



Happy Passover from Empire Kosher!

Passover 2010



Happy Passover

כל דכפין ייתי ויכל...

"Let all who are hungry  
come and eat..."

### Matzo Crusted Chicken for Passover with Sweet & Sour Dipping Sauce

- 1 cup matzo meal
- ½ cup matzo farfel
- 1 cup matzo cake meal
- 2 tablespoons parsley, use fresh and chop it fine
- 2 tablespoons of your favorite herb (rosemary, thyme, sage, and basil)
- 2 to 3 pounds Empire Kosher Boneless, Skinless Chicken Breasts
- Black pepper, to taste (1/2 teaspoon, approx.)
- 4 eggs, beaten
- 2/3 cup matzo cake meal
- 2 tablespoons water or vegetable oil
- Grapeseed oil (preferred) or canola oil for frying

1. Preheat oven to 350°F
2. For the crust, combine meal, farfel, cake meal, parsley and herbs in a bowl and spread out mixture on a large plate or tray
3. Cut chicken into three strips lengthwise and season with pepper
4. Place eggs and water or oil in a bowl and whisk to combine
5. Pick up chicken strip and coat completely with the matzo mixture and shake off excess
6. Now, place chicken strip into egg mixture
7. Place chicken strip back into matzo mixture and coat well
8. Put breaded chicken strip onto a big plate
9. Pour oil into a skillet until you have about ¼ inch of oil coating the pan
10. Heat over med-high heat until hot but don't allow it to smoke

11. Add a few breaded strips at a time into the pan and brown on both sides. (about 4 minutes)
12. Place strip onto an ungreased baking sheet
13. When all of the strips are fried, place the baking sheet into the oven and bake for 8-10 minutes



### Sweet and Sour Sauce Recipe

- 1/2 cup ketchup
- 1/2 cup white vinegar
- 1/2 cup sugar

Combine all ingredients and heat until hot and the sugar has dissolved. Serve warm or at room temperature. This sauce may be prepared a few days in advance and warmed before serving.  
Makes 1 1/2 cups.

## The Wonders of Garlic

Garlic has been part of folklore for centuries with its health benefits and medicinal properties debated over the centuries. It's reputed to be a cure for everything from the common cold to cancer. Recently, scientific evidence has demonstrated that its antioxidant properties can assist in managing blood cholesterol and hypertension.

What is the secret to garlic's amazing properties? It's the odor-causing sulphur compounds, allicin and dithiin. These compounds are powerful antioxidants which protect your cells from possible damage. They also help relax the blood vessels, improving blood flow which reduces blood pressure, thereby assisting in prevention of heart disease. In general, the stronger the flavor of the garlic, the more sulphur it contains.

You may be surprised to find that garlic is a very good source of Vitamin C. One ounce contains 20% of the Recommended Daily Value. The antioxidant effect of Vitamin C is well known and works in the blood stream and water soluble areas of the body.

To release garlic's flavor and health benefits, crush and mince the cloves of garlic into tiny pieces. Chopping or crushing stimulates the enzymatic process that converts the phytonutrient alliin into allicin, a compound to which many of garlic's health benefits are attributed. You can use the crushed garlic in olive oil, using the flavored oil in dressings and marinades.

But, if you want to bring out the nutty, sweeter flavors in the garlic, roasting the cloves until nicely brown will caramelize them, giving a milder and less intense sulphur flavor. We will use this method in the recipe for Roasted Chicken to follow.

### How to select and store

For maximum flavor and nutritional benefits, always purchase fresh garlic. You'll get more flavor and health benefits from fresh. Look for plump cloves that are firm and dry.

Avoid garlic that is soft or that has begun to sprout. The sprouts are bitter and indicate age. Also, keep your fresh garlic in either an uncovered or a loosely covered container in a cool, dark place away from exposure to heat and sunlight. This will help maintain its maximum freshness and help prevent sprouting.

Depending upon its age and variety, whole garlic bulbs will keep fresh from two weeks to two months. Periodically remove any cloves that appear to be dried out or moldy.

Once you break the head of garlic, it greatly reduces its shelf life to just a few days.



## Classic Garlic and Rosemary Roasted Chicken for Passover

2 Empire Kosher Roasting or Broiler Chickens  
 3 tablespoons olive oil  
 Salt and pepper to taste  
 1 lemon, quartered  
 4 sprigs fresh rosemary  
 24 cloves garlic  
 1/3 cup white wine  
 1/3 cup low-sodium chicken broth  
 4 sprigs fresh rosemary, for garnish

1. Preheat oven to 450°F.
2. Rub chickens with 1 tablespoon of the olive oil. Lightly season chickens with salt and pepper. Place 2 lemon wedges and 2 sprigs rosemary in cavity of each chicken. Arrange in a large, heavy roasting pan, and arrange garlic cloves around hens. Roast in preheated oven for 25 minutes.
3. Reduce oven temperature to 350°F. In a mixing bowl, whisk together wine, chicken broth, and remaining 2 tablespoons of oil; pour over chickens. Continue roasting about 1 hour longer, or until chickens are golden brown and juices

run clear. Baste with pan juices every 10 minutes.

4. Transfer chickens to a platter, pouring any cavity juices into the roasting pan. Tent chickens with aluminum foil to keep warm.

Transfer pan juices and garlic cloves to a medium saucepan and boil until liquids reduce to a sauce consistency, about 6 minutes. Cut chickens in half lengthwise and arrange on plates. Spoon sauce and garlic around chickens. Garnish with rosemary sprigs, and serve.

## Did you know...

Empire Kosher is the only kosher poultry processor in the US that is *vertically integrated*? What's that mean?

It means that Empire does everything from raising its own chicks and poults (turkeys) to shipping packaged product.

Here's what we do – Empire Kosher starts by purchasing and raising breeding stock especially suited for kosher production. We then bring these fertile eggs to our own hatchery. Eggs are incubated and inspected until hatched. After hatching and more Rabbinic inspection, chicks are transported to nearby contracted family farms or growout houses where they are provided ample room to roam and forage naturally while being fed Empire's own proprietary feed mix that's developed based on FDA and Rabbinic standards. This feed mix is manufactured at Empire's own feed mill where all ingredients are source verified and checked for wholesomeness, before being transported by our own fleet of trucks to the farms. All of this is done to facilitate the highest quality and in the interest of allowing the chicks to grow and mature naturally. Throughout this process birds are monitored weekly to assure compliance to Empire programs, inclusive of Animal Welfare compliance. Once the chickens and turkeys reach the appropriate age/weight, they are transported, by Empire drivers, to Empire's processing plant where the poultry is harvested and processed for packaging. At the plant, the product is inspected a number of times throughout the process, by both USDA and Rabbinic inspectors to assure that our consumers will receive the highest quality and safest kosher product on the market. Our processing proce-

dures, which include soaking, salting, and rinsing all poultry, on average, take about 4 hours. After processing, the poultry is packaged in the same plant and then boxed and loaded on trucks for delivery by Empire's own fleet of trucks to our customers. This all insures complete control from start to finish.

## Here's what we DON'T DO –

- We do not buy chickens or turkeys from outside growers, or the open market.
- We do not buy feed from other manufacturers or their agents.
- We do not contract outside transportation of our product.
- We do not over-crowd our grow out houses.
- We do not rush the poultrys' growth or maturation artificially.
- We do not rush the processing of our product.



## PRODUCT FEATURE: Empire Deli Slices – Now in Reusable Tubs!

Empire's great tasting deli slices are now sliced thinner and packaged in 8 ounce re-closable, plastic containers. The new packaging allows for better storage of the product and provides you with a reusable container that's perfect for storing leftovers, taking lunch or kids' snacks, or for general odds-n-ends organization. Try all varieties of our sliced deli meats!



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