



Fresh Gazpacho Chicken

Prize-winning recipe in the Delmarva Chicken Cooking Contest

1/4 cup all-purpose flour
 1-1/2 teaspoons salt, divided
 1/2 teaspoon paprika
 1/4 teaspoon black pepper, divided
 2 whole chicken breasts, halved
 1/4 cup vegetable or avocado oil
 2-1/2 cups tomato juice
 1/2 cup chopped seeded tomatoes
 1/2 cup (each) chopped carrots, celery, onions, green pepper
 1/2 cup chopped, peeled, seeded cucumber
 1/2 cup red wine vinegar
 1/4 cup olive oil
 5 teaspoons Worcestershire sauce
 5 dashes hot pepper sauce
 2 cloves garlic, crushed
 Hot cooked rice
 Fresh parsley and chopped fresh vegetables for garnish (as desired)

- Combine flour, 1 teaspoon salt, paprika, and 1/8 teaspoon black pepper in a shallow dish. Dredge chicken pieces one at a time to coat evenly.
 - Heat vegetable or avocado oil in a large chicken cooking skillet or large stir fry pan over medium heat. Add chicken and cook about 10 minutes, or until browned on both sides. Drain excess oil.
 - In a large bowl, combine tomato juice, chopped tomatoes, carrots, celery, onions, green pepper, cucumber, red wine vinegar, olive oil, Worcestershire sauce, hot pepper sauce, and crushed garlic. Stir in the remaining ½ teaspoon salt and 1/8 teaspoon black pepper. Reserve 1 cup of the tomato mixture, cover, and refrigerate.
 - Pour the remaining tomato mixture over the chicken in the large skillet. Cover and cook over medium heat, turning occasionally, for 30 to 45 minutes or until the chicken is tender.
 - Arrange chicken on a serving platter. Spoon about 1 cup of the hot pan juices over the chicken. Serve with hot cooked rice and the reserved chilled tomato mixture to be spooned over hot chicken. Garnish with parsley and chopped fresh vegetables as desired.
- Serves: 4

Cook's Note: For a quicker version, use boneless, skinless chicken breasts and shorten the covered cooking time as needed. If the chicken breasts are very large, slice them horizontally in half for smaller portions. To save time, use pre-chopped vegetables or a chopping machine, and feel free to prepare the chopped vegetables ahead. This recipe makes plenty of warm sauce, which is especially good spooned over warm rice. Serve the rice and chilled tomato mixture on the side, and garnish with a colorful mix of chopped fresh vegetables, if desired.

Recipe Source: Chicken Cookery – Delmarva Chicken Cooking Contest and Award-Winning Chicken Recipes, "Favorite Recipes" magazine, 1990.

About the Recipe: This prize-winning Delmarva chicken dish brings together tender, savory chicken and the bright garden flavors of gazpacho. A warm tomato-vegetable sauce keeps the chicken moist and flavorful, while the chilled reserved mixture adds a fresh finish at serving time. Served with warm rice and a colorful garnish of chopped vegetables, it makes a vibrant, satisfying dish for summer meals or casual dinner parties.