



BUTTERY HERB ROASTED CHICKEN



SERVES

6



METHOD

OVEN



HOURS

1.75



DIFFICULTY

2/10

INGREDIENTS

- 1 5-pound roasting chicken
- 1/2 cup unsalted butter, softened, divided
- 1 cup chicken broth
- 3/4 cup orange juice
- 1/2 cup white wine
- 2 garlic cloves, minced
- 1 teaspoon salt
- 1/2 teaspoon pepper
- 2 fresh rosemary sprigs
- 2 fresh thyme sprigs
- 2 fresh sage sprigs

Preheat oven to 350°F. With fingers, carefully loosen skin from chicken; rub 1/4 cup butter under skin. Secure skin to underside of breast with toothpicks. Place chicken on a rack in a shallow roasting pan, breast side up. Tuck wings under chicken; tie drumsticks together. Pour broth around chicken.

Melt remaining 1/4 cup butter; brush over chicken. Drizzle with orange juice and wine. Combine garlic, salt and pepper; rub over skin. Place rosemary, thyme and sage in roasting pan.

Roast until thermometer inserted in thickest part of thigh reads 170°-175°F, 1-1/2 to 2 hours (Cover loosely with foil if chicken browns too quickly.) Remove chicken from oven; tent with foil. Let stand 15 minutes before carving; remove toothpicks. If desired, skim fat and thicken pan drippings for gravy. Serve with chicken.



MERLUZA EN SALSA VERDE

(HAKE IN GREEN SAUCE)



SERVES

2



METHOD

STOVETOP



MINUTES

20



DIFFICULTY

1/10

INGREDIENTS

- 1 pound hake fillets (1/2" thick)
- 2 tablespoons extra virgin olive oil
- 2 garlic cloves
- 1/4 cup fresh parsley
- 1 teaspoon corn starch
- 1/4 cup fish broth
- 1 lemon
- Sea salt to taste**
- Fresh ground black pepper to taste**

Mince 2 cloves of garlic, finely chop a generous handful of fresh parsley. If necessary, cut the fillets into 2 or 3 evenly sized portions and season them with sea salt & freshly cracked black pepper.

Heat a nonstick fry pan with a medium heat and add 2 tablespoons extra virgin olive oil, after add the hake fillets season side down into the pan, after 3 minutes flip the fillets, cook another 3 minutes, remove the hake fillets from the pan and transfer to a dish.

Using the same pan with the same heat add the minced garlic, mix around with the oil, making sure to scrape up anything left over from the hake, 30 seconds later add about a 1/4 cup of freshly chopped parsley and 1 teaspoon of cornstarch, mix it all together until well combined and then add a 1/4 cup of white wine, again continue to mix until it thickens, then add a 1/4 cup of fish broth and continue to mix, after 2 minutes add the hake fillets back into the pan, making sure to flip them so they are covered in the green sauce, after 1 minute remove the pan from the heat, serve directly from the pan or in a dish, garnish with lemon slices and fresh parsley.



ITALIAN SAUSAGE TOMATO SAUCE



SERVES

8



METHOD

STOVETOP



HOURS

1.75



DIFFICULTY

3/10

INGREDIENTS

3 tablespoons extra virgin olive oil, divided
 1 cup white onions, chopped
 1 cup red bell peppers, chopped
 2 cloves garlic, minced
 1 dried bay leaf
 1/8 teaspoon crushed red pepper
 1 teaspoon dried parsley
Salt and black pepper
 2 28-ounce cans whole tomatoes, with juice
 3/4 cup water
 1 teaspoon brown sugar
 1 tablespoon pesto
 4 medium fresh Italian sausage

In a saucepan, heat 2 tablespoons of the olive oil over medium heat. Add the onions, and cook 4-5 minutes until they are soft and golden. Add the bell peppers, garlic, bay leaf, crushed red pepper, dried parsley, salt, and black pepper. Cook everything for about 3 minutes. Remove the bay leaf, and set aside.

Add the 2 cans of whole tomatoes including the juice. With a hand blender, crush the tomatoes. Be careful not to blend the tomatoes too much. You should leave a few chunks of tomatoes in the sauce. Add the brown sugar and water. Cook for more 3 minutes. Return the bay leaf to the pan. Add the pesto, and cover the pan. Once it boils, lower the heat to maintain a low simmer. Don't forget to stir occasionally.

Meanwhile in a skillet, heat the remaining 1 tablespoon of olive oil. Add the Italian sausages, and sauté until they become brown on the outside but still raw inside. Cut the Italian sausages into three pieces each, and add to the tomato sauce. Cook on low heat for about 1½ hours. You can also cook the sauce for longer (3-4 hours) if you have the time.

Before serving, remove the bay leaf. Serve it over spaghetti or zucchini noodles.



SHRIMP SCAMPI

**SERVES****2-4****METHOD****STOVETOP****MINUTES****35****DIFFICULTY****3/10****INGREDIENTS**

6 tablespoons olive oil
1 small onion
2 tablespoons fresh parsley,
chopped
4 garlic cloves
2¼ pounds whole shrimp
¾ cup white wine
4 large tomatoes, diced
7 ounces tomato purée
1 tablespoon breadcrumbs
¼ teaspoon saffron

Place a large skillet over medium-low heat. Add olive oil, diced onion and half of the chopped parsley. Stir to combine and cook for about 2 minutes. Add diced garlic cloves and whole shrimp scampi. Stir and cook for an additional 2 minutes. Always use the whole scampi, because they release a lot of flavors and make this dish richer.

Add the white wine. Cook for 5 minutes. Then, transfer the scampi to a large plate and add diced tomatoes, tomato puree and breadcrumbs to the skillet. Season with salt and pepper and cook for another 15 minutes.

The sauce should now be reduced, creamy and rich. Return the shrimp scampi to the skillet and cook for 5 - 8 minutes. Add the saffron. Transfer to a nice serving plate. Sprinkle with the rest of the freshly chopped parsley and serve with bread. Enjoy.