
Polynesian Chicken II

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

4 halves frying chicken
3 tablespoons flour
1 teaspoon ginger
1/2 teaspoon salt
1/2 cup shortening
1/2 cup green onion, chopped
1 cup fresh mushrooms, sliced
1 can (6-1/2 ounce) water chestnuts, drained
1 can (9 ounce) pineapple slices, undrained
1/2 cup orange juice
1 can (10-1/2 ounce) consomme'
14 tablespoons soy sauce
TOASTED COCONUT RICE
4 cups cooked rice
1/4 cup butter, melted
1/2 cup toasted coconut

Dredge the chicken halves in a mixture of flour, ginger and salt. Brown well in heated shortening in a large skillet. Remove from the pan and drain.

Measure 1/4 cup of the remaining fat into a small skillet. Add the onion and mushrooms. Saute' until the onion is soft.

Place the chicken, onion and mushrooms, syrup from the pineapple slices, orange juice, consomme' and soy sauce into a roaster. Bring to a boil. Cover and cook over low heat for about 30 minutes.

Make the Toasted Coconut Rice: In a bowl, combine the rice, melted butter and toasted coconut. Place the mixture in a foil packet. Heat the foil packet until the rice is hot.

For the chicken, add the pineapple slices and continue cooking until the chicken is tender.

Serve with the Toasted Coconut Rice.

Chicken

Per Serving (excluding unknown items): 717 Calories; 43g Fat (52.8% calories from fat); 10g Protein; 75g Carbohydrate; 2g Dietary Fiber; 31mg Cholesterol; 3995mg Sodium. Exchanges: 3 1/2 Grain(Starch); 1 1/2 Vegetable; 1 Fruit; 8 1/2 Fat.