

# Recipes to use the WHOLE chicken



[www.backhomefarms.net](http://www.backhomefarms.net)





## Meet your Farmers

*"It can be overwhelming to try to plan healthy, nutritious meals for your family each night. Use this recipe book to inspire ideas on how to use a whole chicken for two to three delicious home-cooked meals!"*

Our lives are busy with everyday tasks and routines and not having to worry about where your food comes from takes one thing off your plate. At Back Home Farms our motto is "Know Your Farmer, Know Your Food". We take great pride in being able to share our farm fresh meats with you and your family.

We hope that this booklet will help you find some ways to make the most of your purchase while enjoying a few home cooked meals!



# CRISPY GARLIC ROASTED CHICKEN

*This chicken comes out with a nice juicy breast and golden crispy skin. I went a little heavy on the garlic so it was a "bit" much for the rest of the family so keep that in mind when you are tucking the garlic under the skin.*

- 1 Back Home Farms whole chicken
  - 6-8 cloves garlic, minced
  - 6 Tbsp. butter, melted
  - Salt and coarse ground black pepper
  - Feel free to add other spices that you like
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- Thoroughly rinse the chicken. Gently pat dry with paper towels.
  - Lift up the skin on top of the chicken (near the neck) and pull up gently. With your other hand, gently separate the skin from the breast and thigh meat.
  - Stuff half of the garlic in between the skin and meat, so that it is fairly evenly spread out.
  - Spread the remainder of the garlic all over the cavity inside the chicken.
  - Using the butter, baste the entire outside of the chicken then sprinkle generously with coarse ground pepper and salt.
  - Adjust oven rack to lowest position and preheat to 450 degrees. Flip chicken so breast side faces down, tucking the wings under, and set V-rack in roasting pan. Roast chicken 30 minutes.
  - Remove roasting pan from oven. Rotate chicken to breast-side up. Baste briefly with pan juices or additional melted butter.
  - Continue to roast until skin is golden brown, crisp, and thermometer inserted in thickest part of breast registers 160 degrees and 175 degrees in thickest part of thigh. Cover with foil if skin gets too dark.
  - Transfer chicken to cutting board and let rest, uncovered, for 20 minutes. Carve and serve immediately.

# QUICK STOCK INSTRUCTIONS

*Nothing better to add flavor to a recipe than homemade chicken (or beef) stock! Plus this allows you to get the MOST out of your farm fresh chicken purchase.*

- After pulling remaining meat from your carcass, place your poultry carcass in a slow cooker.
- Add in veggies that you have hanging around- even the slightly wilted ones. I use celery, onion, and carrots. Add your favorite seasonings and a sprinkle of salt and black pepper. (There's really no "wrong" way to do this...)
- Add 1-2 tablespoons of apple cider vinegar (this helps leach all the good stuff out of the bones).
- Cover with cold water and set your crockpot on low.
- Allow the stock to simmer over night.
- Strain the stock into glass containers and allow to cool in the fridge. The fat will rise to the top and harden so you can remove.
- Store in a container in the fridge for up to two weeks.
- Add to any recipes calling for chicken broth!





# BUFFALO CHICKEN CRUNCHWRAP

*These wraps were a hit. My husband suggested instead of buffalo sauce next time, try mixing the chicken with ranch. Gonna have to give that one a try!*

- 6 - 10" flour tortilla wraps, warmed in the microwave
  - 2 cups cooked shredded chicken
  - 1/2 cup Buffalo Sauce - may need more based on how "saucy" you want it
  - 3 oz Blue cheese, crumbled (you can substitute if you don't like blue cheese)
  - 2 oz Cheddar cheese, grated
  - Tortilla chips
  - 1 rib of celery, finely diced
  - 1 large onion, finely diced
  - Shredded lettuce
  - Oil, as needed in pan
  - Sour Cream or Ranch, to serve
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- In a medium sized bowl, combine 2 cups shredded chicken, 1/2 cup buffalo sauce, diced celery and diced onion. Set aside.
  - Evenly split ingredients and in the center of a tortilla wrap stack in this order: lettuce, crumbled blue cheese, buffalo chicken, tortilla chips, cheddar cheese.
  - Fold in the outside of the wrap over the center, making your way around the wrap until the center is completely covered
  - Place seam side down on a lightly oiled pan over medium heat.
  - Fry for 3-4 mins or until deep golden and crispy, then flip and cook until the other side is golden.
  - Cut in half and enjoy with sour cream or ranch



# BBQ CHICKEN SHEET PAN PIZZA

*One of my favorite pizzas!*

- 1 pound pizza dough, store-bought or homemade, room temperature
  - 2 tablespoons olive oil
  - 2 cups cooked shredded chicken
  - 1 cup BBQ sauce, see our recipe in the BBQ meatball recipe on our website
  - 8 ounces (about 2 cups) shredded mozzarella cheese, divided
  - 1/2 red onion, thinly sliced
  - 1/2 to 1 lb of Back Home Farms bacon - cooked and cut up
  - 1/4 c Back Home Farms candied jalapenos
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- Preheat the oven to 450°F. Place a rack in the lowest position.
  - Stretch the dough onto the baking sheet: Place the dough in the center of the baking sheet and drizzle with the oil. Turn the dough to coat it well, spreading some of the oil over the baking sheet. Gradually stretch the dough until it reaches the edges of the baking sheet, being careful not to rip any holes in the dough. If it springs back or is difficult to stretch, this usually means that the dough is too cold. To remedy the situation, cover with plastic wrap and let rest for 10 minutes before continuing.
  - I like to pre-bake my crust for about 10 minutes - this is totally optional, just something I like to do.
  - Top the pizza: Mix together the shredded chicken and barbecue sauce in a bowl, then spread evenly over the pizza dough, leaving a little bit of a border around the pizza.
  - Sprinkle evenly with two-thirds of the cheese, scatter the red onion, bacon and the jalapeños, then sprinkle with the remaining cheese.
  - Bake the pizza: Set the pan on lowest shelf of the oven and bake until the cheese melts and the pizza is golden brown, about 15 minutes. Cut into squares and serve hot.