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Semi-Finalist



A production of
met
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Halupsie

Recipe Number: 56

Prep time: 30 minutes

Cook time: 2 hours

Oven Temp: 350°

INGREDIENTS: 6 chicken breast (or one chicken cut up)
1 med onion chopped
1 head of cabbage chopped (reserve 3-4 outer leaves)
1 to 1½ stick butter or margarine
salt and pepper to taste
3 cups of rice (not instant rice)
Cider vinegar - approx 1 cup
Water - approx 5 cups
*amount of chicken, rice, and water can be changed to fit your crowd size!



DIRECTIONS: Cube chicken breasts into bite size pieces. Chop onion into small pieces. Melt butter in large skillet, add onions, salt and pepper. Saute until onion just start to get soft, add chicken. Cook for 10-15 minutes. While chicken is cooking chop cabbage, be sure to reserve 3-4 outer leaves. Spray large roasting pan with non stick spray. Measure rice into bottom. Scoop chicken out of skillet and put on top of rice. (reserve the liquid from cooking the chicken). Put chopped cabbage on top of chicken. Cover with the reserved whole outer cabbage leaves. Take cooking liquid and add to large measuring cup or bowl. Add vinegar to equal 1 ¾ cups (vinegar plus cooking liquid equals 1 ¾ cups). Add 3 cups of water for a total of 6 cups. Mix the broth and taste. It should be tart but not sour enough to make you pucker. Adjust taste with the remaining ¼ cup of either water or vinegar. Add broth slowly to roasting pan. Cover and bake at 350 for about 2 hours or until rice has absorbed all the water and is tender.

STORY: *This recipe is a long standing family recipe. I learned it from my father, who learned from his mother who learned it from her mother. My dad grew up in a large family and did a lot of the cooking as his mom died when he was 8 years old. Being the 2nd youngest, he took on a lot of the household chores while his sisters and older brothers worked on the farm and looked after the other children. This recipe was easy to stretch for a large family by adding more rice. Usually the used a whole chicken as they always had chickens on the farm. Sometimes they would add corn to make it stretch even more. I remember my dad saying that this was a meal they could always have, even during lean times, and if company was coming, they could just add more rice. I have so many memories of my dad cooking this dish, not only as a child, but as an adult as well. It is meal that sounds strange but tastes so good. When I asked him to teach me how to make it, I was in college!*

I could tell he was very pleased that I wanted to learn how to make it so that the recipe would continue. It was so enjoyable cooking side by side with my dad, we both shared the love and talent for cooking. It is amazing how we have dishes like this and don't think much about it from day to day. My father passed away very unexpectedly at the young age of 56 two years ago. Now this dish means more to me than ever. I intend to teach my girls how to make it, so they may keep the recipe alive as well.

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