

# Menu du Jour

10 March 2004

**Oven Fried Chicken**  
**Rosemary Cream Sauce**  
**Steamed Broccoli**  
**Mashed Garlic Potatoes**

---

## Oven Fried Chicken

A more health-conscious alternative to traditional fried chicken.

2 boneless pork chops, about 1 1/2 inches thick  
1 cup apple stuffing (see below)  
1/2 teaspoon kosher salt  
1/2 teaspoon black pepper  
1 tablespoon olive oil  
1 tablespoon unsalted butter  
1/2 cup chicken stock

Preheat oven to 400° F.

Butterfly the pork chops. Season with salt and pepper. Stuff with 1/4 cup of prepared stuffing. Secure with toothpicks.

Heat a medium skillet over medium high heat, add olive oil and butter. When oil is hot, sear chops for two to three minutes per side. Add 1/2 cup chicken stock and place skillet in preheated oven and cook chops about 20 to 30 minutes or to an internal temperature of 155° F.

---

## Rosemary Cream Sauce

By roasting aromatic vegetables with chicken stock, a wonderfully fragrant and tasteful base is created for the sauce. 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.

12 baby carrots (or three carrots, peeled and chopped)  
2 yellow onions, peeled and quartered  
2 ribs celery, chopped  
Pan drippings from sautéed pork chops  
1 cup chicken stock  
Kosher salt and freshly ground black pepper, to taste  
Fresh thyme and rosemary

## Menu du Jour

Put chopped vegetables in a lightly butter medium casserole dish or roasting pan. Roast vegetable in a 400° F. oven for 45 minutes to one hour, stirring occasionally, until the vegetables are tender and caramelized.

Add pan drippings and chicken stock. Return to oven and cook another 20 to 30 minutes. Using a slotted spoon, remove the vegetables. Pour the liquid into a gravy separator and pour off the brown juices leaving the fat behind. Pour the liquid into a small saucepan and heat over medium-high heat until reduced by one quarter.

If necessary, thicken sauce with a cornstarch slurry or roux. Season with salt and pepper, and add fresh rosemary and thyme to taste. Keep warm until service.

---

# Menu du Jour

## Steamed Broccoli

4 tablespoons unsalted butter  
1/4 cup celery, finely diced  
1/4 cup yellow onion, finely diced  
1 large apple, peeled and diced  
1/4 teaspoon ground nutmeg  
1/4 teaspoon kosher salt  
1/2 teaspoon ground black pepper  
1/2 teaspoon sage  
1/4 teaspoon ground cinnamon  
1/2 teaspoon dried thyme  
1/2 cup dried cranberries  
3 cups herbed stuffing mix  
1 cup chicken stock

Melt butter in a large skillet over medium heat. Add onions and celery. Sauté until onions just begin to turn translucent, about eight minutes. Add chicken stock, cranberries, and apple. Cook until berries burst, about five minutes.

Combine onion and celery mixture, apple, nutmeg, salt, pepper, sage, thyme, and cranberries. With stuffing mix. Stir to combine. Remove from heat and cover.

After five minutes, fluff stuffing mixture and cool to room temperature.

---

## Mashed Garlic Potatoes

Horseradish sauce adds a nice tang to these baby beets. If you combine the beets with the sauce instead of serving it on the side, you'll have a very strange fuchsia-colored vegetable.

1 (15-ounce) can whole beets  
2 tablespoons mayonnaise  
2 tablespoons sour cream  
1 tablespoon prepared horseradish  
1/2 teaspoon lemon juice  
1/4 teaspoon granulated sugar  
2 teaspoons chopped fresh parsley

Prepare the sauce by mixing all of the ingredients, except the beets. Mix well to blend and refrigerate, covered, for at least two hours.

In a medium saucepan over medium heat, cook beets until hot. Drain.

---

## Plate Presentation

## Menu du Jour



From The Kitchen Of Michael H. Stines  
©2004 [www.CapeCodBBQ.com](http://www.CapeCodBBQ.com)