

Chicken and Potatoes

Unit: Large Skillet Electric Skillet

6-8 - Bone in chicken thighs

1 - Medium onion cut on #2 blade

6-8 - Red potatoes cut on #3 blade

Seasoning salt

1- Preheat the skillet on medium-high heat (electric skillet to 400 degrees) until water beads when flicked into the unit.

2- Place the chicken bone side down in the skillet with the lid cracked open and cook for 10 - 15 minutes or until brown. (reduce the heat on stovetop if it starts smoking)

3- Next, shred the potatoes with the food cutter on the #3 blade and the onion on the #2 blade.

4- Once the chicken has browned, flip the chicken over and pour the potatoes over it. Immediately seal the lid on the skillet and cook for 10-15 minutes or until the potatoes are done.

5- If you don't want to make gravy, remove the chicken and stir the potatoes in the skillet with seasoning salt. The crispy chicken pieces will release and flavor the potatoes.

Immediately pour water into the skillet when you serve the chicken. The unit will wipe out easily after it rests for about 15 minutes.

Gravy Recipe

3 - Cups of Milk - 2 - Tablespoons of Corn Starch and a little water - Seasoning Salt

Remove the chicken and potatoes from the skillet. Pour the milk into the unit and begin stirring with the skillet turned on to 325 degrees. This will begin to deglaze the pan. Combine the corn starch in a glass with 1/8 cup of water and stir thoroughly. Add the corn starch to the skillet and stir until it thickens.



HEALTH QUEST