

A one-pan delight

Chicken and sausage come together in an easy, no-mess recipe

BY AMY DREW THOMPSON
Orlando Sentinel

I've been wanting to feature this recipe for some time now, as it's pretty much perfect.

It has few ingredients. It requires one pan that can double as a serving dish. Prep, which can be done up to two days in advance or right before cooking, is virtually zero-mess. It smells fabulous. It looks gorgeous. It will lock in your rep as a slayer in the kitchen who gets it done, even on the busiest days.

And now that I've made it for Austin Fuller and Anne Simpson, I can add that it's also a great choice to help stressed friends decompress.

Fuller is my colleague. A business reporter for the Orlando Sentinel, he, too, covers restaurants and we chat about our beats and food in general quite often. He likes lemon-blueberry combinations. He loves fried chicken. He texted a dozen or so food pics during his recent vacation in New York City.

And so when he and his girlfriend were displaced from their apartment after Hurricane Ian flooded the place, like many of their friends, I asked what I could do to help.

At the moment, he said, they were covered — staying with friends and such — “but don't be surprised if we hit you up for a hot meal at some point,” he said.

I wasn't surprised they needed one.

Fuller had awakened around 4 a.m. on Sept. 29 and wet his feet when they hit the bedroom floor.

“At that point, the entire unit had water in it,” he told me. “We weren't sure how much deeper it would get as the rain was still coming down.”

Bailing proved an exercise in futility and the days that followed — during which both he and Simpson, a librarian, were still working — were “too chaotic and packed to adequately describe.”

But community emerged from the chaos.

“So many people reached out and offered to help that we didn't really have to ask,” he says. “So many people were generous in offering places to stay, meals, money, to ship us stuff, or just to talk.”

And the value of those hot meals, at my place and others?

“It was nice to decompress with people we enjoy,” says Fuller. But he's also pragmatic. “One can only eat so much fast food in so many days before longing for a home-cooked meal.”

Nigella's dish — crisp chicken, bone-in and juicy, alongside snappy sausages, all beautifully browned — makes for a wonderful low-carb meal alongside green vegetables or a nice salad, all while bringing to life those traditional stuffing-like flavors of sage and onion. I always cut a couple sausages in half to further infuse the meats with whatever flavor you choose.



Amy Drew Thompson/Orlando Sentinel-TNS

Supermodel on the plate. Use a pretty pan and you can just take it from oven to table.

ONE PAN SAGE AND ONION CHICKEN & SAUSAGE

Regarding the ingredients, I've been known to cheat juuuuust a little, using whatever mustard's in the fridge — deli to Dijon. I generally use fewer sausages, as well (6-8) and cut a couple in half to let the flavors combine during the cook. Regardless of tweaks, this dish is always a crowd pleaser and you can find it here: nigella.com/recipes/one-pan-sage-and-onion-chicken-and-sausage.

- 1 large onion
- 1/2 cup olive oil
- 2 teaspoons English mustard
- 1 tablespoon dried sage
- 1 lemon, cut into eighths
- 1 tablespoon Worcestershire sauce
- 4 pounds chicken (jointed into 10 pieces)
- 12 sausages
- 2 tablespoons chopped fresh sage (or chives or watercress to serve)
- Pepper

Peel and cut the onion into eighths, and put into a freezer bag with the oil, mustard, dried sage, a good grinding of pepper and the Worcestershire sauce. Squeeze juice from lemon wedges into bag and toss them in. Squidge everything around to mix (the mustard needs help to combine) and then add the chicken pieces. Leave to marinate in the fridge overnight, or for up to two days.

Preheat the oven to 425 degrees Fahrenheit. Allow the chicken to come to room temperature in its marinade.

Arrange the chicken pieces in a deep roasting tin, skin-side up, with the marinade, including all the bits and pieces, and tuck the sausages around them. Sprinkle the fresh sage leaves over the chicken and sausages and then put the tin into the oven to cook for 1 hour and 15 minutes — though note that fan ovens may cook this more quickly, so do check after 1 hour. Turn the sausages over halfway through to color them evenly.

Arrange the chicken and sausages on a large platter.

Generally I go mild or spicy Italian (depending on who's coming) and have used a turkey version with success on more than one occasion. Next time I might try Lawson's suggestion



Amy Drew Thompson/Orlando Sentinel-TNS

Prep could not be simpler.

of heat-laden Spanish chorizo, which sounds scrumptious.

Unless you're pointedly abstaining, this dish begs for carbs. I've served it with simple rice (I like it sticky), with crusty bread for that lemony jus and on this night for the first time, with olive oil-roasted potatoes, simply seasoned with salt, pepper and fresh sage and thyme. Orzo could be a great pairing, as well.

Simply put, this dish is a looker. Roast it in a pretty pan and it goes from oven to table like a culinary cover girl.

I hadn't made it in quite some time and never before in my new place. In fact, they were kind of my first official dinner guests. As usual, Nigella's recipe came through.

“I liked the lemon flavor,” Fuller told me, both on the night of the meal and afterward. “And you know I love a good chicken dish. We'll be looking for the recipe to make it some time ourselves.”

Though at press time the pair were still floating — staying in the home of another coworker who was out of town for the week — soon they'll have a cute, new Baldwin Park flat in which to make the dish.

“We're eating salads right now,” Fuller said with a chuckle. They're trying to cleanse after a preponderance of displacement-induced fast food consumption, but the outpouring of support has been as comforting as french fries, reminding them that they'd surely land on their feet.

“We are going to be fine because of everyone who helped,” he said. “We are very grateful to everyone who helped in any way.”

It takes a village, goes the saying, and I feel lucky to be a part of one. Especially when I get to cook.

Melville Building has a long, varied history



GINNY MAMMEN
OUT AND ABOUT

The area of 1427-1429 Adams Ave. in downtown La Grande was the location for a dwelling during the late 1800s and early 1900s. During this period it varied between being a single residence and a boarding house. By 1913 it was serving as the latter, operated by Chris Miller, with several boarders.

There was a Miss Clark who engaged in teaching china painting to the ladies and drawing and watercolor classes for the children. Also living there was Rhoda Pierce, who sold various hair goods. In 1915 Chris and Maggie Miller purchased a home at 1510 Adams and were still renting out rooms and where Chris had a business of buying and selling fur pelts.

Sometime between 1915 and 1920 the home was purchased by the Arbuckles, James and Katie, who ran the Model Restaurant. By 1923 they were ready to retire and take a well-deserved vacation from the restaurant business and were offering both the business and their home for sale.

Very likely the purchaser of the lot and house was John Melville, who operated the hardware business in one of the wood buildings across the street at 1428 Adams. John and Mary, his wife, lived in a house behind the shop. John, born in 1856 in New York, had been working in La Grande since 1895 when he arrived and started his plumbing business. Over the years two of his sons joined him and in 1922 they expanded the plumbing business to include a line of crockery.

The business had done well. In 1926 John was 70 years old yet he saw an opportunity to further expand during this period of new growth in La Grande. He took action and made plans for a new building across Adams at 1427-1429. It was No-



Fred Hill Collection

The Melville Building, 1427-1429 Adams Ave. in downtown La Grande, has been home to a variety of tenants since it opened in 1927.

ember 1926 and both the Curry Building next door and his new Melville Building were nearing completion. Unlike the other buildings on this block, the Melville building was to be two-story with four apartments, three large and one smaller, to allow for a wide stairway with an outside entrance, planned for the upper floor. It had two commercial spaces on the street level and the rear of the building included a one story sheet metal and plumbing shop. By mid June 1927 the building was fully completed for occupancy.

The first occupants in the commercial portion of the new building were the Baldwin Piano Company and the Melville Plumbing Company

under the management of Melville's sons, Victor and Harry. The piano store was the first to be opened by the company in Eastern Oregon and advertised a piano for everyone's budget ranging in price from \$285 to \$21,500. Melville Plumbing in addition to offering plumbing for bathroom and kitchen plus hardware items and service, added more to their china and pottery display.

The Melville Building, for the following 30 years, experienced many changes in occupants. It is unknown what happened to the piano business, but in June of 1928 Gus Read opened the Green Market in the western portion of the new Melville Building. It was primarily a delicatessen

providing homemade salads and lunch meats and featured fresh produce. It was a good idea, but although Green Market remained in this location, it changed owners three times in the first year. By 1930 a new owner was Harley Stoneking, who eventually changed the name of the market to Stoneking's Grocery where he offered a wider variety of grocery items. This remained here until March 1937 when Harley was bought out by Mike Lukson, who later partnered with Bert Webb forming B & M Grocery. Then Webb bought out Lukeson. By 1940 the new owner of the grocery, now to be called Ware's Market, was Fred (Buck) Ware, a man in his late 60s, who appears to have been a retired merchant.

By 1950 Fred was unable to work, but his wife, Gertrude, and daughter, Georgia, had taken over the operation of the grocery. This continued until early 1956 when Fred became ill and died. The grocery was then offered for sale by the family. For a while the space at 1427 Adams remained unoccupied. In July of 1957 The Church of Christ Scientist located a reading room at this location and remained there for many years.

Over the years the Melville brothers changed from the plumbing business and concentrated more on gift and homeware items. In 1946 Virgil Choate and Nylic Lewis purchased the Melville Building as well as the business. In February of 1946 The Observer ran an ad stating that Melville's was open under new management. This was the store that was here for many years to provide useful household items as well as the beautiful gift items that graced La Grande homes for weddings, birthdays and Christmas.

Currently the Melville Building is the location of Allied Mortgage Resource and The Royal Clothiers.

Keep looking up! Enjoy!

Ginny Mammen has lived in La Grande for more than 50 years and enjoys sharing her interest in the history of people, places and buildings.