

WINNER WINNER CHICKEN DINNER

Spring Chicken Dinners



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OVEN-BAKED CHICKEN WITH LEMON + OLIVES

Don't sleep on this easy, elegant, kid-approved dinner (from oven to table in 40 minutes or less).

INGREDIENTS

SPICE BLEND:

- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly-cracked black pepper
- 1 teaspoon ground turmeric
- 1 teaspoon freshly cracked coriander seeds (or 1/4 teaspoon ground coriander)
- 1 hearty pinch fennel seed (optional)

CHICKEN:

- 4 bone-in chicken leg quarters (thigh and leg), about 2 1/2 to 3 lbs
- 3 tablespoons extra virgin olive oil
- 2 lemons, thinly sliced
- 6 cloves garlic
- 2 sprigs oregano
- 1/2 cup unpitted [Castelvetrano olives](#) (or other green olives)*
- Flaky sea salt (such as [Maldon](#)), for finishing



RECIPE METHOD

1. Preheat the oven to 425 degrees and line a baking sheet with parchment paper.
2. Combine the salt, pepper, turmeric, coriander, and fennel seed in a small bowl and rub them together. Season the chicken legs all over with the seasoned salt, patting on the skin. Toss the seasoned thighs, lemons, garlic, oregano, and olives in a bowl or a large heavy-duty resealable bag and toss well to coat the chicken quarters completely on all sides (refrigerate the chicken in the marinade overnight, for deeper flavor, if time allows. This is an easy and helpful make-ahead!).
3. Transfer to the prepared tray, laying the chicken quarters skin side up; scatter the garlic, lemons, and olives among them, and drizzle any remaining marinade over the top (don't leave any of the precious oil or flavoring behind!). Roast until golden brown and just cooked through but still juicy, 35 to 45 minutes, depending on the size of your thighs, turning the pan front to back once for even browning (an instant-read thermometer inserted into the thickest part of the thigh should read 165 degrees). Serve warm with the pan drippings.

PREP TIME: 15 MINUTES // SERVES 4 TO 6

**COOK'S NOTE: UNPITTED OLIVES HOLD THEIR SHAPE AND FLAVOR BETTER. SERVE THEM WITH A REMINDER TO WATCH FOR PITS. OR, USE UNPITTED OLIVES, ADDING THEM HALFWAY THROUGH COOKING.*



CHICKEN POT AU FEU

A little French, a little Hungarian, and a whole lot delicious!

INGREDIENTS

- 1 smallish roasting chicken, 4 1/2 to 5 lbs
- Coarse salt and freshly ground pepper
- ½ white or red onion
- 1 leek, well-washed and quartered
- 3 celery stalks, cut into 2-inch pieces
- 1 pound small carrots, peeled and halved
- ½ pound parsnips peeled and halved or quartered if large
- ½ to 1 bulb fennel, cut in wedges (plus fronds, for serving)
- 1 large turnip or 6 small Tokoyo turnips
- 1 head garlic, split halfwise
- 1 fresh (or 2 dried) bay leaves
- 6 to 8 sprigs fresh thyme
- 2 quarts homemade or store-bought chicken broth
- 1 lemon, halved
- Fresh herbs, such as dill or chervil, or small spinach leaves, for serving (optional)
- Flaky Sea Salt, such as Maldon, for sprinkling



RECIPE METHOD

1. Set the chicken on a paper-towel-lined plate and pat dry. Season well with salt and pepper on all sides, and in the cavity.
2. Place the onion, leek, and celery in your largest Dutch Oven or heavy-bottomed pot. Add half the carrots, parsnip, fennel, and turnips. Add the chicken on top, layer in the remaining carrots, parsnip, and fennel, and turnips around the sides. Add the garlic, bay, and thyme, and pour the broth over the top. Add water to just cover.
3. Bring to a low boil over medium-high heat, staying close (the chicken shouldn't boil or the meat will become tough). When the broth just boils, immediately reduce it to medium-low. Cover and cook on low for 1 hour, or until the chicken is cooked through but still juicy and the vegetables are tender; add the lemon after 30 minutes. Taste and season the broth, as needed.
4. Remove from the heat; when cool enough to handle, pull or cut the chicken into small portions (discard the skin) and divide into shallow bowls, with vegetables and broth. Stir in spinach leaves to wilt, or sprinkle with herbs or fennel fronds (if desired). Season with flaky sea salt (don't skip this part!) and serve warm.

PREP TIME: 15 MINUTES // SERVES 4 TO 6



4 TIPS FOR BUYING CHICKEN



QUALITY

Look for organic, free-range, or Amish chickens raised on organic, vegetarian feed. These chickens are sometimes smaller and pricier but more flavorful and better for you and the planet.

SIZE

You'll need about 2 1/2 to 3 lbs of bone-in chicken to feed 4 to 6 people. Often, three large breasts are enough to feed four people. Remember that thighs or whole legs have a lot of bone, which adds tons of flavor but yields less meat. Extras are welcome! When cooked correctly and stored their own cooking juices or broth, cooked chicken can stay moist in the fridge for 3 nights.

BONE IN OR OUT?

Cooking chicken on the bone deepens the flavor and juiciness of the finished meal but it will take longer to cook through. Invest in an internal read thermometer to test doneness by temperature; pull your chicken just shy of "done" and cover off the heat (it will continue cooking to completion off the heat and stay juicy).

WHOLE OR PARTS?

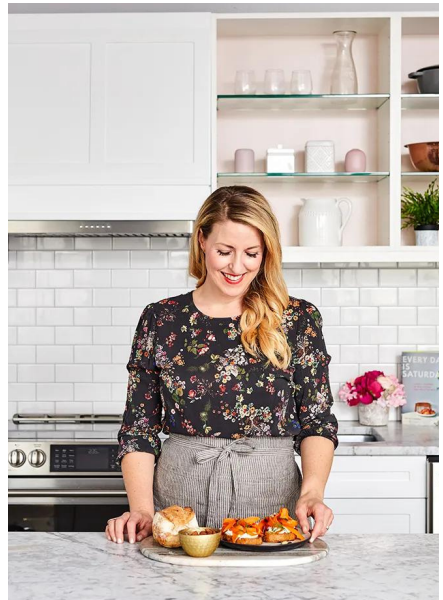
Roasting a whole chicken yields delicious, tender meat, but poaching can do the same thing with less fuss and an easier clean-up. Cooking chicken in parts is faster, of course. If using parts, opt for whole legs (thigh and drumstick) for a brilliant compromise between speed and flavor.

Hi, I'm Sarah...

An award-winning writer, tastemaker and author of *Instant Family Meals*, *Every Day is Saturday*, *Feast* and *The Newlywed Cookbook*. Over the years I have held every kind of job around food, from hosting my own Food Network Series, *Every Day is Saturday*, helming the food content as the Food Director at *Real Simple* magazine, working as a private chef in St. Tropez and some of New York's finest restaurants in their hey day.

Despite these amazing experiences, my favorite role in the kitchen is as chief nourishment officer for my little family. I love making them something that is fast, delicious, super rich in nutrients (read: high in protein and heavy on veg) and most importantly has that little element of magic that makes the everyday feel more special.

These two dinners are perfect examples of that philosophy. My daughter and I love eating out in restaurants, but my husband and son both love eating at home. These recipes deliver on the appeal of a restaurant-cooked meal, with all the home cooked flavor and nourishment (not to mention a better price tag). Serve them for a Sunday Supper and let the leftovers serve your family for days to come.



I hope you love these recipes and my Spring Chicken Dinners class. I love getting your feedback, and want to make these recipe packets and classes really serve you, so please let me know what you want to see more of! Finally, see more about my books and other recipes on the last page. I'd love for these to find their way into your collection.

xx Sarah

MY BOOKS

WANT MORE ...

PRAISE FOR EVERY DAY IS SATURDAY:

"Every Day Is Saturday should be our new collective cooking manifesto and Sarah gives us the tools and tips to make it happen. The recipes are modern, nourishing, with room for indulgence, and most importantly, to connect with the ones you love."

-Aran Goyoaga, author of *Small Plates & Sweet Treats*, creator of *Cannelle et Vanille*

PRAISE FOR INSTANT FAMILY MEALS:

"Sarah Copeland is the Instant Pot, slow cooker, and pressure cooker whisperer! *Instant Family Meals* is packed with the secret to making luscious, easy, and full-flavored food.... Each page offers simple tricks that will make every home cook feel like a master."

-Catherine McCord, bestselling author of *Weelicious* and *Smoothie Project*

PRAISE FOR THE NEWLYWED COOKBOOK:

"With recipes catered towards modern couples looking to spend quality time together in the kitchen, [The Newlywed Cookbook] has me hyperventilating with gorgeous photos and the tastiest looking recipes. This now tops my list as the go-to gift for newly engaged friends."

-Joy Cho, creator of *Oh Joy.*

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