



FAMILY RECIPES

The recipes in this collection are handed down from generation to generation. In almost every case, these recipes were taken from hand-written notes. Whenever it was evident that the recipe was not original, the source is mentioned. Similarities to other's recipes is purely coincidental.

MAIN DISHES | Lou's Spiced Orange Chicken

3 T all-purpose flour
1 t salt
¼ t ground cinnamon
¼ t ground cloves

2 to 2 ½ pounds chicken, cut up
4 T butter or margarine
4 oranges
1 T brown sugar
1 T soy sauce

In a paper or plastic bag, combine flour, salt, cinnamon, cloves and a dash of pepper
Add a few pieces of chicken at a time and shake to coat
In a large skillet, melt butter
Add chicken and brown slowly until golden, about 20 minutes
Pare and section oranges, reserving juice
Add enough water to juice to measure ½ cup liquid
Stir in brown sugar and soy sauce
Drain fat from skillet
Add juice mixture
Cover and simmer for 20 minutes
Add oranges
Cover and simmer 2 to 3 minutes longer
Transfer chicken and oranges to a serving platter
Remove excess fat from pan juices
Spoon juices over chicken