

FOOD

Chicken Cordon Bleu II

This yummy version adds paprika and a creamy white wine sauce worthy of its own blue ribbon. Original recipe makes 6 servings.

Ingredients:

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping cream

Directions:

1. Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces.
2. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.
3. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.



Slow Cooker Carnitas

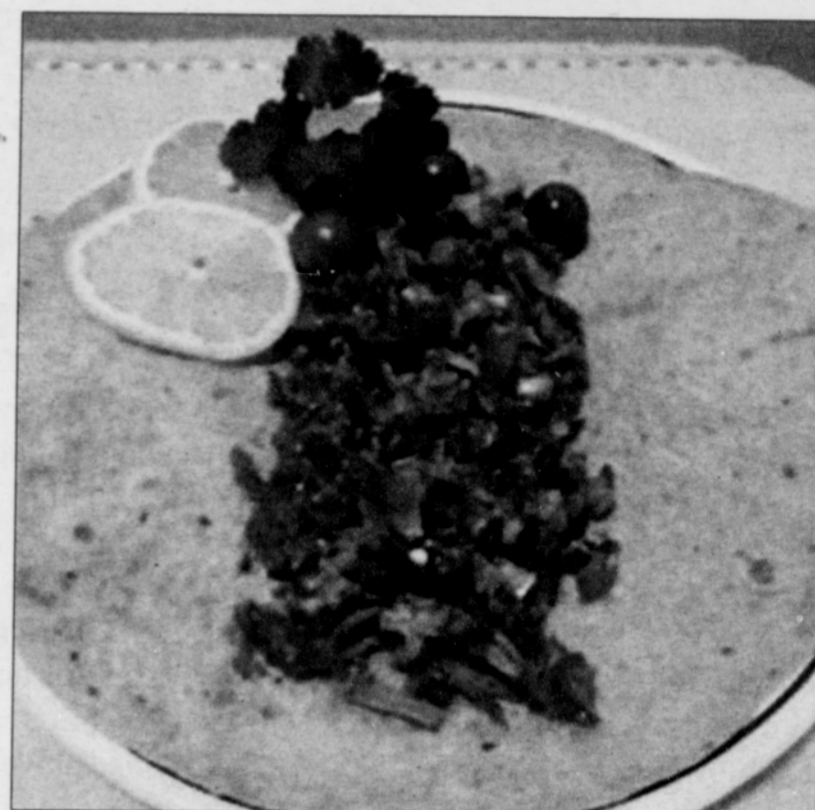
Carnitas means 'little meats' and is traditionally fried then braised. This recipe is made much easier using the slow cooker but the results are just as tasty. Original recipe makes 10 servings.

Ingredients

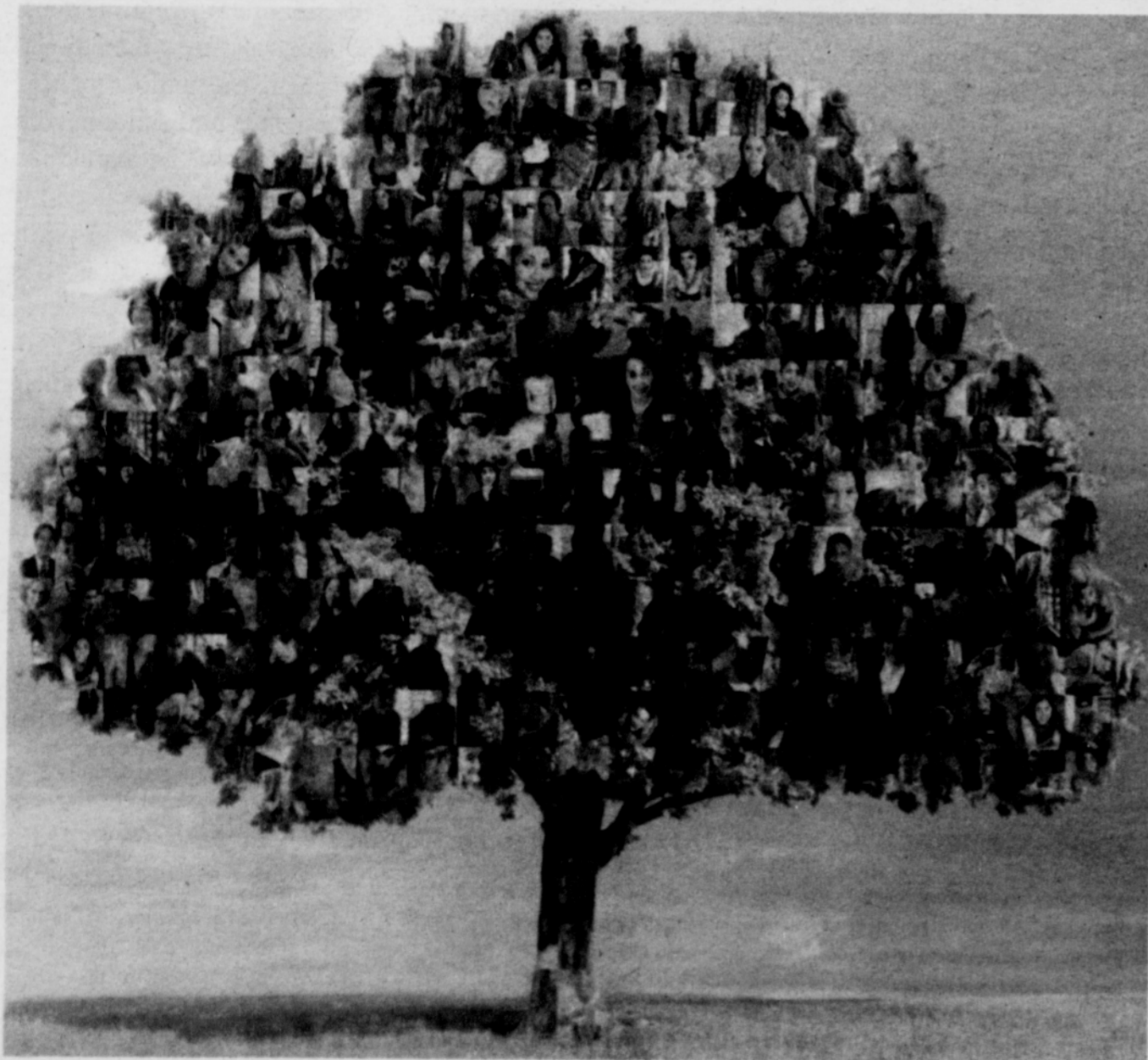
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon ground cumin
- 1/2 teaspoon crumbled dried oregano
- 1/2 teaspoon ground coriander
- 1/4 teaspoon ground cinnamon
- 1 (4 pound) boneless pork shoulder roast
- 2 bay leaves
- 2 cups chicken broth

Directions

1. Mix together salt, garlic powder, cumin, oregano, coriander, and cinnamon in a bowl. Coat pork with the spice mixture. Place the bay leaves in the bottom of a slow cooker and place the pork on top. Pour the chicken broth around the sides of the pork, being careful not to rinse off the spice mixture.
2. Cover and cook on Low until the pork shreds easily with a fork, about 10 hours. Turn the meat after it has cooked for 5 hours. When the pork is tender, remove from slow cooker, and shred with two forks. Use cooking liquid as needed to moisten the meat.



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