

Squash-stuffed Capons

Recipe By *Elky Friedman*



Cooking and Prep:  1
h 45 m

Serves:  6

Contains:   

Preference: Meat

Difficulty: Medium

Occasion: Shabbat, Purim,
Rosh Hashanah, Sukkot, Yom

Kippur

Source: Whisk by Ami

Magazine

Ingredients (14)

Chicken

- 8 chicken tops with skin (deboned) or chicken capon bottoms
- 1 tablespoon oil
- 1 onion, diced
- 2 medium squash, peeled and cubed

- 1 clove garlic, minced or 1 cube Gefen Frozen Garlic
 - 1/2 teaspoon salt
 - pinch pepper
 - 15 Shibolim K'nockers whole wheat everything crackers
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Sauce

- 3/4 cup Gefen Duck Sauce
 - 2 tablespoons water
 - 2 tablespoons Gefen Soy Sauce
 - 1 tablespoon mustard
 - 2 cloves garlic
 - pinch cayenne pepper
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Start Cooking

Prepare the Stuffing

1. Heat oil in a sauté pan over medium heat. Add onions and sauté until translucent, about five to seven minutes.
2. Add squash and continue to cook until squash is soft, about 20 minutes. Add garlic, salt, and pepper and remove from heat.
3. In a food processor, grind the crackers into fine breadcrumbs. Add to squash mixture and stir to combine. The texture should be thick like stuffing.

Prepare and Bake the Chicken

1. Preheat oven to 350 degrees Fahrenheit.
2. Slice the chicken on an angle to thin it out into cutlets.
3. Lay the cutlet with the skin underneath and place a heaping tablespoon of the squash mixture on top. Roll up and place in a baking pan, seam side down.
4. In a small bowl, combine duck sauce, water, soy sauce, mustard, garlic, and pepper. Pour

over chicken.

5. Bake, uncovered, for one hour.