

Chicken 101 - 2017



One of our favorite items to feature in your shares is a whole, pasture-raised chicken. But if you've only ever cooked with a chicken already broken down into pieces then this might be an adventure for you!

Welcome to our most popular class of the year— Chicken 101 with Chef Parker Bosley. We'll be learning how to cut up a chicken, different applications and recipes, and then we'll all get to practice on our own birds.
Let's dig in!

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Introduction

It's not just about having **a** chicken in every pot; it's equally important to know **what kind** of chicken is in the pot! Today's poultry definitions are complicated, sometimes confusing, and even false in some cases. You might see labels like "Pastured", "Raised on Grass", "Vegetarian Diet", "Cage-free", "No Antibiotics", "Hormone Free", or "Organic." Some of these are informative, but unfortunately most of them are just about marketing.

Let's talk about two different types of chicken that make sense in our Fresh Fork World— Meat birds and Layers. Chickens raised for meat are about eight weeks old when they are processed. Layers, or Laying Hens, are hens that begin laying eggs when they are seven or eight months old. Hen breeds are chosen for efficiency in egg production, color of the egg shell (some breeds produce white, brown or pastel colored shells), and size of the eggs.

Ideally both meat birds and laying hens should be raised on pasture— outdoors as much as possible and foraging for insects through the grass. It is their nature to peck and scratch to hunt for their food, and it not only provides them with the healthiest diet (depending on the health of that pasture, of course) but also plenty of exercise and a low-stress life. The best way, perhaps the only way, to know what kind of chicken you're getting is to know and trust the source. All of the chickens in your Fresh Fork Market shares are raised entirely on pasture.

Learning to "take apart" the whole chicken brings economy and creativity to your kitchen. Purchased separately (boneless breast, leg, thighs, wings), all the pieces of a chicken add up to one pricey whole bird. Purchasing the whole bird and learning how to separate it yourself is much more economical, and frankly quite satisfying once you get the hang of it!

Breaking Down, or cutting up a whole chicken, ranges from simple (quartering) to more complicated (removing the wish bone and boning-out), and each technique offers a lot of variety in terms of final dish. For example, you can roast, grill or braise a whole thigh-leg. Or, if you separate the two leg parts, you can make a dish using the thigh and still something completely different with the leg.

There are four major pieces you can remove from the carcass: the two breast portions, and the two the leg and thigh pieces (one on each side of the bird.) Cutting a chicken in this way is called "quartering" a bird. The leg and thigh pieces can be separated to create four portions total, and the breast pieces from a large chicken (Cornish-Cross chickens, which are the most popular in local production, are usually over five pounds at processing) can each be cut into two portions. So you have 8 servings of meat right there!

And there is more: each time you butcher your chicken, save the wings in the freezer and eventually cool up a whole lot at once. You can also save the livers in the freezer, too: six or seven chicken livers will make a lovely mousse that you can serve as an hors d'oeuvre. And of course, don't forget to keep the carcass for stock!

Bon Appétit!

- Parker Bosley

Section 1: Cutting Up A Chicken

We've left you some room here to take notes as Parker demonstrates the various methods of breaking down a chicken!

Quartering

4 pieces (quartering)

NOTES:

8 pieces (halving the 4 pieces)

NOTES:

Leg-Thigh

1 piece (kept together)

NOTES:

2 pieces (separating leg from thigh)

NOTES:

Deboning

NOTES:

Breast

Bone-in

NOTES:

Trimming

NOTES:

Airline chicken breast

NOTES:

Section 2: FAQ

1) Should I roast covered or uncovered?

I prefer uncovered. This provides a crispy skin. Roasting is a dry cooking method. If you cook covered, it is considered a braised chicken. It won't crisp up due to the steam around it. The skin will be soft and less appealing.

If you want to braise your chicken, use the same techniques and seasonings. Cook the chicken covered at 350 degrees. In the last 15 minutes, remove lid and crank the heat up to allow the skin to get crisp.

2) What if I have a convection oven?

A convection oven uses a fan to blow air around to allow more efficient cooking. You'll need to reduce your cooking time by about 15 to 20 minutes.

3) Do I need to baste the chicken?

You don't need to baste the bird with the pan juices (although it won't hurt). But an easier way is to brush the bird with melted butter.

4) How do I know when the chicken "done"?

Stick the thermometer in the thickest part of the breast and into the thickest part of the thigh. Remove the bird from the oven when the temperature is around 155-158 degrees and wrap tightly in foil to rest for about 10-15 minutes. The bird will continue to cook once removed from the oven, and come up to the safe internal temperature of 165. Another way to check is to cut the skin by the thigh and make sure the juices run clear, not pink or red.

Approximate cooking time is 17 to 20 minutes per lb. Check it often though towards the end to make sure you don't overcook the chicken.

5) Can I use the pan drippings for anything?

Definitely!

You can scrape them out into a dish and refrigerate. Once cold, the fat will separate and you can skim off the fat. Use the remaining pan juices over the meat.

Or, you can also use the pan juices and add them back to chicken stock, fat and all. Once the stock has cooked, you can cool the stock and skim the fat off.

Section 3: Roasting & Carving

Roasting the Whole Chicken

Prepping the chicken

Remove the chicken from the plastic bag and rinse inside and out with cold water. Remove the giblets from the cavity. Save the livers in your freezer, and save the neck for stock.

Dry the chicken with a paper towel, and allow your chicken to come to temperature on your counter for a half hour. If you think of it ahead of time, you could have let the rinsed and dried chicken rest uncovered in your fridge overnight for especially crispy skin.

Rub the chicken all over with oil. You might try mincing a couple of cloves of garlic with a little butter and then forcing this mixture under the skin of the chicken breasts. Season the chicken as you like – salt and pepper, thyme, crushed rosemary, sage, etc. Make sure to season the cavity as well: salt and pepper, thyme and a couple pieces of onion, carrot and celery.

Truss the chicken by tying the legs together with cooking twine. This helps maintain even cooking of all parts of the chicken by not drying out the breast meat (too much hot air circulating in cavity) or the thighs (too far apart from the body of the chicken.)

Chop some carrots, onion and celery and place this mixture in the bottom of a shallow roasting pan. Add a tablespoon of dried thyme and a couple of bay leaves, and optionally, you could add some wine, apple cider vinegar or water. Eventually, you will roast the chicken on this bed of vegetables, or on a rack set right above them.

Cooking the chicken

Start the chicken in the very hot oven: Set the oven at 450, and once it's up to temperature put your prepared chicken in, breast-side up. It's only going to roast for a portion of the total time this high, and then we'll drop the temperature.

After about ten minutes, open the oven and brush the skin with melted butter. Repeat the butter-brushing once more in another ten minutes, and then lower the heat to 350. This is for a 4.5 - 5 lb bird— about average size. If your chicken is much larger (6 - 6.5 lbs), keep the high temperature up for 30 minutes (3 butter brushings) and then reduce to 350.

If the skin starts to develop too much color too quickly, cover it with foil. This is usually a good practice to cover the breasts halfway through roasting so that the breasts and drumsticks finish at approximately the same time. Roast till the thickest part of the thigh reaches 155-160. The final temperature, after it carries over an additional few degrees when resting, will be safely at 165. Depending on the size of your chicken, this will take anywhere from 1.5 - 2.5

hours total. Keep an eye on the thermometer (a digital thermometer is a very handy tool here), so you don't over-roast.

When the chicken is done, remove the roasted chicken from the roasting pan and keep it warm in tin foil. Wait for 15 minutes or so before you carve to allow the juices to reincorporate into the meat.

Carving the chicken

To carve, start with the breast. Using a long, thin, sharp knife, make a slice just alongside the breast bone. Slice in long, even strokes, cutting down until you reach bone, and then start to angle the knife out, towards the outside of the breast, continuing to cut along the ribs in long, even strokes. Tug the breast meat away gently as you go. Do the same for the other breast. You can keep the wing attached, or simply slice it off and serve separately (or save for stock.)

For the thighs, remove the truss string. Pull the drumstick gently away from the body of the chicken and slice through the skin connecting them. Continue to slice down and through the skin, pulling the leg with you as you go (not so hard that the bone slips out of the meat!), till you get to the hip joint. You can cut your knife in between the joint and the bone here, through the cartilage. If the chicken is well-cooked, it should come apart easily. If you're having trouble, flip the chicken over and follow the line of the meat along the back, slicing the whole leg off in one piece.

To remove the thigh from the drumstick, flip the piece over so the meat is exposed, not the skin. There is a thick white band of cartilage you can easily slice through, following it as a guideline. Turn the chicken over to see the back. Remove the small nuggets of tenderloin, on either side of the spine near the shoulder blades. You should probably just eat those right away because they're so delicious.

Enjoy a roasted chicken sprinkled with balsamic vinegar, or on a bed of the sauce you made from the puréed veggies and chicken drippings. Roast chicken is equally tasty served cold the next day: allow the chicken to cool completely and use the cold meat the next day in sandwiches, salads, pasta, pot pies or soups.

Section 4: Making Stock

Meat Stock: Master Recipe

Selecting Bones

Select bones that are not perfectly “clean”: you want a little meat on the bones. For beef and pork, look for larger bones, such as cross-cut shank bones, neck bones, and chopped-up pieces of back bones. These are all usually very flavorful options with a good amount of meat and collagen to thicken the stock. Bones like knuckle bones won’t add a lot of flavor; however, they will add gelatin from the cartilage (nutritional value, but not necessarily a culinary advantage.)

For poultry, look for wing tips, wings, and backs (chicken and turkey backs yield a lot of stock). Break the bones into manageable pieces to fit well in your stock pot.

Lamb bones and bones from smoked meat products can also be used to make stock. These, however, should only be used when you intend to make a dish that contains lamb or smoked meat because of the intensity of flavor.

Start with just the bones.

For a darker and richer stock, brown the bones first. If you brown bones in the oven in a separate roasting pan, make sure to add a little water or wine to scrape up any the brown bits from the bottom of the roasting pan and add these to the stock pot. Beef and pork bones go well with Madeira, and white wine works best for chicken or turkey.

Place bones in a heavy bottom pot, and then fill the pot with enough water to rise two or three inches above the bones. Bring to a boil. Begin skimming the foam that comes to the top. Stir the bones a couple of times and continue skimming until nearly all foam has been removed.

Add carrot, onion and celery and some herbs.

Next, add a peeled and chopped carrot, onion and a chopped stalk of celery. These ideally should be fresh vegetables. Add a bay leaf and teaspoon of thyme. Lower the heat to medium/medium-low. The stock should bubble but not boil hard.

Strain and refrigerate.

After about four hours of simmering, use a pair of tongs to lift pieces of bones: if it’s done, the bones should begin to fall apart when moved. The vegetables should also be very soft. Turn off the heat and let the stock cool to warm.

Strain it through a damp cloth-lined strainer. When the stock reaches room temperature, place it in the refrigerator overnight.

Skim off fat and reduce.

The next day (or within a couple of days) carefully remove the fat from the top of the stock. If the stock is thin (not gelatinous) and there are only pieces of fat floating on top, you can just repeat the process of straining through a damp cloth.

Return the stock to a heavy bottomed pot and set over low heat. Heat, but do not boil, and allow the stock to reduce and concentrate in flavor. Cool and place in small, labeled containers and freeze.

Chicken-Based Stocks

Rich Brown Chicken Stock

This is one of my favorite ways to produce a very flavorful all purpose stock.

3-4 tbsp olive oil	1 medium onion, peeled and chopped
1-2 lbs chicken bones, broken into pieces (so they lay out nicely on the bottom of a roasting pan)	1 large carrot, peeled and chopped
	1 stalk celery, chopped

Brown the bones and vegetables as described above for meat stock. Add them to a stock pot, cover with water, and deglaze the roasting pan. Bring the bones to a rolling boil and reduce the heat. Skim the top of the water to remove foam and impurities. Add the liquid from the deglazed pan and start cooking your stock. Follow the master recipe for Meat Stock that we started with.

Rich Winter Stock

2-3 lbs beef neck bones, cut into small pieces	1 piece pig skin, about six inches square, chopped (optional, but worth the bother)
1-2 lbs pork neck bones, cut into small pieces	2 chicken feet (optional, but worth the bother)
1 chicken carcass* or 2-3 chicken leg-thigh pieces or 5-6 necks	1 large carrot, peeled and chopped
1 pigs foot, split lengthwise	1 large onion, peeled and chopped
3-4 ounces pancetta, chopped	1 stalk of celery chopped
2-3 ounces prosciutto, chopped (optional)	1 tbsp dried thyme
	1 bay leaf
	Olive oil

Do not use any smoked meat product.

*Carcass refers to bones left after breast and leg-thigh portions have been removed from a whole bird.

Do not worry if the stock pot is crowded and that there will not be room for two gallons of liquid: keep reading, there is a trick in store!

Prepare all of the ingredients—peel, slice, chop. Cover the bottom of the stock pot with olive oil. Set the pot over medium-high heat. Add all of the meat items except the pancetta and prosciutto. Using tongs or a large spoon turn the pieces over often. In addition to browning the bones and meat you want to build a dark—but not burned—coating on the bottom of the pan. Adjust the heat to prevent any burned spots from forming. This will take about one half hour.

When the bones are browned and a dark, caramel coats the bottom of the pan, add two or three cups of water. Scrap the bottom to release all the caramelized juices. This is very important. (If you are using sauté pans instead of a stock pot, add the deglazing liquid to your stock pot.)

The bottom of the pan should be nearly clean. When the water has nearly evaporated, just before the residue could burn, add another two or three cups of water and repeat the process.

Add the chopped vegetables and enough water to completely cover the bones by three or four inches. Bring the liquid to a boil and skim for several minutes. Lower the heat to medium and add the thyme and the bay leaf. The liquid should bubble—more than a simmer—but not reach a hard boil.

Simmer the stock for four or five hours. Add more water if the level goes below the bones.

Let the stock cool for an hour or two before straining it through a strainer lined with a wet cloth. Cool and store the stock in the refrigerator or the unheated garage or back porch. Do not toss the bones and vegetables. Save them in the stock pot. The next day, refill the pot with water and repeat the process.

If you do not have a large stock pot or one with a heavy wide bottom you can use two medium stock pots. You can do the browning process in a large sauté pan browning the bones in two or three batches.

Section 5: Recipes

Roasting Bone-in Chicken Breast

1 double breast of chicken, wings, back bone and wish bone removed
1 tbsp soft butter

1 tbsp finely minced fresh herbs, any combination
1 tbsp minced shallot or red onion
Salt and pepper

Mince the shallots and herbs. Mix with some salt and pepper in a small bowl. On the cutting board, spread out softened butter, as if you were buttering bread. Make an infused butter paste by sprinkling the herbs, shallots, salt, and pepper across the butter. Scrape the mixture back together with your knife and repeat several times until the butter and herbs are well mixed. Remove this from the cutting board to a bowl and refrigerate, or use immediately on the chicken breasts.

From the front of the whole breast, at the neck, force the butter-herb mixture under the skin. Slide the mixture over the meat. Refrigerate until ready to use.

Roast the whole breast in a 450 degree oven for 10 minutes. Lower the heat to 350 degrees and bake the chicken for about 35-40 minutes.

Remove the chicken from the oven and let it rest for 10 minutes on the cutting board. Carefully remove the meat from the bone. You can serve the breast whole or slice it. Slice the two halves and you can serve four people

Chicken Baked in Tomato Sauce

2 chicken thighs
2 chicken legs
2 tbs butter or olive oil or a combination of the two
2 tsp dried thyme
1 bay leaf

1 cup each of carrot, onion, and celery, diced
1 large garlic clove peeled and mashed
2 cups canned, chopped tomatoes or 4 fresh tomatoes, chopped
Salt and pepper to taste

Use a sauté pan or a baking dish that can be move from the stove top to the oven. Heat the oil/butter to medium high. Season the chicken pieces and brown them slowly. Adjust the heat to prevent burning.

When the pieces are browned, set aside. Add the vegetables and herbs to the pan. You may have to add a little more butter or oil. Sauté the vegetable for about 10 minutes. Chop the fresh tomatoes into quarters if using or add the canned tomatoes and smash a bit. Add the thyme, garlic and bay leaf.

Return the chicken pieces to the pan and bake for about 45 minutes at 350.

To finish: Turn off the oven. Remove the chicken pieces and keep warm. Pass the tomatoes and vegetables through a food mill. Serve with noodles or polenta.

Cook ahead if you like. You could refrigerate this dish and then reheat it the next day. You could also skip the food mill process and serve it like a stew.

Stuffed Chicken Breast for Picnic

4 chicken breasts, first wing joint attached

4 oz goat cheese or cream cheese (or the two combined)

1 cup shredded carrot

1 tbs minced shallot or green onion

Minced fresh rosemary or sage, about 1 tablespoon or to taste

Salt and pepper

Mix all ingredients (except the chicken breasts) in a bowl using a fork to mash the cheese(s). Season to your taste. Add more salt and pepper and herbs if you choose.

Butter or oil baking tray and sprinkle it well with salt and pepper. Lay the chicken breasts skin side up on the tray. Carefully pull back the skin leaving it connected to the meat on one side. Season the meat with salt and pepper. Cover each breast with $\frac{1}{4}$ of the cheese mixture. Now carefully return the skin to cover. Refrigerate to chill the chicken breasts.

Brush the skin with melted butter or oil. The butter or oil will hold well if the surface of the breast is cold. (You can make it to this point and then refrigerate.)

Season with salt and pepper. Place the tray with the chicken breast under the broiler. Watch carefully. Turn the tray. Brown the skin. Don't worry if there are a few blisters and some blackened spots.

Remove the tray from the broiler and set the oven temperature at 350. Return the chicken to the middle of the oven and bake until the flesh is firm—20 minutes to $\frac{1}{2}$ hour. You can serve the chicken hot if you like.

For a summer picnic dish, let the chicken cool and refrigerate it. If you are doing preparing this dish one or two days in advance, wrap each piece in plastic.

I love this dish when I travel in the country. I usually do some boiled potatoes with olive oil and lots of fresh herbs to serve with it.

This is a great “theme and variation” recipe. Most any soft cheese will do. You could pre-cook and cool some Italian sausage and use that instead of cheese. Leeks, zucchini and arugula work well. You could also make your favorite bread stuffing and place it under the skin of the chicken breasts.

Or, just keep it simple: choose several of your favorite herbs, and mince them with butter, lemon zest and a very little minced garlic and use that as a stuffing.

Brioche Style Dumplings

1 ½ tbsp yeast
pinch of sugar
6 tbsp warm water
3 eggs beaten

1 tsp salt
5 tbsp very soft butter
3 cups flour

In a large mixing bowl dissolve the yeast with the water and sugar. Wait 4-5 minutes and then whisk.

Beat the eggs with the salt and add them to the bowl with the yeast. Whisk together, and then whisk in the butter.

Add about ¾ of the flour and blend with a spatula. Continue adding flour until you can turn the dough out onto the counter and begin kneading. Knead the dough until it is smooth, and then place the dough in a bowl and let it rise for about 1 hour.

Deflate the dough and wrap in in cheese cloth. Tie the cheese cloth like a bag. Poach the dumpling in chicken stock for about 30 minutes. Turn it over after 15 minutes.

Remove the dough from the stock and let it cool. Remove the cheese cloth and slice the dough. Fry the slices in butter to brown much like toast. Place the fried dumplings in soup bowls and ladle the stock/soup into bowls.

Trevor's Yogurt Fried Chicken

1 small broiler/fryer chicken (3.5 - 4#)
1 cup yogurt
1 cup all-purpose flour
1.5 teaspoons salt
1/2 teaspoon pepper
Oil for frying

For Gravy:
3 tbsp all-purpose flour
1 cup milk
1-1/2 to 2 cups water
Salt and pepper to taste

Cut up your chicken into 8's and place pieces in a large shallow dish. Pour 1 cup yogurt over top; cover and refrigerate for 1 hour.

Combine the flour, salt and pepper in a large resealable plastic bag. Drain chicken pieces from yogurt marinade. Add pieces to flour mixture, one at a time, and shake to coat. Shake off excess; let stand on waxed paper for 15 minutes before frying.

Heat 1/8 to 1/4 in. of oil in a large skillet; fry chicken until browned on all sides. Cover and simmer, turning occasionally, for 40-45 minutes, or until juices run clear and chicken is tender. Uncover and cook 5 minutes longer. Remove chicken; drain on paper towels and keep warm.

Leave about 1/4 cup of the drippings in the skillet and stir in flour until blended. Gradually add milk, then 1-1/2 cups water. Bring to a boil over medium heat; cook and stir for 2 minutes or until thickened. Add remaining water if needed. Season with salt and pepper. Serve with chicken.

Chicken Croquettes

2 cups leftover roasted chicken, minced
1 whole egg & 1 egg yolk
1/4 cup finely minced flat-leaf parsley
2 medium garlic cloves, minced
Freshly grated nutmeg
1 tsp salt

Freshly ground pepper
1 cup bread crumbs, preferably homemade
Olive oil for frying
Lemon wedges for serving

Mix together the minced chicken, whole egg, egg yolk, parsley, garlic, nutmeg, and salt and pepper in a large bowl.

Shape the croquettes—about the size and shape of an egg. Roll the croquettes in the bread crumbs until they are completely covered.

Heat 1 to 1.5 inches of olive oil in a deep skillet. When the oil is really hot test with a small piece. The croquettes should bubble and sizzle and take and color quickly. Drain on paper towels. Serve with lemon wedges.

Chicken Pot Pie

Fillings: 1/3 cup peeled and roughly chopped root vegetables: carrot, onion, celery, turnip, parsnip, rutabaga, or sweet potato

2 cups warm chicken stock

Roux: 2 tbsp of butter, 2 tbsp of flour, 1 tsp dried thyme, 1/2 tsp salt & 1/4 tsp pepper & 1 cup of milk or stock

2 cups cooked chicken

1 portion pastry dough*

Make your pastry dough first (recipe follows.) Turn oven to 400 degrees.

Par-cook your veggies: celery, onion, turnip, carrot and sweet potato roughly chopped to approximately the same size. You can also use green peas, green beans, parsnips or whatever you have on hand. Put all veggies into a sauce pot along with 2 cups of stock on stovetop, and simmer gently while you do the rest of your prep. The head start here makes sure everything is cooked evenly when it goes into the pie.

Next, make the roux. A roux is a thickener for soups, stews, or liquid-based fillings. Melt the 2 tbsp butter in a small saucepan, and then whisk in the 2 tbsp flour to make a paste. Cook over

low heat till it becomes so thick that it sticks to your whisk. Remove from heat, whisk in the thyme, salt and pepper and the 1 cup of milk or stock and the thyme. Stir till thickened.

Once the veggies are pretty well cooked, stir in the roux. On the bottom layer of your pie or baking dish, add half the chicken. Then, a thick layer of the veggies and roux, and top with the rest of the chicken.

Remove the chilled dough from the fridge. Roll it out on the countertop till it's thin. Paint a little water around the rim of the pie dish, then plop the dough on top, like a fallen parachute. Pinch around the sides of the edge of the pie pan, and then using a small sharp knife, slice around to remove the excess. Slash the top a few times so the steam can escape, and pop it in the oven for about an hour, or until the crust is golden and the filling is bubbling.

Pastry Dough with Butter

1 cup very cold butter

1 cup Stutzman whole grain flour

1 & 1/4 cup refined flour

1 egg yolk

3 tbsp water

Pinch of salt

You'll need about 95 grams (appx 1 cup) extremely cold butter— as cold as possible without being frozen. Cut it up into small pieces and then put it back into the fridge to chill from the cutting.

Next, blend the butter and the flour. The goal here is for the flour to “host” the butter-- incorporated but still distinct. When the dough hits the hot oven, the fat particles will grab hold of the flour and burst to give you a flaky, buttery crust.

If using a food processor: Add in the flour, the salt and the very-cold-butter. Pulse in the processor until it starts to resemble cornmeal. Make a well. In another bowl, whisk together the egg yolk and the water, and then pour it into the mixer. Begin to pulse until it becomes a dough. Wrap in cellophane and chill into the fridge.

If mixing by hand: In a bowl, mix together the flours and the salt, and turn it out onto a cold surface (like a pastry slab or countertop), and make a well in the center. Put the butter in the middle of the circle, and start to chop the butter into small pieces with a dough cutter.

In another bowl, whisk together the egg yolk and the water, and then pour onto of the flour and butter. Use one hand and push the dough away from you at an angle, and chop-chop-chop all the way back. Gently knead once the butter is incorporated. Don't use too much force as you knead-- you'll make the dough tougher. Keep going till you get to a smooth ball, then wrap in cellophane and let it cool and rest in the fridge for a few hours.

Madeira Sauce

½ -- 1 cup of Madeira wine
2-3 cups rich stock

Salt and pepper

This is a pan sauce that is made in the sauté pan after the meat—chicken breast, chop or steak has been browned.

Remove the meat from the sauté pan. Pour off any remaining fat or oil. Set the sauté pan over high heat and add the Madeira. Boil until only 2-3 tablespoons of the Madeira remains. Add the stock. Continue to boil until the stock has reduced to a sauce consistency.

It is important that the stock is of rich consistency. If you are using broth it will be necessary to increase the amount to 4-5 cups and reduce for a longer period of time.

Tomato Sauce for Fish or Chicken

2 cups béchamel sauce
2-6 tbsp tomato paste
1-2 tbsp soft butter

salt and pepper
minced fresh herbs (optional)

Bring the béchamel to a simmer. Slowly whisk in tomato paste until you have the color and taste you'd like. Season with salt and pepper and whisk in 1-2 tablespoons of butter.

Add minced herbs of choice.

Sauce Mayonnaise

1 whole egg and 2 egg yolks
¼ tsp dry mustard or Dijon mustard
½ tsp salt
A few drops of lemon juice

1 ½ - 2 cups salad oil, olive oil or a combination of both
Additional salt and lemon juice as needed for your taste

Place the egg and egg yolks, the mustard, salt and a teaspoon of lemon juice in the food processor and spin for a few seconds.

Begin adding oil in a stream through the feeder tube with the blade spinning. Check consistency and taste after about one cup of oil has been added. Add more lemon juice or salt to taste. Add more oil to obtain the thickness that you prefer.

Store the mayonnaise in a sealed container in the refrigerator. It is good for three or four days.

Master Vinaigrette Recipe

2 tbsp vinegar or a combination of
vinegar and lemon juice
1 tbsp Dijon mustard

6-8 tbsp of olive oil or sunflower seed oil
or a combination of the two
salt and pepper

Place the vinegar in a bowl and add a large pinch of salt. Whisk in the mustard.

Slowly whisk in the oil. After about five tablespoons of oil have been added, taste the dressing. Continue adding oil to get the balance of oil and vinegar that you prefer. This can also be done in a food processor or blender. Slowly adding the oil allows the emulsification to occur. If emulsified properly, the dressing will not quickly separate.

Season with salt and pepper. You can make a large batch of dressing and keep it in the refrigerator for several days. Whisk the ingredients together before using.

Vinaigrette Variations

- 1) Combine 1 egg yolk with the mustard. This creates a creamier dressing.
- 2) After adding 5-6 tbsp of oil, add a couple of tablespoons of cream.
- 3) Add a tablespoon of honey and a tablespoons of fresh, not dried, thyme leaves with the mustard.

Chicken Noodle Soup

Dice carrot and onion to equal $\frac{1}{2}$ cup each. Place these in a heavy bottom pan with a little olive oil. Cover the pan and place over low heat for about 20 minutes to sweat the vegetables. Add a teaspoon of dried thyme.

Into a soup pot, add about 3 cups of chicken stock and egg noodles, and cook until almost done (you can pre-cook egg noodles separately as well.) Mix into pot shredded chicken breast meat and softened veggies and season with salt and pepper. Taste to adjust seasoning.

Cold Chicken Salad

Toss diced chicken with lemon juice, olive oil and minced garlic and serve on a bed of greens with some sliced cherry tomatoes and you're good to go!

Add cold boiled potatoes, chopped hard cooked eggs and some minced parsley and other herbs. Toss it with a teaspoon of Dijon mustard with 3-4 tablespoons of olive oil and toss with the chicken and potatoes.