

CHICKEN ROAST WITH MUSHROOMS

INGREDIENTS:

- 2 **chicken Maryland** (leg & thigh); or 2 **chicken breasts**
- 1 **cup of pure revitalized or spring water**
- ½ **cup of organic white wine**
- 1 **Tbs of dried or fresh mixed herbs** (oregano, marjoram, thyme, sage)
- 1 **Tbsp unsalted butter**
- 6 **shakes of garlic powder**
- 2 **pinches of light grey Celtic seasalt**
- 4 **Portobello mushrooms**

DIRECTIONS:

Wash the chicken pieces well, cut the leg from the thigh, and place them on a rack in a glass cooker or broil them in an oven. Fill the bottom of the glass cooker, or oven pan with the water, which will become the au jus. Cook/broil at 350°/225c for 20 minutes until the skin is crisp and golden.

Turn the chicken over and pour the wine over the chicken pieces. Sprinkle the mixed herbs and garlic powder on the back side of the chicken pieces.

Cook for another 20 minutes, until the chicken is done.

Spoon some of the au jus on to the chicken pieces and add the butter. Salt to taste.

Pour the remaining au jus into a small bowl to be used when served.

Prepare the recipe for Mushrooms Portobello on this site and serve it with the chicken.

ENJOY this delicious chicken dish with the Sweet Potato Mash and the Garden Salad.

Serves 2 Use **organic**, pasture-raised chicken

Suitable for O and A blood types

For B & AB blood type use pheasant instead of chicken

The **chicken** belongs to the *Aves* bird class of animals and sub species of *Gallus gallus domesticus*. The domestication of fowl dates back to 2,000 BC.

Chicken is high in protein and contains all the B vitamins. It is particularly rich in B3, B6, B12, choline, and pantothenic acid. It is also a good source of selenium, zinc, copper, and omega 3 fatty acids (EPA & DHA).

Chickens raised for meat are referred to as broilers, fryers, or roasters. Broilers and fryers are bred for rapid growth (5 weeks) and include Cornish, White Rock, Hubbard, Barred, Cornish Cross, and Cornish Rock. Roasters are fed for a longer period of time (12-20 weeks). When not raised for food, chickens live for 5-10 years or longer.

The world's largest producer of broilers is the USA, where commercial production surpassed 35 billion pounds in 2010. Approximately 20% of broilers are contaminated with 1 *Salmonella*. Thus, proper handling is as important as is animal welfare. Do not let raw chicken contact other foods. Be sure to wash the cutting board, utensils, and hands well

after handling raw chicken. Chicken wrapped well and stored in the coldest section of the fridge will keep for 2-3 days. Frozen chicken wrapped well and tightly can keep for about one year. Defrost frozen chicken in the fridge, in a dish.

AVOID smelly chicken and commercial chicken raised in factory farms with antibiotics because they contribute to the consumer becoming antibiotic resistant. It is also best to AVOID yellow-skinned (corn fed) chicken because most corn contains GMOs.

Cage-free, pastured, and free-range standards for chickens being outdoors have been significantly lowered. Thus, find a good, reliable butcher to buy **organic, pasture-raised**, chickens.

Select chicken that is solid, plump, opaque, and free of spots. When buying frozen, select chicken that is free of freezer burn, ice deposits, or frozen liquid in the package.

According to researchers at the Univ. of Perugia, Italy, pasture raising of chickens goes beyond organic and increases total antioxidant nutrients. This included plenty of time allowed for pecking, foraging, moving around outdoors, and sunshine. While chickens enjoy grasses, they are omnivores that eat non-plant foods including grubs, worms, insects, and seeds.

When a chicken is properly raised, cooking with its skin enhances the flavor, retains the moisture, and provides fiber. Thus, do not remove it.

The Portobello/Swiss mushroom is a fully mature version of the crimini fungi, which has grown wild since prehistoric times. In ancient Rome, they were referred to as *cibus diorum* - food for the Gods. Cultivation first began in China, Japan, and India. Western Cultivation began in Europe, in the 17th century.

This mushroom is rich in selenium, antioxidant phytonutrients, and anti-inflammatory properties, which provide cardiovascular and immune support. The Portobello mushroom also contains iron, magnesium, manganese, zinc, copper, fiber, and a variety of B vitamins. Mushrooms complement beef, poultry, various vegetables, rice dishes, or an omelet.

In the three stages of cultivation, organic standards are much higher than nonorganic commercial standards. Thus, for quality and freshness, select organic mushrooms that are firm, plump, clean, light brown, and closed. Store them in the fridge, spread out in a loosely closed paper bag or covered glass dish. AVOID clumping them together, which causes them to get slimy and lose their freshness. To preserve their texture, gently clean them with a soft natural bristle brush under running water. Consume within 3-7 days.