
Spice-Rubbed Butterflied Roast Chicken with Potatoes

makes 1 chicken -- serves 4-6 people

1 tbl garlic powder

1 tbl smoked paprika

1 tbl ground cumin

1 tbl ground mustard

1 1/2 tbl salt

olive oil, as needed

1 whole chicken, left out of the fridge for 20-30 minutes

2-3 lbs red potatoes, quartered

***** Preparation ******

Preheat oven to 400 degrees.

In a small bowl, stir together all of the spices and salt and just enough olive oil to create a moist paste.

Remove the neck and gizzards from inside the chicken (if it comes with this). Place the chicken on a plastic cutting board and turn it upside down so the breasts are on the board and the backbone is facing you. Using sharp kitchen shears, cut through the skin and small rib bones on either side of the backbone, removing the backbone completely. Flip the chicken back over and flatten it -- this will mean cracking the breast bone -- something you can easily do with your hands. Arrange the bird completely flat, tucking the tips of the wings under. Pat dry with a paper towel.

Rub both sides of the chicken with the wet rub and place onto a foil-lined baking sheet. Toss the potatoes with olive oil, salt and pepper and sprinkle around the edges of the chicken. Roast for 35-45 minutes (depending on the size of your bird) or until a thigh registers 160 degrees.

Remove and let cool slightly before cutting to serve.

Prosciutto & Provolone Stuffed Chicken Breast with Sage White Wine Sauce

serves 4 people

4 boneless, skinless chicken breasts

1/2 cup all-purpose flour

salt and pepper

4 slices sliced prosciutto

4 slices sliced provolone

8 leaves sage leaves

olive oil

1/2 cup white wine

2 tbl butter, cold, cut into small pieces

*** Preparation ****

Preheat oven to 400 degrees.

Pat the chicken breasts dry. Cut a deep slice in the edge of the breast horizontally, creating a pocket. Season the chicken insides and out with salt and pepper.

Wrap the provolone with the prosciutto and fill the pockets with these bundles, tucking them all the way inside. Dredge the chicken with flour, shaking off any excess.

Heat a large skillet over high heat. Add olive oil to lightly coat the bottom of the pan. Add the chicken breasts and cook on one side until golden. Flip and cook until second side is golden. Remove onto a baking sheet and place into the oven and bake for 15 minutes or until chicken is cooked through.

Meanwhile, in the hot skillet, add the sage leaves -- they will sizzle and brown. Cook for a couple seconds and add the white wine to deglaze the pan. Simmer the wine until reduced by half. Whisk in the cold butter and remove from heat. Season with salt and pepper.

Let the chicken rest for 5 minutes before serving. Serve sliced, drizzled with the pan sauce.

Port Braised Chicken with Bacon & Mushrooms

serves 6

4 slices bacon, cut into small pieces
olive oil
4 cups crimini mushrooms, halved
6 skinless chicken thighs, (bone-in or boneless)
1/2 cup flour
salt and pepper
4 shallots, sliced
4 thyme sprigs
1 cup port wine
1-2 cups chicken stock
1 loaf ciabatta, for serving

*** Preparation ****

Heat a Dutch Oven or other large pot over medium-high heat. Add a drizzle of olive oil and the bacon. Cook until the bacon has rendered and crisped. Remove the bacon with a slotted spoon onto a paper-towel-lined plate. Add the mushrooms and cook over high heat until golden. Remove with a slotted spoon and add to the bacon plate.

Pat the chicken thighs dry and season well with salt and pepper. Dredge with flour, shaking off the excess. Add to the hot pot and brown on all sides. (If the pot has too much oil at this point, spoon some out -- if it is too dry, add a bit more olive oil.)

Add the shallots and thyme to the pot and cook for a couple minutes until the shallots soften a bit. Add in the port and simmer for a couple minutes. Add enough stock so it is just covering the meat. Cover, reduce heat and simmer for about 20 minutes for boneless thighs and 35 minutes for bone-in thighs.

Once chicken is tender, remove thyme sprigs and discard. Add the bacon and mushrooms back to the pot and season with salt and pepper.

Brush the bread with olive oil and grill. Serve chicken and sauce over a slice of grilled bread.

Asparagus and Fresh Corn Succotash

serves 4-6

2 tbl butter

3 garlic cloves, sliced

1 bunch asparagus, trimmed of woody ends and cut into 1-inch pieces

4 cobs fresh corn on the cob, kernels cut off the cobs

salt and pepper

***** Preparation ******

Heat a large skillet over high heat. Add the butter. When just melted, add the garlic. When fragrant, add the asparagus. Cook, stirring often, for about 3-5 minutes until bright green and just beginning to soften. Add the corn and cook for another 2 minutes. Remove from heat and season with salt and pepper. Serve warm!