



Menu du Jour

08 Apr 06

Garlic-Rosemary Roasted Chicken

Baby Beets with Tarragon

Garlic Smashed Potatoes

(Serves two)

Garlic-Rosemary Roasted Chicken

Simple but elegant ... a perfectly roasted chicken with crispy skin complimented with a rosemary-garlic marinade and a spicy poultry rub. One chicken will serve two people generously; but do two! That way, there will be leftovers for sandwiches and another no-fuss dinner later in the week. Because this recipe uses roasted garlic and marinating, it requires advance preparation.

1 (4- to 5-pound) roasting chicken

For the marinade:

10 cloves roasted garlic (about 1/3 cup purée)

2 tablespoons chopped fresh rosemary

3 tablespoons good olive oil

Coarse kosher salt and freshly ground black pepper

2 tablespoons poultry rub (recipe follows)

Spatchcock or butterfly the chicken. Place the chicken on a cutting board, breast side down and cut out the spine with a chef's knife or kitchen shears. Break the breastbone with a cleaver or knife. Turn the bird over and press on the breastbone to flatten the carcass. Make a slit in the bird's skin near the edge of the breast and tuck in the legs. Fold the wing tips under the wings.

Place the roasted garlic and rosemary in a food processor or blender and process until smooth. Add the olive oil and purée into a paste. Season with salt and pepper. Brush the mixture over the chicken and place the chicken in a shallow roasting pan. Sprinkle the poultry rub over both sides of the chicken.

Marinate, uncovered but refrigerated, for at least 4 hours. (Air drying the skin will produce a crisper skin when roasted.)

Preheat the oven to 475 degrees F. and roast the chicken for 20 minutes. Reduce the temperature to 350 degrees F. and continue roasting for another 45 minutes. Baste with pan juices and continue cooking another 15 minutes. Brush with Chicken BBQ Sauce (if desired) and cook another 10 minutes or until the chicken thigh has an internal temperature of 175 degrees F.

Remove the chicken from the oven, tent with aluminum foil and allow it to rest for 10 minutes before carving. (Pan juices may be reserved for future use.)



Poultry Rub

1/4 cup Hungarian paprika
1 tablespoon cracked black pepper
1 teaspoon celery seed
1 teaspoon coarse kosher salt
1 tablespoon Turbinado sugar
2 teaspoons granulated onion
2 teaspoons dry mustard
2 teaspoons dried thyme leaves
1/2 teaspoon ground cayenne
1 tablespoon dried lemon peel

Prepare poultry rub by combining ingredients in a mixing bowl. Any leftover rub may be stored, covered, for up to 1 month.

Chicken BBQ Sauce

This is a basic barbecue sauce for chicken that could be modified in a number of ways to make it a signature sauce.

1/2 cup ketchup
1/4 cup V-8 juice
1/4 cup cider vinegar
1/4 cup dark brown sugar, packed
1 teaspoon granulated garlic
1/2 teaspoon dried thyme
1/2 teaspoon freshly ground black pepper
1 teaspoon dried mustard
1/2 teaspoon crushed rosemary
1 tablespoon granulated sugar
1 tablespoon prepared horseradish, well drained

In a small saucepan over low heat, combine all of the ingredients except the horseradish. Mix well and bring to a boil. Reduce heat and simmer until thickened, about 5 minutes. Remove from the heat and stir in the horseradish.



Baby Beets with Tarragon

Beets are a great vegetable that can be boiled, baked, puréed, pickled, and served hot or cold. Borsch is also a wonderful cold soup! When boiled, beets can be served as is, with butter, or pickled in vinegar with spices or herbs. Whenever working with beets use gloves and be careful about splashing any cooking liquid. Beet juice stains and is almost impossible to get out of some items.

12 baby beets, trimmed (assorted colors if available)
1 tablespoon olive oil
Coarse kosher salt
1 tablespoon unsalted butter
1 tablespoon chopped shallots (or red onion)
3 sprigs tarragon, chopped (about 1 tablespoon)
Pinch of granulated sugar

Preheat the oven to 400 degrees F. Toss the beets with olive oil and season with salt to taste; transfer to a large sheet of aluminum foil. Seal the beets tightly in the foil and roast until soft, about 30 to 45 minutes, depending on their size.

Unwrap the beets, peel and cut in half. Place the beets in a small skillet and toss with butter, shallots, tarragon and sugar. Heat until the shallots are softened and the beets are warmed.

Roasted Balsamic Onions

There's something about roasted onions that make it a great accompaniment for barbecued meats. They're also great when served over char-grilled steaks!

2 medium yellow onions, unpeeled
1 medium red onion, unpeeled
Coarse kosher salt and coarsely ground black pepper, to taste
2 tablespoons olive oil
2 tablespoons balsamic vinegar

Preheat the oven to 425 degrees F. Cut the onions in half lengthwise through the root and stem ends. Toss with oil and season generously with salt and pepper. Arrange the onion halves, cut side down, in a baking dish.

Cover and bake 25 to 30 minutes or until the onions give slightly. (Onions may be prepared to this point and held for an hour.)

Uncover and drizzle each onion half with balsamic vinegar (use a fork to spread the onion layers apart so that the vinegar can get between the layers). Reduce the oven temperature to 350 degrees F. and bake, uncovered, another 15 minutes. Remove from oven and peel off the outer skins. The onions may be served hot or at room temperature.



Garlic Smashed Potatoes

This recipe yields more than enough for 2 servings but any remaining potatoes could be used for potato pancakes the next day.

2 medium Yukon Gold potatoes (about 1/2 pound)

2 medium Red Bliss potatoes (about 1/2 pound)

1 tablespoon roasted garlic purée

4 tablespoons unsalted butter, in chunks

1/2 to 3/4 cup light cream, scalded

Kosher salt & white pepper, to taste

Peel and dice the potatoes. Place the potatoes into a medium saucepan and cover with cold salted water. Bring to a boil over medium heat and cook until potatoes are tender, about 15 minutes.

Drain and return the saucepan to the stovetop. Allow any residual water to evaporate over low heat. Add the roasted garlic purée and the butter; mash. Gradually add the cream and continue mashing until the potatoes have the desired consistency (the potatoes will tighten as they cool). Season with salt and pepper.



Cooking & Presentation



Roasted Garlic & Onions



Chicken with Garlic-Rosemary Marinade & Poultry Rub



Garlic-Rosemary Roasted Chicken



Roasted Chicken, Garlic Smashed Potatoes & Tarragon Beets