

A close-up photograph of a roasted whole chicken in a white ceramic bowl. The chicken is golden-brown and glistening. It is garnished with several pieces of toasted bread, sliced carrots, and small red potatoes. Fresh green herbs and small purple flowers are scattered around the chicken. The background is dark, making the food stand out.

3 Family Favorite Recipes From One Whole Chicken

FEATURING RECIPES FROM SHENK FAMILY FARM



Meet your Farmers

Are you intimidated by cooking a whole chicken? We were too, don't worry! These recipes will make it a breeze and help you to not waste a bit of your delicious and nutrient-packed chicken.

Like you, we value homemade meals prepared with real food ingredients. We want only the healthiest meals possible for our families! Here at Shenk Family Farm, we strive to provide quality poultry products in a way that ensures healthy and happy animals, community and farmers.

We began farming because we wanted to be able to work and grow together as a family, and we love that our meat/eggs are so nourishing for us as well. Let us be a resource to you, so feel free to reach out. We'd love to get to know you!

-Joe & Rachel

Simple Roast Chicken & Veggies

This wonderful one-pot meal is healthy, simple to prepare, flexible and saves you from having to wash a lot of dishes!

Ingredients:

- *whole chicken*
- *roughly chopped onion*
- *large chunks of potatoes, carrots or other root veggies*
- *salt & pepper*
- *4 T melted butter*
- *optional spices: garlic powder, onion powder, paprika, cayenne*
- *optional stuffing: onion, garlic, carrots, celery, lemon, rosemary, sage, thyme or other fresh herbs*

Steps:

- *Preheat oven to 450 degrees and grease a roasting pan, large casserole dish or even a baking sheet with high sides*
- *Pat your chicken dry, place on the pan, and rub salt, pepper and any other spices you'd like to add all over the outside of the chicken and inside the cavity and stuff with anything you'd like or leave empty*
- *Roast your chicken for 15 minutes breast side up, then take out and add veggies to the pan and sprinkle with salt, pepper and any other spices you wish*
- *Turn oven down to 350 degrees and roast for 15-20 minutes/pound or until internal temperature reaches 165 degrees.*
- *Take chicken out of oven and pour melted butter over chicken. Cover with foil and let rest for 15 minutes before eating.*
- *Enjoy with family or friends!*

***make sure to pick off the extra meat to use in soup or chicken salad and save all the leftover bones and scraps for broth, recipe to follow!

Chicken Bone Broth

You can make this with all your chicken leftovers once all the meat has been picked off. This broth draws all the wonderful nutrients out of the bones, which benefits your joints, gut health, immunity, and more!

Ingredients:

- *leftover chicken bones, scraps, neck, etc.*
- *chicken feet (optional)*
- *2 T apple cider vinegar*
- *optional add-ins: chicken feet, onion, carrots, celery, peppercorns*

Steps:

- *Add all ingredients to a crock pot, fill with water and turn on low*
- *Cook for 18-24 hours*
- *If you want it concentrated, remove lid for a couple hours so some water evaporates and it cooks down*
- *Turn off crock pot and let cool for up to 1 hour*
- *Strain out all the solids and pour broth into jars or tupper ware*
- *Freeze once completely cool*

We love to use broth to cook rice, make soups, or even just to drink each day as a way to get some nourishing vitamins and minerals!

Chicken Salad

We love to use our leftover chicken meat for chicken salad! You can use in wraps, sandwiches, or even just dip veggies in it!

Ingredients:

- *leftover shredded or chunked cooked chicken*
- *mayo (recipe below)*
- *salt and pepper*
- *optional: grape halves, diced celery or onion, dill, chopped pecans, or walnuts*

Steps:

- *Add your chicken to a mixing bowl*
- *Stir in everything you'd like to add except the mayo*
- *Add the mayo until it reaches your desired consistency*
- *Taste and add more spices if needed. Enjoy!*

Homemade mayo:

- *1 egg (room temperature)*
- *1/2 t. sea salt*
- *1/2 t. ground mustard*
- *1/4 t. freshly ground pepper*
- *1 T. lemon juice*
- *1 c. olive oil (we prefer the light tasting or milder olive oil)*

*Blend all ingredients except for the oil using a food processor or blender. Then, **very slowly** in a small steady stream, drizzle in the olive oil while blending (2-3 minutes). Add a little more if your prefer a runnier mayo.*

If you used a fresh egg, this should last up to a month in the fridge. Enjoy!

S H E N K F A M I L Y F A R M . C O M



We'd love to meet you!

Looking for a farmer to supply you with fresh pasture raised poultry & eggs? Come visit us!

SHENK FAMILY FARM
842 Chatham St.
Newport, NC . 28570

Regular Hours:

Tuesdays

10am-12pm / 4-6pm

Call us for product availability!

In the Community:

Olde Beaufort Farmers' Market

Friendly Market

Market at Cedar Point

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