

Menu du Jour

Sunday, 02 May 2004

**Garlic Cilantro Grilled Chicken
with Cilantro Barbecue Sauce Reduction**

Mashed Potatoes

Sugar Snap Peas

(Recipe serves four)

**Garlic Cilantro Grilled Chicken
with Cilantro Barbecue Sauce Reduction**

Marinated with garlic, cilantro and olive oil and then slow roasted on a barbecue grill, this chicken entrée is complemented by a garlic and cilantro reduction combined with your favorite store-bought or homemade barbecue sauce. Use an instant-read thermometer to assure the chicken is cooked to the correct temperature.



1 (3 1/2- to 4-pound) chicken
6 large cloves garlic, minced
1/2 cup chopped fresh cilantro
3/4 cup good quality olive oil
6 Jalapeño chiles, seeds and stems removed, minced
1/2 teaspoon kosher salt
1/2 teaspoon cracked black pepper
1 cup barbecue sauce
1/4 cup chopped cilantro for garnish

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Combine garlic, cilantro, olive oil, Jalapeños, salt and black pepper in a small mixing bowl. Quarter the chicken removing any excess fat and reserve the backbone, neck and giblets for stock, if desired.

Place chicken in a food-safe resealable bag and add half of the marinade (about 1/3 cup) completely coating the chicken. Reserve remaining marinade. Marinate the chicken, refrigerated, for four to six hours. Remove chicken from marinade and pat dry. Discard used marinade.

In a small saucepan over medium low heat, cook reserved marinade until garlic is soft, about five minutes. Add barbecue sauce and simmer over medium heat until reduced by 1/3, about 15 minutes, stirring often.

Preheat grill for medium high (350° F.) indirect cooking. Sear chicken quarters over the hot side of the grill and then move pieces to the cooler area of the grill keeping the thigh pieces closest to the heat source. (Carefully watch the chicken during the searing process as the oil will tend to cause flare-ups. If that happens, move the chicken to the cooler side of the grill until the flames subside.) Cook the chicken quarters bone side down, covered and rotating occasionally, for one hour. After cooking for one hour, lightly brush chicken with reduced garlic cilantro barbecue sauce and continue cooking for about 30 minutes or until chicken breasts are cooked to 170° F. and thighs reach an internal temperature of 180° F.

Remove chicken from grill, tent with aluminum foil and keep warm in a low oven (up to 20 minutes) until service.

(Chef's tip: To finely mince garlic, sprinkle chopped garlic with a little coarse kosher salt and mince with a sharp chef's knife.)

Mashed Potatoes

4 large Russet potatoes
2 tablespoons unsalted butter
1/2 cup sour cream
1/2 to 2/3 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 potatoes 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 the potatoes and the sour cream to the pan. Gradually add the scalded cream until the potatoes are the right consistency. Cook for five to 10 minutes, stirring often, until potatoes are very hot. Season with kosher salt and cracked white pepper to taste.

(Chef's tip: If necessary, potatoes may be held for up to 30 minutes by lowering the heat and placing a clean chef's towel over the top of the saucepan. Stir the potatoes occasionally to prevent scorching.)

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Sugar Snap Peas

Sugar snap peas have strings or “spines” that must be removed before eating. To do this, pinch the end of the pea to get hold of the string. Pull the string up the straightest side toward the stem and discard.

1 pound snap peas (about 20 pods)
1 tablespoon kosher salt
1 tablespoon unsalted butter
Kosher salt and cracked black pepper, to taste

Combine two cups of water with one tablespoon of kosher salt in a medium saucepan. Bring to a simmer over medium heat. Add peas. When the water returns to a simmer, cook peas for two minutes. Remove from heat and drain. Return saucepan to heat, add one tablespoon of unsalted butter. When butter melts, return peas to saucepan; toss to coat and rewarm. Season to taste with kosher salt and cracked black pepper.

(Chef’s tip: These may be cooked ahead and reheated in the melted butter.)

Plate Presentation



Using a squeeze bottle, drizzle barbecue sauce reduction over one third of a warmed service plate and place chicken quarter atop sauce. Scoop mashed potatoes onto plate forming a small mound, dot with unsalted butter and sprinkle with paprika (hot Hungarian paprika if desired). Spoon buttered snap peas onto plate. Garnish plate with chopped cilantro and serve. Provide additional barbecue sauce on the side in warmed ramekins.