



## Cajun Chicken Fettuccine

24 ounces pasta  
 12 ounces chicken tenderloin (1" x 1" cubes)  
 3 ½ ounces parmesan cheese (shredded)  
 8 tablespoons unsalted butter  
 4 teaspoons chicken seasoning (see below)  
 24 ounces cajun sauce (see below)

### Chicken Seasoning Mix

¼ cup kosher salt  
 3 teaspoons black pepper  
 1 ½ tablespoons white pepper  
 1 ½ tablespoons cayenne pepper  
 1 ½ tablespoon garlic powder  
 2 teaspoons dried basil  
 3 teaspoons ground cumin

### Cajun sauce:

8 ounces unsalted butter  
 ½ pounds onion (diced)  
 1 tablespoon dried thyme  
 1 ½ tablespoons Worcestershire sauce  
 1 ½ tablespoon sugar  
 1 ½ white pepper  
 1 ½ tablespoons minced garlic  
 3 ½ cups chicken stock  
 2 tablespoons Tabasco sauce  
 1 cup green onions (thinly sliced)  
 2 teaspoons cayenne pepper  
 ½ teaspoon dried basil  
 5 cups tomato sauce

### What is Broasting?

Broasted chicken is chicken fried in a specialty pressure cooker.

### How to Prepare:

Prepare cajun sauce and chicken seasoning mix and store covered at room temperature.

### For Cajun sauce:

Melt butter in sauce pan. Add onions and garlic. Sauté for 5 minutes. Add seasoning and continue to cook for 10 minutes. Add stock, Worcestershire, Tabasco, tomato sauce and simmer for 20 minutes. Add green onions and sugar, simmer for 15 minutes.

### To serve:

Cook fettuccine. Rub chicken with seasoning mix. Melt butter in sauté pan over medium heat. Add chicken and cook until just done. Add sauce and cook about 1 to 2 minutes. Drain fettuccine noodles and add to sauce/chicken mixture. Toss until well mixed. Place on plates and garnish with parmesan cheese.

Yield: 3-4 servings

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NORFOLK RESTAURANT WEEK JANUARY 22-29, 2012



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