



Green for Go Local

Ingredients in **green** = locally grown or produced



Chicken



Potato



Carrot



Onion



Celery



Summer Savoury

Celebrate the seasons with the fun shapes and colours of the harvest.

See [our menu](#) for more side ideas!

Acadian Chicken Fricot

By Jenny & Rosie with Simon Thibault

Yield: 50 × 8 oz (250 mL) servings

Ingredients

6 lb (2.72 kg)
 ¼ Cup (60 mL)
 ½ Cup (125 mL)
 2-3
 6 lb (2.72 kg)
 2 lb (907 g)
 16 Cups (4 L)
 ½ Cup (125 mL)
 3 large (1 lb)
 8 ribs
 1 Cup (250 mL)
 ¼ Cup (60 mL)
 2 Tbsp (30 mL)
 2 tsp (10 mL)

Chicken thighs or **breasts**, boneless and skinless
 Salt
 Oil
 Bay leaves
Potatoes, peeled if necessary and diced
Carrots, peeled and diced (about 8 medium)
 Water
Butter
Onions or **Leeks**, diced small
Celery or 1 large **Celeriac**, minced
 Flour
 Dried chives or **Summer savoury**
 Onion powder
 Ground black pepper

Directions

Note: Wash all produce well. This recipe can be made with an equal amount of bone-in, skin-on chicken pieces: after the potatoes are tender in Step 2, remove chicken from the stew and let sit until cool enough to handle. Strip the meat from the bones/skin. Add the meat back to the pot and proceed with Step 3.

1. Cut the chicken into 1" (2 cm) pieces and toss in a bowl with the salt. In a large pot, heat the oil over medium-high and brown the chicken in batches, moving to a bowl or hotel pan with a slotted spoon once browned.
2. When all the chicken is browned, return it all to the pot and add the bay leaves, potatoes, carrots and water. Cover and bring to a boil, then reduce the heat and simmer for 15-20 minutes, until the vegetables are tender and the chicken is cooked through.
3. Meanwhile, in a second pot, heat the butter over medium heat. Add the onions or leeks, and celery or celeriac. Stir and cook for 10-15 minutes, until vegetables are tender and beginning to brown.
4. Whisk the flour into the onions and celery, and cook for a further minute to toast the flour. Remove the onion-celery pot from the heat.
5. Once the potatoes are tender, stir the onion-celery mixture into the pot with the potatoes and chicken and place the pot over low heat. Stir and cook until the stew thickens, a further 5 to 10 minutes.
6. Transfer to hotel pans and cover with lids or foil until service. Hold food at a minimum of 140°F (60°C) internal temperature, checking at regular intervals, in a warming oven or steam table set to 170°F (75°C).



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Whole Wheat Flour



Milk



Butter



Cheese

Bonus Recipe: Tea Biscuits

By Jenny & Rosie with Kelly Neil

Yield: 50 x 8 oz (250 mL) servings

Ingredients

4 Cups (1 L)	Whole wheat flour
4 Cups (1 L)	All-purpose flour
¼ Cup (60 mL)	Baking powder
1 Tbsp (15 mL)	Salt
1 Cup (250 mL)	Butter
3 ½ Cups (750 mL)	Milk

To Make Cheese Tea Biscuits (optional):

4 Cups (1 L)	Grated cheddar cheese
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Directions

Note: If making Cheese Tea Biscuits, add the grated cheddar cheese in Step 2.

1. Preheat the oven to 450°F (230°C). Line a large baking sheet with parchment paper for easier cleanup.
2. In a large bowl, whisk together the whole wheat flour, all-purpose flour, baking powder and salt.
3. Using a box grater, grate in the butter. Use your hands to combine well with the flour mixture.
4. Stir in the milk to form dough. In the bowl, knead the dough 20-25 times. You may need to add a little more milk if the mixture seems too dry. Let the dough rest for a few minutes.
5. Place the dough on the prepared baking sheet and pat the dough out into a ¾" (2 cm) thick rectangle. Using a dough scraper or knife, cut the dough into 50 equal-sized pieces.
6. Separate the dough pieces and space them evenly in the pan. Bake for 15-17 minutes, until golden brown.



Create Your Plate!

Topping, Side & Salad Bar Ideas

With plated food service, we recommend serving the basic recipe and offering any of the following extras or toppings on the side so everyone can customize their meal to their liking. Swap in dumplings or poutine rapées for biscuits.

- ★ **Butter** and molasses for tea biscuits
- ★ **Peas**
- ★ **Green or yellow beans**
- ★ **Parsnips** - roasted
- ★ **Sweet potatoes** - roasted
- ★ **Turnips** - roasted
- ★ **Beets** - pickled or roasted

Fruit Salad Bar

Try serving the Fricot with a selection of fruit or fruit salad to add extra appeal.

- ★ **Apples** - chopped and coated with a squeeze of lemon to prevent browning
- ★ **Pears** - chopped
- ★ **Peaches**
- ★ **Blueberries**
- ★ **Raspberries**
- ★ **Blackberries**
- ★ **Strawberries**
- ★ **Yogurt**
- ★ **Seeds** or **granola**
- ★ **Dried cranberries, dried blueberries** or **other dried fruit**
- ★ Try imported fruit such as mango, kiwis, oranges, grapes or starfruit

Equipment

- 16-20 quart pot
- Large frying pan
- Large sheet pan
- Two 4" deep full-size hotel pans

Note from the Authors

"We find offering a Dessert Fruit Salad Bar is a great way to encourage kids to try dishes that may be new to them, like this simple delicious Acadian dish. Choose from seasonal local fruit or use some frozen and imported fruit in winter! Supply small bowls or ramekins for fruit to control portion sizes and make it affordable."

- Jenny & Rosie

Tips & Tricks

Food Safety Guidelines

If storing leftovers, cool to 70°F (21°C) within 2 hours and from 70°F (21°C) to 40°F (4°C) within an additional 4 hours.

Conversion Measures

- 1 lb (454 g) of carrots = about 5 medium
- 1 lb (454 g) of onions = about 3 large
- 1 lb (454 g) of leeks = about 2-3 medium

Leftovers

Leftover stew may be frozen. Thaw in the refrigerator a few days in advance and bring to a simmer over low heat before serving. Heat to 165°F (74°C).

Veg (or Fruit) It Up!

Add diced turnip, parsnip, sweet potatoes or green beans with the potatoes in Step 2, or frozen or fresh peas in Step 5. Add dried cranberries, dried blueberries, or rose hips (seeds removed) to the biscuits in Step 2.