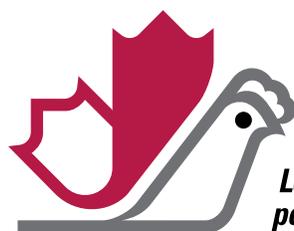


EVERYONE WINS WITH CHICKEN!

RECIPE BOOK



**Chicken Farmers
of Canada**
**Les Producteurs de
poulet du Canada**

**HERE ARE 72 FANTASTIC,
INNOVATIVE AND CREATIVE
RECIPES SUBMITTED BY MPs
FOR THE 2012 RECIPE CONTEST**

PESTO CHICKEN PHILLY MELT BY HON. VIC TOEWS • 7

CHOW-STYLE BBQ SANDWICH BY OLIVIA CHOW • 8

CANADIAN BBQ CHICKEN BY SYLVAIN CHICOINE • 10

HONEY I BARBECUED THE CHICKEN BY HON. JOHN MCKAY • 12

SOUTHWEST CHICKEN SANDWICH BY BARRY DEVOLIN • 13

MANGO, CASHEW CHICKEN BY MATHIEU RAVIGNAT • 14

SPICY CHICKEN CIABATTA SANDWICH BY HON. ROB NICHOLSON • 15

GRILLED CHICKEN SOUVLAKI BY PATRICIA DAVIDSON • 16

THE ALL-CANADIAN MAPLE CHEDDAR CHICKEN SANDWICH BY HON. RONA AMBROSE • 17

SWISS CHALET-STYLE CHICKEN SANDWICH BY CAROL HUGHES • 18

CHICKEN SANDWICH WITH APPLES AND MANGO BY TYRONE BENSKIN • 19

GOOEY CHICKEN SANDWICH BY RODNEY WESTON • 20

ZESTY LIME CHICKEN SANDWICH BY PAUL DEWAR • 21

GEOFF'S CRANBERRY CHUTNEY CHICKEN SANDWICH BY HON. GEOFF REGAN • 22

KEDDY'S CAYENNE CHICKEN SANDWICH BY GERALD KEDDY • 23

HONEY SOY-GLAZED CHICKEN BLT BY BRAD BUTT • 24

POPEYE CHICKEN BY DARYL KRAMP • 25

GRILLED CHICKEN BREASTS IN A MANGO-CURRY MARINADE BY CHRIS CHARLTON • 26

CHICKEN SALSA SANDWICH GRILL BY MEGAN LESLIE • 27

MATHYSSEN BBQ CHICKEN BY IRENE MATHYSSEN • 28

ORANGE CHICKEN SANDWICH BY MARIE-CLAUDE MORIN • 29

CAROL'S BIG FAT GREEK SAMMY BY RAY BOUGHEN • 30

CHICKEN SANDWICH MOJITO BY HON. CAROLYN BENNETT • 31

THE MALPEQUE MAMMOTH BY HON. WAYNE EASTER • 32

CURRY AND RAISIN CHICKEN PITA BY JACQUES GOURDE • 33

THE ISLAND'S BEST CHICKEN SANDWICH BY SEAN CASEY • 34

CHICKEN MEXICANO BY RYAN LEEF • 35

THE FIGHTING NEWFOUNDLANDER'S LIP-SMACKING SCREECH-GRILLED CHICKEN BY RYAN CLEARY • 36

GRILLED CHICKEN WALDORF SANDWICH BY GLENN THIBEAULT • 37

GRILLED JERK CHICKEN BY HON. SCOTT BRISON • 38

MANGO AND AVOCADO CHICKEN SANDWICH BY LAURIN LIU • 39

CHIPOTLE AVOCADO CHICKEN MELTS BY HON. JUDY SGRO • 40

ALEX'S ARRIBA CANADA DAY CHICKEN WITH SALSA FRESCA BY ALEX ATAMANENKO • 41

QUEEN'S DIAMOND JUBILEE CHICKEN SANDWICH BY HON. LISA RAITT • 42

COWBOY'S CHICKEN BY HON. GERRY RITZ • 43

OUT-OF-THIS-WORLD CHICKEN PITA WRAP BY MARC GARNEAU • 44

THE TORONTO CRUNCH BY HON. BOB RAE • 45

THE MURRAY MUNCH BY JOYCE MURRAY • 46

WAFFLE MAPLE CHICKEN SANDWICH BY JOE PRESTON • 47

ACADIAN-CAJUN SPICED CHICKEN ON BANNOCK WITH NOVA SCOTIA CHOW-CHOW BY RODGER CUZNER • 48

GRILLED CHICKEN CACCIATORE BY LAVAR PAYNE • 49

CHICKEN BURGER WITH GOAT CHEESE AND BASIL BY MALCOLM ALLEN • 50

PERFECT SUMMER SANDWICH BY LINDA DUNCAN • 51

KEY LIME GRILLED CHICKEN ON CIABATTA ROLL BY SCOTT SIMMS • 52

CHIPOTLE GRILLED CHICKEN WITH AVOCADO SANDWICH BY JOHN RAFFERTY • 53

CHICKEN-OKA-PEPPER SANDWICH BY MYLÈNE FREEMAN • 54

MARINATED CHICKEN ON CIABATTA BREAD BY PIERRE DIONNE LABELLE • 55

CHICKEN AND BRIE CIABATTA BY JEAN CROWDER • 56

BRAID'S BETTER BUTTER CHICKEN ON A BUN BY PETER BRAID • 57

GRILLED GOAT CHEESE SANDWICH BY RUTH ELLEN BROUSSEAU • 58

CANUCK GRILLED CHICKEN SANDWICH BY ROYAL GALIPEAU • 59

SAINT BONIFACE LEFT-OVER CHICKEN SALAD BUNWICH BY SHELLY GLOVER • 60

DUTCH THUNDER-BURGER BY RICK DYKSTRA • 61

GREEK CHICKEN BURGER BY COSTAS MENEGAKIS • 62

TOM'S TERRIFIC CHICKEN SANDWICH BY TOM LUKIWSKI • 63

HONEY MUSTARD CHICKEN BURGERS BY BLAKE RICHARDS • 64

BARBECUE TANDOORI CHICKEN BY HON. TIM UPPAL • 65

BEST BBQ GRILLED CHICKEN BY GARRY BREITKREUZ • 66

SUMMER MAPLE CHICKEN SANDWICH BY BRIAN MASSE • 67

THE JOHN CANDY BY PHIL MCCOLEMAN • 68

SIMPLY DELICIOUS TUNNEL BBQ CHICKEN SANDWICH BY HON. PETER VAN LOAN • 69

NOT-FOR-THE-FAINT-OF-HEART BBQ CHICKEN BREAST ON A GRILLED CIABATTA BUN BY HON. LAURIE HAWN • 70

MAPLE-GRILLED CHICKEN TREAT BY SANA HASSAINIA • 71

MAPLE BACON CHICKEN SANDWICH BY SCOTT ANDREWS • 72

MEXI CASA QUEBEC BY ISABELLE MORIN • 73

JASON'S SPICY KOREAN BBQ SANDWICH BY HON. JASON KENNEY • 74

CANADA DAY CHICKEN WRAP BY JOY SMITH • 75

CHILLIWACK—FRASER CANYON CHICKEN SANDWICH BY MARK STRAHL • 76

THE CAPITAL BURGER BY HON. KEITH ASHFIELD • 77

QUEBEC-STYLE GRILLED CHICKEN SANDWICH BY MARIA MOURANI • 78

PINEAPPLE CHICKEN FILET BY LOUIS PLAMONDON • 79

KELOWNA—LAKE COUNTRY SUNSHINE CHICKEN BURGER BY RON CANNAN • 80

LINDA MALLET'S ORANGE GINGER CHICKEN ON A PANINI BY HON. LYNNE YELICH • 81

**1ST
PLACE
WINNER**



PESTO CHICKEN PHILLY MELT

BY HON. VIC TOEWS

ingredients

1 boneless, skinless chicken breast
¼ of a green pepper, sliced
¼ of a red pepper, sliced
Montreal steak spice, to taste
oregano, to taste
3 slices of 2-year-old Bothwell cheddar
¼ of an onion, sliced
3 slices of tomato
shredded lettuce
splash of balsamic vinegar
1 6-inch Ciabatta bun

marinade:

olive oil
balsamic vinegar
fresh garlic, crushed

pesto mayonnaise:

2 Tbsp (30 mL) fresh pesto
1 Tbsp (15 mL) mayonnaise
1 Tbsp (15 mL) jalapeños, chopped (optional)

directions

Marinate chicken overnight with balsamic vinegar, olive oil and fresh garlic.

Add Montreal steak spice to chicken and BBQ on high heat to ensure a crisp, but not blackened outside.

While barbecuing the chicken, sauté green pepper, red pepper and onion in a pan with a small amount of olive oil and oregano.

Mix pesto with mayonnaise and jalapeños then apply to both sides of Ciabatta bun.

Slice chicken to desired thickness.

Place sautéed veggies on the bottom half of the bun, followed by sliced chicken.

Put 2 slices of cheddar on top of the chicken and 2 halves of the other slice on the top bun.

Place buns open face on the top rack of the BBQ until the cheese melts, ensuring the bun is not overly crispy.

Add shredded lettuce and sliced tomato on top of the chicken.

Add a splash of balsamic vinegar on top of the tomato and some fresh cracked pepper.

Close sandwich, press down and enjoy!



CHOW-STYLE BBQ SANDWICH

BY OLIVIA CHOW

ingredients

1 Tbsp (15 mL) canola oil
¼ tsp (1.25 mL) cumin
¼ tsp (1.25 mL) turmeric
2 Tbsp (30 mL) basil
2 Tbsp (30 mL) mint
2 Tbsp (30 mL) cilantro
1 Tbsp (15 mL) chopped fresh ginger
1 Tbsp (15 mL) chopped garlic
4 tsp (20 mL) soy sauce
1 Tbsp (15 mL) lime juice
1 Tbsp (15 mL) local honey
1 boneless, skinless chicken breast
cilantro (for garnish)
1 Kaiser roll
arugula

directions

Combine canola oil, cumin, turmeric, basil, mint, cilantro, ginger, garlic, soy sauce, lime juice and honey in a food processor and puree.

Marinate chicken breast in refrigerator for 2 hours.

Brush grill with oil. BBQ chicken until internal temperature reaches 165°F (74°C), about 6 minutes each side. Place chicken in Kaiser roll, garnish with cilantro and grill to warm bun.

Garnish with arugula.

*Tip: When I make this I usually make 1½ times the marinade. I reserve some of the marinade before adding the chicken and then use it in the last few minutes of grilling, or just brush it on after for extra flavour.

**2ND
PLACE
WINNER**



CANADIAN BBQ CHICKEN

BY SYLVAIN CHICOINE

ingredients

¼ small onion, minced
1 garlic clove, minced
2½ Tbsp (37 mL) ketchup
1½ Tbsp (22 mL) honey
1½ Tbsp (22 mL) brown sugar
1 Tbsp (15 mL) cider vinegar
½ Tbsp (7 mL) Worcestershire sauce
1 pinch salt
1 pinch freshly-ground pepper
1 boneless, skinless chicken breast (about 140 g)
lettuce, for garnish
tomato, sliced, for garnish
onion, sliced, for garnish
¾ Tbsp (11 mL) olive oil
1 Kaiser roll

directions

Heat the BBQ.

In a skillet, heat oil over medium heat and fry the onion and garlic. Add ketchup, honey, brown sugar, cider vinegar, Worcestershire sauce, salt and pepper. Cook this mixture for a few minutes to thicken the sauce. Remove from heat and let stand.

Dip the chicken in the sauce to coat well.

Cook chicken on the BBQ for 10 to 15 minutes, turning once.

Return the chicken to the skillet with the sauce. Simmer over medium heat for about 5 minutes each side.

Serve the chicken on previously toasted Kaiser roll, topped with lettuce, tomato and onion.

**3RD
PLACE
WINNER**



HONEY I BARBECUED THE CHICKEN

BY HON. JOHN MCKAY

ingredients

2 tsp (10 mL) chili powder
¼ tsp (1.25 mL) chipotle chili powder
2 tsp (10 mL) sweet paprika
2 tsp (10 mL) brown sugar
1 tsp (5 mL) chopped fresh thyme
(or ½ tsp (2.5 mL) dried)
½ tsp (2.5 mL) salt
½ tsp (2.5 mL) pepper
2 Tbsp (30 mL) olive oil
4 boneless, skinless chicken breasts

honey glaze:

¼ cup (60 mL) honey
1 Tbsp (15 mL) soy sauce
1 Tbsp (15 mL) ketchup
2 tsp (10 mL) Dijon mustard
2 tsp (10 mL) Worcestershire sauce
2 tsp (10 mL) cider vinegar
½ tsp (2.5 mL) Asian chili paste
(like sriracha or sambal olek)
1 tsp (5 mL) sesame oil

directions

Mix the chili powders, paprika, brown sugar, thyme, salt and pepper together with the oil and rub all over the chicken. Let sit in fridge for at least two hours or up to 24 hours.

Set aside a ¼ cup (60 mL) of the honey glaze to drizzle over chicken once it is cooked.

Heat one side of the BBQ and sear chicken on hot grill then move to cool side and cook until almost done.

Baste with the sauce and turn and baste again until meat thermometer reaches an internal temperature of 165°F (74°C).

Place on a bun of your choice and drizzle with remaining sauce. Enjoy!

SOUTHWEST CHICKEN SANDWICH

BY BARRY DEVOLIN

ingredients

2 lbs (1 kg) of boneless, skinless chicken breast
¼ cup (60 mL) of chicken broth (or water)
1 package of fajita seasoning mix
fresh buns or tortilla wraps
shredded lettuce (for garnish)
sliced tomatoes (for garnish)
sliced avocado or guacamole (for garnish)
fresh cilantro (for garnish)
salsa (for garnish)

directions

In your slow cooker, place the chicken, chicken broth and fajita seasoning mix. Cook on low for 8 hours or on high for 4 hours.

When the chicken is done, drain any excess liquid and pull the chicken apart with a fork. Pile the chicken and fresh veggies on a bun or tortilla wrap. Enjoy.

This is a great recipe for a crowd because you can prepare everything ahead of time.

QUEBEC, PONTIAC

MANGO, CASHEW CHICKEN

BY MATHIEU RAVIGNAT

A juicy, salty and sweet chicken sandwich.

ingredients

vegetable oil
French diced shallots
cooked chicken breasts cut bite-sized
salted cashew nuts
a hint of curry powder (or your favorite spice mix)
fresh mangos, diced
favourite sandwich bread
favourite spread

directions

Cook shallots in oil, then add chicken and cashews, add a little bit of water and curry powder, then, at last minute of cooking add piece of fresh mango.
Add to your favorite sandwich bread with your favorite spread (mayo, mustard or good Canadian butter).

SPICY CHICKEN CIABATTA SANDWICH

BY HON. ROB NICHOLSON

ingredients

rub:

2 Tbsp (30 mL) brown sugar
1 Tbsp (15 mL) sage
1 Tbsp (15 mL) salt
1 Tbsp (15 mL) paprika
1 tsp (5 mL) cumin
1 tsp (5 mL) pepper
1 tsp (5 mL) cayenne
2 Tbsp (30 mL) olive oil

sandwich:

3 chicken breasts
3 Ciabatta, split
grilled or pickled eggplant
lettuce
tomato, sliced

directions

Mix all rub ingredients together, rub on chicken breasts and grill on medium high heat until meat thermometer reaches an internal temperature of 165°F (74°C). Let rest for 10 minutes and slice.

On Ciabatta split bread, add sliced chicken breasts and eggplant. Grill again for 2 minutes per side. Add lettuce and tomato.

Enjoy!

GRILLED CHICKEN SOUVLAKI

BY PATRICIA DAVIDSON

This recipe combines the tastes of authentic Greek seasonings with fresh, grilled Canadian chicken and fresh Ontario produce and a pita wrap for an out of this world flavour you and your family will love. For best results, prepare using quality Canadian chicken and fresh produce from your local grocer. Use approximately 1 chicken breast per pita serving.

ingredients

4 boneless, skinless chicken breasts
olive oil
Greek seasoning or your favourite fresh herbs
1 green pepper, finely-diced
1 cucumber, sliced
1 red onion, finely-sliced
1 cup (250 mL) Kalamata olives
(or other type of olive)
1 cup (250 mL) feta cheese
1 cup (250 mL) old cheddar cheese, grated
1 cup (250 mL) tzatziki sauce
4 pitas

directions

Start by marinating the chicken breast. Lightly brush both sides with olive oil.

Next, using as much as you prefer, season the chicken breast on both sides using Greek seasoning.

Allow the chicken breasts to marinate for 1-2 hours.

Grill the chicken breasts until thoroughly cooked or until a thermometer inserted into the chicken reads 165°F (74°C).

Remove chicken from grill and let it rest for at least 5 minutes.

Place pitas on grill for 15 seconds a side to heat up.

Once the chicken has rested, place on a cutting board and cut into pieces (doing this before the meat rests means you will lose your juices on the cutting board).

Combine the chicken with your previously prepared fresh ingredients in a pita, and sit down and enjoy.

Warning: This delicious recipe will encourage second-helpings, so make sure you do a couple extra seasoned chicken breasts for those hungry eaters in your household!

Tip: Extra chicken leftovers can be used in Greek salads for other mealtime ideas.

THE ALL-CANADIAN MAPLE CHEDDAR CHICKEN SANDWICH

BY HON. RONA AMBROSE

ingredients

1 boneless, skinless chicken breast
Canadian maple syrup, to taste
1 slice Canadian cheddar cheese

directions

Grill your chicken breast on the BBQ over medium heat until the internal temperature reaches 165°F (74°C).

Just before you take it off the grill, baste it with Canadian maple syrup and slap a piece of Canadian cheddar cheese on top. Let the cheddar cheese melt a bit, and the maple syrup caramelize and it's ready for the bun!

This all-Canadian chicken sandwich has that perfect combination of sweet and salty with real Canadian maple syrup and Canadian cheddar cheese.

SWISS CHALET-STYLE CHICKEN SANDWICH

BY CAROL HUGHES

ingredients

1 lb (500 g) boneless, skinless chicken breasts
1 envelope of Swiss Chalet Chicken Marinade

directions

Marinate the chicken as indicated on the package.

Cook on BBQ over medium heat or on an indoor grill until the internal temperature reaches 165°F (74°C).

Top with desired toppings (mayo, lettuce, tomatoes, bacon, pickles, sweet and spicy mustard or whatever tempts your taste buds).

Quick and simple – for people
on the go!

CHICKEN SANDWICH WITH APPLES AND MANGO

BY TYRONE BENSKIN

ingredients

1 cup (250 mL) roast chicken, chopped
½ apple (firm, semi-sweet), finely chopped
1 stalk celery, finely chopped
1-2 heaping Tbsp (15–30 mL) light mayo
salt, pepper, to taste
4 slices whole wheat or multigrain bread
mango chutney as dressing
arugula for dressing

directions

Mix all ingredients together.

Lightly toast the bread.

Dress one slice per sandwich with
1 tsp (5 mL) chutney.

On the other slice, place 2-3 Tbsp (30–45 mL)
of chicken.

Dress chicken with arugula and top
with chutney spread.

Cut in half and serve.

GOOEY CHICKEN SANDWICH

BY RODNEY WESTON

ingredients

1 large Kaiser bun
1 4-5 oz (140 g) boneless, skinless chicken breast
coarse Kosher or sea salt, to taste
fresh ground coarse pepper, to taste
2-3 chopped fresh basil leaves OR
1 Tbsp (15 mL) pesto
2 fresh bocconcini mozzarella balls
1 tsp (5 mL) olive oil (not required if pesto
is used in place of fresh basil)
¼-½ cup (60-125 mL) marinara sauce
handful of fresh Arugula

directions

Season chicken breast with salt and pepper to taste.

Grill outdoors or indoors until cooked through or internal temperature reaches 165°F (74°C). Cover with tinfoil and set chicken aside to rest on a cutting board for at least 5 minutes.

Slice bun and drizzle both sides with olive oil OR leave plain if using pesto in place of fresh basil.

Grill buns, oil side down, until just warmed and a bit brown. Set on a plate.

Remove foil from chicken and slice at an angle.

To build the sandwich:

If using pesto, spread a thin layer on bottom bun. Spread a layer of marinara sauce on bottom bun. Pile chicken on bun, pour a couple more Tbsps of marinara sauce on top of chicken, don't be shy, sauce it up.

Slice bocconcini and place over chicken. Place this part of sandwich on a baking sheet. Return this part of sandwich to a warm but no longer flaming grill so the cheese melts a bit. Close lid and check frequently. Once cheese is melted, place bun back on plate, add fresh chopped basil, add some arugula and place top of bun on sandwich. (If using pesto in place of fresh basil spread another thin layer of pesto on top portion of bun).

Slice in half and enjoy!

This delicious, saucy and healthy sandwich is the perfect way to enjoy a grilled chicken breast sandwich. It's moist, gooey, colourful and full of flavour. Enjoy!

ZESTY LIME CHICKEN SANDWICH

BY PAUL DEWAR

So delicious, it's to die for.

ingredients

1 boneless, skinless chicken breast
2 slices freshly-baked brown bread

marinade:

2 Tbsp (30 mL) zest of lime
2 garlic cloves, crushed
½ cup (125 mL) of coriander, chopped
¼ cup (60 mL) lime juice
avocado, thinly-sliced (for garnish)
cheddar cheese, thinly-sliced (for garnish)
mayonnaise, to taste (for garnish)

directions

Marinate chicken, covered, in the fridge for two hours then BBQ.

Cut the chicken breast into thin slices and serve it on freshly baked brown bread with thin slices of ripe avocado, cheddar cheese and mayonnaise.

NOVA SCOTIA, HALIFAX WEST

GEOFF'S CRANBERRY CHUTNEY CHICKEN SANDWICH

BY HON. GEOFF REGAN

ingredients

1 boneless, skinless chicken breast
2 slices multigrain bread
mayonnaise, to taste
leaf lettuce (for garnish)
sliced ripe tomato (for garnish)
cranberry chutney, small amount (for garnish)

directions

Spread mayonnaise on both slices of bread.
Cut two slices of breast meat and place them on one of the bread slices.
Add the leaf lettuce, sliced tomato, and a little cranberry chutney.
Cut the sandwich on the diagonal and serve with two pieces of dill pickle quartered lengthwise.

KEDDY'S CAYENNE CHICKEN SANDWICH

BY GERALD KEDDY

ingredients

2 Tbsp (30 mL) olive oil
2 slices of white bread
1 avocado
1 boneless, skinless chicken breast
1 clove of garlic, crushed
1 garden tomato
butter
mayonnaise
cayenne pepper, to taste
salt and pepper, to taste

directions

Slice the chicken breast and then fry in a pan over medium heat with the olive oil, crushed garlic, and sprinkle with cayenne pepper lightly to taste.

While frying the chicken, slice the garden tomato and avocado.

Spread the butter and mayonnaise lightly on the two slices of bread.

Add the sliced avocado, tomato, and chicken breast as well as salt and pepper to taste. Enjoy!

HONEY SOY-GLAZED CHICKEN BLT

BY BRAD BUTT

This sandwich delivers amazing flavours inspired by the Streetsville “Bread & Honey” Festival, a local annual celebration in my community. This year marks our 40th Bread & Honey Festival. Much like the sandwich, it showcases all the flavours Streetsville has to offer.

ingredients

4 oz boneless, skinless chicken breasts or tenderloins
2 strips bacon
1 tsp (5 mL) vegetable oil
1 tsp (5 mL) honey mustard
1 Tbsp (15 mL) mayonnaise
2 thick slices of whole wheat bread

marinade:

1 tsp (5 mL) of your favourite local honey
1 tsp (5 mL) soy sauce (tamari)
1 pinch ground black pepper

directions

Mix the honey, soy sauce, and ground black pepper together in a small mixing bowl. Add chicken and toss to cover the chicken completely with the mixture. Cover the bowl and refrigerate for half an hour just to marinate for a short time.

Meanwhile, slice tomatoes, lettuce and red onion.

Once chicken is marinated, lay out the two pieces of bacon on a plate and roll the chicken up in the bacon, wrapping the chicken snugly. Secure the bacon with a couple of wooden tooth picks.

Preheat a small frying pan over medium-low heat and add the vegetable oil once the pan is hot.

Lay the wrapped chicken in the pan and cook on the first side about 2 minutes. Turn the chicken over and cook for an additional 2 minutes. Repeat these turns one more time.

Check the chicken for doneness. It must be cooked through and have an internal temperature of 165°F (74°C). The bacon should be brown and crisp on the two sides.

Remove from heat and let cool to a temperature easy enough to handle.

Lay out the two slices of bread and spread honey mustard onto the bottom slice and the mayonnaise onto the top slice.

Remove the toothpicks from the chicken and slice the chicken on a diagonal in 1/4" (1/2 cm) cuts.

Lay the chicken on the bottom slice of bread so that it covers the surface evenly and top with red onion, lettuce and tomato slices.

Finally, top with the remaining slice of bread. Serve with a nice chunk of cheese and a dill pickle.

POPEYE CHICKEN

BY DARYL KRAMP

ingredients

4 boneless, skinless, chicken breasts, cooked
(whole or sliced)
½ cup (125 mL) olive oil
½ cup (125 mL) Worcestershire sauce
4 buns of choice
4 leaves of lettuce

Popeye Sauce

1 cup (250 mL) Hollandaise sauce
1 cup (250 mL) spinach, shredded
pinch of tarragon

directions

In a re-sealable plastic bag, marinate chicken in olive oil and Worcestershire sauce in refrigerator for 1-2 hours.

BBQ chicken on medium-high heat, turning once, until a meat thermometer reads 165°F (74°C). If you are slicing the chicken for this sandwich, let it rest on a plate for 5–7 minutes before slicing.

Prepare Popeye sauce by combining the Hollandaise sauce, spinach and tarragon in small saucepan. Mix well and heat through.

Place chicken on bun and top with Popeye sauce and lettuce (or garnishes of choice).

Note: Best when sauce is kept on a low heat otherwise one must thin out the sauce if served cold. My preference is to cut chicken into medallions (4-5) and soak in a large pan of heated Popeye sauce and then spoon or tong out onto bun.

GRILLED CHICKEN BREASTS IN A MANGO-CURRY MARINADE

BY CHRIS CHARLTON

ingredients

4 boneless, skinless chicken breasts
4 buns of choice, sliced
1 red onion, sliced thinly
1 tomato, sliced
4 servings of lettuce leaf
2 Tbsp (30 mL) light mayonnaise
4 slices of Havarti cheese (optional)

marinade

1/3 cup (75 mL) mango chutney
3 Tbsp (45 mL) liquid honey
2 Tbsp (30 mL) freshly-squeezed lime juice
1 Tbsp (15 mL) reduced-sodium soy sauce
1 tsp (5 mL) curry powder
1 tsp (5 mL) minced garlic
1/2 tsp (2.5 mL) ground cumin
1/4 cup (60 mL) fresh cilantro, chopped
2 Tbsp (30 mL) canola oil

directions

Arrange chicken breasts in a glass baking dish.

Whisk together marinade ingredients in a small bowl. Reserve 3 Tbsp (45 mL) marinade (for basting) and pour remaining marinade over chicken. Turn pieces to coat both sides with marinade. Cover and marinate in the refrigerator for at least 1 hour and preferably overnight.

Preheat grill to medium setting and lightly oil grill rack.

Remove chicken from marinade and grill for about 5 minutes per side or until the internal temperature of the chicken reaches 165°F (74°C). Baste with reserved marinade.

Place chicken breast on bun and garnish with onion and tomato slices, lettuce and light mayonnaise. Top with cheese slice if desired.

CHICKEN SALSA SANDWICH GRILL

BY MEGAN LESLIE

ingredients

4 boneless, skinless chicken breast halves
½ cup (125 mL) salsa
3 whole garlic cloves
2 Tbsp (30 mL) olive oil
⅓ cup (75 mL) cheddar cheese, shredded
4 hamburger buns
4 large lettuce leaves
salt and pepper, to taste
a few drops fresh lemon juice (optional)

directions

In a skillet, sauté chicken with garlic cloves for 5–7 minutes on each side until chicken is white and opaque or until done to 165°F (74°C).

Turn garlic cloves until both sides achieve a roasted appearance, then crush them into the oil using a fork. Remove if the cloves begin to brown, as this will make the oil bitter.

Meanwhile, brush hamburger buns lightly with a few drops of olive oil (or melted butter if preferred) and broil or toast until lightly golden on the inside.

Remove skillet from heat. Slice each chicken breast into 3 or 4 pieces and divide evenly onto toasted buns.

Sprinkle lightly with salt and pepper, and a few drops of freshly-squeezed lemon juice, if desired.

Top with salsa and shredded cheese; run under broiler just until cheese has melted, about 2 minutes.

Variation: This can be prepared on the outdoor grill. Marinate chicken breasts in olive oil into which the garlic cloves have been pressed for 30 minutes before grilling chicken over hot coals.

MATHYSSEN BBQ CHICKEN

BY IRENE MATHYSSEN

ingredients

1 Tbsp (15 mL) lemon juice
¼ cup (60 mL) vegetable oil
¼ cup (60 mL) vinegar
1 tsp (5 mL) dried oregano
2 tsp (10 mL) garlic powder
1 Tbsp (15 mL) sweet basil
1½ cup (350 mL) ketchup
1 tsp (5 mL) prepared mustard
4–6 chicken legs and/or breasts
pepper, to taste
1 tsp (5 mL) soy sauce
a dash of red pepper flakes

directions

In a large glass bowl mix lemon juice, vegetable oil, vinegar, oregano, and garlic powder, basil, red pepper flakes, ketchup, soy sauce and mustard.

Place chicken pieces in the bowl, and season lightly with pepper. Cover and marinate in the refrigerator for 15–20 minutes while pre-heating BBQ.

Preheat an outdoor grill to medium heat.

Place chicken on the prepared grill, cook chicken, turning once and brush with remaining BBQ sauce to keep moist and lock in flavour.

Serve with salads or baked potatoes.

ORANGE CHICKEN SANDWICH

BY MARIE-CLAUDE MORIN

ingredients

4 average size chicken breasts
4 Ciabatta buns
2 carrots, grated
squash rings
alfalfa
lettuce
salt and pepper, to taste

marinade:

1 cup (250 mL) orange juice
2 Tbsp (30 mL) soy sauce
2 tsp (10 mL) fresh ginger, grated
¼ cup (60 mL) sesame seed

directions

Prepare the marinade by mixing the ingredients and put chicken with marinade in a re-sealable plastic bag. Marinate the chicken breasts in the refrigerator for 4 hours.

Grill the chicken over moderate heat until it is well done and the meat thermometer indicates 165°F (74°C) or about 5 minutes for each side.

Grill the sesame seeds and squash rings in a frying pan.

Serve the chicken breasts on the Ciabatta bread. Add the grilled squash rings and sesame seeds. Add the grated carrots, the alfalfa and lettuce. Add salt and pepper to taste. Enjoy!

CAROL'S BIG FAT GREEK SAMMY

BY RAY BOUGHEN

Easy and Delicious!

ingredients

4-5 oz bonesless, skinkless chicken breasts
4 Ciabatta buns
4 slices feta cheese
lettuce (for garnish)
tomato (for garnish)
black olives (for garnish)

tzatziki sauce:

1 long English cucumber,
grated and liquid squeezed out
2 cups (500 mL) fat-free Greek yogurt
3 garlic cloves, crushed
salt and pepper, to taste

marinade:

1 cup (250 mL) lemon juice, fresh is best
1 tsp (5 mL) Greek seasoning
1 tsp (5 mL) dried parsley
2 garlic cloves, minced
1-2 Tbsp (15-30 mL) olive oil

directions

Combine all tzatziki sauce ingredients in a bowl, mix well. Refrigerate until chilled.

Place all marinade ingredients into a re-sealable plastic bag and shake. Add chicken breasts, and shake until chicken pieces are well coated. Marinate 2-4 hours in the refrigerator.

BBQ using indirect heat (over unlit burner). When chicken is nearly cooked, place a slice of feta cheese on top just long enough to soften.

Slice barbecued chicken or use a whole piece to assemble the sandwich.

Add your favourite fixings. ENJOY!

CHICKEN SANDWICH MOJITO

BY HON. CAROLYN BENNETT

ingredients

boneless chicken breasts
Ciabatta buns

marinade:

lime juice
light rum or brown sugar
chopped fresh mint
olive oil
pinch coarse kosher salt
dash hot pepper sauce

mojito mayo:

mayonnaise, to taste
fresh lime juice with some grated peel
fresh chopped mint
minced jalapeño chili, to taste
dash brown sugar (optional)

sandwich:

beefsteak tomato, sliced (for garnish)
red onion, sliced (for garnish)
leaf lettuce (for garnish)
fresh mint, whole (for garnish)

directions

Combine marinade ingredients and place chicken breasts in re-sealable plastic bag. Pour marinade over and rotate well. Leave 4 hours in refrigerator.

Combine mayonnaise, lime juice and peel, chopped mint, chilies together with brown sugar.

Start grilling the chicken breast over medium heat, then the sliced onion and finally the buns. Chicken should reach an internal temperature of 165°F (74°C).

Spread mayonnaise mixture onto heel and crown of buns and sliced, cooked chicken breast on the bias.

Place lettuce, mint leaves on heel, add sliced chicken, sliced tomato, grilled onion. Top with crown.

Often serving with a mojito beverage or a cerveza enhances the flavour! Depending on the size of the bun, you may want to provide extra Mojito mayo on the side.

THE MALPEQUE MAMMOTH

BY HON. WAYNE EASTER

A regular BBQ chicken recipe, Easterfied!
With all of your ingredients from supply
management groups (of course!)

ingredients

2 Tbsp (30 mL) cooking oil
1 clove of garlic, diced (or more, to taste)
½ cup (125 mL) onion, chopped (red or Spanish)
1½ pound (750 g) boneless, skinless chicken
breasts, grilled and finely chopped
1½ cups (350 mL) cracker or dry bread
crumbs (the more flavours the better!)
½ cup (125 mL) cheese, grated
(whatever you have on hand)
3 eggs
¼ tsp (1.25 mL) each ground mustard,
dried thyme, curry, cumin, and/or whatever
other spices you have on hand
2 Tbsp (30 mL) dried parsley flakes
¾–1 cup (175–250 mL) milk
honey, raisins or dried cranberries (optional)
8 whole wheat buns

directions

Grill the chicken (seasoning optional) over
medium heat until it reaches an internal
temperature of 165°F (74°C).

Separately, heat 1 Tbsp (15 mL) of cooking oil
in a large skillet and sauté onions until tender.

Place in a large bowl and add garlic, crumbs,
cheese, eggs, herbs and seasonings. Add salt
and pepper to taste; mix well.

Once cooked, add chopped chicken. Stir in
enough milk to be able to shape mixture into
patties. Shape into eight patties.

In the same skillet, cook patties in remaining
1 Tbsp (15 mL) of oil for a few minutes or until
browned on each side and heated through.

Place the chicken patties on grilled or toasted
buns and top with lettuce, sliced tomatoes,
pickles and other dressings to top it off. Voila!

CURRY AND RAISIN CHICKEN PITA

BY JACQUES GOURDE

ingredients

1 cup (250 mL) cooked chicken breast, shredded
½ cup (125 mL) mayonnaise
1 tsp (5 mL) yellow curry
⅓ cup (75 mL) raisins
⅓ cup (75 mL) red peppers, finely-diced
shallots, finely-diced to taste
pita bread

directions

Mix everything and serve on a slice of your favourite pita bread.

An excellent recipe for both
summer and winter!

THE ISLAND'S BEST CHICKEN SANDWICH

BY SEAN CASEY

Grilled local island chicken cooked with Gahan Beer Island Red Amber Ale glaze. Smoked Gouda from Avondale Meadows Farm. Caramelized onions from Heart Beets Organic topped with sour cherry salsa from the Island Preserve Company on a whole wheat Kaiser bun from Buns & Things Bakery.

ingredients

island red amber ale glaze:

1 clove garlic, chopped
½ onion, chopped
2 Tbsp (30 mL) local island honey
½ cup (60 mL) Island Red Amber Ale
½ tsp (2.5 mL) each salt and pepper
liquid smoke, splash

sandwich:

1 whole BBQ chicken
sour cherry salsa (from Island Preserve Company)
1 Kaiser bun (from Buns & Things Bakery)
1 slice smoked Gouda
(from Avondale Meadows Farm)
caramelized onions, to taste
(from Heat Beets Organic)

directions

Combine all glaze ingredients and blend well. Set aside.

BBQ chicken over medium-high heat and baste with the glaze. Chicken is done when its internal temperature reaches 165°F (74°C).

Spread sour cherry salsa on a lightly toasted Kaiser bun.

Place chicken and top with smoked Gouda, lettuce and caramelized onions.

Enjoy with a nice cold mug of Island Red Amber Ale.

YUKON, YUKON

CHICKEN MEXICANO

BY RYAN LEEF

ingredients

1 boneless, skinless chicken breast
fresh spinach
red onion, sliced
1 slice Provolone cheese
hot peppers
cucumber, sliced
tomatoes, sliced
salt and pepper, to taste
light mayonnaise, to taste
bun of choice

directions

Grill chicken breast over medium heat until internal temperature reaches 165°F (74°C).

Spread the bottom and top part of the bun with light mayonnaise then add the spinach, red onion, Provolone cheese, hot peppers, cucumber, tomatoes, salt and pepper.

THE FIGHTING NEWFOUNDLANDER'S LIP-SMACKING SCREECH-GRILLED CHICKEN

BY RYAN CLEARY

A simple, easy to make, lip-smacking good barbecued chicken sandwich straight from The Rock and made with our very own Screech BBQ sauce.

ingredients

screech BBQ sauce:

- 1 cup (250 mL) brown sugar
- ½ cup (125 mL) chili sauce
- ½ cup (125 mL) Newfoundland Screech rum
- ¼ cup (60 mL) soy sauce
- ¼ cup (60 mL) ketchup
- ¼ cup (60 mL) Worcestershire sauce
- 2 cloves garlic, crushed
- 1 tsp (5 mL) ground dry mustard
- ground black pepper, to taste
- 3 Tbsp (45 mL) olive oil
- 1 Tbsp (15 mL) lime juice
- ½ tsp (2.5 mL) chipotle chili powder
(less or more depending on how much heat you want)
- 1 lb (500 g) boneless skinless chicken breasts
(about 2 breast halves)
- 4 small slices of Monterey Jack cheese
- 4 sets of hamburger buns
- 1 avocado, peeled, seeded and sliced
- iceberg or lettuce of preference
- mayonnaise

directions

In a saucepan over low heat, mix the brown sugar, chili sauce, rum, soy sauce, ketchup, Worcestershire sauce, garlic, dry mustard, and pepper. Simmer 30 minutes, stirring occasionally. Cool, and refrigerate until ready to use. In a shallow bowl, stir together the olive oil, lime juice, and chipotle chili powder.

Place the chicken breasts between two sheets of wax paper. Use a meat pounder to pound the breasts to an even thickness of about ½ inch. Cut off excess fat. If you are starting with 2 half-pound chicken breast halves, cut each one in half so that you have 4 pieces (to better fit the buns).

Place the chicken breasts in the marinade, turning to coat. Cover with plastic wrap. Let marinate for at least 15 minutes, preferably an hour.

Heat your grill on high heat if you are using a gas grill, or prepare coals for direct heat if you are using charcoal. You can also use a cast-iron grill pan on your stove if you do not have a grill. Grill the chicken pieces a couple minutes on each side, until cooked through.

Once you have cooked the chicken pieces on one side and flipped them, add a slice of cheese to the chicken. Cover the grill for half a minute to melt the cheese. Toast the buns on the grill as well.

Assemble the sandwiches: bun bottom, chicken with melted cheese, avocado and lettuce, mayonnaise on the top bun. Serves 4.

GRILLED CHICKEN WALDORF SANDWICH

BY GLENN THIBEAULT

Makes a fantastic grilled chicken sandwich. I have tried this several times and it is fantastic... Thanks to Legacy Events Inc in Sudbury (www.legacyevents.ca) for introducing me to this GREAT sandwich and then giving me the recipe. Because I am allergic to nuts, I don't use the walnuts... and it is still fantastic!

ingredients

4 skinless, boneless chicken breasts
½ tsp (2.5 mL) each salt and pepper
4 crusty rolls, split in half and lightly toasted

salad topping:

1 Granny Smith apple, finely diced
½ head Boston lettuce, washed
1 rib celery, finely diced
¼ cup (60 mL) walnuts, chopped (optional)
4 slices bacon, cooked
2 Tbsp (30 mL) sour cream

marinade:

¼ cup (60 mL) blue cheese, crumbled
1 cup (250 mL) apple cider
2 Tbsp (30 mL) mayonnaise
½ cup (60 mL) olive oil
¼ cup + 1 Tbsp (60 + 15 mL) lemon juice
salt and pepper, to taste

directions

Arrange chicken breasts in a baking pan. Mix ingredients for marinade and pour over chicken breasts. Cover and refrigerate for a minimum of 2 hours – or overnight.

Prepare topping: Toss diced apple with lemon juice to prevent the apple from turning brown. Combine with the remaining ingredients and set aside in the refrigerator until it's time to assemble the sandwiches.

Preheat BBQ to medium heat.

Remove the chicken from the marinade.

Oil the grill and place chicken directly over heat. Cook for approximately 7-8 minutes per side or until a meat thermometer inserted into the thickest part of the breast reads 165°F (74°C).

Remove the chicken from the heat and cover with foil. Allow to rest 5 minutes.

Add one or two lettuce leaves to bottom half of roll, top with bacon slice, one grilled chicken breast and ¼ of the salad topping.

Add the top half of the roll, repeat with the other 3 sandwiches and serve immediately and enjoy!

GRILLED JERK CHICKEN

BY HON. SCOTT BRISON

ingredients

jerk marinade:

- 3 scallions, chopped
- 4 large garlic cloves, chopped
- 1 small onion, chopped
- 4-5 fresh Scotch bonnet or habañeros chilies, stemmed and seeded
- ¼ cup (60 mL) fresh lime juice
- 2 Tbsp (30 mL) soy sauce
- 3 Tbsp (45 mL) olive oil
- 1½ Tbsp (22.5 mL) salt
- 1 Tbsp (15 mL) packed brown sugar
- 1 Tbsp (15 mL) fresh thyme leaves
- 2 tsp (10 mL) ground allspice
- 2 tsp (10 mL) black pepper
- ¾ tsp (3.75 mL) freshly-grated nutmeg
- ½ tsp (2.5 mL) cinnamon

chicken:

- 4 chicken breast halves with skin and bones, halved crosswise
- 2½–3 lbs (1–1½ kg) chicken thighs and drumsticks
- papaya salsa (for garnish)

directions

Blend all marinade ingredients in a blender until smooth.

Divide chicken pieces and marinate between 2 re-sealable plastic bags. Seal bags, pressing out excess air, then turn bags over several times to distribute marinade. Put bags of chicken in a shallow pan and marinate, chilled, for 24 hours turning once or twice.

Preheat burners on high, then adjust heat to moderate. Cook chicken until well browned on all sides, 15 to 20 minutes.

Adjust heat to low and cook chicken, covered with lid, until cooked through or until a meat thermometer registers 165°F (74°C) about 25 minutes more. Serve chicken with salsa.

Cooks' note: If you can't grill, you can roast chicken in 2 large shallow (1-inch deep) baking pans in upper and lower thirds of a 400°F (200°C) oven, switching position of pans halfway through roasting, 40 to 45 minutes total.

MANGO AND AVOCADO CHICKEN SANDWICH

BY LAURIN LIU

ingredients

green onion mayonnaise:

2 Tbsp (30 mL) mayonnaise
1 Tbsp (15 mL) green onion, finely-chopped
1 Tbsp (15 mL) coriander, fresh, minced

sandwich:

¼ avocado, finely-sliced
juice from ½ lime
2 slices whole wheat bread
½ cup (125 mL) cooked chicken, shredded
¼ mango, peeled and finely sliced
1 leaf Boston lettuce
salt and pepper, to taste

directions

Mix the ingredients in a bowl.

On a plate, sprinkle the lime juice over the avocado slices. Add salt and pepper.

Spread the green onion mayonnaise on a slice of bread. Garnish with chicken, avocado, mango and lettuce. Cover with a second slice of bread.

CHIPOTLE AVOCADO CHICKEN MELTS

BY HON. JUDY SGRO

ingredients

3 Tbsp (45 mL) olive oil
1 Tbsp (15 mL) lime juice
½ tsp (2.5 mL) chipotle chili powder (or to taste)
4 chicken breasts
4 slices of pepper jack cheese
4 hamburger buns
1 avocado, peeled, seeded and sliced
2 red peppers, sliced
chipotle mayo to taste

directions

Stir together the olive oil, lime juice, and chipotle chili powder.

Tenderize chicken breasts between wax paper sheets to ½ inch thick using a meat pounder.

Place the chicken breasts in the marinade, turning to coat. Cover with plastic wrap and refrigerate for 1 hour.

Preheat grill. Grill peppers and chicken until cooked through or until a meat thermometer reads 165°F (74°C).

After flipping the chicken add a slice of cheese to each piece of chicken. If you like, you can toast the buns on the grill as well.

Spread chipotle mayo on buns, place chicken on buns and top with roasted red peppers and avocado.

*Can also be served with bacon to make it extra yummy!

ALEX'S ARRIBA CANADA DAY CHICKEN WITH SALSA FRESCA

BY ALEX ATAMANENKO

Marinated chicken breast grilled and served on a kaiser with salsa fresca.

ingredients

4 boneless, skinless chicken breasts

Mexican marinade:

¼ cup (60 mL) orange juice

1 Tbsp (15 mL) lime juice

2 Tbsp (30 mL) cider vinegar

1 Tbsp (15 mL) oil

½ tsp (2.5 mL) oregano

salt and pepper, to taste

salsa fresca:

4 tomatoes, chopped

¼ red onion, chopped

1 jalapeño pepper (to taste), chopped

fresh cilantro, to taste

1 lime

¼ cup (60 mL) olive oil

½ tsp (2.5 mL) salt

directions

Cover and marinate the chicken in the fridge for 2 hours.

Remove chicken from marinade and grill chicken over medium heat until a meat thermometer inserted into the thickest part of the meat reads 165°F (74°C).

Transfer chicken to a plate, cover with foil and let it rest for 5–7 minutes.

Chop veggies and combine with juice of 1 lime, olive oil and salt.

Top grilled, marinated chicken breast with salsa and serve on a kaiser bun.

ONTARIO, HALTON

QUEEN'S DIAMOND JUBILEE CHICKEN SANDWICH

BY HON. LISA RAITT

In honour of Her Majesty's Diamond Jubilee, celebrate Canada Day while enjoying this royal treat truly fit for a Queen. The "Queen's Diamond Jubilee Chicken Sandwich" brings together Canada's finest poultry with fresh local produce in this raspberry-inspired creation. Simplicity meets regal taste in this celebratory treat for all Canadians to enjoy.

ingredients

$\frac{3}{4}$ cup (175 mL) Springridge Farms' Diamond Jubilee Strawberry Jam® (as a alternative, use your favourite strawberry jam)
2 Tbsp (30 mL) red wine vinegar
1 Tbsp (15 mL) Dijon mustard
1 Tbsp (15 mL) chopped thyme (preferably fresh)
 $\frac{1}{2}$ cup (125 mL) chili sauce
 $\frac{1}{4}$ cup (60 mL) extra virgin olive oil
salt and pepper, to taste
3 oz (75 g) crumbled goat cheese
12 slices red onion, thinly-sliced
 $1\frac{1}{2}$ cup (350 mL) baby spinach
6 (4-5 oz) boneless, skinless chicken breasts
6 Ciabatta buns, halved

directions

Combine jam, red wine vinegar, Dijon mustard, chopped thyme, chili sauce, salt, and pepper in a large saucepan. Bring to a boil over high heat, stirring occasionally.

Reduce heat and simmer for two minutes.

Remove from heat. Set aside $\frac{1}{2}$ cup (125 mL) of the strawberry sauce in a bowl. Set the rest in preparation to baste the chicken while grilling.

Toss chicken in extra virgin olive oil, and salt and pepper as desired.

Grill chicken over medium-high heat until a meat thermometer inserted into the thickest part of meat reads 165°F (74°C). Baste the chicken often with strawberry sauce.

To prepare each sandwich, top the bottom of the Ciabatta bun with remaining strawberry sauce, grilled chicken, crumbled goat cheese, two pieces of red onion, small handful of spinach, and top half of Ciabatta bun.

Serve immediately with sides of choice.

* Springridge Farm's Diamond Jubilee Strawberry Jam® is a famous local product of Halton, Ontario that was created in honour of Her Majesty's Diamond Jubilee. It combines fresh local strawberries with a splash of champagne. More information on Springridge Farm products can be found at www.springridgefarm.com.

COWBOY'S CHICKEN

BY HON. GERRY RITZ

ingredients

4 boneless, skinless chicken breasts
1 cup (250 mL) lemon juice
2 tsp (10 mL) of Greek-style yogurt
salt and pepper, to taste
2 cups (500 mL) of your favourite BBQ sauce
2 Tbsp (30 mL) of Montreal steak spice
2 tsp (10 mL) maple syrup
a few dashes of hot sauce
8 strips of bacon, fried
¼ cup (60 mL) pickled jalapeños
4 slices Monterey Jack cheese
4 sesame hamburger buns

directions

In a plastic bag, combine the lemon juice, yogurt and salt and pepper. Add the chicken and shake to ensure all of the chicken is coated. Allow to marinate in the fridge for 30 minutes or overnight.

For the BBQ sauce, combine your favourite BBQ sauce, the Montreal steak spice, the maple syrup and the hot sauce.

Heat grill to medium heat. Place chicken on the grill and slather with as much BBQ sauce as you can. Grill the chicken until it reaches an internal temperature of 165°F (74°C).

While the chicken cooks, fry bacon and grill hamburger buns.

To assemble, place chicken on the bottom half of the bun. Top with bacon, jalapeños, cheese and the remaining 1 cup (250 mL) of sauce, if desired. Serve with slaw and enjoy!

OUT-OF-THIS-WORLD CHICKEN PITA WRAP

BY MARC GARNEAU

I really enjoyed making this at our neighbourhood annual back lane BBQ. Tasty and exotic!

ingredients

4 boneless, skinless chicken breasts
4 pitas
1 cup (250 mL) tabouleh
1 cup (250 mL) hummus

yogurt garlic marinade:

6 Tbsp (90 mL) plain yogurt
6 Tbsp (90 mL) olive oil
2 Tbsp (30 mL) yellow mustard
3-4 garlic cloves, crushed
2 tsp (10 mL) Italian herbs
½ tsp (2.5 mL) ground white pepper
pinch of salt

directions

Slice chicken breasts in half lengthwise.

Mix marinade ingredients in large bowl and marinate chicken pieces, covered, for 4 hours in fridge.

Grill chicken pieces on BBQ.

Wrap barbecued chicken in pita with hummus and tabouleh to taste. Enjoy!

THE TORONTO CRUNCH

BY HON. BOB RAE

ingredients

1 boneless, skinless chicken breast, cooked,
cold, thinly-sliced
avocado, sliced
red onion, thinly-sliced
lettuce of choice
celery, thinly sliced
hoisin sauce, to taste
fresh whole wheat bun

directions

Take a few slices of the cold chicken breast, avocado, red onions, and lettuce, and put them on fresh whole wheat bun.

Add a bit of hoisin sauce on the bun, and some celery slices for crunch.

THE MURRAY MUNCH

BY JOYCE MURRAY

ingredients

1 boneless, skinless chicken breast
2 slices rosemary focaccia bread
thinly-sliced pancetta
2 oz (50 g) goat cheese
2 oz (50 g) dates
olive oil

directions

Grill the chicken breast over medium heat until chicken reaches internal temperature of 165°F (74°C).

Pan fry pancetta until crispy.

Chop and warm the dates in the pancetta frying pan.

Slice chicken.

Slice the focaccia in half and spread with the goats cheese.

Place chicken on top of goats cheese then add pancetta and dates. Drizzle with olive oil and top with second slice of bread.

WAFFLE MAPLE CHICKEN SANDWICH

BY JOE PRESTON

ingredients

4 boneless, skinless chicken breasts
8 frozen waffles, plain

marinade:

1 cup (250 mL) apple cider
¼ cup (60 mL) + 1 Tbsp (15 mL) maple syrup
½ cup (125 mL) mayonnaise
1 Tbsp (15 mL) brown sugar
½ tsp (2.5 mL) coarse salt
maple flavored BBQ sauce (or add maple
syrup to plain BBQ sauce)

spread:

½ cup (125 mL) mayonnaise
1 Tbsp (15 mL) maple syrup
½ tsp (2.5 mL) salt

directions

Mix all the marinade ingredients thoroughly. Add chicken and store covered in the refrigerator for at least 2 hours.

Mix the spread ingredients thoroughly, cover and refrigerate.

Drain and discard the marinade from chicken.

Grill the chicken over medium heat and heavily baste chicken with the BBQ sauce on both sides while cooking.

Grill 8 waffles on hot grill – until they are crunchy on outside and soft inside.

Place cooked glazed chicken on bottom waffle and generously spread maple mayo on top waffle.

Place onto chicken. Eat. Taste. Enjoy!

ACADIAN-CAJUN SPICED CHICKEN ON BANNOCK WITH NOVA SCOTIA CHOW-CHOW

BY RODGER CUZNER

ingredients

1 boneless, skinless chicken breast
olive oil
chow-chow*

rub:

2 Tbsp (30 mL) paprika
1 Tbsp (15 mL) cumin
1 Tbsp (15 mL) thyme
1 Tbsp (15 mL) oregano
1 Tbsp (15 mL) onion powder
1 Tbsp (15 mL) garlic powder
1 tsp (5 mL) cayenne
1 tsp (5 mL) pepper
1 tsp (5 mL) salt

bannock:

3 cups (750 mL) flour
2 Tbsp (30 mL) baking powder
1 tsp (5 mL) salt
2 Tbsp (30 mL) sugar
1½-2 cup (375-500 mL) of water
1 Tbsp (15 mL) cooking oil

directions

Rub boneless, skinless chicken breast lightly with olive oil and sprinkle on Acadian-Cajun spice rub.

Grill for 15-20 minutes or until a meat thermometer registers 165°F (74°C), flipping once during grilling.

Mix all dry bannock ingredients together in a large bowl.

Gradually add 1½ to 2 cups (375-500 mL) of water mixing as you go.

Heat oil in a large cast-iron skillet and fry about ½ cup (125 mL) of batter at a time, spreading it out into a disc shape and flipping it as you go, until cooked and golden brown.

Serve chicken with bannock and chow chow.

*Note: chow-chow is a pickled relish made with green tomatoes and onions.

GRILLED CHICKEN CACCIATORE

BY LAVAR PAYNE

ingredients

2 large red peppers
1/3 cup (75 mL) dry red wine
3–4 stems rosemary, leaves finely-chopped
1 tsp (5 mL) crushed red pepper flakes
2 large cloves garlic, grated or finely-chopped
2 Tbsp (30 mL) Dijon mustard
2/3 cup (150 mL) extra virgin olive oil
salt and freshly-ground black pepper, to taste
6 boneless, skinless chicken thighs OR
4 boneless, skinless chicken breasts
2 large or 4 medium portobello mushroom caps
1 large sweet onion or red onion, thickly sliced
4 plum tomatoes
8 thin slices smoked, fresh mozzarella cheese
4 rolls, split
a handful of flat leaf parsley

directions

Char the peppers until blackened all over, then put them in a bowl and cover with plastic wrap to cool. If cooking outside, char the peppers over the hot area of the grill.

Meanwhile, in food processor, combine the wine, rosemary, red pepper flakes, garlic and mustard. With the processor running, slowly

stream in the oil to make a marinade. Season with salt and pepper, to taste.

Add the chicken to a re-sealable plastic bag and pour in a third of the marinade and turn to coat.

Add the mushrooms and onions to a small bowl and pour in the remaining marinade.

Remove the chicken from the marinade and grill for 12 minutes, or until a meat thermometer registers 165°F (74°C) when inserted into the thickest part of the meat.

Grill the mushrooms and onions until tender, about 8–10 minutes and char the tomatoes during the last 3–4 minutes of cooking time.

Remove the chicken from the grill to a cutting board and slice on an angle. Serve 1½ thighs per person or 1 breast per person.

Pile the chicken on the roll bottoms and top with the smoked cheese, sliced grilled mushrooms and onion and squished, fire-charred tomatoes.

Peel, seed and chop the peppers and put them on top of the tomatoes. Sprinkle with a little parsley and cover with the roll tops.

ONTARIO, WELLAND

CHICKEN BURGER WITH GOAT CHEESE AND BASIL

BY MALCOLM ALLEN

ingredients

1 boneless, skinless chicken breast
1 Kaiser bun
1-2 fresh basil leaves
goat cheese
1 tomato, sliced

directions

Grill chicken until it reaches an internal temperature of 165°F (74°C).

Spread goat's cheese onto Kaiser bun, top with grilled chicken and place 2-3 fresh basil leaves and sliced tomato on top. Serve!

PERFECT SUMMER SANDWICH

BY LINDA DUNCAN

ingredients

1 boneless, skinless chicken breast
avocado, sliced
local organic sprouts, to taste
mayonnaise, to taste
salt and pepper, to taste
2 slices pumpernickel bread, toasted
butter, to taste

glaze:

1 Tbsp (15 mL) crabapple jelly
1 Tbsp (15 mL) honey

directions

Combine crabapple jelly and honey and mix well.

BBQ chicken over medium-high heat and baste with the crabapple jelly and honey glaze. Chicken is cooked when a meat thermometer reads 165°F (74°C).

Butter both slices of bread and spread mayonnaise on one slice.

Place chicken on slice of bread followed by avocado, sprouts and salt and pepper.

KEY LIME GRILLED CHICKEN ON CIABATTA ROLL

BY SCOTT SIMMS

ingredients

4 boneless, skinless chicken breasts
4 Ciabatta rolls

marinade:

¼ cup (60 mL) soy sauce
1 Tbsp (15 mL) honey mustard
3 Tbsp (45 mL) olive oil
1 Tbsp (15 mL) lime juice
1 tsp (5 mL) chopped garlic
½ tsp (2.5 mL) salt
¼ tsp (1.25 mL) pepper

BBQ sauce:

¼ cup (60 mL) cider vinegar
½ cup (125 mL) brown sugar
1 tsp (5 mL) Worcestershire sauce
¼ cup (60 mL) honey mustard OR Dijon mustard
1 tsp (5 mL) paprika
¼ tsp (1.25 mL) chili powder

sauce:

3 Tbsp (45 mL) Dijon mustard
½ cup (125 mL) of mayonnaise
lime juice

directions

Blend marinade ingredients together in a large bowl or re-sealable plastic bag.

Add chicken and marinate in the refrigerator for 1-2 hours. Discard marinade once you remove chicken.

Heat BBQ grill to medium-high and cook chicken for approximately 4 minutes on one side turning and basting with BBQ sauce until chicken is fully cooked or a meat thermometer registers 165°F (74°C) when inserted into thickest part of the meat.

Place BBQ sauce ingredients in a bottle (shake well) or mix in a bowl.

Blend all sauce ingredients together.

Split the Ciabatta roll and spread with mustard/mayo sauce.

Add the grilled chicken breast.

This sandwich can be served with your favourite toppings such as leaf lettuce, sliced tomato, red onion, sliced pickle, Swiss or Monterey Jack cheese, to name a few. Enjoy!

CHIPOTLE GRILLED CHICKEN WITH AVOCADO SANDWICH

BY JOHN RAFFERTY

ingredients

3 Tbsp (45 mL) olive oil
1 Tbsp (15 mL) lime juice
½ tsp (2.5 mL) chipotle chili powder
(less or more depending on how much heat you want)
1 lb (500 g) boneless, skinless chicken breasts
(about 2 breast halves)
4 small slices of Monterey Jack cheese
4 sets of hamburger buns
1 avocado, peeled, seeded and sliced
iceberg or lettuce of preference
mayonnaise

directions

Stir together the olive oil, lime juice, and chipotle chili powder.

Put chicken breasts between two sheets of wax paper. Use a meat pounder to pound the breasts to an even thickness of about ½ inch (1.25 cm). Cut off fat. If you are starting with 2 half-pound chicken breast halves, cut each one in half so that you have 4 pieces, (so they fit better on the buns).

Place the chicken breasts in the marinade, turning to coat. Cover with plastic wrap. Let marinate for at least 15 minutes, preferably an hour.

Grill on high heat if you are using a gas grill, or prepare coals for direct heat if you are using charcoal. You can also use a cast-iron grill pan on your stove if you do not have a grill. Grill the chicken pieces a couple minutes on each side, until cooked through or meat thermometer registers 165°F (74°C) when inserted into thickest part of meat.

Once you have cooked the chicken pieces on one side and flipped them, add a slice of cheese to the chicken. Cover the grill for half a minute to melt the cheese. Toast the buns on the grill.

Serve on a bun with sliced avocado, lettuce and mayonnaise.

CHICKEN-OKA- PEPPER SANDWICH

BY MYLÈNE FREEMAN

makes 4 sandwiches

ingredients

4 chicken breasts (marinated then BBQ grilled)
4 whole wheat Ciabatta buns
classic Oka cheese, finely-sliced, to taste
baby spinach leaves (to taste)
2 orange peppers (BBQ grilled)
pesto, to taste
mayonnaise, to taste

marinade:

¼ cup (60 mL) pesto
1 Tbsp (15 mL) lime juice

directions

In the morning or the evening before, put the chicken breasts with the pesto and the lime juice in the refrigerator in a sealed plastic bag for 12 to 24 hrs.

Cut the breasts into quarters. Grill the chicken breasts and peppers until it is well done and the meat thermometer indicates 165 °F (74 °C) or about 5 minutes for each side.

(You can toast the bread lightly) – Prepare the sandwiches, adding the ingredients to taste.

MARINATED CHICKEN ON CIABATTA BREAD

BY PIERRE DIONNE LABELLE

ingredients

1 butternut squash, minced
2 Tbsp (30 mL) extra virgin olive oil
1 Tbsp (15 mL) rosemary
1 deboned chicken breast
juice of 1 lemon
1 slice feta cheese
1 leaf lettuce
1 Ciabatta roll

marinade:

1 garlic clove, minced
2 sundried tomatoes, minced
¼ tsp (1.25 mL) Espelette pepper
1 tsp (5 mL) paprika
2 Tbsp (30 mL) extra virgin olive oil

directions

Mince the garlic and sundried tomatoes. Mix them in a bowl with the pepper, the paprika and the olive oil, and then add in the chicken. Let marinate for 45 minutes.

Peel the squash, cut it in two and then remove the seeds and fibers from its center. Then, mince it and place it on a BBQ dish. Add the olive oil and the rosemary and mix. Put aside.

When the chicken has marinated for 35 minutes, place your squash dish on the BBQ grill. Check regularly during cooking (about every 15 minutes). When it is cooked, mash your squash with a fork while adding the lemon juice.

Then, when the chicken has finished marinating, place your chicken breast on the grill and cook it for 7 minutes on each side or until it is well done and the meat thermometer indicates 165°F (74°C).

Finally, assemble your sandwich as follows: bread, chicken, feta cheese, squash puree, lettuce and bread. Enjoy!

CHICKEN AND BRIE CIABATTA

BY JEAN CROWDER

ingredients

4 Ciabatta rolls, split
¼ cup (60 mL) fig jam
¼ cup (60 mL) mayonnaise
1 cup (250 mL) baby spinach leaves
4 boneless, skinless chicken breasts
salt and pepper, to taste
6 oz (175 g) brie cheese, sliced

directions

Grill chicken until it reaches an internal temperature of 165°F (74°C).

Place the split rolls on a heat proof baking pan or sheet, cut side up.

On the top half, spread the fig jam. On bottom half; spread the mayo and top with the spinach, then with the chicken breast.

Season with salt and pepper, and top the chicken with the brie slices.

Put in the BBQ for a few minutes, until the brie begins to melt and the roll is warmed and a bit crispy. Press the halves together and serve.

This sandwich is my staff's favourite.

BRAID'S BETTER BUTTER CHICKEN ON A BUN

BY PETER BRAID

Grilled chicken sandwich with the flavours of India

ingredients

4 4-5 oz boneless, skinless chicken breasts

marinade:

¼ cup (60 mL) olive oil
2 Tbsp (30 mL) red wine vinegar
½ tsp (2.5 mL) chili powder
½ tsp (2.5 mL) ginger
¼ tsp (1.25 mL) turmeric
½ tsp (2.5 mL) garlic powder

butter chicken sauce:

2 Tbsp (30 mL) butter, softened
¼ cup (60 mL) tomato paste
2 Tbsp (30 mL) mayonnaise
1½ tsp (10 mL) chili powder
1 tsp (5 mL) ginger, grated
1 clove garlic, minced
½ tsp (2.5 mL) turmeric
¼ tsp (1.25 mL) cinnamon
1 Tbsp (15 mL) brown sugar
1 tsp (5 mL) hot sauce, to taste
salt and pepper, to taste

directions

Marinate chicken in a covered bowl or re-sealable plastic bag in the refrigerator for 30 minutes.

Remove chicken and discard marinade. Grill chicken until internal temperature reaches 165°F (74°C).

Cream together butter, tomato paste and mayonnaise then stir in remaining sauce ingredients. Refrigerate for 30 minutes.

Place grilled chicken on a thin hamburger bun. Spread on butter chicken sauce, and top with shredded lettuce, tomatoes, and sliced red onion.

GRILLED GOAT CHEESE SANDWICH

BY RUTH ELLEN BROSSEAU

ingredients

4 bonless, skinless chicken breasts
goat cheese
4 slices of your favourite sandwich bread
arugula (or salad)
roasted peppers, jar, to taste

marinade:

½ cup (125 mL) olive oil
½ cup (125 mL) lemon juice
1 garlic clove, chopped
salt and pepper, to taste

directions

Prepare the marinade and marinate the chicken in the fridge for a few hours. Grill the chicken over moderate heat until it is well done and the meat thermometer indicates 165 °F (74 °C) or about 5 minutes for each side.

Toast the bread.

Garnish the toasted bread copiously with goat cheese, arugula (or salad) and roasted peppers.

Add the chicken breasts. Enjoy!

CANUCK GRILLED CHICKEN SANDWICH

BY ROYAL GALIPEAU

ingredients

4–5 oz boneless, skinless chicken breasts
4 Ciabatta buns, halved
4 leaf lettuce leaves
8 thin slices of tomato
salt and pepper, to taste

marinade:

$\frac{2}{3}$ cup (150 mL) apple juice
 $\frac{1}{3}$ cup (75 mL) maple syrup
 $\frac{1}{3}$ cup (75 mL) honey
 $\frac{1}{4}$ cup (60 mL) canola oil
2 Tbsp (30 mL) grated fresh ginger
ground black pepper, to taste

mayonnaise spread:

1 cup (250 mL) mayonnaise
1 Tbsp (15 mL) Dijon mustard
3 Tbsp (45 mL) fresh rosemary leaves,
finely-chopped
1 Tbsp (15 mL) lemon juice
1 Tbsp (15 mL) grated lemon zest

directions

Combine all marinade ingredients together. Place chicken breasts in a re-sealable plastic bag and coat thoroughly with marinade. Chill, in the refrigerator for about four hours.

Combine mayonnaise spread ingredients and place in the refrigerator until ready to use.

Preheat and oil the grill.

Remove chicken from marinade and place on the grill. Cook for approximately 6 minutes on each side, or until interior temperature reaches 165°F (74°C).

Spread both sides of bun with the mayonnaise spread.

Place grilled chicken on bottom bun and top with two tomato slices and salt and pepper to taste. Add a lettuce leaf and cover with top half of bun.

Mmmm good!

SAINT BONIFACE LEFT-OVER CHICKEN SALAD BUNWICH

BY SHELLY GLOVER

A quick, delicious and cheap way to enjoy a chicken sandwich! You can use any leftover chicken for a new twist each time – BBQ, grilled, spiced, breaded, fried – you name it!

ingredients

- 1 cup (250 mL) of finely cubed left-over chicken (especially good with left over fried chicken or chicken fingers)
- 3 Tbsp (45 mL) of mayonnaise alternative (or more according to taste)
- 2 celery sticks, finely-chopped
- salt and pepper, to taste
- ½ cup (125 mL) mozzarella cheese, shredded
- 2 hamburger buns
- 2 Tbsp (30 mL) butter

directions

Butter tops and bottoms of buns and place on oven rack (raised to highest level). Grill until golden brown on edges.

Mix first 4 ingredients together in a bowl, and spoon onto grilled buns. Cover with mozzarella cheese and place entire sandwich in oven to grill again for 3–5 minutes until cheese is melted and begins to turn golden.

Serve with knife and fork and voilà!

ONTARIO, ST. CATHARINES

DUTCH THUNDER-BURGER

BY RICK DYKSTRA

ingredients

chicken cutlets
Montreal steak spice
green leaf lettuce
avocado, sliced
jalapeño Havarti cheese, sliced OR
Monterrey Jack cheese, sliced
tomato, sliced
focaccia bread or bun of choice

directions

Preheat grill on medium heat and grill cutlets for 5–7 minutes per side or until a meat thermometer registers 165°F (74°C) turning once.

Season with Montreal steak spice.

Add mayonnaise/Dijon to top of bun.

On the bottom bun add chicken, lettuce, avocado, cheese slices and tomato.

GREEK CHICKEN BURGER

BY COSTAS MENEGAKIS

ingredients

1-2 boneless, skinless chicken breasts
tomato, sliced
cucumber, sliced
onion, sliced (optional)
crumbled feta cheese, to taste

marinade:

½ cup (125 mL) olive oil
¼ cup (60 mL) lemon juice (freshly squeezed
or from bottle)
1 Tbsp (15 mL) dried oregano (crush with
fingers as you add to oil and lemon juice)
salt and pepper, to taste

directions

Marinate chicken breast in a covered bowl or re-sealable plastic bag in the fridge for 30 minutes.

Heat BBQ to medium heat and cook chicken until meat thermometer reads an internal temperature of 165°F (74°C). Once cooked, remove from grill and rest for 5–7 minutes.

Place on pita bread or burger bun. Top with chopped tomato, cucumber, onion (optional) and crumbled feta cheese. Enjoy! It's fast, delicious and nutritious.

TOM'S TERRIFIC CHICKEN SANDWICH

BY TOM LUKIWSKI

ingredients

boneless, skinless chicken breasts
Swiss cheese, sliced
whole wheat Kaiser bun
favourite BBQ sauce

jalapeño creamy coleslaw:

1 large cabbage, shredded
1 cup (250 mL) mayonnaise
½ small red onion
2 jalapeños, seeds removed, finely-chopped
2 Tbsp (30 mL) white sugar
1½ Tbsp (22.5 mL) white vinegar
salt and pepper, to taste

mushroom topping:

1 lb (500 g) mushrooms, sliced
2 Tbsp (30 mL) canola oil
2 Tbsp (30 mL) butter
1 Tbsp (15 mL) soy sauce
salt and pepper, to taste

directions

Season chicken with pepper and grill over medium heat basting with your favourite BBQ sauce. When chicken is almost done, cover each breast with a slice of Swiss cheese and allow cheese to melt.

Remove from heat.

To make coleslaw: mix all ingredients thoroughly.

To make mushroom topping: heat oil and butter in a sauté pan over medium heat. Add mushrooms and salt and pepper and sauté until tender. Add soy sauce and continue cooking for 3-4 minutes.

To assemble sandwich, cut bun in half, place coleslaw on bottom half of bun, add the chicken breast and top with the mushroom topping and top of the bun.

HONEY MUSTARD CHICKEN BURGERS

BY BLAKE RICHARDS

ingredients

4 boneless, skinless chicken breasts
¼ cup (60 mL) Dijon mustard
¼ cup (60 mL) liquid honey
½ tsp (2.5 mL) Italian seasoning
½ tsp (2.5 mL) extra-spicy seasoning
4 whole wheat burger buns
mayonnaise
lettuce
tomatoes, sliced
onions, slivered

directions

Mix together the Dijon, honey and seasonings in a medium-sized bowl.

Add the chicken to the bowl and coat them evenly with the mixture, cover and refrigerate until ready to use.

Grill on medium heat for approximately 5 minutes per side, or until a thermometer inserted into thickest part of meat reads 165°F (74°C).

Serve on whole wheat hamburger buns with your favorite toppings, including mayonnaise, tomatoes, lettuce and slivered onions.

BARBECUE TANDOORI CHICKEN

BY HON. TIM UPPAL

ingredients

3 boneless, skinless chicken breasts (or about 8 chicken drumsticks)
1 tsp (5 mL) salt
1 lemon juiced (or 2-3 Tbsp (45 mL) of lemon juice)
1¼ cup (300 mL) plain yogurt
½ onion, finely-chopped (or onion powder)
1 clove garlic, finely-chopped (or garlic powder)
1 tsp (5 mL) grated ginger root (or ginger powder)
2 tsp (10 mL) garam masala
1 tsp (5 mL) red pepper
1 tsp (5 mL) turmeric powder (for coloring)
2 tsp (10 mL) cilantro, finely-chopped (optional)
1 lemon, cut into wedges (optional)

directions

Cut slits into the chicken and place in a large bowl. Sprinkle both sides of chicken with salt and lemon juice.

In a medium bowl mix onion, garlic, ginger, garam masala, turmeric powder, red pepper, and yogurt until smooth and well combined. Fully cover the chicken with the mixture. Cover, and refrigerate for 6 hours to a day (the longer the better).

Preheat the BBQ to medium-high heat, and lightly oil.

Grill the chicken until its internal temperature reaches 165°F (74°C).

Garnish with cilantro and lemon wedges.

BEST BBQ GRILLED CHICKEN

BY GARRY BREITKREUZ

ingredients

6 split chicken breasts
BBQ sauce

brine:

8 cups (2 L) cold water
½ cup (125 mL) salt
½ cup (125 mL) sugar

marinade:

2 Tbsp (30 mL) fresh parsley
2 Tbsp (30 mL) fresh oregano
8 cloves roasted garlic
¼ cup (60 mL) white wine vinegar
¾ cup (175 mL) olive oil
½ Tbsp (7.5 mL) red pepper flakes

Easy and awesome.

directions

To prepare brine, stir sugar and salt into cold water. Place 3 chicken breasts each in 2 gallon-size storage bags. Divide brine between the bags, seal removing air and place in the refrigerator for 1½ hours. Drain and move all chicken into 1 bag (if it will fit).

To prepare marinade, place roasted garlic, vinegar, oregano and parsley into food processor and process until smooth. Add oil and emulsify. Stir in red pepper flakes.

Pour marinade into bag and seal, pressing out all air. Place in the refrigerator up to 6 hours.

To cook on a gas grill, turn all burners to high, close lid and allow to heat up for about 15 minutes. When hot, leave 1 burner on high and turn the rest to medium-low.

Remove chicken from marinade and place over the burner on high. Cook 2-3 minutes per side or until slightly browned. Move chicken to the cooler side of grill, skin side up, and brush liberally with BBQ sauce. Cook for 10 minutes. Brush with BBQ sauce again and turn over. Cook for 5 minutes or until a meat thermometer registers 165°F (74°C).

SUMMER MAPLE CHICKEN SANDWICH

BY BRIAN MASSE

Light maple chicken sandwich with a dipping BBQ sauce served on the side.

ingredients

2 boneless, skinless chicken breasts
2 cups (500 mL) stewed tomatoes
½ cup (125 mL) water
2 Tbsp (30 mL) apple cider vinegar
½ cup (125 mL) maple syrup
¼ cup (60 mL) packed brown sugar
1 tsp (5 mL) grainy mustard
½ tsp (2.5 mL) minced garlic
1 Tbsp (15 mL) dehydrated onions
1 tsp (5 mL) hot sauce
2 Tbsp (30 mL) corn starch

directions

Whisk together all ingredients except corn starch.

Marinate the meat in a re-sealable plastic bag in the refrigerator long enough to flavour and tenderize (minimum 1 hour).

BBQ: Cook meat and baste with some of the marinade. Chicken should reach an internal temperature of 165°F (74°C).

BBQ Sauce on Side: Mix corn starch and water together in a separate bowl until smooth. Add to the remaining marinade and put all together in a saucepan. Mix well and bring to a boil, stirring as sauce thickens. Serve with barbecued meat. Garnish as desired.

THE JOHN CANDY

BY PHIL MCCOLEMAN

“The John Candy” – A Canadian twist on a sandwich favourite. Using REAL Canadian ingredients like maple syrup, back bacon, Canadian chicken breast and raclette cheese this sandwich isn’t your ordinary chicken sandwich, it’s a sandwich that even John Candy would have loved!

ingredients

6 boneless, skinless chicken breasts
6 bakery brioche buns
watercress greens
pickles, sliced
bacon slices, cooked
6 slices of raclette cheese
Kosher salt, to taste

marinade:

2 cups (500 mL) buttermilk
1 lime
4 cloves garlic, diced
¼ tsp (1.25 mL) pepper

maple mustard sauce:

¼ cup (60 mL) grainy Dijon
¼ cup (60 mL) yellow mustard
¼ cup (60 mL) maple syrup
1 tsp (5 mL) fresh mint
1 oz orange juice
salt and pepper, to taste

lime garlic aioli:

½ cup (125 mL) mayo
2 cloves garlic, minced
1 tsp (5 mL) lime juice

salt and pepper to taste

directions

Mix all marinade ingredients in a re-sealable plastic bag. Add chicken and marinate in the refrigerator for 2–4 hours.

In the meantime, combine the maple mustard sauce ingredients in a bowl and refrigerated until ready to use.

Combine the lime garlic aioli ingredients and refrigerate until ready to use.

Remove chicken from marinade and season with a little Kosher salt before grilling.

Grill chicken over medium heat until cooked through and a meat thermometer registers 165°F (74°C).

Add the cooked bacon and raclette and allow cheese to melt.

Serve the chicken on a brioche with maple mustard sauce, sliced pickles, watercress and lime garlic aioli.

ONTARIO, YORK—SIMCOE

SIMPLY DELICIOUS TUNNEL BBQ CHICKEN SANDWICH

BY HON. PETER VAN LOAN

This recipe uses “TBQ Sauce”, a hand-crafted spicy BBQ sauce created by Harry & Helen Racovitis. The Racovitis family created the famous Tunnel BBQ restaurant in Windsor, Ontario located at the entrance of the Windsor-Detroit border crossing. This family owned restaurant has been serving up their famous ribs, chicken and ice cream puffs for over 60 years, and Windsorites love this sauce so much that it is sold in local grocery stores in South-Western Ontario. Tunnel BBQ is a landmark Windsor restaurant famous for its fantastic Canadian fare.

ingredients

boneless skinless chicken breasts
TBQ sauce (Valerie’s original spicy)
Swiss cheese
tomato
lettuce
red onion
Dijonnaise
bacon, cooked (optional)
Kaiser buns

directions

Brush the chicken with the TBQ sauce evenly on both sides and grill on the BBQ till tender and internal temperature has reached 165°F (74°C).

Toast Kaiser buns and spread an even, thin layer of Dijonnaise across the bun and top the chicken breast with swiss cheese, tomato, lettuce, onion and bacon.

The creamy aspect of the Swiss cheese and Dijonnaise cut the spice of the sauce, giving this sandwich a smoky, savoury flavour with a great kick without being too overwhelming. This is a truly Southern Ontario summer treat!

NOT-FOR-THE-FAINT-OF-HEART BBQ CHICKEN BREAST ON A GRILLED CIABATTA BUN

BY HON. LAURIE HAWN

ingredients

boneless, skinless chicken breasts
olive oil (enough to brush on chicken)
jalapeño, sliced
fresh basil leaves

Mexican seasoning:

pepper
Kosher salt
cumin seed
Mexican peppers, ground (such as guajillo)
bacon, cooked, sliced
Monterey Jack cheese, sliced
roasted red peppers, jarred, sliced

butter mixture:

butter, to taste
garlic, crushed, to taste
paprika, to taste
Ciabatta bun

directions

Grind all Mexican seasoning ingredients with spice grinder or mortar and pestle. Set aside.

Spread a spicy mix of butter, garlic and paprika on the Ciabatta bun before you toast it.

Brush chicken breast lightly with olive oil and season with the Mexican seasoning.

Cook chicken on grill for about three minutes on one side. Turn and top with jalapeño slices, slices of cooked bacon and Monterey Jack cheese. Finish cooking. Chicken will be cooked when its internal temperature reaches 165°F (74°C).

Top with fresh basil leaves and roasted red peppers. Garnish with spicy mustard or some other condiment you like.

MAPLE-GRILLED CHICKEN TREAT

BY SANA HASSAINIA

ingredients

1 chicken breast
1 pear, thinly-sliced
Quebec “Feuille d’automne” cheese OR
Quebec brie
a few baby spinach leaves
mayonnaise
baguette bread

marinade:

½ cup (125 mL) oil
¼ cup (60 mL) soy sauce
½ tsp (2.5 mL) dry mustard
shallots, thinly-sliced
1 garlic clove
1 tsp (5 mL) maple syrup
a few pinches of fresh thyme
salt and pepper, to taste

directions

In a saucepan, mix the oil, soy, dry mustard, shallots, garlic clove, syrup, fresh thyme, salt and pepper. Add the chicken to the marinade and let it marinate for a few hours.

Slice the pears lengthwise into thin slices.

Slice the cheese.

Heat the BBQ to moderate heat. Grill the chicken on the BBQ until its inner temperature reaches 165°F (74°C).

Spread a light layer of mayonnaise on the bread. Add the grilled chicken. Place the “Feuille d’automne” cheese directly on the hot chicken. Place a few slices of pear on the cheese. Add the baby spinach and serve.

MAPLE BACON CHICKEN SANDWICH

BY SCOTT ANDREWS

ingredients

olive oil, enough to baste chicken
chopped fresh thyme (2 tsp (10 mL) per
chicken breast)
boneless, skinless chicken breasts
bacon (2 slices per sandwich)
Canadian maple syrup, to taste
butter, to taste
multigrain bread of choice
parchment paper

directions

Brush chicken breasts in olive oil and sprinkle with chopped fresh thyme (about 2 tsp (10 mL) per piece of chicken).

Wrap chicken in parchment paper and bake in glass baking dish until done (approx 35 min) or until meat thermometer registers 165°F (74°C).

While chicken is cooking, prepare bacon. You will want 2 slices of bacon per sandwich.

Once chicken is cooked, toast 2 slices of bread and lightly butter.

Slice chicken breast in half to create two flat sandwich-sized pieces.

Place on bread, top with bacon and drizzle with maple syrup. Slice in half and enjoy!

MEXI CASA QUEBEC

BY ISABELLE MORIN

ingredients

1 chicken breast, boneless, skinless, cooked
chipotle powder
sage, fresh
lettuce
tomato, sliced
onion, sliced
cayenne pepper, dash
salt and pepper, to taste
bun of choice

directions

Sprinkle the chicken with chipotle powder.

Place on bun.

Add some sage, lettuce, tomato, and onion, salt and pepper, and a dash of cayenne pepper on top of it. Enjoy!

JASON'S SPICY KOREAN BBQ SANDWICH

BY HON. JASON KENNEY

ingredients

4 boneless, skinless chicken breasts
¼ cup (60 mL) hot Korean pepper paste,
(gochujang)
¼ cup (60 mL) ketchup
½ cup (125 mL) green onions, chopped
4 tsp (20 mL) soy sauce
¼ cup (60 mL) dry white wine

directions

Mix ingredients into a paste.

Spread onto chicken and let it marinate overnight.

Grill chicken over medium heat until cooked through or when a meat thermometer inserted into the thickest part of meat registers 165°F (74°C).

Note: this recipe works well for chicken thighs too.

CANADA DAY CHICKEN WRAP

BY JOY SMITH

ingredients

1 boneless, skinless chicken breast
whole wheat wrap
slice of onion
lettuce leaf
Dijon mustard

marinade:

¼ cup (60 mL) balsamic vinegar
¼ cup (60 mL) olive oil
salt and pepper, to taste

directions

Place chicken and marinade in a covered bowl or re-sealable plastic bag and marinate for 2 hours in the refrigerator.

Place chicken on grill and cook over medium heat until chicken reaches an internal temperature of 165°F (74°C).

Once the chicken is cooked, remove from the grill and cut into strips.

Place the strips of chicken on a whole wheat wrap with onion, lettuce and Dijon mustard. Fold the wrap and enjoy.

CHILLIWACK—FRASER CANYON CHICKEN SANDWICH

BY MARK STRAHL

This is a delicious chicken sandwich made out of local, Chilliwack—Fraser Canyon ingredients. It goes well with Nestle spring water from Hope, an Old Yale Brewery beer, or a Fort Berens Estate wine.

ingredients

4–6 boneless, skinless chicken breasts
2 lb (900 g) Pemberton potatoes, diced
2 lb (900 g) Chilliwack corn kernels
1 large red onion, diced
6 garlic cloves, smashed
½ lb (200 g) bacon, cooked, crumbled (or to taste)
¼–⅓ cup (60–75 mL) fresh Parmesan
cheese, grated
¼–⅓ cup (60–75 mL) sour cream
¼–⅓ cup (60–75 mL) mayonnaise
1 Tbsp (15 mL) horseradish
1–2 Tbsp (15–30 mL) lemon juice
1 Tbsp (15 mL) fresh dill, smashed
salt and pepper, to taste
olive oil, enough to coat all ingredients

directions

Preheat oven to 400°F (200°C).

Toss together the potatoes, corn, onion, and garlic with enough olive oil, salt, and pepper. Place on baking sheet and roast in the oven for 45 minutes – 1 hour until golden brown.

Mix Parmesan cheese, sour cream, mayonnaise, horseradish, lemon juice, dill, and enough salt (remember the bacon will add salt too).

Once the vegetables are roasted, remove the garlic from the baking sheet, and make a paste, and mix them into the dressing.

Toss the vegetables, dressing, and bacon together.

Add a spoon of this warm potato salad to a toasted bun and a grilled chicken breast to make the Chilliwack—Fraser Canyon Chicken Sandwich.

THE CAPITAL BURGER

BY HON. KEITH ASHFIELD

ingredients

4–5 oz, juicy New Brunswick chicken breasts
1 Tbsp (15 mL) paprika
1½ tsp (7.5 mL) cayenne
¼ Tbsp (3.75 mL) cumin
¼ Tbsp (3.75 mL) onion powder
¼ Tbsp (3.75 mL) oregano
salt and freshly-ground pepper, to taste
4 gourmet burgers buns
8 strips of Canadian chicken bacon

grilled corn and avocado salsa:

2 chopped, barbecued corn (done in salt, pepper and olive oil)
1 cup (250 mL) red pepper, cubed
1 tsp (5 mL) habañero pepper, chopped
⅓ cup (75 mL) red onion, diced
½ cup (125 mL) green onion, diced
3 cloves garlic, minced
juice of 2 limes
1 Tbsp (15 mL) sugar
2 avocados, diced
⅔ cup cubed New Brunswick goat cheese
salt and freshly-ground pepper to taste

zesty lime aioli:

4 egg yolks
1 cup (250 mL) light olive oil
4 cloves garlic, minced
juice of 2 limes
1 zest of lime
salt and freshly-ground pepper to taste

directions

Combine paprika, cayenne, onion powder, cumin, oregano, salt, and pepper together in a bowl. Mix thoroughly. Cover chicken breasts lightly with oil and then rub spice mix onto them, and place in the refrigerator for a half hour.

BBQ on medium-high heat for 5 minutes each side, and then cook further on indirect heat for 20 minutes, or until finished (turning once at half-way point).

Combine egg yolks, garlic, salt, pepper, lime juice, and lime zest in food processor and puree. Slowly add olive oil until sauce begins to emulsify and thicken. Refrigerate for a half hour.

Combine peppers, barbecued corn, red and green onion, and garlic in frying pan. Cook until pepper starts to soften. Add sugar and lime juice, and reduce for 3-4 minutes. Place in refrigerator until cooled.

Dice avocado: Half avocados and remove their pits. Carefully cut squares into avocado shell half. To keep avocado from browning either place pit back into halves and store in refrigerator, or place in ice water. Avocado will brown when left exposed to air. When ready to eat, spoon out cubes from avocado shells and add to salsa.

Add goat cheese cubes to salsa and serve on top of chicken breast with zesty lime aioli, chicken bacon, and relish burger buns. Enjoy!



QUEBEC-STYLE GRILLED CHICKEN SANDWICH

BY MARIA MOURANI

ingredients

4 small chicken breasts
4 loaves of pita bread
arugula
tomatoes, diced
radicchio leaves, cut into strips
pita

marinade:

1 Tbsp (15 mL) strong Quebec
maple mustard OR Dijon mustard
2 Tbsp (30 mL) Quebec honey
2 lemons
salt and pepper, to taste
thyme, to taste
rosemary, to taste
2 bay leaves
basil, to taste
chives, to taste
2 Tbsp (30 mL) olive oil

aïoli sauce (for 200 small spoonfuls of spread):

3 eggs
3 garlic bulbs, medium
juice from ½ lemon
1 tsp (5 mL) white vinegar
4 cups (1 L) corn oil
salt (to taste)

directions

In a large salad bowl, mix all the marinade ingredients. Place the 4 chicken breasts in it, ensuring that they are well-covered in marinade. Set aside a half day.

Aïoli: break the whole eggs in a large container and beat them using an electric eggbeater. Crush the garlic bulbs until they form a paste. Add the paste to the egg mixture and continue to beat.

When the mixture is well mixed and while continuing to beat, gradually add the oil until the mixture is of the consistency of mayonnaise, and then add the lemon juice, the white vinegar and the salt.

On the barbecue, grill your 4 chicken breasts, until internal temperature reaches 165°F (74°C). During cooking, brush them regularly with the marinade.

Then, cut the chicken breasts into strips.

Open the pita bread in two and spread 1 tsp (5 mL) of aïoli sauce on it.

Add the arugula, the radicchio leaves, about 1 Tbsp (15 mL) of diced tomatoes and chicken strips.

Close the pita bread by folding the non-spread side inwards, enveloping the filling, then fold the spread side over it.

Finally, enjoy!

PINEAPPLE CHICKEN FILET

BY LOUIS PLAMONDON

... Excellent!

ingredients

4 chicken filets
4 pineapple slices

sauce

½ cup (125 mL) pineapple juice
4 oz (110 g) sugar
3 Tbsp + 1 tsp (50 mL) vinegar

directions

Cook the filets over moderate heat for 15 minutes or until their inner temperature reaches 165°F (74°C).

Bring the sauce to a boil and serve with the pineapple and chicken.

KELOWNA—LAKE COUNTRY SUNSHINE CHICKEN BURGER

BY RON CANNAN

Okanagan apple juice and thyme-brined chicken burger with tomato caponata Gouda cheese and Okanagan basil mayo.

ingredients

2–4 chicken breasts, 4-5 oz each
2 hamburger buns
2 slices of Gouda cheese

apple juice and thyme brine:

2 cups (500 mL) apple juice
2 cups (500 mL) water
1 cup (250 mL) Kosher salt
 $\frac{2}{3}$ cup (150 mL) sugar
10 sprigs of thyme
2 bay leaves
2 Tbsp (30 mL) of black peppercorns

smoky tomato relish:

3 medium tomatoes
1 Tbsp (15 mL) canola oil
1 Tbsp (15 mL) paprika (plain or smoked)
1 Tbsp (15 mL) capers (optional)
2 large garlic cloves, peeled and crushed
 $\frac{1}{3}$ cup (75 mL) brown sugar
 $\frac{1}{4}$ cup (60 mL) sherry vinegar
salt and pepper, to taste

basil mayo:

$\frac{1}{2}$ cup (125 mL) mayonnaise
 $\frac{1}{4}$ cup (60 mL) basil, finely-chopped
salt and pepper, to taste

directions

Place chicken in large bowl. Cover with brine.

Brine chicken for 24 hours.

Combine all smoky tomato relish ingredients. Cover and refrigerate until ready to use.

Mix all basil mayo ingredients together. Cover and refrigerate until ready to use.

Remove chicken from brine and pat dry.

Fire up the grill. Barbecue until almost done and place a slice of Gouda on top of each piece of chicken. Continue grilling until meat thermometer reaches internal temperature of 165°F (74°C) and cheese is melted.

Serve on a hamburger bun spread with the basil mayo on both sides. Place chicken with melted Gouda on bottom bun and place a generous scoop of smoky tomato relish on top and serve with seasoned and lightly oiled arugula and a cold Okanagan beer.

Bon appétit and “Bok Bok Bok”.



LINDA MALLET'S ORANGE GINGER CHICKEN ON A PANINI

BY HON. LYNNE YELICH

ingredients

6 boneless, skinless chicken breasts
1 can frozen orange juice, thawed
2 tsp (10 mL) ginger, grated
 $\frac{3}{4}$ cup (175 mL) barbecue sauce
1 Tbsp (15 mL) brown sugar

directions

Combine concentrated orange juice, grated ginger, BBQ sauce, and brown sugar together.

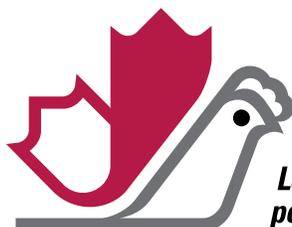
Place chicken breasts in the marinade and refrigerate overnight, turning several times.

Cook on BBQ over medium heat, turning often.

Place chicken on panini bun by itself or with your favourite toppings.

Enjoy!

chicken.ca



***Chicken Farmers
of Canada
Les Producteurs de
poulet du Canada***