

Chicken Recipes

Created By
Muna Kenny

17
*Scrumptious
Ideas!*



Contents

Butter Chicken Restaurant Style	4
Arabian Chicken Stew	6
Cashew Nut Chicken	8
Chicken Potato Casserole	10
Chicken Mayonnaise Sandwich	12
Authentic Chicken Biryani	14
BBQ Chicken Pizza	16
Middle Eastern Chicken Skewers	18
Chicken Teriyaki	20
Crispy Chicken Wings	22
Chicken Parmesan	24
Chicken Manchurian	26
Chicken Shawarma	28
Brown Sugar BBQ Chicken Wings	30
Chicken Corn Carrot Soup	32
Chicken Do Pyaza	34
Creamy Garlic Chicken	36

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Butter Chicken Restaurant Style



Chicken seasoning:

- 2 chicken breast
- ¼ teaspoon black pepper powder
- ¼ teaspoon turmeric powder
- ½ teaspoon cumin powder
- ½ teaspoon coriander powder

The sauce:

- 4 tablespoons butter
- 1 tablespoon oil
- 1 medium onion chopped
- 1 teaspoon ginger and garlic paste
- 3 medium tomatoes chopped
- ½ teaspoon coriander
- ¼ teaspoon garam masala
- Salt
- 1 cup hot water
- 1 tablespoon tomato ketchup
- ¼ teaspoon sugar
- 5 tablespoons heavy cream

Chicken seasoning:

1. Mix all ingredients together and refrigerate for 30 minutes.

Making the sauce:

1. In a saucepan add 2 tablespoons butter and one tablespoon oil.
2. Fry the chicken, when it's browned remove from heat and keep aside.
3. To the remaining oil in the saucepan, add the onion and fry until translucent.
4. Add ginger garlic paste and stir for 2 minutes.
5. Add tomatoes, stir for 3-4 minutes. Add coriander, garam masala, and salt.
6. Add water and let it simmer for 3-4 minutes on medium heat.
7. Let the mixture cool down then add to the blender. Add more water (may take one cup or one cup and half) if the mixture turned out too thick.
8. Melt 2 tablespoons of butter in a saucepan and add the tomato sauce to it through a sieve.
9. Add the chicken, ketchup, sugar, and cream. Stir to blend.
10. Let simmer for 2 minutes while stirring occasionally.
11. If the sauce is too thick, add around ½ cup boiling water.
12. Serve with Indian bread or plain rice.

Arabian Chicken Stew

*Arabian Chicken
Stew*

375 calories



Ingredients

- 450gm skinless chicken thighs
- 450gm skinless chicken legs
- (Or 900gm skinless chicken cut into eight pieces)
- 2 large tomatoes finely chopped
- 2 medium zucchinis diced
- 1 large onion finely chopped
- 1 large potato diced
- 1 large carrot diced
- 4 garlic cloves minced
- $\frac{3}{4}$ cup chopped coriander leaves
- 2 tablespoons oil
- 2 tablespoons tomato paste
- 1 tablespoon coriander powder
- 2 teaspoons cumin powder
- $\frac{1}{2}$ teaspoon black pepper powder
- $\frac{1}{2}$ teaspoon turmeric powder
- $\frac{1}{4}$ teaspoon cardamom powder
- $\frac{1}{4}$ teaspoon cinnamon powder
- Salt to taste
- 8 cups boiling water

Instructions

1. In a hot pan, add oil and onion, cook until onion turns light brown.
2. Add the chicken and cook on medium heat until you see light brown patches on both sides of chicken.
3. Add the potatoes and carrot and stir for three minutes.
4. Add the tomatoes, stir for three minutes, then cover the pan and let it cook on medium heat for 5 to 7 minutes. (Do check on it so it doesn't burn since the heat of different stoves varies and my medium heat might be high on your stove.)
5. Add the garlic and spices and stir to combine.
6. Add the zucchini and tomato paste and stir for two minutes.
7. Now is the time to season with salt, then Add the boiling water and let the stew cook for 45 – 50 minutes or until the chicken is cooked.
8. Add the coriander and stir for three minutes.
9. Serve hot.

Cashew Nut Chicken



Ingredients:

- 300 gm boneless, skinless chicken thighs, cut into bite size
- 1/4 cup cashews
- 4 or 5 dried red chili dundicut
- 2 Tablespoons oil
- 2 garlic cloves cut into thin slices
- 2 Tablespoons all-purpose flour
- 1 medium onion, thinly sliced
- 2 medium scallions chopped

Sauce:

- 1 Tablespoon soy sauce
- 1 Tablespoon oyster sauce
- 1 teaspoon sesame oil
- Black pepper
- 1/4 teaspoon brown sugar
- 5 Tablespoons warm water

Make the sauce:

1. Mix all ingredients together until well blended. Keep aside.

Making the Chicken Cashew:

2. Fry cashews and dry chili in 2 tablespoons hot oil until golden in color. Set aside.
3. Mix chicken with flour until well covered. Fry chicken in previous hot oil until golden in color, about 3 minutes. Cover and set aside.
4. Add onion and fry for 1 minute.
5. Add garlic and then chicken, stir for 1 minute. Add cashews.
6. Pour sauce mixture over all and stir well for few seconds. Add chopped scallions, stir for few seconds, then turn of heat.
7. Serve hot.

Chicken Potato Casserole



- 3 medium potatoes peeled
- 2 tablespoons all-purpose flour
- Salt to taste
- 450gm skinless chicken thighs
- 450gm skinless chicken legs
- 1/2 teaspoon black pepper powder
- 1/4 teaspoon cinnamon powder
- 1/4 teaspoon turmeric powder
- 1 teaspoon cumin powder
- 3 medium onions cut in cubes
- 7 garlic cloves
- 1 tablespoon olive oil
- 1/2 cup orange juice
- 3 cups hot water

1. Preheat oven to 425F/220C.
2. In a bowl, mix together chicken, spices, and salt.
Keep aside for 15 minutes.
3. In a different bowl, add orange juice, olive oil, and flour. Mix well.
4. Add the salt and hot water and stir to combine.
5. Place the seasoned chicken in a baking pan.
6. Add potato, onion, chili, and garlic to the chicken.
7. Pour the orange water mixture on the chicken and bake for 1 hour and 15 minutes.

Chicken Mayonnaise Sandwich



- 200gm chicken breast boiled and shredded
- Salt
- Black pepper
- 1 (50gm) bread
- 2 leaves romaine lettuce
- 3 tablespoon chopped scallion
- 2 tablespoon low fat mayonnaise

1. In a boiling water, add the chicken breast and let it cook for 20 minutes or until done.
2. Take out the chicken and shred it. Add the salt, black pepper, scallion, and mayonnaise, mix well.
3. Place the lettuce on the bread, add on top of it the chicken mixture. Serve immediately.

Authentic Chicken Biryani



For the chicken:

- 250gm chicken thighs skinless boneless cut in half
- 1 tablespoon olive oil
- 1 teaspoon olive oil
- 3 tablespoon yogurt
- 1 onion thinly sliced
- 3 garlic cloves minced
- 2 whole green chili
- 2 teaspoon coriander powder
- 1 teaspoon cumin powder
- 1 teaspoon chili powder (you can use less)
- 1/4 teaspoon cardamom powder
- 1/4 teaspoon cinnamon powder
- 1 teaspoon ginger powder
- 1/4 teaspoon garam masala
- Salt to taste
- 1 tablespoon chopped mint leaves

For the rice:

- 1 cup uncooked basmati rice
- 1/2 teaspoon cumin seeds
- 1/4 teaspoon anise seeds
- Salt
- 2 whole cardamom
- 2-inch cinnamon stick
- 7 black peppercorns
- 1 3/4 cup hot water

For the coloring of the rice:

- 1/4 cup hot water
- Pinch of saffron

1. Mix together and keep aside.

Cooking the chicken:

1. In a small pan, add one-tablespoon olive oil and fry the onion until brown. You can add 1/4 cup water to the onion if you think it is getting dry and might burn, keep cooking the onion until the water evaporates. Keep aside.
2. In a different nonstick pan, add the chicken, spices, garlic, yogurt, green chili, salt, and one-teaspoon olive oil. Mix well and then cook on medium heat while covered, stirring occasionally, might take 13 to 15 minutes. Add the onion and stir for two minutes. *(If you think it's getting dry, just add 1/4 cup hot water.)*
3. When the chicken is cooked, add the chopped mint, stir for 1 minute then turn off heat. *(You should have around 1/3 cup of gravy or bit more.)*

Cooking the rice:

1. Add water to a pan, when it comes to a boil add all the rice spices, stir for few seconds, then add the rice.
2. When it comes to a boil again, reduce heat to the lowest and cover tightly. Cook for 20 minutes.
3. Pour the saffron mixture on the rice and mix gently using a fork.

Assembling the Biryani:

1. Add half the rice to a pan, top it with the chicken gravy, then add the rest of the rice. Cover the pan tightly, and let it cook on the lowest heat for five minutes.

BBQ Chicken Pizza



For the dough:

- 1 1/2 cup all-purpose flour
- 3/4 cup warm water (you may need less)
- 2 teaspoon dry active yeast
- Pinch of salt
- 1 3/4 tablespoon olive oil
- 3/4 tablespoon sugar

For the BBQ sauce:

- 1/4 cup ketchup
- 1/4 teaspoon brown sugar
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- black pepper powder
- 1 teaspoon olive oil
- 1/4 teaspoon chili powder (optional)
- 1 teaspoon lemon juice

1. Mix all the ingredients well and keep aside.

For the BBQ chicken:

- 1 skinless chicken breast cut into bite size
- Salt and black pepper
- 2 teaspoon oil
- 1 tablespoon from the BBQ sauce you prepared earlier

Extra topping:

- 1/4 cup (packed) Parmesan Cheese (grated)
- 50gm part skim mozzarella cheese shredded
- 1 small red bell pepper chopped
- 1 small onion finely chopped

For making the dough:

1. Mix water with yeast and sugar, keep aside for 10 -15 minutes. Add olive oil.
2. In a bowl, whisk or sift flour with salt. Gradually add the yeast mixture and knead. You should get smooth elastic dough that does not stick to your hand.
3. Cover and let it rise in warm place for an hour or until double in size.
4. Punch the dough and knead it for 1 minute. Lightly grease the baking sheet/pan. Place the dough in the baking pan and using your hands spread the dough to the shape and thickness you desire.
5. Cover and let the dough rise again for 30 minutes.

Making the BBQ chicken:

2. Season chicken with salt and black pepper.
3. In a hot pan add 2 teaspoons oil, when hot add the chicken and cook until light brown on both sides.
4. Add one tablespoon from the BBQ sauce to the chicken and stir for one minute on medium heat.
5. Remove from heat and cover immediately, keep aside.

Making the BBQ chicken pizza:

1. Preheat oven to 200C/400F.
2. Spread the remaining BBQ sauce on the dough, avoiding the edges.
3. Spread the onion, chicken, and the red bell pepper evenly.
4. Sprinkle the Parmesan cheese, then top with mozzarella cheese.
5. Bake for 10 minutes, depending on your oven's temperature you might leave it to bake longer.

Middle Eastern Chicken Skewers



*Middle Eastern
Chicken Skewers*

218 calories

- 2 medium onions, minced
- 1 1/2 teaspoon white vinegar
- 400 gm skinless chicken breast cut into cubes
- Salt to taste (I used around 1/2 teaspoon)
- Black pepper
- 1 tablespoon lemon juice
- 1 Tablespoon olive oil
- 1/2 teaspoon paprika or red chili powder (optional)

1. Squeeze the onion, and keep its juice to use in the marinade.
2. In a bowl, add the onion juice and the rest of ingredients except the chicken. Mix well. The color might turn pink, that's normal when you mix onion with vinegar.
3. Add the chicken and mix well. Cover and refrigerate overnight or at least for four hours.
4. Skewer the chicken cubes and grill on grilling skillet or on electric grill, but make sure the heat is high. Grill the chicken on each side, for 3 minutes or until done. You can reduce the heat to medium high if you're afraid to burn the chicken.
5. When done serve hot with salad on the side.

Chicken Teriyaki



- 2 skinless chicken breasts 80gm each
- 3 teaspoon brown sugar
- 2 teaspoon oil
- 1 tablespoon minced ginger
- 3 tablespoon low sodium soy sauce
- 1 teaspoon oyster sauce
- ½ cup hot water
- 1 teaspoon cornstarch dissolved in 2 tablespoon water
- Sesame seeds for garnish

1. In a bowl, add water, soy sauce, sugar, oyster sauce, and ginger. Mix well.
2. To a hot pan add oil, when hot add the chicken breasts and cook for 2 minutes on each side on high heat.
3. Use a kitchen paper/towel to remove excess oil from the pan.
4. Add the sauce to the chicken and let it simmer for 1 minute, then add the cornstarch mixture and stir quickly, when thick turn off heat.
5. Cut the chicken into slices and serve over rice, sprinkle sesame seeds on top.
6. Serve immediately.

Crispy Chicken Wings



- 1 cup milk
- Enough oil to deep fry
- To season flour:
- 1 cup all-purpose flour
- 1 ½ teaspoon salt
- ½ teaspoon red chili powder (you can use less.)
- 1 teaspoon black pepper powder
- ¼ teaspoon garlic powder
- ¼ teaspoon onion powder
- ¼ teaspoon allspice powder

1. In a deep-frying pan, add enough oil to cover the wings. Keep oil on medium high heat.
2. Mix the flour with flour seasoning and keep aside.
3. Dip chicken wing in seasoned flour, then in milk, and then in seasoned flour again. Do the same with all the wings.
4. Fry the wings in the hot oil for 9 minutes, flip and fry for 5 minutes on the other side.
5. To check if the chicken wing is cooked, prick the chicken with a knife, if the knife goes through the chicken smoothly it means it's done. If it feels tough and or blood ooze out, cook for another three minutes.
6. Place on kitchen towel to remove excess oil.

Chicken Parmesan



- 2 boneless and skinless chicken breast
- Black pepper powder
- Salt
- Paprika
- 1 cup all-purpose flour
- 1 cup breadcrumbs (place in large deep plate)
- 1 large egg beaten (keep in large deep plate)
- Marinara sauce (as much as you want to use.)
- 1 cup shredded mozzarella cheese
- 2 teaspoon parmesan
- ¼ cup oil to fry

1. Preheat oven to 350F/ 180C.
2. Pound the chicken breast until it is even in thickness. Season both sides with black pepper, salt, and paprika.
3. Dredge both sides of the chicken breast in flour. Dip the chicken breast in the egg and then in the breadcrumbs. Keep aside.
4. Add oil to frying pan and when hot add the chicken breast. Fry for three minutes on each side or until golden in color.
5. Spread the marinara sauce over one side of the chicken breast, add mozzarella cheese and parmesan on top of the sauce.
6. Place the chicken in a baking pan and bake in the previously heated oven for 12 minutes or until the chicken is done.
7. Serve with ziti or spaghetti.

Chicken Manchurian



Chicken Marinade:

- 3 skinless chicken thighs cut into cubes
- Salt to taste
- 1 egg
- 1 tablespoon water
- 4 tablespoon cornstarch
- 2 tablespoon all-purpose flour
- ¼ teaspoon black pepper
- Enough oil to deep fry the chicken

For the sauce:

- 4 garlic minced
- 2 dry red chili
- 1 teaspoon minced ginger
- 1 small onion finely sliced
- 4 teaspoon soy sauce
- ¼ cup green pepper cut in cubes
- 2 spring onion chopped
- 2½ cup chicken stock or 2½ cups water mixed with one chicken bouillon
- 2 tablespoons oil
- ½ teaspoon vinegar

To thicken the sauce:

- 3 tablespoon cornstarch, mixed with three tablespoon water

Frying the chicken:

1. Mix the marinade ingredients in a bowl, and then add the chicken. Keep aside for five minutes.
2. In a deep frying pan add oil, when hot add the chicken and fry until golden in color. Keep aside.

Making the sauce:

3. In a pan, add oil when hot, add the onion and sauté until translucent. Add garlic, dry chili, ginger, and sauté for one minute. Add the rest of sauce ingredients and let it come to a boil.
4. Mix three tablespoon of cornstarch with three tablespoon water and add to the previous sauce. Keep stirring until it thickens then add the fried chicken and mix well.

Chicken Shawarma



- 350 gm chicken slices (I used thighs)
- ½ cup yogurt
- Juice of half lime or lemon
- ½ teaspoon black pepper powder
- ½ teaspoon allspice powder
- 1 ½ teaspoon cumin powder
- ½ teaspoon paprika
- 3 minced garlic cloves
- ¾ teaspoon salt

1. Mix all the ingredients above, cover and let it marinate for 2 to 3 hours in the fridge.
2. Preheat oven to 400F/200C.
3. Remove chicken from the marinade and distribute on a baking sheet.
4. Bake on the low rack for 20 minutes uncovered.
5. You can drizzle the chicken shawarma with olive oil for more flavor if you wish.

Brown Sugar BBQ Chicken Wings



- 8 chicken wings cleaned
- Salt
- ½ teaspoon black pepper
- ¼ teaspoon garlic powder
- 1 cup flour
- For the BBQ Sauce:
- ¾ cup ketchup
- ¾ cup brown sugar
- ½ teaspoon black pepper powder
- 1 tablespoon olive oil
- 1 ½ tablespoon white vinegar
- 2 teaspoon worcestershire sauce

1. Preheat oven to 400F/200C.
2. In a big bowl, mix the BBQ sauce ingredients well and keep aside.
3. Season the wings with salt, black pepper, and garlic powder.
4. Dredge each wing in flour. Place the wings in baking pan (preferably nonstick pan). Bake for 25 minutes.
5. Take the chicken wings out of the oven, place in a big bowl, pour the BBQ sauce, toss until the sauce covers the wings completely.
6. Place wings in baking tray and bake again at 400F/200C for 10 to 15 minutes.

Chicken Corn Carrot Soup



- 1/2 cup raw corn
- 1 medium carrot finely chopped
- 220gm chicken breast boiled and cut in cubes
- 1 chicken bouillon
- 2 tablespoon oats
- 1 tablespoon flour
- 2 teaspoon olive oil
- 1 green chili cut in half (optional)
- 2 1/2 cups hot water

1. In a pan, add oil and carrot, sauté for two minutes, and then add the corn and sauté for another two minutes on medium heat.
2. Add the flour and stir well, then pour the water while stirring to prevent lumps.
3. When the water boils, add the rest of ingredients and let it come to a boil again.
4. Allow the soup to simmer for three minutes on low heat.

Chicken Do Pyaza



- 5 skinless chicken thighs cut into cubes
- 2 large onion thinly sliced
- 2 bay leaves
- 2 tablespoon butter
- 2 tablespoon oil
- 7 medium size garlic cloves minced
- 2 teaspoon cumin seeds
- 2 black cardamom
- 5 green cardamom
- 1 teaspoon salt
- 1 cinnamon stick
- 2 whole star anise
- ¼ teaspoon cloves powder
- 1 teaspoon black pepper powder
- 1 teaspoon turmeric powder
- 3 teaspoon coriander powder
- 3 teaspoon cumin powder
- ½ teaspoon red chili powder
- *** ½ cup water added almost at the end

1. In a pan, add butter and oil, add the star anise, cinnamon stick, cumin seed, black cardamom, green cardamom, and bay leaves. Stir for one minute on medium heat.
2. Add the onion and stir until translucent. Add the chicken and stir occasionally for 4 minutes on medium-high.
3. Add the garlic and continue stirring for 3 more minutes. Add the rest of ingredients and stir for 3 minutes then reduce the heat.
4. Add half cup water and cover the pan. Stir in between until the chicken is cooked.
5. Serve with Bread or rice.

Creamy Garlic Chicken



FOR THE CHICKEN

- 4 chicken thighs skinless and cut into bite size
- 1 teaspoon onion powder
- ½ teaspoon black pepper
- ½ teaspoon paprika
- ½ teaspoon oregano
- Salt to taste (I used around ¾ teaspoon)
- 3 tablespoon oil to fry.

FOR THE SAUCE

- 5 minced garlic cloves
- Salt to taste
- ¼ teaspoon black pepper
- 2 teaspoon all-purpose flour
- 1 ¼ cup milk

TO MAKE THE CHICKEN

1. In a bowl, add the chicken and all the spices and salt. Mix and keep aside.
2. In a hot pan, add the oil and when hot add the chicken, cook until the chicken is lightly brown and cooked.
3. This will take few minutes. Remove the chicken and keep aside.

TO MAKE THE SAUCE

4. Some oil will be left in the previous pan, add the flour to it and on medium heat stir for two minutes.
5. Add the garlic and stir on medium heat, careful not to brown the garlic. Now add the milk and keep on stirring.
6. When the sauce is little thick add the salt and black pepper. Stir for one minute.
7. Add the chicken and stir for another minute. Turn off the heat, the sauce will get thicker when it cools a little.
8. Serve with rice or pasta.