

Chicken Spiedies

a "downstate staple"

A spiedie consists of cubes of chicken, pork, lamb, veal, venison or beef. The meat cubes are marinated overnight or longer, then grilled on spits over a charcoal pit. The traditional method involves serving freshly prepared cubes of lamb, chicken, or beef on soft Italian bread or a submarine roll, occasionally drizzled with fresh spiedie sauce or uncontaminated marinade.



The
Carriage House
Cooking School

4 large	cubed chicken breasts
1/4 cup	chopped fresh oregano
1/4 cup	chopped fresh parsley
1/4 cup	lemon juice
1/4 cup	olive oil
1 teaspoon	kosher salt
1 teaspoon	fresh ground black pepper
1/2 teaspoon	red pepper flakes
2 tablespoons	olive oil (for cooking the chicken)
4 large	Italian rolls, cut almost in half
2 tablespoons	melted unsalted butter
1/2 cup	Spiedie Sauce (see recipe)

1. Combine the chicken, oregano, parsley, lemon juice, olive oil, salt, pepper and pepper flakes in a large ziplock bag and marinate for at least 4 hours.
2. Preheat a large skillet, or grill if you prefer, over medium heat. When the pan is warm add a couple tablespoons of butter to the pan and toast the cut side of the Italian style rolls until golden brown.
3. Remove the chicken from the marinade and pat dry with paper towels. Add the cooking oil to the pan and then add the chicken in an even and well-spaced layer. Cook on the first side for 4 to 5 minutes before turning and finishing the second side for 2 or 3 minutes.
4. Remove the chicken from the skillet and place directly in the Italian style rolls. Top with spiedie sauce and serve with your favorite chips or french fries.