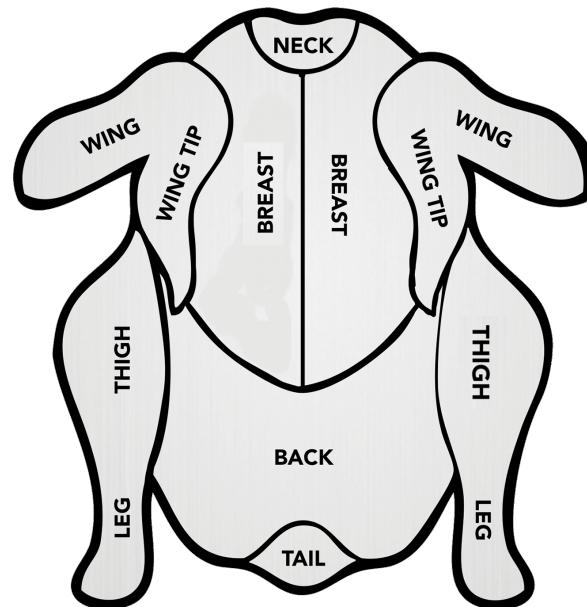


ALL ABOUT CHICKEN

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BREAK DOWN A CHICKEN



What you need:

- sharp Chef's knife
- cutting board
- wet cloth or paper towel
- zippered freezer bags
- Sharpie
- digital kitchen scale (optional)



How long will chicken keep in the freezer?

Raw chicken pieces can be stored in the freezer for up to 9 months, while a whole chicken can be frozen for up to one year.



Need a refresher? Check out this YouTube video by ForkNPlate:
petojofood.com/class/all-about-chicken



BASIC CHICKEN STOCK

Prep time: 20 mins

Cook time: > 2 hours

Using a 3:1 ratio of bones to vegetable, you'll need:

3 lbs chicken bones

Water, enough to cover bones by a 1/2 inch

1 lb mirepoix (about 2 cups)

2 tbsp vegetable oil

1 handful of parsley

1 bay leaf

10 black peppercorns

kosher salt

In roasting pan, toss bones, carrot, celery and onion in oil and season with salt. Roast in 400°F oven for 20-30 mins. Add roasted bones and vegetables to stock pot, add enough water to cover the bones by a 1/2 inch, herbs, bay leaf, peppercorns and salt. Bring to a boil, reduce heat and let simmer for at least 2 hours.

Taste your stock. If the flavour is robust and it tastes like chicken stock, pull it off the heat and strain stock using fine sieve and cheesecloth. Let cool enough to skim excess fat. Store in airtight containers in fridge for up to 7 days or in freezer for up to 6 months.



How to figure out the weight of chicken bones without a scale?

Bones make up about 1/3 (or more accurately 32%) of a whole chicken. Most grocery store chickens weight about 3 to 3.5 lbs (or 1.3 to 1.6 kg). Therefore, one whole chicken will yield about 1 lb (or 0.45 kg) worth of bones.



SEMUR AYAM (SWEET SOY SAUCE BRAISED CHICKEN)

Prep time: 20 mins

Cook time: 50 hours

5 shallots

5 cloves garlic

1" piece of fresh ginger

3 tbsp vegetable oil

1 stalk of lemongrass

8 pieces of chicken thighs and drumsticks

3-4 white potato, peeled and diced

2 cups water

2 cups chicken stock

1/4 cup + 3 tbsp kecap manis (sweet soy sauce)

1 tsp kosher salt

1 tsp sugar

1/2 tsp ground nutmeg

1/2 tsp white pepper

Purée shallot, garlic and ginger in food processor. In large pot with lid, heat oil and sauté paste and lemongrass until fragrant, about 3 minutes. Add chicken pieces and cook until outside is fully brown, about 7 to 10 minutes. Add potatoes, water, stock, kecap manis, salt, sugar nutmeg, and white pepper and bring to boil. Simmer for 30 minutes until chicken is cooked and potatoes are tender. Season with salt and sugar as needed.

Serve with steamed jasmine rice and garnish with crispy fried shallots.



SWEET & SPICY CHICKEN SKEWERS

Prep time: 30 mins

Cook time: < 10 mins

1/2 cup (packed) light brown sugar

1/2 cup unseasoned rice vinegar

1/4 cup Bapak's Sambal Oelek

1/4 cup fish sauce

1/8 cup tomato paste

2 teaspoon finely grated peeled ginger

1 tsp minced garlic

1.5 lbs skinless, boneless chicken breast, cut into 1 1/2-inch-2-inch pieces

10-12 bamboo skewers soaked in water

Whisk brown sugar, vinegar, Bapak's Sambal Oelek, fish sauce, tomato paste, garlic and ginger in a large bowl. Add chicken and toss to coat. Remove chicken and thread 4 or 5 pieces onto each skewer. Transfer leftover marinade to a small saucepan. Bring to a boil, reduce heat, and simmer until reduced by half (about 1 cup), 7-10 minutes. Bake or grill chicken skewers, turning and basting often with reduced marinade, until cooked through, 8-10 minutes.



Find Petojo Food & Catering every weekend at The Market at Western Fair and at various farmers' markets and pop-ups in the surrounding areas during the summer months.

Follow us on Instagram and Facebook: @petojofood

Rasa Indonesian, Petojo Food's virtual restaurant, is open on UberEats, DoorDash and SkipTheDishes every Wednesday to Saturday. Call ahead for pick-up at 519 488 0316.

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