



## Pine Chicken Holiday Recipe

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Preparation Time	10
Cooking Time	140
Serving Size	8

### Ingredients:

#### FOR THE MARINADE

- - reserved pineapple syrup
- 1 tsp ginger, grated
- 1 Tbsp garlic, minced
- 1/4 cup soy sauce
- 1/4 tsp pepper, black
- 1/2 tsp salt

#### FOR THE FILLING

- 2 Tbsp butter
- 100 g onion, chopped
- 1/2 cup celery, chopped
- 10 slices bread, white loaf, cut into cubes
- 2 cans DEL MONTE Crushed Pineapple (227g), drained, reserve syrup
- 1/4 cup raisins
  
- 1/2 tsp salt
- 1/8 tsp pepper, black
- 1 1/4 kgs chicken, whole
  
- 2 tsp cornstarch

### Preparation:

1. Combine ingredients for marinade. Marinate the chicken for 1 hour in the refrigerator, making sure some of the marinade goes inside the cavity. Drain, reserve marinade.
2. Filling: Sauté onion and celery in butter. Add bread, stir to toast slightly. Combine with remaining ingredients. Season with salt and pepper. Mix well.
3. Stuff chicken with filling. Place directly on roasting rack of turbo broiler. Broil at 375°F for 1 hour or until cooked, turning chicken after 30 minutes. Let stand for 10 minutes before slicing. Reserve drippings for gravy.
4. Gravy: Combine cornstarch, reserved marinade and drippings. Simmer while stirring until just thickened. Serve with chicken.

### Chef's Tip

After removing the chicken from the turbo broiler or oven, cover pan loosely with aluminum foil and allow to

rest for 10 minutes. This step redistributes the juices which will make the chicken more moist.

### **Lusog Notes**

This dish is rich in iron needed for the formation of red blood cells that helps carry oxygen all over the body. It is also high in niacin that promotes normal digestion and healthy skin.

### **Cooking Skills Needed**

- Mixing
- Sautéing

### **Cooking Tools**

- Chopping Board
- Grater
- Spatula

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