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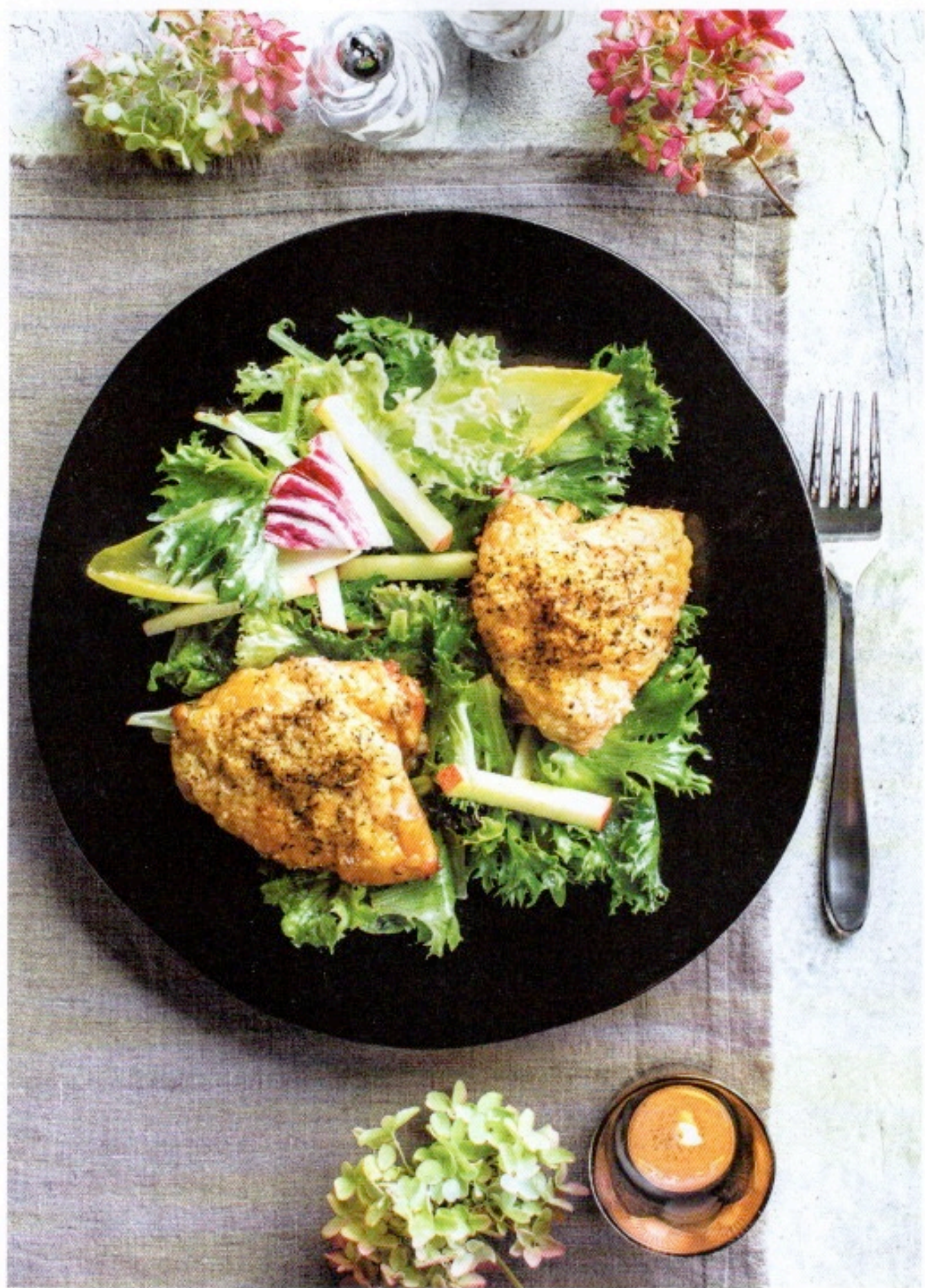
edible

CAPITAL DISTRICT

Eat. Drink. Read. Think.

Late Fall

Supporting Sustainable Communities



WHEN LIFE IS BUSY AND PEOPLE ARE HUNGRY, HERE'S WHAT'S FOR DINNER.

RECIPES AND PHOTOGRAPHY BY KATIE WEBSTER

Crispy Skin Bone-in Chicken with Bitter Green Salad

The great thing about making crispy skin chicken this way is it's completely hands off. Simply sprinkle the seasoning over the chicken pieces and throw them in the oven. That gives you plenty of time to throw together the 15-minute Bitter Green Salad, with julienne apples (and fold several loads of laundry!). One hour later the chicken is crispy on the outside and oh-so juicy on the inside and pairs beautifully with the crisp tart and bitter greens. Serve with chilled white wine and roasted red potatoes for a holiday meal fit for guests.

Serves 4

Active Time: 20 minutes

Cook Time: 1 hour

Total Time: 1 hour 5 minutes

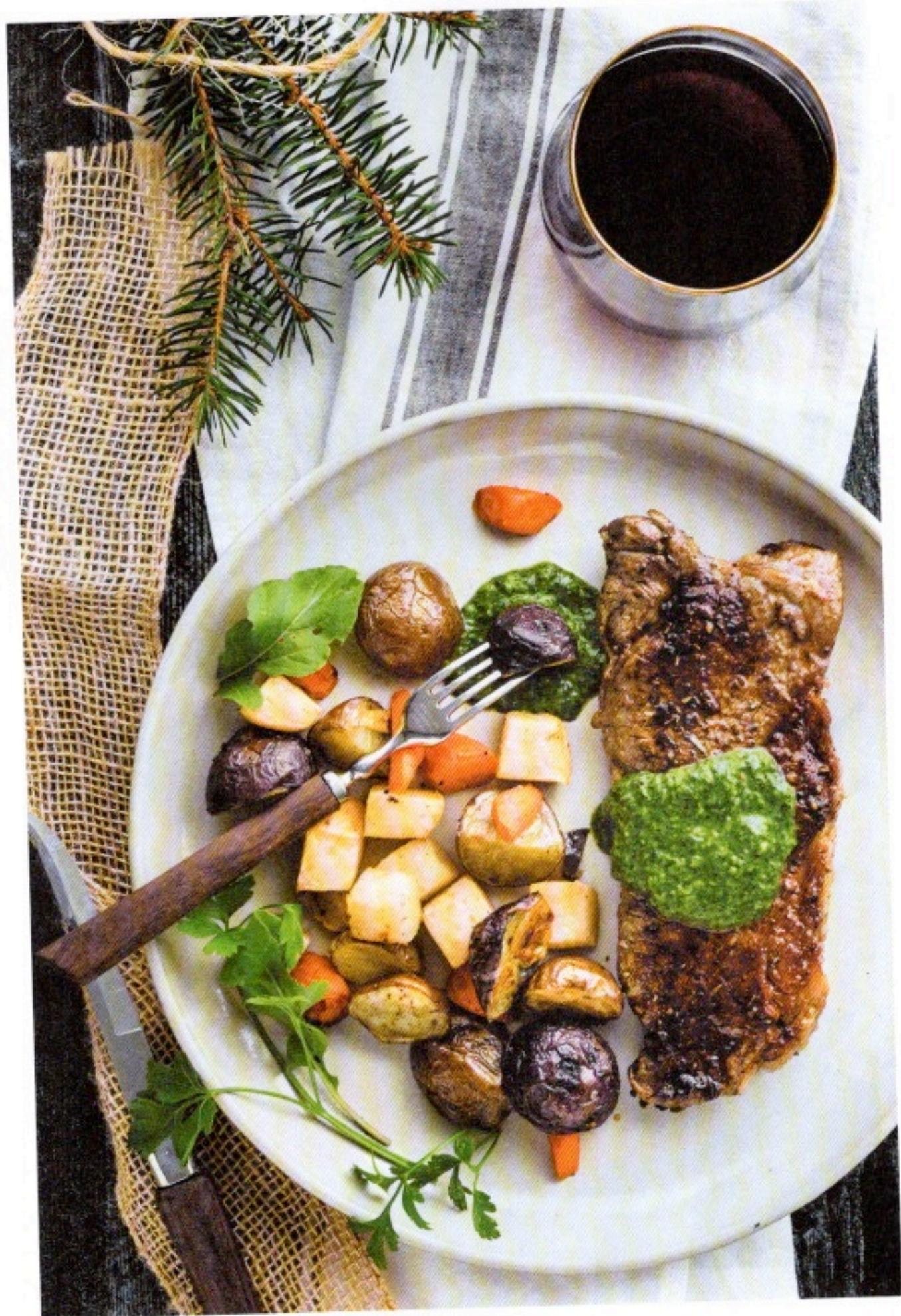
8 bone-in chicken thighs
2 teaspoons coarse kosher salt, divided
1 teaspoon Italian herb seasoning mix
Freshly ground pepper to taste
1 small clove garlic, chopped
2 tablespoons orange juice
1 tablespoon red wine vinegar
2 teaspoons honey
1½ teaspoons Dijon mustard
¼ teaspoon dry tarragon
¼ cup extra-virgin olive oil
4 cups chicory, escarole or frisée
3 cups sliced Belgian endive
3 cups finely chopped radicchio
1 Granny Smith or Pink Lady apple, cut into julienne strips

Preheat oven to 425° convection (or 450° for a still oven). Coat a large heavy roasting pan with cooking spray or brush lightly with oil.

Arrange chicken pieces in the roasting pan. Sprinkle all over with 1½ teaspoons kosher salt, Italian seasoning and pepper. Set skin-side up, transfer to the oven and roast until the skin is crispy and the chicken is cooked through, 48 to 55 minutes.

Meanwhile, mash garlic and the remaining ½ teaspoon salt on a cutting board to form a paste. Scrape into a large salad bowl. Whisk in orange juice, vinegar, honey, mustard and tarragon. Whisk in oil.

When chicken is done, add chicory, endive, radicchio and apple to the dressing and toss to coat. Season with additional salt and pepper if desired. Divide salad among 4 plates. Top each with chicken and serve immediately.



Montreal Steaks and Roasted Roots with Arugula Sauce

The key to these delicious steaks is to salt them 30 to 45 minutes before searing them. While you wait for the salting process, prep the root veggie mix and arugula sauce. The simple pureed sauce is made with arugula, garlic and parsley with a burst of fresh lemon to bring the meal together.

Serves 4

Active Time: 15 Cook Time: 45 Total Time: 1 hour

- 1 clove garlic, peeled
- 3 ounces arugula (about 3 cups loosely packed)
- 1 cup parsley leaves, washed and spun dry
- ½ lemon zested and juiced
- 5 tablespoons extra-virgin olive oil, divided
- Freshly ground pepper and coarse kosher salt to taste
- 4 medium NY strip steaks, trimmed (about 2.5 pounds)
- 2 teaspoons Montreal seasoning blend, divided
- 16 ounces small (1-inch) yellow, purple and/or red potatoes, cut in half
- 3 carrots, peeled and sliced into ½-inch pieces
- 3 cups peeled and cubed rutabaga or 1 small delicata squash, seeded and cut into 1-inch pieces.

Set up food processor with steel blade attachment. Close lid and turn on motor. Drop garlic through feed tube and allow to finely chop. Open lid, add arugula, parsley, zest, lemon juice and 3 tablespoons olive oil. Process until smooth. Scrape sides of processor, season with salt and pepper and process again. Set aside.

Lay 2 steaks between 2 sheets of parchment paper. Pound to ¾-inch thick with the smooth side of a meat mallet. Transfer to a plate. Repeat with the remaining 2 steaks. Sprinkle all over with salt. Rest for 30 to 45 minutes.

Pat steaks dry with a paper towel. Sprinkle with 1½ teaspoons Montreal seasoning blend and pepper. Heat 2 teaspoons oil in a large heavy skillet over high heat. Add steaks and cook, 3 to 4 minutes per side to desired doneness. An instant-read thermometer inserted into the center of the steaks should read 130° for medium-rare. Rest covered with foil.

Meanwhile, preheat oven to 425°. Toss potatoes, carrots, rutabaga or squash, the remaining 1 tablespoon plus 1 teaspoon oil, the remaining ½ teaspoon Montreal seasoning, salt and pepper in a large bowl. Spread out over 2 sheet pans. Transfer both sheet pans to the oven and roast, stirring occasionally until the vegetables are tender, about 30 to 35 minutes.

Serve the steaks with the roasted root vegetables with the sauce.