



of the American-Polish Century Club of
Sterling Heights, Mi.

RECIPE: Sharon's Polish City Chicken

Submitted by: Sharon Stachurski, Aux. Pres.

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Ingredients and Directions:

2 lbs. Cubed Veal (1 ½" x 1 ½" cubes)

2 lbs. Cubed Pork " "

2 Whole Eggs well beaten

¼ C. (approx.) of milk

Salt & pepper to taste

Beat eggs, milk, salt and pepper together.

Wooden City Chicken Sticks – get from a butcher, sold in bunches.

In separate bowls, place flour and seasoned Italian Bread Crumbs (you may use plain bread crumbs—a matter of personal preference)

Rinse meat, drain well & place on skewers, alternating between pork & veal.

Lightly salt and pepper meat.

Dip skewered meat first in egg, then in flour, then in egg, then in bread crumbs.

Pat crumbs to the meat and set aside.

When finished breading, heat ½ C. Crisco shortening in a frying pan.

When shortening is hot, carefully place city chicken in pan and fry on all sides till golden brown.

Remove from pan and drain.

Place in roaster (preferably on a rack) and sprinkle lightly with soy sauce.

Put a little chicken bouillion water in the bottom of the roaster and a touch of soy sauce and stir.

Use the broth in the bottom of the pan to baste the city chicken.

Cover the pan tightly with alum. foil, then with roaster lid. (this helps steam the meat and keep it moist)

Bake in a 325 Deg. oven for approx. 1 – 1 ½ hour, testing the tenderness of the meat. (If making a large roaster full of city chicken, stand them up against one another and cook longer – probably a couple hours, basting frequently.

Serve as is or with pork gravy.

Servings: Usually plan on 1 for women and 2 for men.... I usually buy a few extra just in case.

Leftovers can be frozen for several months and reheated.

NOTE: When making city chicken, I think it is better to make a large quantity and freeze some since they are so much work and mess to begin with....