

BON APPÉTIT

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CITY STYLE

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The perfect roast chicken has a French accent, with Provençal vegetables like tomatoes, fennel, artichoke hearts, garlic, shallots and Niçoise olives. Herbed roasted potatoes are a savory side dish.

PHOTOGRAPHY BY PAUL GERSTEN

FOR THE WEEKDAY COOK

Fast Chicken Entrées



ROAST CHICKEN PROVENÇALE
CRUSTY CHICKEN BREASTS
TOPPED WITH CHOPPED SALAD

TARRAGON CHICKEN WITH
VEGETABLE RAGOUT

SWEET AND STICKY GLAZED
DRUMSTICKS AND THIGHS

by PAMELA MORGAN



ABOVE: Chicken topped with chopped salad is an easy after-work main course.

ROAST CHICKEN PROVENÇALE

Serve with roasted new potatoes.

4 SERVINGS

- 8 large shallots, peeled
- 6 ripe plum tomatoes, quartered
- 1 9-ounce package frozen artichoke hearts, thawed
- 1 fresh fennel bulb, trimmed, cut lengthwise into eighths
- 1 garlic head, cloves separated, unpeeled
- ½ cup brine-cured olives (such as Niçoise)
- ¼ cup fresh lemon juice
- ¼ cup olive oil
- 2 tablespoons chopped fresh rosemary or 2 teaspoons dried, crumbled
- 2 tablespoons chopped fresh thyme or 2 teaspoons dried, crumbled

- 1 cup (about) canned chicken broth
- 1 4-pound chicken

Position rack in center of oven and preheat to 350°F. Place shallots, tomatoes, artichoke hearts, fennel, garlic and olives in large roasting pan. Pour lemon juice and oil over, moistening evenly. Sprinkle with herbs. Season with salt and pepper. Pour ¼ cup chicken broth into pan. Cover pan with foil and bake vegetables 20 minutes.

Season chicken with salt and pepper. Add chicken to vegetables in pan. Cover pan with foil and roast 1 hour. Baste chicken and vegetables with pan juices. Increase oven temperature to 450°F. Roast uncovered until chicken is brown and crisp and juices run clear when thigh is pierced with knife, basting frequently, about 20 minutes longer.

Transfer chicken to platter. Using

slotted spoon, transfer shallots, artichokes, fennel, olives and all but 6 garlic cloves to platter with chicken. Cover to keep warm. Remove skin from 6 garlic cloves reserved in roasting pan and place garlic in processor; add contents of roasting pan. Process until sauce is smooth. Thin sauce with remaining ¼ cup broth if necessary. Season with salt and pepper. Transfer sauce to serving bowl. Serve chicken and vegetables, passing sauce separately.

CRUSTY CHICKEN BREASTS TOPPED WITH CHOPPED SALAD

Garlic toast is great with this.

4 SERVINGS

- 1½ cups fresh white breadcrumbs
- ½ cup freshly grated Parmesan cheese (about 2 ounces)
- 1½ teaspoons grated lemon peel
- 2 eggs, beaten to blend
- 4 boneless chicken breast halves
- 2 large bunches arugula, trimmed, chopped
- 4 ripe plum tomatoes, seeded, chopped
- ¼ cup plus 2 tablespoons olive oil
- ¼ cup chopped red onion
- 2 tablespoons chopped fresh basil or 2 teaspoons dried, crumbled
- 1 tablespoon balsamic vinegar or red wine vinegar
- 1 tablespoon fresh lemon juice

Combine breadcrumbs, Parmesan and lemon peel in shallow bowl. Place eggs in second shallow bowl. Season chicken with salt and pepper. Dip 1 chicken piece into eggs, turning to coat completely. Dredge both sides of chicken in breadcrumb mixture, pressing crumbs to adhere. Transfer chicken to platter lined with plastic wrap. Repeat with remaining chicken. (Can be prepared hours ahead. Cover with plastic and chill.)

In medium bowl combine arugula, tomatoes, 2 tablespoons olive oil, onion, basil, vinegar and lemon juice. Season to taste with salt and pepper.

{RECIPE CONTINUED ON PAGE 76}



ABOVE: Chicken with tarragon sauce is served with a vegetable ragout and noodles.

TARRAGON CHICKEN WITH VEGETABLE RAGOUT

Offer buttered noodles alongside.

4 SERVINGS

- 3 tablespoons butter
- 2 tablespoons olive oil
- 1 3½-pound chicken, cut into 8 pieces
- 1¾ cups canned chicken broth
- 3 tablespoons chopped shallots
- 2 large carrots, peeled, cut into thin diagonal slices
- 1 pound button mushrooms, sliced

- ½ cup dry white wine
- ¼ cup white wine tarragon vinegar
- 1 cup whipping cream
- 2½ tablespoons coarse-grained mustard
- 4 large fresh tarragon sprigs or 1 teaspoon dried, crumbled
- Fresh tarragon sprigs (optional)

Melt 1 tablespoon butter with oil in heavy large skillet over high heat. Season chicken with salt and pepper. Add chicken to skillet and sauté until brown, about 5 minutes per side. Pour ¼ cup broth into skillet. Reduce heat to medium-low. Cover and cook until chicken is tender, turning once, about 20 minutes. Transfer chicken to bowl; cover to keep warm. Pour pan juices into small bowl. Degrease pan juices and reserve.

Melt remaining 2 tablespoons butter in same skillet over medium-high

heat. Add shallots and cook until translucent, about 4 minutes. Add carrots and sauté 5 minutes. Add sliced mushrooms and cook until just tender, stirring frequently, about 10 minutes. Using slotted spoon, transfer vegetables to medium bowl.

Add remaining 1½ cups chicken broth, reserved pan juices, any liquid in vegetable bowl, wine and vinegar to skillet. Bring to boil, scraping up any browned bits. Cook until mixture is reduced to ½ cup, about 20 minutes. Add cream, mustard and 4 tarragon sprigs to skillet. Bring to boil, whisking to blend well. Return chicken and vegetables to skillet. Cook until chicken is warmed through, about 5 minutes. Arrange on platter. Season sauce with salt and pepper. Spoon sauce over chicken. Garnish chicken with tarragon.

SWEET AND STICKY GLAZED DRUMSTICKS AND THIGHS

For side dishes here, make sautéed snow peas and some buttered rice.

4 SERVINGS

- 4 chicken drumsticks
- 4 chicken thighs
- ¾ cup honey mustard
- 3 tablespoons toasted sesame seeds
- 2 tablespoons unsulfured molasses
- 2 tablespoons orange juice
- 1 tablespoon soy sauce
- 1 tablespoon grated fresh ginger
- 1 tablespoon grated orange peel
- Orange wedges (optional)

Preheat oven to 350°F. Season chicken pieces with salt and pepper. Combine mustard, sesame, molasses, orange juice, soy sauce, ginger and orange peel in bowl. Brush some of glaze over both sides of chicken and arrange on baking sheet. Bake chicken 30 minutes. Brush with remaining glaze. Bake until chicken is cooked through and glaze is sticky, about 30 minutes longer. Arrange chicken on platter. Spoon pan juices over. Garnish with orange wedges.

Pamela Morgan is the owner of Flavors Catering company in New York.