



Easy Canadian Meals – Fun to Prepare Together!

Thank you for all of your submissions of easy Canadian meals that you like to cook. The first few are from us here at Delta School District International Programs. The rest are all from our valued homestay families. Thank you for your support and involvement! Enjoy the recipes.

Chicken Noodle Soup

A simple classic soup for those wet and cold winter days.

Ingredients:

1 whole (2 split) chicken breast, bone in, skin on

Olive oil, kosher salt and freshly ground black pepper

2 litres chicken stock (can buy store made or make your own if you are feeling adventurous! – We have a great chicken stock recipe in our Chinese Cuisine section of International Recipes)

1 cup medium-diced celery (2 stalks)

1 cup medium-diced carrots (3 carrots)

2 cups of noodles (this recipe uses wide egg noodles, but can substitute for the type you enjoy)

¼ cup chopped fresh parsley



Directions:

Preheat the oven to 350 degrees.

Place the chicken breast on a sheet pan and rub the skin with olive oil. Sprinkle generously with salt and pepper.

Roast for 35 to 40 minutes, until cooked through. When cool enough to handle, remove the meat from the bones, discard the skin, and shred or dice the chicken meat.

Bring the chicken stock to a simmer in a large pot and add the celery, carrots, and noodles.

Simmer uncovered for about 10 minutes, until the noodles are cooked. Add the cooked chicken meat and parsley and heat through.

Season to taste and serve.

Beer Can Chicken (Without the Beer)

Beer is not the most important part of this recipe. The appeal of this technique is that, the position on top of an aluminum can allows the chicken's juices to drip off instead of collecting around the bird like they would in a baking dish or roasting pan. The result is crispy chicken skin all over. This is a recommended recipe, but feel free to adjust the ingredients for the can and rub to your preference.

Ingredients:

1 4-pound whole chicken

2 Tablespoons olive oil or vegetable oil

IN THE CAN (cleaned and dried)

½ - ¾ cup chicken stock

¼ cup lemon juice

The peel of an orange

Fresh rosemary

ON THE CHICKEN (rinse & pat dry with paper towel)

1 teaspoon salt

2 teaspoons black pepper

2 Tablespoons poultry spice (or your fav chicken seasoning)

2 Tablespoons Club House Montreal Chicken

Directions:

Use a funnel to get the liquid in the can and then just shove the peel and Rosemary after.

Mix your rub ingredients together and massage the oil into the chicken.

Next rub your spices all over the bird, ensure you get into the folds and cavity.

Place your 1/2 full can of liquid, peel and herbs onto a flat surface and plonk the chicken onto it, this may take a bit of effort but lower the chicken until the can is half-way into the chicken's cavity.

Carefully place it on your grilling surface (or baking pan if you wish to use the oven to cook) so that the can sits stably and the legs work like a tripod.

Cook for about 1-1/4 hours or until the internal temperature is 165 degrees F in the breast area and 180 degrees F in the thigh.

When you remove the chicken from the grill, remember that the can is HOT. Use tongs under the wings and a spatula to hold the can.

Simply slide the can out of the bird and serve!



