

CHICKEN WITH ROOT VEGETABLES

(“CHICKEN-WITH-BOTH”)

FROM PATRICIA WILLIAMS

Patricia’s disclaimer: “I know this is not a helpful thing to say, but I do vary the amounts and ingredients of this according to how I am feeling. This is *roughly* what I do.”

Ingredients

- 1 whole medium or large chicken
- 2 or 3 rashers of smoked streaky bacon
- 1 large sweet orange
- Around 2 or 3 red onions
- Around 5 large sweet potatoes (more of these than any other vegetable)
- Around 3 or 4 parsnips
- Around 4 carrots
- A few garlic cloves
- Fresh coriander leaves (added at end for decoration)
- Chicken stock with or without some white wine—enough to cover the chicken up to at least the level of the top of the legs
- Black pepper and salt to taste
- Spices: the crucial ones are cumin, turmeric, garam masala, and coriander seeds. A tablespoon of each will suffice if you’re using a big pot and a lot of liquid. More generally, a mixture of some or all of the spices listed below will be adequate:
 - ground cumin
 - coriander seeds
 - ground garam masala
 - ground coriander
 - turmeric

Instructions

1. Season the inside of the chicken with salt, pepper, and crushed garlic cloves and stuff with 2 quarters of the orange. Cover the breast and thighs with streaky bacon.
2. Cut all vegetables into chunks rather than thin slices—they can get too soft with long cooking otherwise. Add a few more garlic pieces. Sweat vegetables in small amount of olive oil for 2-3 minutes maximum in a large casserole. Add the remaining orange cut into quarters. Place the chicken in the middle of the vegetables and spread some over the top.
3. Add chicken stock (Patricia: “And wine, if you like, but I think it’s often better with just the stock and spice combination”) until it comes just up to the level of the top of the leg, leaving the breast out of the liquid. Bring the liquid to a boil and cover with a layer of foil fitted closely over the chicken, between it and the lid of the casserole.
4. Place casserole in or near the bottom of the oven and cook slowly for at least an hour and a half, depending on the size of the chicken. Patricia: “My rule of thumb is to adjust the temperature of the oven to the level at which the liquid is just moving a little—not bubbling—and then to take off the bacon rashers about half an hour before the end and add them to the vegetables. Sometimes, if the chicken looks very pale, I take out most of the vegetables and some stock and brown the chicken in a hotter oven for a quarter of an hour, but you have to be careful it doesn’t cook too much and become soggy. It’s good if the vegetables remain a little crunchy, but that may be hard to manage. It’s a process of trial and error, really, but it always tastes good.”
5. Taste halfway through and add more seasoning and spices to suit. By then, you should have a good idea of how the combined flavors are working out.
6. Add coriander leaves before serving.

BRAISED SHANKS OF LAMB WITH ROSEMARY AND WINTER VEGETABLES

FROM JASPER WHITE'S "COOKING FROM NEW ENGLAND"

Disclaimer: In "Cooking from New England," the recipe includes two racks of lamb, grilled and added at the table to the plated lamb shanks, root vegetables, and sauce. This version of the recipe, modified by Jane Kramer, excludes the racks of lamb for simplicity and affordability.

Serves 4

Ingredients

- 4 small whole lamb shanks
- Kosher salt and freshly ground black pepper
- 4 tablespoons olive oil
- 4 cloves garlic, finely chopped
- 4 shallots, finely chopped
- 2 cups dry white wine
- 2 cups reduced veal stock
- Juice of 1 orange, zest reserved
- Juice of 1 lemon, zest reserved
- 2 tablespoons tomato paste
- 2 branches fresh rosemary
- 2 parsnips, peeled and cut into large ($\frac{3}{4}$ to 1 inch) dice (1 cup)
- 1 small rutabaga, peeled and cut into large ($\frac{3}{4}$ to 1 inch) dice (1½ cups)
- 1 small celery root, peeled and cut into large ($\frac{3}{4}$ to 1 inch) dice (1 cup)

Instructions

1. Season the lamb shanks with salt and pepper. Heat a pan suitable for braising and add the olive oil. Brown the shanks on all sides and remove from pan.
2. Add the garlic and shallots and cook until lightly browned. Add the wine and reduce by half. Add the stock, orange juice, lemon juice, tomato paste, and rosemary. Stir to mix all ingredients well. Place the shanks back in the pan and bring to a boil. Reduce to a slow simmer and cover. Cook slowly on top of the stove for about 45 minutes.
3. Meanwhile, prepare a thin julienne from the zest of half an orange and half a lemon (no white pith). This would be a good time to dice the vegetables. After the shanks have cooked for 45 minutes, add the zests, along with the parsnips, rutabaga, and celery root. Simmer for 20 to 30 minutes more, partially covered. The liquid will reduce a little further. Both the lamb and the vegetables should be tender. Remove the rosemary and adjust the seasoning with salt and pepper. If this is not to be used immediately, you should cool it as quickly as possible and refrigerate it. Reheat slowly. Place a lamb shank in the middle of each plate. Arrange the vegetables and sauce around the shank.

SPRING PARSNIP STEW

FROM SANDY OLIVER

The instructions are bracingly vague: You cut up some bacon, sauté it, add some onion, some parsnips, a few potatoes, and some water, followed by milk and cream.