

Chicken Thighs/Legs with Onion, Bacon, Cherries & Raisins

Yields: 4 Servings

Ingredients:

8		Chicken Thigh & legs
¼	C	Raisins
¼	C	Dried cherries
2	C	Diced onion
½	C	Diced bacon
½	C	Apple juice
½	tsp	Cinnamon
4	T	Honey
		Salt & Freshly Ground Black Pepper to taste

Method:

1. Preheat oven to 400°F.
2. Sauté bacon until crispy and remove from pan, set aside. (do not discard drippings!)
3. Sauté chicken legs in left over drippings from bacon till golden. Remove from pan.
4. Add onions, cherries, and raisins to left over drippings from bacon, cook 2-3 minutes. Add juice, cinnamon, and honey to mixture. Cook 1-2 minutes, season with salt and pepper
5. Add chicken legs back into pan. Place pan in oven and roast till chicken juices run clear. Serve with cous cous or other grain.

Salmon & Corn Chowder

Yields: 6 main-course servings

Ingredients:

- 3 Tbsp Vegetable oil
- 2 stalks Celery, cut into ½-inch slices
- 8 oz Unpeeled small red potatoes, cut into 1-inch cubes
- 1 tsp Kosher salt
- 1 ¼ tsp Freshly ground white pepper
- 1 bunch Green onions, coarsely chopped, including half of greens
- 1 ½ C Corn kernels (about 2 ears)
- 4 C Fish or chicken stock
- 1 C Heavy cream
- 2 lbs Salmon filets, skin and pin bones removed, cut into 2-inch pieces
- Grated zest and juice of 1 lemon
- ¼ C Minced fresh dill

Procedure:

1. Heat the oil in a large, heavy saucepan or Dutch oven over medium heat and sauté the celery for 3 minutes. Add the potatoes, salt and pepper and cook, stirring occasionally, for 5 minutes. Stir in the green onions and corn and add 2 cups of the stock. Bring to a boil, then reduce the heat, cover and simmer until the potatoes are almost tender, about 15 minutes.
2. Add the cream and simmer, uncovered, until the potatoes are tender, 5 to 7 minutes. Stir in the salmon and lemon zest and simmer gently until the salmon is just cooked through, 3 to 4 minutes. Add more stock as needed and lemon juice to taste. Taste and adjust the seasoning.
3. Serve in bowls, topped with the dill

Trilogy of Potato & Arugula Soup with Parmesan Oil

Makes: 8 first-course or 4 main-course servings

Ingredients:

Soup:

1		Bay Leaf
6	T	Olive Oil
3	lg.	Fresh Rosemary Sprigs
2	C	Yukon Potatoes
2	C	Russet Potatoes
2	C	Red Potatoes
10		Garlic cloves, chopped
1	t	Dried Crushed Red Pepper
8	C	Chicken Stock or canned low-salt chicken broth

Parmesan Oil:

2/3	C	Parmesan Cheese, packed, grated (about 2 ½ oz.)
¼	C	Plus 2 T Olive Oil

2 Bu. Arugula, tough stems removed, cut into 1-inch strips (about 3 cups)

Procedure:

1. Heat 3 T olive oil in another large pot over medium heat. Add potato pieces and sauté until brown in spots, about 8 minutes.
2. Add garlic and dried crushed red peppers then sauté until beginning to color, about 3 minutes.
3. Add 8 cups chicken stock, bay leaf, and rosemary and boil until potato pieces are falling apart.
4. For Parmesan Oil: Blend 2/3 C grated parmesan cheese and ¼ cup olive oil in processor until smooth. (Parmesan oil can be prepared 1 day ahead. Cover oil and refrigerate.)
5. Stir 2 bunches Arugula into soup. Heat remaining 2 T olive oil in heavy small skillet over medium heat.
6. Stir parmesan oil into soup.
7. Season soup to taste with salt and pepper then serve.