
Upside Down Chicken Dinner

Home Cookin - Junior League of Wichita Falls, TX - 1976

1/4 cup chicken fat
1/2 cup flour
1 teaspoon salt
dash pepper
dash paprika
3 cups chicken stock
1/2 cup milk
1 tablespoon lemon juice
3 cups cooked chicken, cut in one-inch pieces
1/2 cup sliced stuffed olives
CORNBREAD BATTER
1 cup flour
2 tablespoons sugar
3/4 teaspoon salt
1 cup corn meal
3 tablespoons shortening
2 teaspoons baking powder
1/2 teaspoon baking soda
1 cup buttermilk

Make the cornbread batter: In a large bowl, combine the flour, sugar, salt, cornmeal, baking powder and baking soda. Cut in the shortening with a pastry blender. Add the buttermilk and stir just enough to blend the ingredients.

Assemble the dish: Melt the chicken fat in a skillet. Add the flour and stir until smooth.

Add the salt, pepper, paprika, stock and milk. Cook until the mixture is fairly thick. Stir in the lemon juice, chicken and olives.

Place two-thirds of the mixture into a greased ten-inch skillet. Pour the cornbread batter over the hot mixture in the skillet.

Bake in the oven at 400 degrees for 25 minutes.

Cut into wedges and serve upside-down with the remaining hot chicken mixture as gravy.

Yield: 6 to 8 servings

Chicken

Per Serving (excluding unknown items): 2216 Calories; 79g Fat (33.2% calories from fat); 164g Protein; 192g Carbohydrate; 5g Dietary Fiber; 426mg Cholesterol; 12421mg Sodium. Exchanges: 9 1/2 Grain(Starch); 18 1/2 Lean Meat; 0 Fruit; 1 1/2 Non-Fat Milk; 11 Fat; 2 Other Carbohydrates.