

Chicken and Potatoes

Unit: Food Cutter Machine, Electric Skillet

6-8 - Bone in chicken thighs
1 - Medium onion cut on #2 blade

6-8 - Red potatoes cut on #3 blade
Seasoning salt

Preheat the electric skillet to 450 degrees. Place the chicken bone side down and cook for 10 minutes with the lid slightly ajar so the moisture can escape. Next, shred the potatoes on the #3 blade and the onion on the #2 blade just before you flip the chicken. If you are watching your carbs, you can pour water in a bowl with the potatoes and stir them. Then drain off the water to reduce the starch in them.

Flip the chicken and place the potatoes and onions on top. Seal the lid tightly and cook for 10 minutes or until the potatoes are done. Remove the chicken and stir the potatoes in the skillet with seasoning salt. The crispy chicken pieces will release and flavor the potatoes. Serve.

Immediately pour water into the skillet when you serve the chicken. The unit will wipe out easily after it rests for about 15 minutes.

Gravy Recipe

3 - Cups of Milk - 2 - Tablespoons of Corn Starch and a little water - Seasoning Salt

Remove the chicken and potatoes from the skillet. Pour the milk into the unit and begin stirring with the skillet turned on to 325 degrees. This will begin to deglaze the pan. Combine the corn starch in a glass with 1/8 cup of water and stir thoroughly. Add the corn starch to the skillet and stir until it thickens.