

## **Ground Chicken Tips and an Easy Recipe by Janice DeCook**

I went to the 'feria' Friday and made a decision. I was going to make my own ground chicken. I always buy my poultry from the same guy, first isle on the courthouse side...same as 'Maria" and the organic veggies. So, I bought 1/2 kilo of chicken breasts, deshuesado, and 1/2 kilo of thighs (deshuesado, meaning skinless and boneless). The cost was less than a kilo of the so-called ground chicken at Maxi-Pali. Once home, I cut it all in about 1 inch cubes and put it on a baking sheet in the freezer for 20-30 minutes. Then, I divided it in half. Half white/half dark meat. I have an older model Cuisinart..it worked great with just the cutting blade. I pulsed about 1 lb at a time...one chimpanzee...2 chimpanzee...until 8. It's a tip from an old processor cookbook...until it was ground. I then packaged it in sandwich bags for the freezer. For 1-2 people there are at least 4 meals...C1,000 each...and you know what you are eating.

Easy recipe: So, then I decided to saute some of the fresh oyster mushrooms I had also purchased, with some garlic, fresh basil, the ground chicken, and mix it all in a basic white sauce to serve over pasta. Delightful with a glass of wine. P.S. I suggested to the vendor that there were several 'gringos' that would be interested in buying fresh ground chicken...so check him out...next to the egg lady...Bienvenidos a Costa Rica.