

EDIBLE PAINT

Recipe For
September 2017

VINEGAR GLOSSED CHICKEN (WITH OVEN ROASTED VEGETABLES)

PREP TIME: UP TO 2 HOURS
COOK TIME: 30-60 MINUTES
YIELD: 6-8 SERVINGS

INGREDIENTS

1 cup best-quality red-wine vinegar
2 to 3 garlic cloves, minced (about 2
tablespoons)
3 sprigs of fresh rosemary (about 1
tablespoon minced)
5 1/2 pounds bone-in chicken pieces
(each part should be cut in half)

Course salt and freshly ground black
pepper
Extra-virgin olive oil
1/4 cup chicken broth, plus more as
needed

DIRECTIONS

At least 15 minutes and up to 2 hours before cooking, combine the vinegar, garlic and rosemary to marinate.

Season the chicken pieces with salt and pepper. Heat a 14-inch skillet (or two smaller skillets) over high heat and swirl in olive oil to coat the bottom. Place the chicken skin side down. Leave space around each piece. Work in batches if necessary. Sear the chicken so it doesn't stick. Brown all sides; this will take 10 minutes per batch. Regulate the heat so it stays high but does not burn the chicken. Place all the browned chicken back in the skillet.

Add the chicken broth and scrape up any brown bits from the bottom of the pan. Lower the heat, simmer and reduce for 15 to 20 minutes. Increase the heat to high and pour in the vinegar mixture. Swirl the pan and stir around as the vinegar evaporates to form a simmering glaze, 8 to 10 minutes. Service immediately or refrigerate, and reheat with some extra broth.

OVEN ROASTED VEGETABLES

INGREDIENTS

1 bunch of small carrots, peeled
4 medium beets, cleaned, trimmed and
quartered
8 ounces cremini mushrooms, trimmed
and wiped clean, larges ones halved
1/4 cup extra-virgin olive oil
1 tablespoon coarse salt
Coursely ground black pepper

DIRECTIONS

Preheat the oven to 400 degrees. Place each type of vegetable in its own area on a rimmed baking sheet. Drizzle the olive oil over all the vegetables. Sprinkle with salt and pepper.

Roast until the vegetables are tender and lightly caramelized, 25 to 30 minutes. Test each type of vegetable for doneness. Arrange on a platter.



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Recipe Source: The Bitten Word