

CHICKEN ALA KING

I remember when you could find chicken ala king at many parties on Guam! Since I have been here in the states, I have not found this on the tables of many Chamorro gatherings. The original filling recipe that I started with was from a resident of Santa Rita. I didn't get her exact recipe, however, her technique is probably what is most valuable. Below is my tested recipe for the pastry and the filling. IT IS FABULOUS!

The pastry cups for chicken ala king must be mixed / fried before the filling is made. Hence, get all the ingredients measured out for the filling. Once the pastry cups are made, you can quickly get started on the filling. Remember, the filling and pastry cups are set side-by-side on the table or filled just prior to serving. Do not fill the pastry cups ahead of time or you will have a huge, soggy mess!

The pastry cups are made using rosette irons (sometimes called timbale irons / cups). Rosette irons come in various sizes and shapes. Some irons are actually cups that can hold sweet or savory fillings. Google "rosette irons" to find many on-line stores selling these tools.

PASTRY SHELL

The finished pastry cups for this specific recipe will last at least five days in a Ziploc bag. It was still very crunchy by the time I ate the last cup.

INGREDIENTS for pastry shell

Set 1

1 ¼ c. flour
½ c. cornstarch
1 t. salt
3 T. sugar

Set 2

¾ c. evaporated milk
¼ c. Budweiser beer
¼ c. water
2 large eggs

Set 3

Oil for deep frying

Tools: *iron cups, blender or food processor, fork, large pot, kitchen tongs, napkins, oil / sugar thermometer*

DIRECTIONS for pastry shell

1. Pour all liquids and eggs into the blender.
2. Add the dry ingredients.
3. Cover blender and pulse (press the "blend" button on and off).
4. Use a small spoon to scrape the edges of the blender, cover, and pulse again till smooth and creamy.
5. **REFRIGERATE overnight (two nights is fine).**
6. Heat the oil in a large pot to between **370 and 375 degrees.**

7. Line a large plate with napkins. Use this (plate as the “tapping out oil” plate) before dipping irons into the batter.
8. Dip the iron cups into the hot oil for about 2 minutes.
9. Tip cups over in pot to drain excess oil then tap the cups on a napkin-lined plate.
10. Dip the iron cups into the batter AT AN ANGLE then level the iron out (otherwise, the bottom of the iron will not get completely covered in batter.and the resulting pastry will have a hole)!
11. DO NOT go over the edge of the cups or the pastry will not fall off of the iron when cooked.
12. Count for about 75 seconds (depending on your stove). Lift the iron. The pastry should fall off.
13. If necessary, remove shell from iron with fork and continue to fry till browned on the inside (bottom) of shell.
14. LEAVE THE IRONS IN THE OIL in preparation for the next shell(s).
15. Remove pastry cups from oil with ladle or tong.
16. Cool on wire rack, bottom (solid) sides up.
17. The pastry will be a golden / dark brown so as to cook the bottoms of the shell.
18. There will also be some bubbling of the batter on the outside - bottom.
19. Makes about 25 pastry cups.

Note: Lower the temperature slightly if the pastry shell browns too quickly.

FILLING

INGREDIENTS for filling

Set 1

- 2 T. butter
- ½ c. finely diced onions
- 4 cloves garlic, minced
- ½ c. chopped celery

Set 2

- 32 oz. chicken broth, heated in microwave
- 1 medium Russet potato, diced (uncooked), soaked in cold water
- 1 c. carrots / peas mix
- 1 c. corn
- 1.5 c. cooked, chopped, chicken
- ½ c. green onions, chopped

Set 3

- ¾ c. left-over pastry batter

Set 4

- ¾ c. evaporated milk
- 2 T. butter
- ¾ t. black pepper
- 1 t. salt
- 1 t. seasoning salt

Set 5

- 3 boiled eggs, chopped

Tools: large pot, large spoon

DIRECTIONS for filling

1. Heat large pot. Add butter and sautee onions and celery. Add the cooked chicken.
2. Add the hot broth to the pot and bring to a boil.
3. Add potatoes and vegetables. Bring to a boil till potatoes are tender.
4. Add the green onions.
5. Lower the heat to a gentle simmer. Add the ½ cup left-over pastry batter. Cook for two minutes.
6. When this is bubbly, add the evaporated milk and the remaining butter. Cook another two minutes.
7. Add black pepper and salt, adjust to taste.
8. Turn off the heat and add the chopped eggs.
9. Keep warm till ready to serve.
10. When ready to eat, pour filling into pastry cups and enjoy!!

This is a very thick and yummy filling!!

Recipe from REMEMBER GUAM by Paula Quinene of PaulaQ.com.