

Northside Cancer Support Center Cooking Demo Notes 5/4/23

Recipes

Roast Chicken with Veggies (cauliflower, kale, tomatoes)

Chicken Salad in lettuce cups

Chicken Stock

Steps

Before demo

- Pull meat from 1 rotisserie chicken
- Start 1 chicken in the oven at 11:30am (cook time 45-50 min)
- Preheat Instant Pot on saute

During demo

- Spatchcock chicken, season and get it in the oven (cook time 45-50 min)
- Make stock with chicken carcass (40 min)
- Demo how to breakdown a chicken on rotisserie chicken
- Prep vegetables for roasting and put in the oven (20-30 min)
- Pull meat from rotisserie chicken for chicken salad
- Make chicken salad
- Remove first chicken from the oven and let rest

Shopping List

- 2 rotisserie chickens
- 2 whole chickens
- 2 heads cauliflower
- 2 bunches kale
- 2 pints grape tomatoes
- 2 large carrots
- Celery
- 2 onions
- 2 apples
- Parsley
- Scallions
- Pecans
- Plain yogurt
- Mayonnaise
- Mustard
- Vinegar
- Fresh thyme
- Bay leaves
- Fresh ginger
- Whole black peppercorns
- Bibb lettuce

“Choose Your Own Adventure” Chicken Salad Recipe

Prep your chicken (about 4 cups)

If you've got leftover chicken, fantastic. Otherwise, poach boneless skinless chicken breasts by gently simmering them in enough salt water to cover. Cook for about 10-15 min or until their internal temperature reaches 165°F. Once your chicken is cooked and cooled, dice or shred it. P.S. Leftover roast turkey works great too! If you want a plant-based protein, chickpeas, white beans or tofu are great choices.

Choose a crunchy vegetable (about 1 cup)

Celery is popular and works well but you may also consider fennel, cucumber, jicama, water chestnuts or radishes. Chop it up into a fairly fine dice.

Choose an onion variety (about 2-3 tablespoons)

Onion really adds depth to the flavors to chicken salad, but you don't need much. Just a few tablespoons of finely diced onion, shallots, chives or green onions is all you need.

Add a sweet ingredient (1 cup)

Grapes are a favorite of many but there are lots of other options to consider: apples, raisins, dried cranberries or dried cherries can all work well.

Add some greens (2-3 tablespoons)

Fresh herbs brighten up a chicken salad brilliantly soft, leafy herbs like basil, tarragon, dill, parsley and cilantro are the best choices. But you can also add up to a cup of thinly sliced sturdy leafy greens like kale and collard greens which create a more refreshing healthy chicken salad.

Go nuts (1 cup)

To add more textural variation and flavor plus good Omega-3 fats, add in some chopped & toasted nuts. Any nut you like will be a tasty choice!

Bring it all together with a creamy dressing or vinaigrette ($\frac{3}{4}$ cup)

If you want a more traditional creamy base start with $\frac{1}{2}$ cup of mayonnaise, yogurt, or sour cream then stir in a tablespoon of mustard and 2-3 tablespoons of vinegar and salt and pepper to taste. If you are thinking about adding any spices like curry powder, or a sweetener like honey - this is where you'd stir those in. Whisk to combine your dressing then stir it into your other ingredients. You can make a lovely dairy free creamy vinaigrette by combining $\frac{1}{3}$ cup tahini, juice from 1 lemon, 1 tablespoon of honey and $\frac{1}{4}$ cup water and salt and pepper to taste.

Roast Spatchcocked Chicken

Ingredients

- 1 whole chicken
- Salt
- Black pepper

Instructions

- Preheat oven to 450 degrees F
- Cut the backbone out of the chicken using poultry shears.
- Flatten the chicken by placing it breast side up on a cutting board and pressing down on the breastbone.
- Place the chicken on a wire rack over a foil lined baking sheet
- Season the chicken on both sides generously with salt and pepper
 - Up to this step can be done up to 24 hours in advance and held cold in the refrigerator
- Roast for about 45 min or until the internal temperature reaches 165 degrees F on an instant read thermometer
- Let chicken rest at least 5 minutes before carving

Chicken Stock

Ingredients

- 1 carcass from a roast chicken or 2-3 pounds chicken wings or other bones
- 1 large carrot, halved
- 1 large celery stalk, halved
- 1 large onion, unpeeled, halved
- 1 head of garlic, halved crosswise
- 1" piece ginger, unpeeled, halved (optional)
- Handful of thyme
- 2-3 bay leaves
- 1 teaspoon whole black peppercorns
- 2 teaspoons salt (optional)
- 2 tablespoons apple cider or white wine vinegar

Instructions

- Combine all ingredients in a pot with 3 quarts of water
- Bring to a simmer and skim off any foam that rises to the surface
- If using a pressure cooker, add the lid and cook on high pressure for 40 min
- If cooking on the stove top, let simmer, covered for 2-3 hours
- Strain stock through a fine mesh sieve and discard the solids
- Stock can be stored in the refrigerator for 4 days or stored in the freezer for 6 months

Roast Vegetables

The key to great roast vegetables is cooking vegetables together that like the same times and temperatures.

Ingredients

- Vegetables of choice
- Oil
- Salt & pepper

2 to 3 pounds root or dense vegetable, peeled if you like and cut into 1-inch chunks or wedges (carrots, beets, potatoes, sweet potatoes, turnips, radishes, rutabaga, winter squashes)

2 pounds high-moisture vegetables (eggplant, peppers, zucchini, fennel, onions, brussels sprouts, broccoli, cauliflower). Slice them and cut into chunks or wedges. Roast at 450 degrees until golden brown all over, 10 to 40 minutes depending on variety and the size of the pieces.

1 to 2 pounds hardy green vegetables (broccoli rabe, snow peas, green beans, kale, collard greens, chard) or cherry tomatoes, trimmed. Roast at 450 degrees for 7 to 15 minutes.

Instructions

- Heat oven to 425 degrees F.
- Toss vegetables with oil, salt, and pepper.
- Roast, 30 minutes to an hour, stirring at least once or twice during roasting for even cooking and browning.