



- Roasted Chicken Dinner Menu -

Menu – Thyme and Lemon Roasted Chicken with Pan Gravy – Goat Cheese Mashed Potatoes – Green Beans with Shallots and Almonds – Pumpkin Mousse

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Shopping List

Dairy

- 1 ½ sticks of unsalted butter, softened
- 8 ounces goat cheese (I buy this at Trader Joe's)
- 1 ½ cups sour cream
- ½ cup milk
- ½ cup Parmesan cheese, shredded
- 1 ¾ cups heavy whipping cream
- 3 large egg yolks

Protein

- 1 whole roasting chicken, neck and giblets removed
- 5 slices thick cut bacon

Produce

- Bunch of fresh thyme
- Lemon
- Head of garlic
- 1 onion
- 2 lbs. green beans
- 6 large shallots
- 3 pounds Yukon gold potatoes

Pantry

- 1 cup chicken broth (I use Better than Bouillion)
- Vegetable oil
- 2 TB flour
- ½ cup sliced almonds
- 1, 15 ounce can of plain pumpkin
- 1 cup light brown sugar
- ¾ TSP cinnamon
- ¼ TSP ground nutmeg
- 1 packet unflavored gelatin
- ½ cup granulated sugar
- ½ TSP vanilla extract
- Chopped walnuts (optional dessert garnish)
- Salt and pepper

Specialty

- ½ cup white wine
- One box ginger snap cookies (I like the Triple Ginger Snaps from Trader Joe's)
- 3 TB balsamic glaze (I use the one from Trader Joe's)

Equipment

Pans

- [Large roasting pan with rack](#)
- Jelly roll pan
- 13" x 9" baking dish
- Non-stick skillet
- Small saucepan
- Large pot

Utensils/Tools

- Chef's knife
- Cutting board
- Measuring Cups and spoons
- Whisk
- Potato Masher
- Aluminum foil
- Baster
- Mixing bowls (various sizes)

Electrics

- Hand held mixer

Specialty

- Butcher's twine or [silicone baking bands](#)

Mis en Place

The French culinary term for “everything in its place”

In order to have a smooth cooking experience, I recommend that you retrieve all the equipment you will need for the class before we begin. In addition, if you have time, group your ingredients by recipe. Most chefs place their components on sheet pans – this is ideal if you have the room.

Measuring things in advance is optional, but I find if I measure things in advance I am less likely to get lost... such as “did I put in the baking powder?”

SEVERAL HOURS BEFORE bring out the butter and goat cheese!

Butter – You will need $\frac{1}{4}$ cup butter room temperature.

Goat Cheese – You will need 8 ounces goat cheese at room temperature.

Chicken – Please remove your bird from the refrigerator **30 minutes** prior to class so it comes up to room temperature, removing the neck and giblets

Bacon – Please crisp your bacon ahead of class following the recipe at the bottom of the green bean recipe.

Potatoes – Peel them and place in a large bowl of cold water.

Lemon Thyme Roasted Chicken

1 lemon, halved
½ medium onion
1 whole roasting chicken
¼ cup butter, softened
3 cloves garlic, minced
2 tsp chopped fresh thyme
1 tsp salt
1 tsp coarse ground pepper
1 cup chicken broth
½ cup white wine
2 TB flour

Preheat oven to 450 degrees.

Place the lemon half and the onion half in the cavity of the bird.

Combine the butter, garlic and thyme in a small bowl.

Gently loosen the skin from the breast and legs with fingers.

Place ½ of the butter mixture under the skin. Rub the remaining butter mixture on the outside of the chicken. Squeeze the remaining half lemon over the entire bird. Place in a lightly greased roasting pan and sprinkle with salt and pepper. Tie the legs together with butcher's twine or silicone baking bands. Place the chicken in the roasting pan and add 1 – ½ cups of broth to the roasting pan.

Bake at 450° F for 30 minutes then turn the oven temperature to 400° F and bake for an additional 40 – 50 minutes. If the liquid cooks off and the drippings start to burn, add some additional chicken broth! If necessary cover the chicken loosely with aluminum foil to prevent over browning.

Once cooking is complete and your bird is 165°F, remove the bird and let rest 10 minutes, use a foil to tent to prevent it cooling too much. To the baking dish, add the ½ cup of wine, scrap up any brown bits on the bottom. Pour the 1 cup additional broth and drippings/wine into a saucepan. Whisk together, the broth,

drippings, wine and gradually add the flour over medium heat. Whisk until smooth. Cook until thickened, about 5 minutes. Serve with chicken.

Balsamic Green Beans

Serves 8 (Can easily half this recipe)

2 lbs. green beans, trimmed
6 large shallots
Vegetable oil
3 TB balsamic glaze
3 TB butter
Salt and pepper to taste
½ cup lightly salted sliced almonds
5 slices cooked crumbled bacon

Bring a large pot of salted water to a boil. Add green beans and cook for 3-4 minutes.

Remove from heat and drain. Then immediately plunge the beans into a bowl of cold ice water to stop the cooking. Drain. (You can do this step a day ahead. Once cooled, wrap in a clean paper towel and place in a large Ziploc bag. Refrigerate until ready to heat.

Meanwhile thinly cut the shallots into rings. Place 1/2' of vegetable oil in a deep saucepan or skillet over medium high heat. Fry the shallots in batches 1 - 2 minutes until crispy. Remove them from the oil with a slotted spoon and drain on paper towels.

Over medium heat, add the balsamic glaze to a large skillet. Stir in the butter. Once the butter is melted and incorporated, add the beans and sauté 4 minutes until heated through. Season with salt and pepper to taste. Serve immediately topped with bacon and shallots.

Oven Baked Bacon

5 slices thick cut bacon

First, place a piece of aluminum foil on a jelly roll pan. Place the slices of bacon spaced on the pan so they are not overlapping. Place in a preheated 400° F oven for 12 - 15 minutes, until crisped.

Goat Cheese Mashed Potatoes

Serves 8

3 pounds Yukon gold potatoes, peeled and cut into large, evenly sized chunks
5 garlic cloves, whole
8 ounces goat cheese, room temperature
4 TB unsalted butter, at room temperature
1 ½ cups sour cream
½ cup milk
2 TSP Kosher salt
½ TSP black pepper, freshly ground
½ cup Parmesan cheese, freshly grated

In a large pot add the Yukon gold potatoes, whole garlic cloves, and about 1 TB of kosher salt to make the water salty “like the sea”, and water to cover. Bring the pot to a boil, reduce the heat and simmer for 20 minutes, or until the potatoes are easily pierced with a fork.

Drain the water from the potatoes, mash the potatoes and garlic together until smooth. While the potatoes are still hot, stir in the goat cheese, butter, sour cream, milk, salt and pepper. Place the potato mixture in a baking dish. Sprinkle with the Parmesan cheese and bake 30 minutes at 375° until nicely browned.

(After you have assembled the dish, you can cover it and refrigerate it overnight. Bring to room temperature before baking.)

Pumpkin Mousse with Ginger Cookie Crumble

Serves 10

1 can (15 ounce) pumpkin
½ cup heavy whipping cream
1 cup light brown sugar, lightly packed
¾ TSP ground cinnamon
¼ TSP ground nutmeg
3 egg yolks
¼ cup water
1 package unflavored gelatin

1 ¼ cups heavy whipping cream
½ cup granulated sugar
½ TSP vanilla extract

Ginger snap cookies for garnish
Chopped walnuts for garnish
Small dessert cups for serving

Heat a large pan of water until it simmers. Place a bowl over the simmering water. Add the ¼ cup water and the package of gelatin. Stir constantly. Next add the pumpkin, brown sugar, and spices. Cook while stirring, 5 minutes, until slightly warm. Remove the bowl from the simmering water and set aside.

In a separate bowl, place the egg yolks. Take a ladle full of the warmed pumpkin mixture and add it to the egg yolks. Stir until fully combined. (This is called tempering – it allows the eggs to come up to the same temperature as the mixture so as to not scramble them.) Add the egg mixture back into the warmed pumpkin. Replace the bowl back over the simmering water. Cook an additional 5 minutes, stirring constantly, but gently. Remove from the heat, place the bowl in the refrigerator while you whip the cream.

In another large bowl, place the additional 1 ½ cups of heavy whipping cream, the ½ cup of sugar and the ½ TSP vanilla extract. Whip until firm peaks form.

Crumble 1 ginger snap cookie in each dessert cup. Place about 1 TB whipped cream over the cookie crumbles in each cup.

After about 10 minutes of chilling, remove the pumpkin mixture from the refrigerator. Gently fold in ¾ of the whipped cream into the pumpkin, reserving the rest for the garnish on top.

Spoon in the pumpkin into each glass and top with more whipped cream and cookie crumbles. I also add some chopped walnuts. You may serve with additional cookies.

One oven – multiple dishes to bake at different temperatures!
What do you do?

Keep in mind adjusting Baked Goods temperatures is not possible!
You need to bake off your pies and desserts first or the day ahead!

For side dishes you can adjust the temperature of your oven and cooking time to ensure even cooking and multiple dishes finish hot and on time!

You will also need to rotate the dishes from side to side and top to bottom as well for even cooking.

Here is the way you calculate cooking times when adjusting the temperature:
The recipe says 400° for 30 minutes but you have another dish cooking at 350°.

Start temperature / End temperature = % Difference

If you are going from 400° - 350°
 $400/350 = 1.14$

Multiply Initial Time x Difference = New time

30 minutes x 1.14 = 34.2

So you will add an additional 4 – 5 minutes to the baking time at the lower temperature.

For our recipes, our chicken cooks at 400°F for 55 minutes, but we need to cook our potatoes at the same time!

$375^{\circ}/400^{\circ} = .93$

30 minutes x .93 = 27.9 minutes

So you will need to cook them **2 - 4 minutes LESS** when cooking them at a slightly higher temperature.

****Keep in mind – every time you open the oven the temperature drops which will extend your cooking time!**

NOTES: