



GROW TO EAT - EAT TO LIVE

# MYSTIC HILLS FARMSTEAD

FROM-SCRATCH RECIPES  
INSPIRED BY THE FARMSTEAD  
**CHICKEN EDITION**

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# About the Author

Hi farm friends! My name is Mikinzie Taylor (but, you can call me Farmer Kinzie) and I am the proud co-owner and farmer of Mystic Hills Farmstead, a family farm located near Clark, Colorado. My husband Jack and I started the farm back in 2017 when we found ourselves living on this dream piece of land. As educated wildlife biologists, we had always been interested in land stewardship and conservation, and saw a chance to implement some of what we learned in school with on the ground sustainable and regenerative farming practices.

As people who value high quality food for ourselves and our kiddos, we have always taken great care in the dishes we prepare. And I, took the helm as "farmstead chef", often cooking 3 made from scratch meals a day (with a random box of mac and cheese thrown in the mix), and quickly realized I could share my experiences working with the freshest high quality vegetables and meat with my friends and family. There is nothing better than harvesting vegetables and meat right from the farm and creating a dish that connects every person in my family with that hard-earned meal.

Every recipe in this book is dedicated to using clean, local food ingredients, from the farm and shines a light on simple ingredients that pack in TONS of flavor. Healthy, clean food is not only delicious, but will leave your body feeling lighter, stronger, and satisfied. So come along with me on this journey and let's get cookin', good lookin'!

With love,  
Farmer Kinzie

# The Recipes

1 Whole Chicken. 3 Unique Recipes for You and Your Family.

Better Than Takeout Orange Chicken

Marinated and Grilled Chicken Parts

Homemade Chicken Stock



Check out our video on how we breakdown a chicken here:

<https://www.youtube.com/watch?v=oXpgh1yvdJM&t=6s>

## **Better than Takeout Orange Chicken**

When Jack and I were in college we ate Chinese takeout at least once a week. No joke. It's always been a favorite of ours, but after moving to Steamboat and living way too far outside of town for delivery, I realized pretty quick that I would need to figure out how to make good Chinese food at home.

Over the years I have collected some really good recipes and this orange chicken is one of my favorites. While our favorite version is tempura battered chicken, if you wanted a lighter version you could absolutely forgo the frying and sauté the chicken until cooked and then add the orange chicken sauce right into the pan until thickened. I personally say go for the frying- it's too good.

### **Here's the recipe:**

**2 *Mystic Hills Farmstead* chicken breasts, skin removed, cut into about 1" cubes**

#### **Tempura Batter**

**1/4 cup +2 tablespoons arrowroot powder (can sub. with cornstarch)**

**1/4 cup flour (all purpose OR bread flour, both work great)**

**1/2 tsp baking powder**

**1/2 tsp baking soda**

**1/4 tsp salt**

**1/2 tsp garlic powder (optional, but delicious)**

**1 *Mystic Hills Farmstead* egg- beaten**

**1/4 cup water**

Mix the dry ingredients in a medium sized bowl. Then add the egg and water and whisk together until a smooth batter forms. It will be like a pancake batter consistency.

After your chicken breasts are cut into cubes and you have your tempura batter ready, begin to heat about 1/2" of oil in a pan over medium to medium high heat. Once the oil begins to shimmer, drop a little dot of tempura batter into the oil. If it immediately begins to bubble you're ready to start frying!

Throw your chicken cubes into the tempura batter and stir to coat. Then carefully place your battered chicken into the hot oil. You'll work in batches, careful not to overcrowd your pan. Fry for about 2-3 minutes on each side- the color should be deep golden brown, internal temp of 165 on a meat thermometer. Once cooked, place on paper towel lined plate and sprinkle with a little salt.

While your oil is heating up or while frying up your chicken batches, gather the ingredients for your orange chicken sauce.

### **For the Orange Sauce mix together:**

**1/2 cup orange juice**

**1/4 cup rice vinegar**

**1/4 cup sweet chile sauce**

**1/4 cup apricot jam**

**1/2 tsp salt**

**To add later: 1 1/2 tsp arrowroot powder or cornstarch**

Pour sauce ingredients into small saucepan and bring to a boil. Carefully add a small spoonful of the hot sauce to the arrowroot powder and mix well, then add arrowroot mixture back to pot with the sauce. Stir and let thicken then turn off heat.

To assemble:

Once chicken is all fried, place fried chicken in a bowl and spoon sauce over to coat. Serve with rice and steamed vegetables, we love broccoli.

## **Marinated and Grilled Chicken Parts**

This is the perfect recipe to make with those legs, thighs, and wing parts you have leftover from the orange chicken recipe you made using the chicken breasts. We often make the orange chicken for dinner and then either grill the parts up for lunch or dinner the next day. This is the 2nd meal we are making using just 1 whole chicken. Whoop!

**Legs, thighs, and wings from *Mystic Hills Farmstead* chicken**

### **Marinade:**

**1/3 cup olive or avocado oil**

**1/3 cup red wine vinegar**

**3-4 cloves garlic, minced**

**Fresh or dried herbs- 3 tablespoons fresh or 1 tablespoon dried  
(I like to use a mix of rosemary and thyme or dried Italian seasoning  
mix)**

**1 tsp salt**

**3/4 tsp pepper**

Assemble the marinade ingredients in a small bowl and whisk together. Pour over chicken parts and let marinade for at least 30 min., up to 24 hrs. I like to marinate anywhere between 2-6 hours.

Once marinated for desired amount of time, heat grill on high. Once it reaches about 450 or so, put chicken parts on, skin side down. Turn grill down to medium heat. Grill, flipping often to minimize flare-ups, until internal temp of 165 is reached on all parts.

## Homemade Chicken Stock

Okay, this is the grand finale! We have 2 meals in the bag and 1 more to go- and this one is easy peasy can be done at your leisure. Often Jack and I will throw our chicken carcasses into a plastic bag in the freezer and then make a big batch of stock. Your stock can be as simple or extravagant as you like and is SO versatile.. Here is what we typically do:

***Mystic Hills Farmstead* chicken carcass(es) and any parts (skin, bones, etc.)**

**1 onion, whole, skin-on and cut in half**

**1 head of garlic, whole, skin-on and top cut-off**

**Misc. vegetable scraps we have in freezer or that need to be used such as: celery and carrots**

**1-2 tablespoons salt, plus more added to taste at the end**

**1 tablespoon black peppercorns**

**3-4 bay leaves**

**Optional Seasonings:**

**1-2 tablespoons paprika**

**1-2 tablespoons turmeric**

**1-2 tablespoons Italian seasoning**

To make the stock, throw your chicken carcass(es) into a large pot or slow cooker. Add the vegetables, seasonings, and any spices you'd like to the pot. Add enough water to the pot to cover the carcass(es) by a few inches- you may need to add more as it cooks. Bring to a boil then cover and cook on low for several hours. We typically cook ours for 6-8 hours. When done, let cool and then strain into jars or plastic containers. Use immediately or store in the freezer.

Pro-tip: Use that meat that is cooked on the carcass for chicken soup or another meal. We love to make chicken salad with any leftover bits that are tender and soft from cooking in the broth all day. Yum!