

# Secrets of a Kitchen Wizard: Healthy Comfort Food – FAST!

## Waterzooi: Creamy Belgian Chicken Stew (and Rustic Vegetable Soup & Pureed Vegetable Soup)

### **Ingredients: (2 servings each of vegetable soups and 3 servings of waterzooi)**

2/3 Rotisserie Chicken (remove skin if making crispy chicken crackling salad)  
1 TBS Extra Virgin Olive Oil or butter  
3 medium or 2 large onions, chopped  
6 carrots, peeled and sliced ¼”  
2 large leeks, cleaned, trimmed and sliced ½”  
4 celery stalks, sliced ½”  
6 large Yukon Gold or 4 baking potatoes, peeled and cubed ½”  
Water or chicken broth, 7 Cups  
Parsley stems, 4-5 sprigs  
Thyme, 2-3 sprigs  
Bay Leaves  
2/3 C ~ 1 C Heavy Cream  
2 egg yolks  
½ C parsley, finely minced  
Salt and Pepper

1. In a heated Dutch oven, cook onions, carrots, leeks and celery. Lightly season and cook about a few minutes. Add the rotisserie chicken, water or chicken broth, bouquet garni of parsley thyme and bay leaves. Bring to boil, cover, and then lower the heat to simmer, cover and cook for about 20 min. Skim off the scum that surfaces.
2. Add the potatoes and cook until both potatoes and chicken are tender, another 20 – 30 min. (In a rush, cook veggies with a little EVOO in the microwave, and add to chicken and broth.)
3. Remove chicken from broth and set aside. Discard bouquet garni.
- A. **Adjust the seasoning of the vegetable soup. This is “Rustic Vegetable Soup”.**
- B. **Puree the soup with a stick blender. This is “Pureed Vegetable Soup”.**
4. When the chicken is cool to handle, remove skin, then meat from the bones. Shred the chicken to bite size pieces.
5. Beat the cream and egg yolks together in a bowl. Temper it by adding a ladleful of hot broth into the egg and cream mixture, then add back this mix into the soup gradually, so that it won’t curdle. Cook, stirring constantly over low heat until the soup thickens. Do not boil (it’ll curdle).
6. Return the chicken pieces back to the stew, taste and adjust seasoning.
- C. **This is waterzooi –creamy Belgian Chicken Stew!**

### How to make ponzu:

Mix 3 part soy sauce, 2 part rice vinegar, 1 part citrus juice, and ½ part sesame oil in a jar. Shake well. Should keep in the refrigerator for a week to 10 days.

This is great as dressing for veggies, fish, chicken, with udon, pasta, or even with roasted vegetables!

## Cheesy Chicken Quesadilla

### **Ingredients: (for 1 quesadilla, serves 1-2)**

Rotisserie Chicken meat shredded ¼ c  
Sliced or shredded cheese, 1 oz (1 sheet)  
Tortilla, 2

1. In heated skillet, lay a sheet of tortilla, arrange chicken meat and shredded cheese, cover with another, and press down a bit.
2. Cook both sides until lightly brown. Serve hot, with or without salsa, cream, guacamole etc.

## Chicken and Grilled Shiitake with Grated Daikon and Ponzu (Mizore-Ae)

### **Ingredients: (serves 4)**

Rotisserie chicken (ideally inside of the bird) meat shredded, ¼ C  
Shiitake, 4 stems removed  
Green onion, 1 stalk, chopped  
Daikon ½ lbs  
Ponzu

1. Sprinkle a bit of sake on shiitake and grill in the toaster oven. Cut in 1/3” slices. Alternatively, sauté sliced shiitake in small amount of neutral oil, and add a little bit of salt and sake.
2. Grate daikon, and squeeze moisture lightly. If the daikon is really spicy, soak in water for a while, and squeeze moisture lightly. (Note: in general, the top of daikon is sweeter than the bottom, thus better for grated daikon.)
3. Mix chicken, shiitake and green onion into daikon. Drizzle ponzu when serving.

### Bonus Recipe:

## Crispy Chicken Cracklings with Romaine Salad

### **Ingredients:**

Chicken skin from rotisserie chicken  
Romaine lettuce, 1, chopped/torn into bite-size pieces  
Green onion, 1-2 stalks, chopped  
Soy Sauce  
EVOO  
Pepper

1. Chop veggies and mix them together in a salad bowl.
2. Toast chicken skin in a toaster oven until crispy. When cool enough to handle, break it up.
3. Right before serving, pour equal parts of soy sauce and EVOO, and toss gently. Taste and adjust seasoning. Top with crispy chicken skin.