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Chicken Pot Pie Recipe : 50 Delicious Of Chicken Pot Pie Cookbook (Chicken Pot Pie Recipe, Chicken Pot Pie Recipe Book, Chicken Pot Pie Cookbook) (Karen Gant Recipes Cookbook No.4)



50 DELICIOUS
CHICKEN POT PIE
RECIPE

Karen Gant



Synopsis

Chicken Pot Pie Recipe : 50 Delicious of Chicken Pot Pie Cookbook (Chicken Pot Pie Recipe, Chicken Pot Pie Recipe Book, Chicken Pot Pie Cookbook, Chicken Pot Pie Cookbooks)(Karen Gant Recipes Cookbook No.4)Chicken meat is the most consumed type of poultry in the world. Chicken is usually prepared and eaten for lunch and dinner, but also smoked chicken meat is part of sandwiches and breakfast. Chicken meat is prepared differently. It can be fried, boiled, grilled, baked and so on. It is not recommended to consume raw chicken because of the possibility of salmonella. In order to prevent illnesses that might appear due to consumption of raw chicken, it is recommended for chicken meat to be cooked at least on 165 ° F (74 ° C). Consumption of raw chicken can lead to foodborne illness because of bacteria and parasites. Japanese cuisine has a dish called torisashi and it includes raw chicken served in sashimi style. One more popular dish which includes raw chicken is toriwasa. The chicken meat in toriwasa dish is a little baked on the outside, but in the inside remains raw. Chicken can be cooked in many ways. It can be grilled, baked, deep-fried, put in salads or in pies. The cooking method depends on the culture. Western countries usually fry the chicken meat and use it as fast food in the form of fried chicken, chicken nuggets, chicken lollipops and so on. It is often used in salads or in some sandwiches. Eastern countries may serve chicken meat raw or lightly cooked. Chicken meat can be consumed, but it is not the same with the chicken bones. When eaten, chicken bones tend to break into sharp small splinters and be a potential danger for the health. Chicken bones can be used for making a chicken stock. Chicken stock is made with some vegetables, herbs and chicken bones after simmering for a few hours. Chicken meat can be stored in a freezer but only up to 12 months. This refers only to uncooked chicken. Cooked chicken can be stored in a freezer up to 9 months max. When the chicken meat is stored in a freezer it usually does not change its color. The same refers to chicken bones, but there is a possibility that the meat and the bones around it may change its color and become darker than usual. It is better to freeze chicken in its original packaging. If a package has accidentally been torn or has opened while food is in the freezer, the food is still safe to use, but it is still recommended to overwrap or rewrap it. Cooking chicken from the frozen state is possible but it may take more time to prepare than usual. Frozen chicken meat can be reheated in the refrigerator, in cold water or in the microwave oven. These three methods are considered to be the safest methods in order to minimize the risk of bacteria and parasites.

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