

CHICKEN CORDON BLUE

History: Chicken cordon bleu as a dish unto itself first appeared on restaurant menus in the United States in the early 1960s. According to the Food Time Line website, it is clearly an American recipe innovation. This specific combination and name did not originate in Europe. It was considered a trendy dish at the time and served at fashionable, high-class restaurants.

Origins: There are many regional dishes from Europe that share characteristics with Chicken Cordon Bleu. Some of the countries that include roulades, or roll ups of meat, in their cuisine are Germany, France and Italy. Almost all of them are based on veal or chicken wrapped around stuffing, another meat, cheese or a combination of any of these. Many of them are then breaded and fried. The names and recipes vary widely, but their connection to the dish is apparent.

HOW TO PREPARE

Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping cream

PREPARATION VERBS: add, blend, brown, coat, cook, fold, heat, mix, place, pound, pour, reduce, remove, simmer, slice, transfer, serve, etc

UTENSILS: bowl, oven, platter, skillet, toothpicks, wisk, wooden spoon, knife, etc.



CHICKEN TIKKA

Origins: The word Tikka means bits, pieces or chunks. Chicken Tikka is an easy-to-cook dish in which chicken chunks are marinated in special spices and then grilled on skewers. This is one of India's and British most popular dishes. Chicken Tikka can also be made into Chicken Tikka Masala, a tasty gravy dish.

It is traditionally small pieces of boneless chicken baked using skewers, in a clay-based oven called a tandoor, after marinating in spices and yogurt. The Punjabi version of the dish, however, is grilled over red-hot coals, and does not always contain boneless pieces. The pieces are brushed with *ghee* (clarified butter) at intervals, which gives it taste, while being continuously fanned. It is typically eaten with a green coriander and tamarind chutney, served with onion rings and lemons, or used in preparing a chicken *tikka masala*.

HOW TO PREPARE

Ingredients:

- 1 cup fresh yoghurt (should not be sour)
- 1 cup finely chopped fresh coriander leaves
- 2 tbsps ginger paste
- 3 tbsps garlic paste
- 3-4 tbsps garam masala
- 6 peppercorns/ 2 dry red chillies
- 3 tbsps lime/ lemon juice
- 1/2 tsp orange food coloring
- 1 kg chicken (breast or thigh) skinless and cut into 2" chunks
- 1 large onion cut into very thin rings
- Lime/ Lemon wedges to garnish
- 1 tsp Chaat Masala (available at most Indian groceries)

PREPARATION VERBS: add, chop, coat, cover, grind, marinate, mix, place, pour, preheat, put, refrigerate, sprinkle, thread, garnish

UTENSILS: bowl, food processor, grill, oven, plate, skewers, etc.



SPANISH PAELLA

Origins/History: Paella is a world-famous Spanish dish. It originates from the region of Valencia in eastern Spain. There is a story how the Moorish royal servants created this rice dish using leftovers from royal banquet to take home. However, linguists say that the word paella originates from the Latin word patella, which means a flat plate on which offerings were made to the God. Paella contains various ingredients from chicken, pork, shellfish, fish even rabbit or eel, mixed with peas, beans, artichokes or peppers. The key ingredient for paella is the spice called saffron which gives the rice a wonderful golden color.

HOW TO PREPARE

Ingredients:

- 6 boneless chicken breasts or thighs
- 6 slices pancetta or streaky bacon
- 10 king prawns
- 100g chorizo¹, sliced
- optional: 500g mussels, scrubbed
- optional: 2 small squid, halved and scored
- 500g paella rice
- 2 handfuls peas, fresh or frozen
- olive oil
- sea salt and freshly ground black pepper
- plain flour, for dusting
- 1 onion
- 4 cloves of garlic
- 2 litres hot chicken stock
- 2 large pinches of saffron
- 1 heaped teaspoon paprika
- a small bunch flat leaf parsley

PREPARATION VERBS: add, cook, fry, heat, leave, place, pour, preheat, put, season, sprinkle, stir

UTENSILS: chopping board, chef's knife, large deep pan, lid, baking tin, wooden spoon, oven, stove



¹ Chorizo is a Spanish pork sausage

BEEF BOURGUIGNON (BEEF BURGUNDY)

Origins/History: Beef Bourguignon is a well-known, traditional French dish. It originates from the Burgundy region which is also famous for *coq au vin*, *escargot*, *oeufs meurette*, *pain d'epices* and other traditional French dishes. Beef Bourguignon is an example how a peasant dish has become haute cuisine or an exclusive dish. Originally, beef cuts were larded with lardons and simmered in red wine to tenderize the meat.

HOW TO PREPARE

Ingredients:

- 1.3kg beef steak, cut into 5cm (2 inch) cubes
- 225g pancetta cut into lardons
- 350g small mushrooms, trimmed
- 1 large carrot, cut into chunks
- 1 large onion, cut into chunks
- 2 celery sticks, roughly chopped
- 2 bottles red Burgundy wine
- 5 tbsp brandy
- 300 ml beef stock
- 450g shallots, peeled
- 1 head garlic, halved
- 2 fresh thyme sprigs
- 4 bay leaves
- salt and freshly-ground black pepper
- 4 tbsp olive oil
- 55g unsalted butter
- 55g plain flour

PREPARATION VERBS: add, boil, cool, heat, marinate, pour, preheat, refrigerate, reduce, scrape, season, serve, stir, etc.

UTENSILS: bowl, casserole dish, frying pan, slotted spoon, wooden spoon

