



1213 East 2100 South
 Salt Lake City, UT 84106
 Phone: (801) 487-9976
 e-mail: Becky-utdairy@msn.com

KSL TV, Eyewitness News at Noon
 Monday, July 31, 2006

“Pioneer Chicken Shortcake”

Becky Low
 Dairy Council of Utah/Nevada



Ingredients:

- 2 cups Country gravy* (see below)
- 6 cornbread muffins
- 3 cups shredded cooked chicken
- Snipped chives, optional

Method:

Prepare country gravy using recipe below; or follow directions on a packaged gravy mix. Set aside.

Slice cornbread and place on plate; top with shredded chicken; cover with 1/3 cup Country gravy. Garnish with optional snipped chives.

***COUNTRY GRAVY:**

- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups whole milk
- 1/4 teaspoon salt, more or less to taste
- 1/8 teaspoon pepper to taste
- 1/2 teaspoon Old Bay seasoning
- 1/8 teaspoon garlic powder

Melt butter in saucepan; stirring constantly, add flour and cook medium heat until bubbly. Gradually whisk in milk, salt, pepper, seasoning, and garlic. Stirring constantly bring gravy to a boil, reduce heat and cook 1 minute.

NOTES: Making gravy was a mainstay of early Pioneer diets, and was often made using the “drippings” or the leftover fat from fried meats. Serve with fresh garden vegetables and seasonal fruit for a satisfying easy supper. Serves 6

Nutrition Facts	
Serving Size 1 muffin 1/2 cup chicken 1/3 cup gravy (225g)	
Servings Per Container 6	
Amount Per Serving	
Calories 470	Calories from Fat 220
% Daily Value*	
Total Fat 24g	37%
Saturated Fat 11g	53%
Cholesterol 130mg	43%
Sodium 270mg	11%
Total Carbohydrate 36g	12%
Dietary Fiber less than 1 gram	4%
Sugars 12g	
Protein 26g	
Vitamin A 10%	Vitamin C 2%
Calcium 15%	Iron 6%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram: Fat 9 • Carbohydrate 4 • Protein 4	