

Sweet and Sour Chicken with Chutney Rice©

Rice—Ingredients: (Rice serves about 10 people with 25–30 tenderloins)

1 1/2 cups	basmati rice
3 cups	water
2 Tbsp.	dry sherry wine
1 1/2 tsp.	salt
1 tsp.	Madras™ Curry Powder
2 Tbsp.	golden raisins or other
1/2–9 oz. bottle	Crosse and Blackwell™ Major Gray's Chutney

Method:

In a microwave steamer, mix together all ingredients except the raisins and chutney. Put lid on top, vent open and microwave 6 minutes. Stir. Close top and vent and microwave another 6 minutes. Stir. Let sit 6 more minutes or longer. When ready to serve stir in the raisins and chutney. Rice should be still warm. Or, rice may be cooked on top of the stove. May be served hot, warm or cold.

Sweet and Sour Sauce – Ingredients:

1/2 cup	dark or light brown sugar
1/4 cup	red wine
1/4 cup	balsamic vinegar, dark or light
1/2 cup	Heinz™ Chili Sauce
2 Tbsp.	Lea & Perrins™ White Wine Worcestershire Sauce for Chicken
2 Tbsp.	dijon mustard
1 tsp.	fajita seasoning
2 tsp.	lemon pepper
2 tsp.	Tabasco™ Green Pepper Sauce
4 oz. cold	butter, sliced



Method:

Remove the flute from the Simmer Pot and fill surrounding pot less than half full with water. Replace flute.

Spray the interior of the pot with Pam™. Mix all ingredients except butter into a Simmer Pot (or double boiler). Put on burner, turn on heat and when a musical tone sounds, immediately turn heat down, do not boil sauce. Simmer until sauce is slightly reduced and it gets creamy...takes about 1/2 an hour.

Cool slightly and add cold butter a small amount at a time and mix with the Magic Wand using the knife blade or use a regular pot. Bring to boil and stir continuously for 5–6 minutes. Cool slightly and then add butter.

Chicken—Ingredients: (easy to double or triple)

8–10 frozen	chicken tenderloins, (for a main course plan on 3–4 tenderloins per person), do not defrost
1 oz.	butter, melted
1/4 tsp.	Madras™ Curry Powder
1/4 tsp.	lemon pepper

Method:

Preheat conventional oven to 400°, convection oven to 375°.

Line a cookie sheet with foil and lay the frozen tenderloins side by side. Mix together the melted butter, curry and lemon pepper and baste the tenderloins. Tenderloins may be prepared the night before and kept covered in the freezer. Bake frozen 15–18 minutes until done. They will look very pale.

Topping:

1/2 cup	pine nuts
2 Tbsp.	green onions, diced (for garnish)

Method:

Preheat conventional oven to 350°, convection oven to 325°. Spread the pine nuts very closely together in a single layer on a cookie sheet. Toast and set aside. Burns easily.

To Serve:

Put rice on a serving platter. Arrange chicken on top and spoon sweet and sour sauce over chicken. Sprinkle with pine nuts and diced green onions.