

# Milk Braised Chicken

- This recipe is good for using previously frozen or old milk (not sour milk). The acid from the lemon juice makes curds from the milk (the white chunks in the sauce). They are flavorful, like cheese!
- Serve over rice or potatoes and a vegetable side to soak up the flavor of the juice.
- Use a slow-cooker to reduce in-person time. After browning the meat in step 4, add all ingredients to a slow cooker and cook on low for 6 hours or high for 3.
- You can also brown the meat on the stovetop and transfer to a casserole dish if you do not have an oven-safe pot or cast-iron.
- Remove the skin before eating. Cooking with the skin on increases flavor, but the skin holds the most saturated fat.

## Nutrition Facts

7 servings per container  
Serving size 4 oz. meat (261g)

Amount per serving  
**Calories 320**

	% Daily Value*
<b>Total Fat</b> 14g	<b>18%</b>
Saturated Fat 4.5g	23%
<i>Trans</i> Fat 0g	
<b>Cholesterol</b> 240mg	<b>80%</b>
<b>Sodium</b> 490mg	<b>21%</b>
<b>Total Carbohydrate</b> 6g	<b>2%</b>
Dietary Fiber 0g	0%
Total Sugars 4g	
Includes 0g Added Sugars	0%
<b>Protein</b> 44g	
Vitamin D 0mcg	0%
Calcium 115mg	8%
Iron 2mg	10%
Potassium 560mg	10%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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Servings: 6-8 Prep Time: Oven- 2 hours, Slow cooker-up to 6



## Ingredients:

- 3 pounds of chicken pieces (leg quarters, thighs, legs, breasts)
- 1/4 teaspoon ground cinnamon
- 3 Tablespoons of herb seasoning: like dried thyme, poultry seasoning, Italian seasoning, dried sage
- 1 teaspoon salt
- 1 teaspoon pepper
- 2 lemons, juiced
- 10 garlic cloves or 5 teaspoons jarred minced garlic or 1 1/4 teaspoons garlic powder
- 2 1/3 cups milk (2% is best, but whole and 1% work too)

## Directions:

1. Preheat oven to 375F.
2. Mix salt, pepper and 2 Tablespoons of your choice of herb seasoning. (add garlic powder if using powder)
3. Rub meat all over with seasoning mix—including under the skin.
4. Heat a large oven-safe pot or cast iron pan over medium-high heat. When hot, add chicken pieces and brown on both sides, about 4-5 minutes per side. Remove chicken from the pan and drain the oil from the pan or transfer it to a casserole dish.
5. Add chicken back to the pan or pot and add milk, lemon juice, cinnamon, 1 Tablespoon herb seasoning and garlic (keep cloves whole).
6. Place pan, pot or casserole dish in the oven and bake for 1 hour and check for doneness, an internal temperature of 165 degrees. Continue to cook if not done.
7. Serve the chicken with juice and milk curds on top.