

# Menu Du Jour

01 Feb 2004

**Cajun-style Roast Chicken with Apple-Sausage Stuffing**  
**Pan-Reduced Gravy**  
**Garlic Mashed Potatoes**  
**Roasted Vegetables**

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## Cajun-style Roast Chicken

An elegant presentation but easy to prepare... a perfectly roasted chicken, tender and juicy, with crispy skin. One chicken will serve two people with plenty of leftovers for another meal.



- 1 (5- pound) chicken
- 2 tablespoons olive oil
- 3 tablespoons Cajun spice
- 1 tablespoon crushed rosemary
- 2 carrots, peeled and chopped
- 2 yellow onions, peeled and chopped
- 2 stalks celery, chopped
- 1 tablespoon black peppercorns

Preheat oven to 375° F.

Rinse the chicken well, and dry thoroughly with paper towels. Rub olive oil over outside of chicken. Rub the Cajun spice and crushed rosemary all over the outside of the chicken.

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Put the chopped vegetables in the bottom of a roasting pan. Add two cups water or chicken stock and the peppercorns. Put the chicken on a roasting rack in the pan, put the pan on the middle rack of the oven, and roast for 20 minutes per pound or until the thigh has an internal temperature of 180° F.

Let the chicken rest for 10 minutes before carving.

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### Pan-Reduced Gravy

By adding aromatic vegetables to the roasting pan, a wonderfully fragrant and tasteful base is created as the chicken roasts. Be sure to scrape up the fond (the caramelized sugar and fats released during the roasting) from the bottom of the roasting pan to get a full-flavored gravy.



Pan drippings from roasted chicken  
2 cups chicken stock  
Kosher salt and freshly ground black pepper, to taste  
Fresh thyme leaves

Put the roasting pan with all the drippings on the stove. Using a slotted spoon, remove the vegetables. Pour the liquid into a gravy separator and pour off the brown juices leaving the fat behind. Return the pan to the stovetop and heat over two burners on medium-high heat. Deglaze the pan with a little room temperature chicken stock. Add the gravy stock and chicken stock.

With a wooden spatula, scrape up any browned bits that may have stuck to the pan and stir into the mixture. Continue cooking over high heat and stirring until the mixture is reduced by two-thirds. If necessary, thicken sauce with a cornstarch slurry or roux. Season with salt and pepper, and add a pinch of fresh thyme. Keep warm until service.

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## Apple-Sausage Stuffing

8 tablespoons (1 stick) unsalted butter  
1 large yellow onion, diced  
3 ribs celery, diced  
2 Granny Smith apples, cubed, with peels left on  
2 links Andouille sausage, casing removed  
4 cups crumbled cornbread  
1 tablespoon sage  
Salt and freshly ground black pepper, to taste

Make the cornbread according to package directions and allow to cool for 10 minutes. Melt the butter in a large skillet over medium-high heat and sauté the onion, celery, and apple. Transfer to a large mixing bowl. Crumble the Andouille into the skillet and brown slightly. Drain and add to mixing bowl.

Crumble the cornbread and mix with other ingredients; add sage and season to taste with salt and pepper.

Transfer mixture to a buttered casserole dish and bake, covered, in a preheated 350° F. oven for 20 to 30 minutes.

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## Mashed Garlic Potatoes

2 large Russet potatoes  
1 tablespoon unsalted butter  
4 cloves garlic, minced  
1/4 cup sour cream  
1/2 cup cream, scalded  
Kosher salt and cracked white pepper, to taste

Preheat oven to 400° F.

Wash and dry potatoes. Coat lightly with olive oil and season with salt and pepper. Bake in a preheated oven for one hour or until easily pierced with a knife. Cool. Remove flesh from potatoes and mash.

Melt the butter in a medium saucepan over medium heat; add garlic and sauté for five minutes.

Add the potatoes and the remaining ingredients to the pan and cook for five to 10 minutes, stirring often, until potatoes are very hot.

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## Roasted Vegetables



8 large asparagus spears  
1 medium red onion  
2 medium carrots  
1 Portabella mushroom, sliced  
2 tablespoons extra-virgin olive oil  
1 teaspoon dried thyme leaves  
Salt and freshly ground black pepper, to taste

Preheat oven to 400° F.

Trim off the woody stems from the asparagus. Peel the onion and cut into quarters. Peel the carrots and remove the tops; chop into large pieces.

Arrange the vegetables in a roasting pan in one layer. Brush with olive oil and sprinkle with salt, pepper, and thyme to taste. Roast until lightly browned, about 15 minutes. Turn, brush again with olive oil, and roast another 15 minutes, or until tender when pierced with a knife.



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## Plate Presentation



Drizzle service plate with pan sauce. Scoop potatoes onto plate, dot with butter and sprinkle with Cajun spice. Arrange chicken on plate and nappe with sauce. Plate roasted vegetables and sprinkle with fresh thyme. Garnish plate with fresh thyme or parsley. Serve pan sauce in gravy boat.