



Chicken Breasts: 116 New and Classic Recipes for the Fairest Part of the Fowl

Diane Rozas

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Tired of preparing chicken breasts in the same old way? Then Diane Rozas's succulent suggestions are for you. From Chicken Breasts Baked with Wild Mushrooms to Spicy Country-Fried Chicken Breasts and chicken enchiladas, the easy-to-follow recipes in Chicken Breasts add flair to the tastiest part of the bird.

Diane Rozas's clear, concise instructions help you prepare delectable dishes such as Szechwan Orange Chicken, Crispy Hazelnut Chicken, and Tarragon-Mustard Chicken Breasts with complete culinary confidence. Recipes are divided into sections by cooking techniques -- Sautes, Stir-Frying, Grilling and Broiling, Deep-Frying, Baking, and Poaching.

Chicken Breasts also offers a variety of complementary sauces, flavored butters, marinades, and ideas for side dishes as well as helpful advice on buying, boning, storing, and serving. As a special feature, there are suggestions, tips, and recipes from a dozen accomplished chefs and restaurateurs.

Dressed up or down, served as a simple dish for two or a gourmet feast for a crowd, low-cost, low-calorie, high-protein chicken breasts provide a quick, versatile, and delicious way to feed your flocks.

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