



GF Friendly

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Cooking Cheap Chicken Pieces

To kick off with our first budget-saver recipe I've chosen the main ingredient as chicken, a versatile meat that is ideal for a variety of dishes. It isn't necessary to spend a fortune on breast fillets or even a barbecued chook. There are plenty of cheap cuts which, if cooked the right way, can make a tasty meal that will satisfy most at a fraction of the cost.



Left is a 1 Kg tray of drumsticks that I bought for \$3.50 on special.



Right is the result of the method I'll describe below.

Place the chicken pieces in a large pan, cover with hot water, add a sprinkle of salt (optional); then bring to the boil. Turn down the heat, cover and simmer for 30 minutes. Once cooked, remove the chicken with a strainer spoon and allow to cool slightly. Pour the stock from the pan into a bowl and let that cool also.

Strip the skin, any gristle and fat, plus the bones, of course, and discard them. Pop the chicken pieces into a bowl, cover with boiling water and let them stand until cool. This is to remove any remaining oil and grease. The water isn't needed, so pour it away.

As for the stock, that can be used for all sorts, in particular the next recipe. You'll notice there is a slick floating on top. This is oil and fat which you won't need and is pretty unhealthy. It is easier to skim off with a tablespoon when the fat has solidified.

Tip: I used 3 cups of the boiled stock for cooking the rice in the chicken and rice stir-fry recipe. The rest, about 750ml, was put in a screw-top plastic container and frozen for use at a later date.

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