

REATH RECIPES

BIRDS



LIME GRILLED CHICKEN BREASTS WITH BLACK BEAN SAUCE



Note: A great recipe because the canned black beans make it quick and easy. You marinate the chicken breasts before you leave in the morning and the sauce can be made while the grill preheats. Each serving is low in fat with only 300 calories.

Chicken with Lime Marinade:

- 5 boneless skinless chicken breasts
- 4 T. fresh lime juice
- 3 T. vegetable oil
- ½ tsp. cayenne pepper
- 4 cloves garlic minced

For the Black Bean Sauce:

- 1 can black beans, drained
- ½ cup orange juice
- 2 T. balsamic vinegar
- 3 T. fresh chopped cilantro
- 2 cloves garlic, minced
- Kosher salt and freshly ground pepper



Before you leave for work in the morning, marinate the chicken. Place chicken breasts, lime juice, vegetable oil, cayenne and garlic in a plastic bag and marinate in the refrigerator for at least 8 hours. (You can marinate them overnight if you prefer).

Preheat your grill and assemble the sauce. In a food processor, blend the black bean sauce ingredients until smooth. Put in a saucepan and let simmer while the chicken breasts are grilling. Taste the sauce and adjust the seasonings. Grill the chicken until it is done and serve with the sauce.

SAUTÉED CHICKEN BREASTS WITH TARRAGON



Note: This is one of our new favorite recipes for chicken breasts.

1 tsp. sweet paprika
1 tsp. Madras curry powder
6 large (about 6 oz. each) or 12 small (about 3 oz. each) boneless, skinless chicken breasts
Kosher salt
Canola oil
3 T. unsalted butter
1 T. minced shallot
¼ cup dry white wine
1 cup chicken stock
1 T. coarsely chopped fresh tarragon, plus 1 T. fresh whole tarragon leaves
Freshly ground black pepper

In a small bowl mix together paprika and curry powder, and sprinkle on both sides of chicken breasts; cover and refrigerate for 2 hours. Place 2 breasts on large sheet of plastic wrap, cover with more plastic and pound with a mallet until they are about ¼-inch thick. Repeat with remaining breasts. (Chicken may be wrapped and refrigerated for up to 12 hours.)

Preheat oven to 200°. Season chicken on both sides with salt. In a large skillet over medium-high heat, add enough canola oil to film the bottom of pan. Working in batches, without crowding, place breasts smooth side down and let cook until golden brown, 1 to 1½ minutes. Turn and cook for another 1 to 1½ minutes. Transfer to a baking sheet and keep warm in oven.

Wipe out skillet and return to medium heat. Add 1 tablespoon of butter and the shallots, and sauté for 30 seconds, swirling pan to coat shallots with butter. Add wine, raise heat to medium-high, and cook until wine is reduced by half, about 1 minute. Add stock, bring to boil, and cook until reduced and slightly thickened, 1 to 2 minutes. Stir in chopped tarragon, remaining 2 tablespoons butter, and any juices that have accumulated on baking sheet. Swirl to melt butter, and season to taste with salt and pepper. Arrange chicken on a warmed platter, pour sauce over it, and garnish with whole tarragon leaves.

STUFFED CHICKEN BREASTS WITH ROASTED RED PEPPER SAUCE



Note: This is another example of really flavorful low-calorie and healthy cooking. Each breast with sauce is low on calories (323) but high in antioxidants from the red peppers and the asparagus.

(Serves 2 with extra sauce leftover)

- 3 red bell peppers, roasted and peeled*
- 1 T. extra-virgin olive oil
- 1 T. balsamic vinegar
- 1 cup low-sodium chicken broth
- 3 cloves garlic, chopped
- ½ jalapeño pepper, seeded and minced
- ½ tsp Italian seasoning
- Kosher salt and freshly ground black pepper
- 2 boneless, skinless chicken breasts, pounded thin
- 2 T. goat cheese
- 6 to 8 thin asparagus spears (If thick, half lengthwise)
- Butcher's twine (If you don't have any, ask the meat department to give you some.)

Preheat oven to 400°.

Slice one of the roasted peppers into strips and set aside to use to stuff the chicken breasts. Take the other two peppers and add to blender along with the oil, vinegar, broth, garlic and jalapeño pepper. Blend until smooth. Pour into small saucepan and add Italian seasoning, salt and pepper. Cook on low heat for 10 minutes.

Meanwhile, assemble the chicken breasts. Lay the chicken breasts on a cutting board and spread 1 T. of goat cheese on each breast. Add the roasted red pepper strips and asparagus and roll them carefully to surround the peppers and asparagus. Tie a couple of pieces of butcher's twine around each stuffed breast to hold them in place. (You can also use toothpicks if you wish, but twine works better.)

Transfer the chicken breasts to a casserole dish and pour about 1/2 cup of the sauce over the breasts. Bake for 35 to 40 minutes until the chicken is done. Pour additional warmed sauce over each breast and serve.

* Roasting whole bell peppers is easy on a gas cook top or grill. Just place them directly on the burner or grill and turn until they are completely black on all sides. You can also use your oven broiler. Once they are completely black, put them in a paper bag or Tupperware container and let them sit for 10 minutes. Then take off the stems and seeds and peel them.

CHICKEN BREASTS WITH AVOCADO AND POMEGRANATE SALSA



Note: This is one of those recipe winners all around. It is easy to prepare, very delicious, low-cal and loaded with antioxidants from the avocado and the pomegranate. In fact, the hardest thing about this recipe is finding fresh pomegranates and pomegranate molasses. If pomegranates are out of season, here's a trick. Use 1 cup dried cranberries that have been plumped by simmering them in hot water for about five minutes and drained.

Pomegranate molasses can be found at Middle Eastern markets. They have it at Holy Land on Sutherland Ave. or you can order it through Amazon.com.

For the Chicken:

4 boneless, skinless chicken breasts
¼ cup fresh lemon juice
3 T. extra-virgin olive oil
1 T. Pomegranate molasses
Kosher salt and freshly ground pepper

Pound each chicken breast between pieces of plastic wrap until about ½-inch thick. Mix the marinade ingredients together. Add the chicken, turn to coat well. Cover and refrigerate for at least 20 minutes and up to an hour. While the chicken is marinating, make the salsa.

For the Pomegranate Salsa:

1 lemon
½ fresh pomegranate (save the other half and use the leftover seeds on a salad)
3 green onions, white and light green parts only, thinly sliced
2 medium firm ripe avocados, diced
2 T. extra-virgin olive oil
2 tsp. chopped Italian parsley
1 tsp. finely diced, seeded jalapeño pepper
1 tsp. pomegranate molasses

Finely grate the zest from the lemon and then squeeze about 1 tablespoon of juice. Pick the seeds out of the pomegranate, discarding any pith and put them in a bowl. (Be very careful when working with fresh pomegranate because it can stain your clothes, big time.) Add the lemon zest and juice, green onions, avocado, olive oil, parsley, jalapeño, pomegranate molasses and a bit of salt. Fold gently with a spatula and season to taste with more salt.

When you are ready to serve, either grill or sauté the chicken until it's done and serve with the salsa spooned over the top.

AVOCADO-LIME CHICKEN BREASTS



Note: This is a recipe we make again and again because it's so easy, light and flavorful. Not many people think of cooking avocados, but they are quite delicious in this dish. When you serve it with black beans and yellow rice, you have a gorgeous plate: the green avocado and cilantro, the red tomatoes and the yellow and black of the rice and beans. When picking out avocados to make this chicken, you don't want the ripe avocados you use for guacamole. They should be firm enough to slice.

- 4 boneless, skinless chicken breasts
- 1 T. chile powder
- 2 T. vegetable oil
- 1 cup chicken broth
- 1 T. cornstarch
- Juice of one lime
- 2 slightly ripe avocados, pitted, peeled and sliced
- 6 ripe Roma tomatoes, cut into halves, or quarters if large
- Freshly chopped cilantro to taste (optional)

Season chicken breasts with salt, pepper and chile powder. Heat canola oil in a large skillet that you can cover. Brown the chicken on both sides and remove from pan.

Mix the cornstarch into the cup of chicken broth and stir well until dissolved. Add the broth mixture and lime juice to the pan and stir up any brown bits on the bottom. Bring to a boil. Return chicken and meat juices to the pan. Top with avocado slices. Add Roma tomato halves and cover. Cook until the chicken is done and the tomatoes and avocados are soft, about 5 minutes. Plate chicken, stir in chopped cilantro, and heat for one more minute. Top chicken pieces with avocado and tomatoes and pan juices and serve.

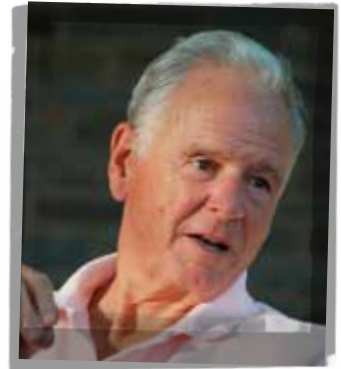


SEAR-ROASTED CHICKEN BREASTS WITH TOMATO RED WINE SAUCE



Note: Sear-roasting is just the ticket for a busy weeknight, or after practice. This delicious recipe takes about 30 minutes. Really. Just be sure to have the oven preheated completely and put the pasta water on when you start to cook.

- 4 boneless, skinless chicken breasts
- 2 T. olive oil
- Kosher salt and freshly ground black pepper to taste
- 1 cup red wine
- 2 (14-oz.) cans petite-cut diced tomatoes with their juices
- Pinch crushed red chile flakes
- 4 T. chopped fresh basil or oregano
- ½ cup freshly grated parmesan cheese



Preheat the oven to 425°. Season chicken breasts with salt and pepper. Heat a heavy 12-inch ovenproof skillet over medium high-heat. Add the olive oil, swirl it around the pan, then evenly space the chicken in the pan. Cook for two minutes without turning them. Lift a corner of the chicken to see if it is well browned. If not, cook one minute more. Turn the chicken over. Cook for one more minute, then put the skillet in the oven.

Roast for 5 to 8 minutes, until the chicken is 165° or firm to the touch. Don't overcook! Carefully remove the hot skillet from the oven. Transfer the chicken to a warm plate and cover with foil while you make the sauce.

Return the pan to high heat on your cooktop. Add the wine, scraping up brown bits from the bottom of the pan. Add tomatoes with their juices and red chile flakes. Cook about three minutes. Stir in the fresh herbs and Parmesan. Add the chicken and juices that have seeped around the cooked chicken just for a final warming. Serve immediately. You should have sauce leftover to toss with pasta.

PAN-SEARED CHICKEN BREASTS WITH MOREL SAUCE



Note: This recipe combines the best of French and Chinese cooking to make a fabulous chicken dish suitable for the nicest occasions. In the spring, by all means, use fresh morels. Please note that you need to use skin-on chicken breasts. You may want to buy whole breasts and bone them yourself.

For the Chicken and Marinade:

4 chicken breasts, SKIN-ON, boneless	2 T. vodka, sake or vermouth
2 T. olive oil	2 garlic cloves, minced
3 T. soy sauce	

Place each chicken breast between two sheets of plastic wrap and pound lightly with a meat pounder until they are about ¼-inch thick. Place the breasts in a shallow pan or plastic bag. Add soy sauce, olive oil, liquor and garlic. Coat well and marinate for two to four hours in the refrigerator.

For the Morel Sauce:

8 oz. fresh morels or 1 oz. dried morels	Fresh cilantro for garnish, optional
3 T. vegetable oil	½ cup chicken stock
2 shallots, diced	Kosher salt and pepper
2 tsp. truffle oil, optional	½ cup heavy cream
2 T. butter	½ cup cornstarch

If using fresh morels, brush them lightly to remove dirt. Cut them in half lengthwise if they are very large. If using dried morels, place them in a small bowl and reconstitute them according to package directions. Drain well. Meanwhile, drain the chicken, reserving the marinade. Lightly dust the chicken, skin side only, with cornstarch. Preheat the oven to 250°.

Heat two tablespoons of the vegetable oil in a large nonstick skillet over high heat. Add two of the breasts, skin side down and sear until the skin is golden and crisp, about three minutes. Turn and cook for another two minutes. Remove and place skin side up on a baking sheet. Add the other tablespoon of oil to the skillet and repeat with the other two breasts. Keep all four warm in the oven until ready to serve.

To finish the sauce, add the shallots to the chicken skillet and sauté over high heat for one minute. Then add the morels and butter and sauté for another minute. If using fresh morels, remove them now because you don't want to overcook them. If using dry, leave them in the skillet. Pour the chicken broth, reserved marinade and cream into the skillet and bring to a boil. Turn the heat to low and cook for one minute. Season with salt and pepper. Place one chicken on each plate. Spoon the sauce and mushrooms over the top. Drizzle ½ teaspoon of truffle oil over each portion if desired. Garnish with cilantro sprigs and serve with sushi rice. Serves 4.

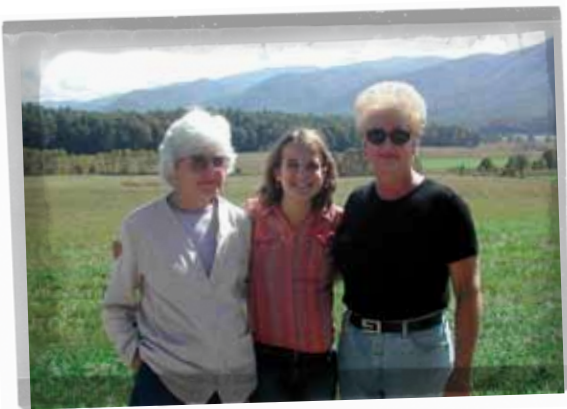
INDIAN SPICED GRILLED CHICKEN BREASTS



Note: The trick is to find low-calorie meals that taste great and can be made to fit into our busy schedules. Morena has given us a winner.

2 lbs. boneless, skinless chicken breasts, trimmed of excess fat
2 T. minced garlic
1 two-inch piece fresh ginger, peeled and thinly sliced
2 tsp. ground cumin
½ tsp. turmeric
½ tsp. sugar
¼ tsp. salt
3 T. plain nonfat yogurt
1 T. water
Lemon slices for garnish

In the morning before you leave the house, or the night before, make the marinade. Place garlic and ginger in a small food processor and pulse. Add water and process until the mixture becomes a paste. Combine the paste with turmeric, cumin, sugar, salt and yogurt. Mix well. Slash each chicken breast two or three times and add to marinade. Cover and refrigerate several hours or overnight. When you get home, just shake excess marinade and grill. Serve with Indian basmati rice.



GRILLED CHICKEN BREASTS WITH CREAMY LOW-FAT BLACKENED TOMATO SAUCE



Note: This is one of David's favorites. Even though it tastes very rich, the charred tomato sauce is low in fat and each serving is less than 300 calories. You can make the sauce ahead of time.

- 2 large boneless, skinless chicken breasts
- Paul Prudhomme's Blackened Steak Seasoning or other Cajun Seasoning Mix
- 1 large dried ancho chile pepper, soaked in warm water, seeds removed
- 3 ripe tomatoes, charred on the grill until the outer skin is black
- ½ onion
- 1 clove garlic
- 1 T. olive oil
- 1 cup tomato juice
- 1 can evaporated skim milk, don't confuse with sweetened condensed milk.
- 1 T. cornstarch mixed with some of the milk until smooth
- Juice of 1 lime
- 3 T. fresh cilantro, chopped
- 1 red pepper charred on the grill, peeled and sliced

Preheat grill. Season chicken breasts with blackened steak seasoning, cover and set aside while you make sauce. In a food processor, blend ancho chile, charred tomatoes (include the blackened tomato skins), onion and garlic. Sauté the pureed mixture for about 5 minutes in the olive oil over medium heat. Add the tomato juice and evaporated milk.

Put the chicken on the grill and simmer the sauce while the chicken is grilling. Add the cornstarch mixture to the sauce and cook until thickened. Add the lime juice and cilantro and adjust the seasonings to your taste. Ladle the sauce on your plates, serve the chicken breasts on the sauce topped with the roasted red bell pepper slices. You will have extra sauce to freeze and serve for another meal.

RED CHILE CHICKEN BREASTS UNDER BRICKS



Note: An excellent low-fat summer dish. Mexican cooks keep their chicken breasts moist by grilling them under heavy stones. This great trick also works on other meats like pork.

For the Rub:

- 2 T. ground New Mexico Chile Powder
- 2 tsp. Kosher salt
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- ½ tsp. freshly ground black pepper
- ¼ tsp. ground cinnamon

Make the Rub: Combine all of the rub ingredients in a small bowl and stir to mix.

For the Chicken:

- 5 boneless, skinless chicken breasts
- 1/3 cup extra-virgin olive oil
- 4 cloves garlic, finely chopped
- 2/3 cup chopped cilantro
- 1/3 cup fresh lime juice

Sprinkle the rub over the chicken breasts on both sides, patting it onto the meat with your fingers. Drizzle 2 T. of the olive oil over the breasts, rubbing it in on both sides. Sprinkle the breasts with garlic and chopped cilantro, patting them into the chicken. Pour the lime juice and remaining olive oil over the chicken turning to coat both sides. Let the chicken breasts marinate for about an hour, turning them once so they marinate evenly.

You'll also need:

- 3 bricks or heavy stones, wrapped in foil, shiny side in

When ready to grill, oil the grill grate, and put the chicken on the grill. Place one brick on top of two breast pieces. Cook for about 4 minutes and turn the chicken over, putting the bricks back on top. The total cooking time will be 8-10 minutes. Garnish with cilantro sprigs and serve with lime wedges.

LOW COUNTRY CAPTAIN CHICKEN BREASTS



Note: This is a flavorful, easy and low-fat way to serve chicken. The important thing is to remove the skin before you marinate the chicken. If you like Indian tandoori chicken, you will love this South Carolina version.

- 1 cup plain yogurt
- ¼ cup tomato paste
- 3 T. chopped fresh mint leaves or substitute fresh cilantro
- 2 T. fresh lemon juice
- 1 T. minced garlic
- 1 tsp. curry powder
- 1 tsp. chili powder
- 1 tsp. ground cumin
- 1 tsp. ground coriander
- 1 tsp. salt
- ½ tsp. freshly ground black pepper
- 6 boneless, skinless chicken breasts



The night before, or in the morning before you leave for work, make the yogurt marinade. Stir together every ingredient but the chicken in a large mixing bowl. Add the chicken pieces to the yogurt mixture and toss well to coat evenly. Cover and refrigerate until ready to grill. Before you light the grill, spray the grates with non-stick cooking spray. Grill until the chicken is done and serve with rice or couscous.

LETTUCE WRAPS WITH PINE NUT CHICKEN



(The kids' absolute favorite meal)

Note: Lettuce wraps are always the most requested meal at our house. Any time kids get to make their meal and choose their own ingredients at the table, it is a hit.

4 boneless, skinless large chicken breasts
 ½ cup pine nuts, toasted in a dry sauté pan over medium heat until fragrant. Do not let them burn.
 2 tsp. cornstarch
 3 T. soy sauce
 1 T. Chinese rice wine or dry sherry
 ½ tsp. sugar
 4 T. peanut oil
 1 red bell pepper, finely diced
 1 tsp. minced fresh ginger root
 1 tsp. cornstarch dissolved in 1 T. cold water
 ¼ cup chopped fresh basil
 About 18 whole bibb lettuce leaves, washed and chilled

For the condiments on the table we like to serve:

Fresh cilantro leaves
 Fresh basil leaves
 Sambal oelek which is the hottest of Thai hot sauces for Phil. Use very sparingly.
 Soy sauce
 Big bowls of cooked white sushi rice and snow peas
 Extra pine nuts
 *For the adventurous, Vietnamese Spring Roll Wrappers

Cut the chicken breasts into small ribbons about ¼-inch wide and ½-inch long. Place the cornstarch in a bowl. Add the chicken pieces, and toss to coat. Add the soy sauce, wine or sherry and sugar and stir them with the chicken until they are thoroughly mixed together. Heat half the oil in a wok or large non-stick skillet over high heat. Add the red bell peppers and stir-fry for about 2 minutes. Remove with a slotted spoon and reserve.

Add the other 2 T. oil to the wok, heat, then add the ginger, stir for a few seconds and then add the chicken mixture. Stir-fry until the chicken turns firm and white. Then add the pine nuts, reserved bell peppers and fresh basil. Stir fry for another minute. Whisk together the cornstarch mixture and add to the wok, stirring until it is thoroughly coated and warmed.

Transfer to a serving platter and serve. Make sure that all of the condiments are on the table before starting to stir-fry the chicken. To make lettuce wraps, place a lettuce leaf on your plate, scoop some pine nut chicken, any condiments you like, fold the lettuce around the fillings, then eat. Some of us like to include the rice and snow peas inside the wrappers, others eat them on the side. Be very careful of the sambal oelek and don't be afraid to add any other condiments your family likes.

*Spring roll wrappers are available at Kroger. You bring them to the table uncooked, along with a big bowl of water that is very hot, but not quite boiling. One of the parents then carefully dips the wrapper in the water. It will soften in the hot water and can be used instead of lettuce to wrap the filling. Kids think these are the best!



WEEKNIGHT ROAST CHICKEN



Note: In France there is a saying that you can judge a chef by how well they roast a simple chicken, and it's really true. By the time the thighs are done, the breasts are usually overdone and dry. By placing the chicken on a preheated skillet and turning the oven off half way through the cooking process, you solve this problem. Voila! The thighs and breasts should be done at the same time. Using a skillet or a round pan just large enough to contain the chicken will result in more juices to make a pan sauce than if you use a traditional roasting pan. If you like your chicken with a sauce, there are many recipes for pan sauces online. We don't ever go to the trouble because the chicken is so good without it.

- 1 T. Kosher salt
- 2 tsp. freshly ground black pepper
- 1 T. your favorite seasoning blend for roasting poultry (optional)
- 1 whole chicken, around 3 pounds
- 1 T. olive oil

Adjust your oven rack to the middle position and place a 12-inch oven-safe skillet on the rack. Preheat the oven with the skillet inside to 450°.

Combine salt and pepper and your poultry seasonings if using in a small bowl. Rinse the chicken inside and out and pat dry with paper towels. Rub entire surface with olive oil. Sprinkle evenly with salt seasoning mixture. If you want to put seasonings like fresh herbs, lemon slices or an onion inside the chicken, feel free. Tie the legs together with twine and tuck the wing tips behind the back to help ensure even roasting.

Put the chicken breast side up on the preheated skillet in the oven. Roast the chicken until the breasts measure 120° and the thighs are 130°, about 15 to 20 minutes. Then turn the oven off and leave the chicken in for another 30 minutes or so until the breasts are 160° and the thighs 175°.

Transfer chicken to cutting board and let it rest before carving. While the chicken is resting, you can make a sauce out of the juices in the pan if you like. Wrap something around the skillet handle so that you won't be tempted to pick it up and burn yourself while you're making the sauce or putting the skillet in the sink! Then carve chicken and serve.

BISTRO CHICKEN WITH TOMATO AND TARRAGON



Note: This is another of Lindsey's favorites. We usually serve it with noodles drowned in the sauce and green veggies on the side.

2 chickens cut into 8 pieces, or a combination of your favorite pieces. We usually do bone-in breasts and legs.

3 T. olive oil

2 large cloves garlic minced

1 cup dry white wine

½ cup chicken broth

1 28-oz. can chopped tomatoes, undrained

¼ cup tarragon vinegar (or more)

3 T. butter (or more)

1 T. chopped fresh tarragon leaves (don't substitute dry tarragon)

Kosher salt and freshly ground pepper

Heat the oil in a large, heavy skillet over medium-high heat. When it just begins to smoke, add enough chicken pieces to fit in the skillet without touching and sauté until well browned on all sides. Transfer browned chicken pieces to a platter and set aside while you sauté the remaining chicken pieces. Remove the last of the chicken pieces.

Add the garlic to the drippings and sauté over medium heat until fragrant but not browned, about 20 seconds. Add the wine and chicken broth and bring to a boil over medium-high heat and scraping the bottom of the pan. Return the chicken to the skillet along with all the accumulated juices and boil the liquid until it is reduced by half, about 5 minutes. Add the tomatoes and juice, tarragon vinegar and butter to the skillet. Return to a boil, stirring occasionally. Reduce the heat to medium low and simmer uncovered until the chicken is cooked through and the sauce has thickened somewhat, about 20 minutes. Remove the skillet from the heat and add the fresh tarragon and salt and pepper. Taste the sauce and adjust the seasoning. Add more butter if the sauce is too tart and more vinegar if the sauce isn't tart enough.



PERUVIAN CHICKEN

Note: We happened upon Peruvian rotisserie chicken at a funky Peruvian restaurant in Boston. It looked like a dive but when we saw the high Zagat rating on the door, we decided to go in. This is our approximation of the best chicken we have ever had. The flavor is sublime. Even though you use very hot chile peppers in the marinade, the chicken turns out flavorful but very mild. In fact, our three-year-old nephew loves it.

Tip: Whenever you are working with habanero or serrano chilles, put some gloves on and remember to wash your hands well and keep your fingers away from your eyes. Exam gloves from our office work great for this. Just ask and we'll score you some pairs.

- 3 T. olive oil
- ¼ cup lightly packed fresh mint leaves
- 1 T. Kosher salt
- 6 garlic cloves, peeled and roughly chopped
- 1 T. freshly ground black pepper
- 1 T. ground cumin
- 1 T. sugar
- 2 tsp. smoked paprika (Try to find the smoked paprika because it makes a real difference.
You can sub regular paprika in a pinch.)
- 2 tsp. dried oregano
- 2 tsp. minced lime zest
- ¼ cup fresh lime juice
- 1 tsp. minced habanero chile or 1 T. minced serrano chile
- 1 whole chicken

Process all ingredients except the chicken in a food processor until you have a smooth paste. Using your fingers, carefully loosen the skin over the thighs and the breasts trying your best not to tear the skin. Put your gloves on and rub half of the paste under the skin and the other half on the exterior of the chicken. Put in a gallon bag and marinate in the fridge for 6 to 24 hours.

There are several methods of cooking this chicken, and all of them work well. In Peru, it is traditional to rotisserie the chickens over an open flame. You can certainly use your rotisserie on your grill for excellent results. If you don't have a grill you can use a vertical chicken roaster in the oven and roast at 400° until it's done. Our favorite method is to use a vertical chicken roaster and cook it on the grill. Our chicken roasters are made by Weber specifically for the grill and have a compartment for liquid. Beer is preferred.

However you cook your chicken, take it off when an instant-read thermometer shows 160° in the thickest part of the breast and 175° in the thigh. Let rest for 10 minutes, carve and serve.

FOOLPROOF BARBECUED CHICKEN

Note: This recipe is for one chicken which will serve up to 4. We usually double the recipe and cook two chickens, saving the left-over pieces for barbecue chicken salads for weekend lunches.

For the Chicken and the Rub:

1 whole chicken
 1½ tsp. Kosher salt
 1½ tsp. sweet paprika
 1½ tsp. brown sugar
 1 tsp. freshly ground pepper
 ½ tsp. onion powder
 ½ tsp. garlic powder
 ½ tsp. celery seed
 Your favorite barbecue sauce

For the Mop Sauce (the baste while grilling):

½ cup white vinegar
 ¼ cup Worcestershire sauce
 1 T. rub reserved from left
 ½ cup chicken broth

Place the chicken on its breast. Using the poultry shears, cut along the backbone on both sides to remove it. Open the chicken like a book, skin side up, and flatten it. Cut the chicken into 2 pieces so you have two halves. Remove the backbone.

Make the rub. Combine all of the spices in a small bowl. Set aside 1 T. of the rub for later and sprinkle the remaining rub over the chicken on both sides, rubbing it with your fingers. If you have time, let the chicken sit curing in the refrigerator for 1-2 hours, covered.

Make the mop sauce. Combine the vinegar, Worcestershire sauce, and reserved rub seasoning in a bowl with the chicken broth. Stir until the rub dissolves.

When you are ready to grill, preheat your grill to medium heat. You are going to grill the chicken using indirect heat. This will help make it juicy, tender and keep the skin from burning. Put a roasting rack sprayed with cooking spray on top of a broiler pan or other sturdy pan. (Don't use the top that comes with the broiler pan because the chicken will really stick to it). Put the chicken on the roasting pan with the rack and put the pan on the grill. Grill the chicken for 40 to 60 minutes, until done. The thigh should measure 180° with your pocket thermometer. After the first 20 minutes of grilling, baste the chicken with mop sauce every 10 minutes on both sides while it cooks. During the last 3 minutes, brush the chicken with your favorite barbecue sauce. Cut the chicken halves into the pieces of your choice and serve with warm barbecue sauce on the side.

BUFFALO CHICKEN MACARONI AND CHEESE



Note: If you are going to make junk food, you might as well go all the way. This is so, so bad but so, so good. It's perfect to assemble ahead and bring to a super bowl party and everyone will love/hate you for it.

7 T. butter	2 T. flour
Kosher salt	2 tsp. dry mustard
1 pound elbow macaroni	2 ½ cups half-and-half
1 small onion, finely chopped	1 pound extra sharp Cheddar cheese shredded
2 stalks celery, finely chopped	8 ounces pepper jack cheese, shredded
3 cups leftover shredded cooked chicken. Use the plain rotisserie kind from the store to make it easy.	⅔ cup sour cream
2 cloves garlic, minced	1 cup panko (Japanese bread crumbs)
¾ cup Frank's Buffalo Wing Sauce, divided	½ cup blue cheese
	2 T. chopped fresh parsley (optional)

Preheat oven to 350°. Grease a 9" X 13" baking dish. Bring a large pot of salted water to boil. Cook the pasta until almost done, just under al dente, about 7 minutes. Drain and rinse with cold water. Don't overcook since you will be baking it more later.

Season the Chicken:

Melt 3 T. butter into large skillet over medium heat. Add the onion and celery and cook until soft, about five minutes. Stir in chicken and garlic, cook two minutes, then add ½ cup hot sauce and simmer until slightly thickened, one more minute. Set aside.

For the Cheese Sauce:

Melt 2 T. butter in a saucepan over medium heat. Stir in the flour and mustard with a wooden spoon until smooth. Whisk in the the half-and-half, then add the remaining ¼ cup hot sauce and stir until thick, about two minutes. Whisk in the cheddar and pepper jack cheese, then whisk in the sour cream until smooth.

Assemble the Casserole:

Spread half of the macaroni in the prepared baking dish, top with chicken mixture and the remaining macaroni. Pour the cheese sauce evenly over the top of the casserole. Mix the blue cheese and parsley in a bowl with the panko. Stir well and sprinkle over the macaroni. Take the remaining 2 T. butter and cut into small pieces and dot over the panko mixture.

Bake until bubbly, about 30 to 45 minutes. Let rest for five to ten minutes. Drizzle with some wing sauce for color. Serve with extra wing sauce, blue cheese crumbles and sour cream on the table. Serves 6

DAVID'S FAMOUS GOAT CHEESE AND CHICKEN RISOTTO



Note: This is an updated, and much better, version of a dish traditionally served on Sunday nights at the Rock by Mimi and Papa, while the “girls”, Nora, Julia and Anne, attended the dance at the firehall in Northeast Harbor, Maine.

4 T. olive oil
 1 large onion diced
 1 garlic clove minced
 ½ cup white wine
 2 cups Arborio rice
 About 7 cups chicken broth
 2 cups cooked chicken cut into bite sized pieces
 4 oz. goat cheese
 ⅓ cup fresh basil, chopped
 Optional ¾ cup frozen peas
 Optional ¼ cup red grape tomatoes, halved



In a kettle on the stove, heat the chicken broth until it boils, then reduce to a simmer. Keeping the chicken broth hot while you add it to the rice results in a much creamier risotto, just don't forget to wash out the kettle once the risotto is made.

In a large nonstick saucepan, heat the olive oil over medium-high heat and sauté the onions and garlic together until the onion is transparent. Add the rice to the pan and continue to sauté, stirring constantly until the rice starts to pop, about 2 minutes. Add white wine and reduce to medium heat.

Cook, still stirring constantly, until the wine is reduced by about half. Add the hot chicken broth about half a cup at a time, stirring frequently until absorbed. Continue to add half cups of broth until the rice gets creamy and is cooked al dente or to your liking, about 20 minutes.

When it is just about ready, add your last half cup of broth, peas, grape tomatoes and cooked chicken. Continue to cook and stir until the chicken is heated. Just before serving, add the goat cheese and fresh basil and stir until well blended. Serve.

ROASTED CORNISH GAME HENS WITH PESTO AND GOAT CHEESE



An elegant meal that is deceptively easy to prepare

- 6 T. store-bought refrigerated pesto or homemade
- 3 oz. goat cheese, room temperature
- 3 large Cornish game hens, or poussins (baby chickens you get at dartagnan.com)
- 1½ T. extra-virgin olive oil
- Kosher salt and freshly ground black pepper

Preheat oven to 425°. Arrange a baking rack over a large rimmed baking sheet or broiler pan to elevate the hens off the pan while roasting. To speed cleaning, cover the bottom pan with aluminum foil.

In a small bowl, mix the goat cheese and pesto together until well blended.

Take the hens and remove the backbones with poultry shears. Then split the hens in half. With your fingers, carefully loosen the skin over the breasts and thighs, being careful not to tear the skin. Insert a heaping T. of the goat cheese pesto mixture under the skin and work it so it evenly covers the breast and leg meat. Smooth the skin back to its original position and repeat with the remaining hens. You can prepare the hens up until this point and refrigerate for several hours.

Arrange the hens on a large wire baking rack. They should not overlap. Brush them with olive oil and season with salt and pepper. Roast the hens, rotating the pan halfway through until the are brown and the juices run clear when the thigh is pieced with a toothpick, about 30 minutes. Cover loosely with foil and let rest for five minutes before serving.

Serves 6 with half hen portions

LEMON-ROSEMARY GRILLED CORNISH HENS



Note: This is a great summertime dinner. It's easy and flavorful without being too heavy.

2 Cornish hens, halved
¼ cup fresh rosemary leaves
⅓ cup olive oil
Zest and juice of 1 lemon
1½ T. roughly chopped onion
2 garlic cloves
Kosher salt

At least three hours, or even better, the night before you grill the hens, prepare the lemon-rosemary paste. Purée the rosemary with the olive oil in a blender until smooth. Pull out any tough stubborn pieces of rosemary and then add the lemon zest and juice, onion, garlic and salt to taste. Purée again. The mixture will be somewhat soupy. Coat the Cornish hen halves thoroughly outside and in with the paste, working it as far under the skin as you can without tearing the skin itself. Cover the hens and marinate them in the refrigerator until you are ready to grill them.



Preheat your grill to medium and plan on grilling the hens indirectly. Place a roasting rack on top of a broiling rack and place the hens on top of the rack. They should take about a half hour to cook. The hens are done when the juices run clear and the temperature of the thigh is 170°. Serves 4

RASPBERRY-GLAZED CORNISH HENS



Note: This sauce is Lindsey's favorite and immediately transforms simple roasted or grilled birds to a very elegant meal. We usually serve them with wild rice and whatever green veggie looks best at the time.

$\frac{2}{3}$ cup red wine

$\frac{1}{2}$ cup raspberry vinegar

$\frac{1}{4}$ cup soy sauce

1 cup raspberry preserves, strained

4 Cornish hens, about 1 lb. each

Kosher salt

Fresh ground black pepper, to taste

Small sprigs parsley, to garnish

Combine wine, vinegar, soy sauce, and preserves in a small nonreactive saucepan, and bring to boil over high heat. Continue cooking until glaze is reduced to 1 cup. Set aside.

Rub the hens with melted butter and season them with salt and pepper. Either roast or grill your Cornish hens indirectly until they are done. Cover and let rest while the sauce reheats. Serve immediately with the parsley as garnish if you like. Serves 4.



MAPLE-BACON GLAZED TURKEY WITH BOURBON GRAVY



Note: The bacon keeps the turkey moist and the syrup lacquers the turkey to a golden brown, with rich pan juices ready to be made into a bourbon-laced gravy. This is the best turkey we've made and the gravy is every one's favorite in our family. Happy Thanksgiving!

- 1 fresh turkey
- Your family's favorite stuffing
- 5-7 cups chicken stock (or turkey stock if you can find it)
- Good quality bacon
- ½ cup real maple syrup
- 3 T. flour
- 2 T. bourbon, more if you like

Remove the neck and giblets from the turkey. Discard the liver, but simmer the neck, heart, and gizzard in the stock for about 30 minutes to give the stock a more meaty flavor. Then take the turkey parts out of the stock and discard. Set the stock aside.

Meanwhile, rinse the turkey inside and pat dry. Stuff with your favorite stuffing. Preheat oven to 350°. Put the turkey on a roasting rack in a heavy roasting pan. Tuck the wings under the back of the turkey and place strips of bacon side by side to cover the turkey breast. Add 2 cups of stock to the bottom of the pan. ***It is crucial to this recipe to keep stock in the bottom of the pan because you don't want the drippings to burn the pan and ruin the gravy.***

Roast for about 3 hours, basting frequently and adding more stock to the pan as needed. As the bacon shrinks, you can add more to keep the breast moist. During the last hour of roasting, baste the turkey with drippings and brush it with maple syrup. Move the bacon around or take it off completely if the breast is not browning underneath toward the end. The turkey is done when the internal temperature of the thigh is 175°, plan on around 4 hours depending on the size of the bird.

Transfer the turkey to a carving platter; tent it with foil. Remove any bacon before carving. Pour the juices into a fat separator and let the juices sit for about 10 minutes. Put about 4 T. of the fat into the roasting pan and discard the rest of the fat. Save the juices. Sprinkle the bottom of the pan with flour and set over low heat. Whisk together the fat and flour to form a roux, scraping up any drippings stuck to the pan. Cook over low heat stirring constantly. Gradually whisk in the separated pan juices. Add enough stock to the pan so you have about 4 cups total. Cook until the mixture thickens. Add bourbon and salt and pepper to taste. Don't forget to add all juices from carving the turkey and serve.

GREEN CHILE TURKEY CASSEROLE



Note: An easy way to make leftover turkey not boring.

- 1½ cups chicken broth
- 1 cup canned chopped green chiles, drained
- 1 cup chopped onion
- 1 cup sour cream
- ¾ tsp. salt
- 1 tsp. ground cumin
- 1 tsp. freshly ground pepper
- 2 cans cream of chicken soup
- 1 garlic clove, minced
- ¼ cup chopped fresh cilantro, optional
- 24 6-inch tortillas
- 4 cups shredded cooked leftover turkey
- 2 cups shredded cheddar cheese



Preheat oven to 350°. Combine first 9 ingredients (and cilantro if using) in a large saucepan, stirring with a whisk. Bring to a boil, stirring constantly. Remove from heat. Spread 1 cup soup mixture on a casserole dish coated with cooking spray. Arrange 6 tortillas over soup mixture and top with 1 cup turkey and ½ cup cheese. Repeat layers, ending with cheese. Spread remaining soup mixture over the cheese. Bake at 350 ° for 30 minutes until hot and bubbly.

TURKEY RISOTTO WITH FRESH SAGE AND LEFTOVER CRANBERRY SAUCE



Here is another option for leftover Thanksgiving turkey. Serve it with leftover cranberry sauce on the side. You can usually find turkey stock in the stores around Thanksgiving. We always buy extra to keep on hand. If you can't find turkey stock, simmer leftover turkey bones in chicken stock and strain.

- 7 cups turkey stock
- 3 T. butter
- 2 shallots, minced
- 1 celery rib, minced
- Kosher salt
- 2 tsp. dried sage
- 2 cups arborio rice for risotto
- ½ cup dry white wine
- 2 cups leftover cooked turkey, shredded
- 1 T. minced fresh sage leaves
- ¾ cup freshly grated Parmesan, dry Jack or Asiago cheese

Heat the turkey stock in a saucepan and keep warm.

Melt the butter in a large sauté pan over medium heat. Add the shallots and celery and cook until translucent. Stir in the dried sage and a bit of salt. Don't brown. Add the rice and stir constantly until the rice starts to pop and turn golden, about two minutes.

Add the white wine and cook, stirring constantly until the wine is absorbed. Start ladling the warm broth ½ cup at a time stirring constantly until all the stock is absorbed. Repeat this process until the rice is al dente, about 20 minutes. Fold in the turkey and the fresh sage and stir in the cheese. Serve immediately garnished with whole sage leaves and a dollop of cranberry sauce.

DELTAVILLE GRILLED BONELESS QUAIL



Note from Lisa: While I was working for a food company supplier, my family demanded that I bring a case of quail and make this recipe every time I came to Deltaville. The hardest part of the recipe is finding the quail. You can buy them online from Manchester Farms in South Carolina or Dartagnan.com. Whole quail will not work with this recipe.

3 packages European Deboned Quail (12 quail total)

1 stick butter

½ cup soy sauce

½ cup white wine

1 T. dry tarragon or chopped fresh tarragon

In a medium saucepan, melt the stick of butter over low heat and do not brown. Cool slightly. Add the soy sauce, wine and tarragon. Stir. (That's the secret to the marinade. Melted butter.) Cover the quail with the butter mixture and marinate in the refrigerator for at least 8 hours or even better, overnight. The marinade will harden and look kind of weird when you take it out of the fridge, but then it melts and bastes the quail beautifully while it grills.

Preheat your grill to medium-high heat and make sure you have water available because the butter tends to flare up as it melts over the grill. Grill the quail turning and basting with the marinade frequently as it cooks. Discard the leftover marinade. The quail are done when they are golden brown and firm to the touch, about 12 minutes. Figure two quail per person or three if they are big eaters.





PAN-ROASTED DUCK BREASTS

Note: The secret to great duck breasts is crisping the skin properly while rendering out all the fat. This recipe solves this issue easily and is our new favorite method to cook duck. Seasoning the breasts the morning you cook them gives them great flavor. No sauce is required.

4 duck breasts, skin-on
Kosher salt and freshly grated black pepper
Freshly grated nutmeg
1 orange
Balsamic vinegar
4 thyme sprigs
4 bay leaves
Canola oil

The secret is to score the skin and season the breasts in advance the morning you are going to serve the duck. Using a sharp knife, while the breasts are cold, cut a ¼ inch cross hatch pattern in the skin being careful not to pierce the meat.

Turn the breasts over meat side up and season each one with salt and pepper and a grating of nutmeg. Using a microplane or other grater, grate a little orange zest over each breast. Sprinkle a few drops of balsamic over the meat. Lay a sprig of thyme lengthwise down the center of each breast and cover with a bay leaf. Carefully turn the breasts over meat side down and season the skin with salt and a grating of nutmeg. Refrigerate, uncovered for at least one hour and up to 12 hours.

Preheat the oven to 400°. Pour some canola oil into the bottom of a large ovenproof frying pan over medium-low heat. Add the duck breasts skin side DOWN. You should have enough room in the pan so the breasts are not touching. If not, you'll want to do this in two batches. Move the duck breasts every few minutes to help them brown evenly. As the fat is rendered, carefully remove the excess (leaving about ⅛-inch) from each frying pan. Move the pan away from the heat when you pour off the fat to avoid flare-ups. Cook the duck for a total of about 25 minutes until the skin is deep brown and very crisp. The internal temperature will be about 115°. Flip each breast and just brown the meat side for about 30 seconds.

Put the duck in the oven skin side down again and cook for about 10 minutes until the internal temperature is about 135° for medium rare. Let rest for about 5 minutes. Slice lengthwise into slices and serve.

GRILLED DUCK BREAST WITH ASIAN GLAZE



(preferably mallard shot in the Northern Neck of Virginia by “your favorite Uncle John”)

Note: Another classic recipe from the Northern Neck of Virginia from David’s sister who has lots of practice cooking duck. Thanks, Nancy!

- 4 duck breasts, trimmed of excess fat
- Salt and freshly ground black pepper
- Asian Spice Rub, recipe follows
- Ginger-Garlic-Chile Glaze, recipe follows
- 1 bunch green onions, grilled



Heat grill to medium-high. Score the skin-side of the duck with a knife in a lattice pattern, being sure not to cut through to the flesh. Season each breast with salt and pepper on both sides. Rub the skin side of each breast with a few tablespoons of the rub and place on the grill, rub side down, and grill until slightly charred and the skin begins to get crispy, about 4 to 5 minutes. Turn the breasts over, brush with some of the glaze and continue grilling to medium-rare doneness, another 3 to 4 minutes. Remove the duck from the grill and brush with more of the glaze. Let rest for 5 minutes then slice 1/4-inch thick on the diagonal. Place the grilled green onions on a platter and top with the sliced duck breast. Serve with couscous and arugula salad.

Asian Spice Rub:

- 2 T. Spanish paprika
 - 1 T. dry mustard
 - 2 teaspoons Kosher salt
 - 2 teaspoons ground black pepper
 - 2 teaspoons ground star anise
 - 2 teaspoons ground ginger
 - 1 teaspoon ground allspice
 - ¼ teaspoon ground red pepper
- Combine all ingredients in a small bowl.

Ginger-Garlic-Chili Glaze:

- 2 T. peanut oil
- 2-inch piece ginger, finely chopped
- 6 cloves garlic, finely chopped
- 2 T. hot Asian chili paste
- ½ cup honey
- ¼ cup low-sodium soy sauce

Heat oil in a small saucepan over medium heat. Add ginger and garlic and cook until soft. Add the chili paste and cook for 1 minute. Whisk in the honey and soy sauce and cook until just combined and the honey has melted. Let cool before using.



PEKING DUCK ON THE GRILL

Note: Peking Duck is great on the grill. We serve it wrapped in bibb lettuce with sushi rice, but you can always use flour tortillas or the traditional Chinese crepes.

For the Duck:

1 duck
Kosher salt and freshly ground pepper
1 tsp. Chinese 5-spice powder
1 clove garlic
1 scallion, trimmed
3 slices fresh ginger
1 T. dark sesame oil
Flour tortillas or lettuce wrappers

For the Sauce:

1 cup hoisin sauce
¼ cup honey
¼ cup soy sauce
¼ cup rice wine
3 cloves garlic, minced
1 T. minced fresh gingerroot

Heat the grill to medium-low heat. Season the duck body cavity with salt, pepper, and half the 5-spice powder. Place the garlic, scallion and ginger slices in the body cavity. Prick the duck all over with a fork being careful not to pierce the meat. Brush the outside of the duck with sesame oil, and season with the rest of the five spice powder and salt and pepper. Place breast side up on a roasting rack on top of a broiler or other sturdy pan. You will grill the duck indirectly. Place the duck on the grill and cook covered for about an hour.

Meanwhile prepare the sauce. Combine the hoisin and all the other sauce ingredients in a small saucepan and simmer gently, uncovered for about 5 minutes until syrupy.

Reprick the duck with a fork and continue to grill until your pocket thermometer in the thigh registers 170°. Transfer the duck to a platter. Carve and serve with sauce and warm flour tortillas or on lettuce wraps.



CHRISTMAS GOOSE

Note: This easy do-ahead method produces a succulent bird with crispy skin. After you poach the goose, you need only about 45 minutes to roast and serve. Phil's Roasted Yukon Potatoes (page 156) made with goose fat instead of olive oil are a sublime and decadent accompaniment. Order fresh goose from www.dartagnan.com

- 1 goose, at least 11 pounds for a family of five
- 1½ cups coarsely chopped carrots
- 1½ cups coarsely chopped onions
- 1½ cups coarsely chopped celery
- 6 T. flour
- 4 cups chicken stock
- 2 cups white wine
- 4 sprigs flat leaf parsley
- Peelings from 1 green apple (optional)
- 6 cloves
- 1 bay leaf
- 1 oz. dried porcini mushrooms, soaked and chopped. Strain and reserve liquid
- ½ cup dried cherries
- 2 T. Armagnac or cognac if you cant find Armagnac
- 1 T. red currant jelly
- Kosher salt and freshly ground black pepper



Remove giblets and neck from the cavity, and pull off loose fat. Reserve the fat. Cut off first 2 wing joints and reserve. Wash goose. Tie legs together. Pick bird all over if necessary. Set aside.

Put goose fat in a large sauté pan over medium-high heat and render all of the fat you can. Pour out all but 3 T. but reserve it for later to make sautéed potatoes. Add wing pieces and vegetables to the pan. Sauté until the vegetables are browned, about 7 minutes, turning frequently. Turn heat to medium and sprinkle on the flour, stirring until the flour is lightly browned, another 5 minutes or so. Set aside.

Pour chicken stock and white wine into a covered roasting pan big enough to hold the goose and bring to a boil. Put the goose in breast side down. Add vegetables, wing pieces, apple peels, cloves and bay leaf. Pour in water to cover the goose by about two-thirds and bring to a simmer. Take a cup of the goose liquid and whisk it into the sauté pan, then scrape the thickened liquid back into the roasting pan. Cover the pan and cook very gently, adjusting the heat to keep the goose at a simmer. After an hour, turn the goose over, using rubber gloves so you don't break the skin. Poach goose a total of 2 to 3 hours until meat is tender when pierced with a fork. Recipe may be done ahead of time to this point.

Preheat oven to 450°. Remove goose from poaching liquid, drain and place on a roasting rack. Roast until skin is brown and crispy, about 30 minutes. Take out of the oven and let it stand for 15 minutes.

Meanwhile make the sauce. Skim grease from cooking liquid and strain to remove pieces of goose, vegetables, and seasonings. Discard the goose pieces and seasonings. Purée the vegetables in a blender and add back to the pan, along with the strained liquid. Boil quickly to reduce liquid by about a half.

Add porcini mushrooms along with their strained juices, cherries, Armagnac, and red currant jelly. Season with salt and pepper.

SUPPER CLUB CHINESE DUCK BREASTS



Note: This dish is spectacular and the hardest part is finding the boneless duck breasts. If you see them in the store, buy as many as you can afford for this dish. Also, you can order them online from Dartagnan.com.

- ½ cup hoisin sauce
- 2 T. soy sauce
- 1 tsp. Chinese 5-spice powder
- 2 tsp. dark sesame oil
- 2 tsp. Chinese chili oil
- 1 T. Chinese rice wine or dry sherry
- 5 quarter-sized slices fresh ginger, smashed
- 2 scallion slices
- 4 boneless, skinless duck breasts

In a bowl, combine the marinade ingredients. Add the duck breasts and let marinate at least four hours or up to overnight. Take the duck breasts out of the marinade and grill, basting with the marinade, until the meat is medium-rare to medium-well. Don't overcook. Serve with real wild rice cooked in chicken broth lightly laced with the 5-spice powder. Serves 4.