

# In pursuit of the perfect roast chicken

Kate Krader  
Bloomberg News

If there's one thing that everyone should have to show for themselves after a year of cooking at home, it's a definitive roast chicken recipe.

So says Jesse Tyler Ferguson, the "Modern Family" star and newly minted cookbook author.

He and his co-author and great friend Julie Tanous spent significant time considering what roast bird they would showcase in "Food Between Friends: A Cookbook" (Penguin Random House; \$35) which hit bookstores in March. "We realized: At this point, everyone has a roast chicken, so we needed to figure out which we want to present to the world," says Ferguson.

Their selection is "Winner Winner Chicken Dinner," a glorious bird that's brined in buttermilk for super-moist meat and crisp skin the color of mahogany. It's a recipe inspired by Tanous's Alabama childhood and her mom's roast chicken, made special by the addition of local condiment Dale's Steak Seasoning, which was first bottled in Birmingham, Ala., in 1946. She says that as she got older, she realized that there were options that included less sodium and corn syrup and began experiments that eventually yielded what follows.

No one should have high expectations about a cookbook co-written by a TV star, so it's a lovely surprise to see how well this book works on a lot of levels. It's got some of the more entertaining headnotes and directions you'll read. (Tying up the chickens legs for roasting is "putting it under house arrest.") And it contains authoritative, well-written recipes that run the gamut from baked chicken tenders (Ferguson calls them "kryptonite" for his husband Justin Mitka) to less expected options such as chile relleno meatloaf, grouper and grits, spiced up with a homemade version of Old Bay, and ground beef and pickle



Penguin Random House

tacos inspired by beloved, now-shuttered Los Angeles spot, Malo.

It also has an unexpected eureka moment. Tanous, a recipe developer, didn't teach Ferguson how to cook—although she was there to help him with some of the culinary world's bigger challenges, such as pie crusts. What they both learned was how to cook with someone, which is no small thing. (See: the past year's lockdown jostling in the kitchen.) It's a lesson that can't come a moment too soon, even as the world slowly opens up.

"Cooking with someone is a really intimate thing. It requires mutual respect, trust, and most important chemistry," they write in the book. "It also requires a sense of humor when you've reached the end of a long day in the kitchen together and all you have to show for it is a wildly burnt chicken." He adds, "That's what wine is for."

Which brings us back to their (not wildly burnt) chicken. As the pair notes, buttermilk roasted chicken is not new: The great Samrin Nosrat, fellow TV star and author of "Salt, Fat, Acid, Heat" has a tremendous version.

Tanous and Ferguson's innovation is to set the bird on a bed of large croutons instead of a rack before cooking. As the lemon-and-garlic-stuffed bird roasts, tangy chicken juices flow into the toasted bread. It's hard to decide which to rip into first, the outrageous skin, or the crispy, fatty, crunchy croutons.

The following recipe is adapted from "Food Between Friends," by Jesse Tyler Ferguson and Julie Tanous.

## BUTTERMILK ROASTED CHICKEN WITH CRUNCHY CROUTONS

Serves 4

**2 cups buttermilk**  
**2 tsp. kosher salt, plus more for seasoning**  
**4 sprigs fresh rosemary**  
**1 (3½- to 4-pound) whole roasting chicken**  
**1 tbsp. canola or vegetable oil**  
**1 lemon, cut into 4 wedges**  
**8 garlic cloves, smashed**  
**1 (10-ounce) baguette, cut or torn into 1-inch cubes**

**4 tbsp. unsalted butter, melted**  
**Freshly ground black pepper**

Combine the buttermilk, the 2 tbsp. of salt, and 1 sprig of rosemary in a gallon-size zippered plastic bag and shake to distribute the salt. Add the chicken, seal the bag, and gently shake and massage to fully coat the chicken. Marinate breast side down in the refrigerator for at least 6 hours, or overnight. About 1 hour before roasting, remove the chicken from the refrigerator and let it come to room temperature.

Preheat the oven to 425F. Pour the oil into a large cast-iron skillet and heat in the oven for 10 minutes. Remove the chicken from the buttermilk, letting as much marinade as possible drip off; discard the bag and marinade. Lightly pat the chicken dry with paper towels. Stuff the cavity with the lemon wedges, 4 of the garlic cloves, and 1 sprig of rosemary. Tie the chicken legs together at the tips with twine.

Carefully spread the bread cubes in the hot skillet in a single layer, turning to coat with the oil. Top with the remaining 2 sprigs of rosemary and nestle the remaining 4 garlic cloves among the cubes. Set the chicken on the bread cubes and brush all over with the melted butter, getting all the sides and crevices. Generously season the chicken all over with salt and pepper, and tuck the wing tips under the body.

Roast the chicken for 20 minutes. Reduce the oven temperature to 375F and continue roasting for an additional 40 to 60 minutes, tenting with foil if the skin is getting too dark, and transferring any well-browned croutons to a plate. Roast until an instant-read thermometer inserted into the breast registers 150F and the thighs and legs register at least 165F.

Remove the chicken from the oven and let rest in the pan for 15 minutes. Carve the chicken directly over the croutons and let those juices flow. Serve with the croutons.

# Nonprofit starts podcast exploring behavioral health, criminal justice

■ Oregon Center on Behavior Health and Justice Integration debuted podcast on March 3

## The Observer

THE DALLES — An Oregon-based nonprofit has launched its own podcast exploring the intersections of behavioral health and criminal justice.

The Oregon Center on Behavioral Health and Justice Integration, a specialized division within Greater Oregon Behavioral Health Inc., announced it is producing the weekly podcast, The Center Collaborative: Creative Solutions in Behavioral Health and Criminal Justice.

The series features guests representing leadership and other prominent voices from government, the judicial system, public safety, healthcare, and the broader community throughout metropolitan and rural parts of the state.

Chris Thomas, podcast host and Behavioral Health Justice manager at the center, said in a press release one serious issue led to the creation of the podcast.

"Nobody was talking about what was working," according to Thomas. "We want this podcast to shine a light on partnerships that are moving the dial, leading to better solutions and outcomes for people who may become involved with the justice system due to experiencing behavioral health, intellectual/developmental disabilities, or neuro-cognitive concerns."

The podcast is available on streaming platforms and major distribution channels online. Listeners can subscribe at [ocbhji.org/podcast](http://ocbhji.org/podcast) to make sure they receive updates and alerts when new episodes post.

The podcast's first full episode debuted March 3. Episode links also are available on OCBHJI's social media accounts.

Thomas said he hopes the series will not only raise community awareness about partnerships in criminal justice and behavioral health but also help connect existing agencies with useful resources and contacts.

"These are the kind of conversations that bring us together and make a real difference," Thomas said.

For more information about the Oregon Center on Behavioral Health and Justice Integration, visit [www.ocbhji.org](http://www.ocbhji.org) or [www.facebook.com/ocbhji](https://www.facebook.com/ocbhji).

## PEANUTS

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As a spread, peanut butter can be used in various forms in recipes both sweet and savory. Peanut butter cookies can be found, in some version or another, in just about any general cookbook. Peanut butter is used to make dipping sauces, marinades and soups. It is also found in international cuisines.

Peanut butter has a lot going for it in terms of nutrition. Although relatively high in calories (about 190 per two-tablespoon serving) it is high in protein, vitamin E, B vitamins, fiber, phosphorus,

manganese and magnesium. It also contains copper which helps maintain bone health. According to WebMD, it also contains a fat called oleic acid which can help to maintain HDL (the "good" cholesterol), blood pressure and blood sugar. Maintaining healthy levels of these may aid in helping to prevent heart disease.

However, because it is high in fat (some of which is saturated fat) and calories, a little goes a long way and consuming too much peanut butter can result in weight gain, unless a person's physical activity level compensates for the additional calories. Therefore,

as with most foods, peanut butter should be consumed in moderation.

Due to the fat content (and protein) of peanut butter it tends to give a sense of fullness after it is eaten and is slow to be digested, therefore it prevent a feeling of hunger for a longer period of time and can help prevent overeating and weight gain.

Peanut butter is not for everyone, however. Some people are highly allergic to it and can go into anaphylactic shock from eating even very small amounts. This reaction causes swelling of the tongue and throat and can cause hives. This is a medical, life-threat-

ening, emergency and requires immediate medical attention.

Peanut butter as a snack has a lot of options: peanut butter and apple slices, peanut butter and crackers, peanut butter and celery with raisins (also known as "ants on a log"), peanut butter and celery with dried cranberries (also known as "lady bugs on a log"), etc.

And speaking of celery ... April is National Celery Month. When some people think of celery they may think of its claim to fame as a diet food. But there is much more to celery than just its tiny amount of calories (10 calories per stalk). It has antioxidants which protect cells, blood ves-

sels and organs from oxidative damage. It contains vitamins K, A and C, nutrients such as folate and potassium, fiber and at 95% water, it provides a source of hydration. It is also low in sodium.

However you take your peanut butter and celery, both can be part of a healthy and nutritious diet. For more infor-

mation and recipes using both peanut butter and celery, go to [www.foodhero.org](http://www.foodhero.org).

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## STABLES

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The new building replacing the stables and occupying the next lot was owned by Mrs. Ethel Grandy and first housed the Inland Motor Company, advertising roadsters for \$633 (average income \$150 per month or less), followed in 1922 by Blue Mountain Garage.

In 1934 W. C. Perkins expanded his Ford business by "remodeling and re-equipping the new location," according to The Observer, and remaining until the mid 1950s. Around 1961 a new building was constructed on this site. The west portion of this building housing Two GI's Supply Center was destroyed by fire in the spring of 1987.

Although City Stables faded away, Anson remained as an active participant of Union County. Joseph A. Anson was born in Stratford, Bedfordshire, England, in 1837 and came to the United States at the age of 10 with his parents George and Margaret and three siblings — William, George and Catherine. They arrived at Baltimore, Maryland, in 1847. Over the next nine years they worked their way west, living in New Jersey, Ohio and finally arriving in Iowa in 1856.

The family was in Iowa when the Civil War broke out and Joseph enlisted under the Union Flag on July 1, 1861, serving until the close of the war when he mustered out on July 29, 1865. In December of that year he married Amanda Newell, a young Iowa woman.

According to Claude Anson, his grandson, it was not long after the war that Joseph started west to join one of his brothers who had come to the Island City area in the early 1860s and constructed a log house on 80 acres he had received from the government. Joseph and Amanda had quite a trip experiencing all of the usual hardships plus having the two oxen pulling their cart dying and having to use Joseph's saddle horse to bring the cart the rest of the way.

Joseph and Amanda settled on the 80 acres to farm with the brother and his wife, but the brother's wife wasn't adjusting to this life so they left and went to Nebraska. Joseph and Amanda had five small children when Amanda died

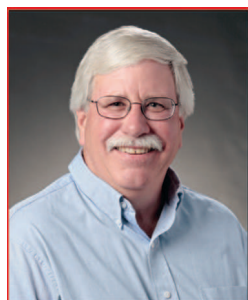
in 1872. Joseph married Fannie Sparks, a widow with a young son. The farm expanded another 160 acres with Joseph farming it until his son Orlin took over, then grandson Claude and later a great-grandson.

Joseph Anson was an active member of the La Grande post of the Grande Army of the Republic, but by the time of his death there were only three members left. He was also quite active in the Independent Order of Odd Fellows. Joseph A. Anson died in his home at the age of 95 in 1933.

Keep looking up! Enjoy!

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