ml) canola oil  
1 onion, chopped  
1½ cup (375 ml) chicken stock  
3 tomatoes, deseeded and chopped  
8 drumsticks  
2 tsp (10 ml) cream of chicken soup powder  
salt and pepper

### Yellow rice

300 g long-grain rice  
50 g raisins  
1 tsp (5 ml) turmeric  
1 cinnamon stick

**Heat** the oil in a saucepan over medium heat and sauté the onion until soft.

**Add** the curry powder and cook until fragrant.

**Add** the stock and tomatoes and bring to a boil, reduce the heat and simmer for 5 minutes.

**Use** a stick blender to make a smooth sauce, add the chicken and simmer for 15 minutes.

**Mix** the soup powder with a little water to make a paste and stir into the sauce. Simmer for 5 minutes or until the sauce has thickened. Season.

**For the rice,** add all the ingredients to 2 cups of water, bring to a boil, turn down the heat and cover to steam for 10 minutes.

**Fluff** with a fork and serve.







## Tomato and chilli chicken livers with steamed bread

### Serves 2-4

500 g chicken livers, cleaned and trimmed  
1 tsp (5 ml) turmeric  
a pinch of salt  
3 tbsp (45 ml) chilli flakes  
2 red peppers, diced  
2 garlic cloves, crushed

1 onion, chopped  
1 cm fresh ginger, grated  
2 tbsp (30 ml) vegetable oil  
1 cinnamon stick  
1 tsp (5 ml) curry powder  
2 tomatoes  
2 tbsp (30 ml) tomato paste  
1 tsp (5 ml) sugar  
½ cup (125 ml) water

### Steamed bread

2 cups (500 ml) flour  
a pinch of salt  
3 tbsp (45 ml) sugar  
2 tsp (10 ml) instant yeast  
2½ cups (625 ml) lukewarm water

**Season** the chicken livers with turmeric and salt. Set aside.

**Combine** the chilli flakes, peppers, garlic, onion and ginger.

**Heat** the oil over medium heat, brown the chicken livers and scoop from the pan.

**In the same pan**, simmer the pepper mixture, cinnamon, curry powder, tomatoes, sugar and water for 10 minutes, tossing it occasionally.

**Return** the chicken livers to pan and gently stir through.

**To make the steamed bread**, combine all the ingredients and mix for 5 minutes to make a sticky dough. Cover and leave to rise for 40 minutes or until it has doubled in size.

**Place** the dough in a greased enamel bowl inside a saucepan of hot water that reaches the rim of the bowl.

**Cover** and simmer on the stove for 40 minutes or until the bread is done.



## Chicken burgers

### Serves 4

4 chicken breast steaks  
1 lettuce, torn  
1 tomato, sliced  
5 gherkins, sliced  
½ cucumber, sliced  
chicken Caesar dressing  
ciabatta rolls, sliced in half

**Preheat** the oven to 180°C.  
**Arrange** the chicken steaks

on a baking tray and cook for 20 minutes.

**Toast** the rolls and place lettuce followed by tomato slices on one half of each.

**Slice** the chicken steaks and place on the tomato. Add gherkin and cucumber slices followed by a little more lettuce.

**Drizzle** with salad dressing and sandwich the rolls.

## FRESH VS FROZEN: HOW TO READ THE LABEL

The term fresh on poultry refers to meat that has never been processed or frozen below 0°C. Frozen chicken, on the other hand, is processed and frozen to -12°C. It should be stored at at least -12°C, but preferably at -18°C. Poultry that has been frozen and which has been reprocessed, has to clearly state 'previously frozen' on the label.



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