

CHICKEN WITH GINGER AND MAPLE SYRUP

Cuisines collectives L'Essentiel des Etchemins, Chaudière-Appalaches

6 portions		12 portions	24 portions
3 tsp.	vegetable oil	6 tsp.	12 tsp.
1¾ lbs.	chicken strips	3 ¾ lbs.	7½ lbs.
¼ cup	flour	¾ cup	1½ cup
½ cup	maple syrup	1 cup	2 cups
3 tbsp.	cider vinegar	6 tbsp.	12 tbsp.
3 tbsp.	soy sauce	6 tbsp.	12 tbsp.
3 tbsp.	dry sherry (optional)	6 tbsp.	12 tbsp.
3 tsp.	grated fresh ginger	6 tbsp.	12 tbsp.
3 cloves	chopped garlic, peeled	6 cloves	12 cloves
¾ tsp.	pepper	1½ tsp.	3 tsp.
1½	onion(s)	3	6
	a little chicken broth to taste		

- In an oven pan, take oil to medium heat.
- Coat chicken pieces with flour, and cook in pan about 5 minutes or until browned on all sides.
- In a bowl, mix maple syrup, vinegar, soy sauce, sherry, ginger, garlic, pepper, chicken broth and onion. Next, pour mix over chicken pieces.
- Cook in oven 5 to 10 minutes, depending on size of chicken pieces, or until juice is clear.
- Cook in oven at 325°F.
- Serve with mashed potatoes and beans.

Cost per portion: \$0.75

Did you know that ...

Maple syrup is a sweetener produced from the sap of maple trees found mainly in Quebec, the State of New York and Vermont. Maple syrup can be used in place of sugar and gives its own special flavour. It has fewer calories than honey, contains more minerals, and the minerals present (calcium, iron, phosphorus and potassium) are slightly more concentrated.