

# FOOD

## Classic Butter Roasted Chicken with Herbs and Roasted Vegetables

**Directions:**

1. Preheat the oven to 450 degrees F.
2. Remove the giblets and neck from the chicken. Rinse the chicken inside and out with cold running water; drain and pat dry with paper towels. Chop enough rosemary to make 2 tablespoons (about 3 sprigs). In a large bowl, combine the chicken, potatoes and carrots. Add the butter, chopped rosemary, salt and pepper. Toss well.
3. Place the whole lemon and 3 rosemary sprigs inside the cavity of the bird. With kitchen string, tie the legs together.
4. Put the potatoes, carrots and parsnips on the bottom of a 9-x-13-inch roasting pan. Place the chicken right on top of the vegetables. (This will both flavor the vegetables and act as a rack for the chicken.) Roast for 20 minutes in the oven. Add half the chicken broth to the pan and baste the chicken with the juices from the pan. Continue roasting, basting 1 or 2

more times using the additional broth. The chicken is done when the temperature on a meat thermometer inserted in the thickest part of the thigh reaches 175 to 180 degrees F and the juices run clear when the thigh is pierced with the tip of a knife, about 80 minutes. The vegetables should be very tender and give easily when a fork is inserted into them. Remove the pan from the oven and let sit 10 minutes before carving the chicken.

5. Place the chicken to one side of a platter and arrange the vegetables on the other. Tuck a small bunch of parsley between the chicken legs and arrange the remaining parsley over the vegetables in single sprigs. Pull some of the parsnips from the bottom and lay them on an angle on the top of the vegetables. Carving at the table is required, so have a cutting board on the table alongside the platter, and, if needed, remove the chicken to the cutting board to carve.

**Ingredients (Serves 4 to 6):**

- 1 whole 4 1/2-to-5-pound chicken
- 6 whole rosemary sprigs, plus more for garnish
- 1 pound (about 8 to 10) baby new potatoes
- 12 baby carrots, lightly peeled or scrubbed
- 8 tablespoons butter (1 stick), melted
- 2 teaspoons kosher salt
- 1 teaspoon cracked black pepper
- 1 whole lemon, 2 holes poked through the skin
- 4 parsnips, peeled, halved lengthwise
- 1 cup chicken broth
- 1 bunch parsley, cleaned, for garnish



"This is an entire meal that will seem like you spent hours cooking. The simple prep work, low maintenance while cooking and great taste will make this a family favorite."

## Cold Salmon Spread

This savory appetizer is made with both fresh and smoked salmon; it's a natural match for the Pacific Northwest. While the turkey's cooking, your guest will be sampling this creamy spread, served with crackers, fresh cut vegetable, and toasted French bread.



**Preparation:**

1. In a skillet, melt the butter over low heat. Add the shallots and carrot. Cover and cook 5 minutes, stirring once.
2. Rinse the salmon steak, cut it in half lengthwise, and place the pieces atop the vegetables. Drizzle with the chicken stock. Cover the skillet and resume cooking for 10 minutes or until fish flakes easily. Then remove the skin and bones from the fish.
3. Blend the fish and vegetables in a blender or food processor until smooth. Add the remaining ingredients and process until the smoked salmon is finely chopped but not smooth. Cover with plastic wrap and refrigerate until a few minutes before serving time. Makes 3 cups.

**Ingredients:**

- 2 tbs.- Unsalted Butter
- 1/2 cup- Sliced Shallots
- 1 medium-Carrot, peeled and thinly sliced
- 3/4 pound- Red Salmon Steak, 1" inch thick
- 1 tbs.- Chicken Stock
- 1/2 pound -Smoked Salmon, diced
- 4 ounces -Softened Cream Cheese
- 1 tsp.- Lemon Zest (finely grate the skin of a fresh lemon)
- 1/8 tsp.- Black Pepper

## Holiday Cranberry Upside-Down Cake

Cranberries look festive but a lot of times it's difficult to find a recipe that works for us. Topped with tangy cranberries in lieu of sweet pineapple, this recipe lends a distinctive New England flavor to old-fashioned upside-down cake. To be sure you're using the freshest berries, you'll want to choose fruit that has bounce in it. Or you can put it to the water test. Small pockets of air trapped in fresh cranberries make them bounce -- and float in water.



**Ingredients:**

- 6 Tbs.- Butter, softened
- 2 cups- fresh or frozen Cranberries
- 1/2 cup- firmly packed Brown Sugar
- 1/3 cup- chopped Pecans, toasted
- 1 cup- Sugar
- 2 Eggs, at room temperature
- 1 1/2 tsp.- vanilla extract
- 1 1/4 cups- Flour
- 1 1/2 tsp.- Baking Powder
- 1 tsp.- Cinnamon
- 3/4 cup Buttermilk

**Directions:**

1. Preheat oven: 350 degrees
2. Melt 2 TBS. Butter and pour into a 9" inch springform pan.
3. In a mixing bowl, combine the cranberries and the brown sugar. Then scatter the mixture atop the butter. Sprinkle on the pecans.
4. In a medium-mixing bowl, beat the remaining 4 TBS. of butter and sugar at medium speed until well blended. Beat in the eggs one at a time, and then beat in the vanilla extract.
5. Combine the flour, baking powder,

and cinnamon in a small bowl and stir well. Beat a third of the dry ingredients into the creamed mixture, followed by half of the buttermilk. Continue alternating in this way until you've beaten in the last of the dry ingredients. Spoon the batter evenly over the cranberries.

6. Bake the cake until a wooden toothpick inserted in the center comes out clean, about 50 minutes. Let it cool in the pan for about 5 minutes, then invert the cake onto a serving platter and remove the pan. Serves 10

## RECIPE REQUESTS

To make life easier for meal preparations, the 'Food Section' will present an assortment of hearty, healthy and user-friendly winter and holiday recipes.

For recipe requests or suggestions contact:

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Subject: Food Section

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