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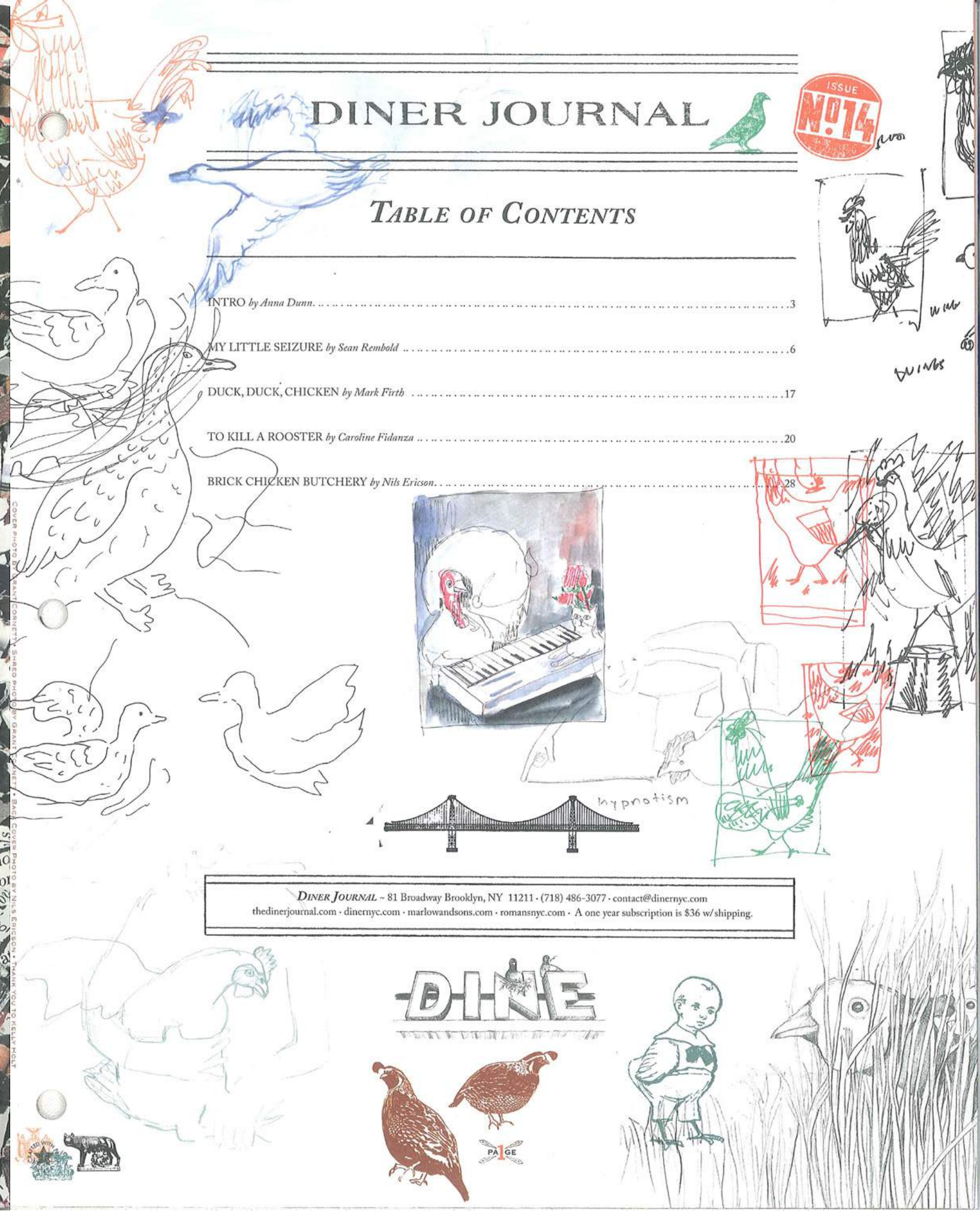
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Thank you to Andrew Dorsey of Marlow & Daughters for hand modeling and butchery services and Ben Jackson for his words.

Pictured are weights, used for brick chicken at Marlow & Sons. The cast iron weight on this page weighs 39.76#, and was foundry poured. The weight on the opposite page is 26.2# and is from the hull of the USS North Carolina, decommissioned. Both are crafted by Aleksey Kravchuk in Brooklyn, NY.

INTRODUCTION by ANNA DUNN

LOOK! Up in the sky. It's a...

One of the first foods that inspired and insecure burgeoning cooks make for a group of people is bird. Roast chicken or turkey is nearly inescapable as a young American at the holiday dinner table. So in some ways nose to tail-feather eating is actually the dominant style of preparing food in the United States even if it's not the most popular way to talk about it.

I'm a writer, a pirate, a learning cook with a dog named Bird. I tend bar. As a teenager in Maine, I loved snow. I thought about being snow. These days I like to help people with writing and try to read like a man in a drought might drink water. So needless to say before I started working on this Journal I was not an expert on recipe reading, writing, editing or executing. And I don't pretend to be now. So this Journal in particular posed a challenge. How to make an instructional piece of literature engaging and inspiring?

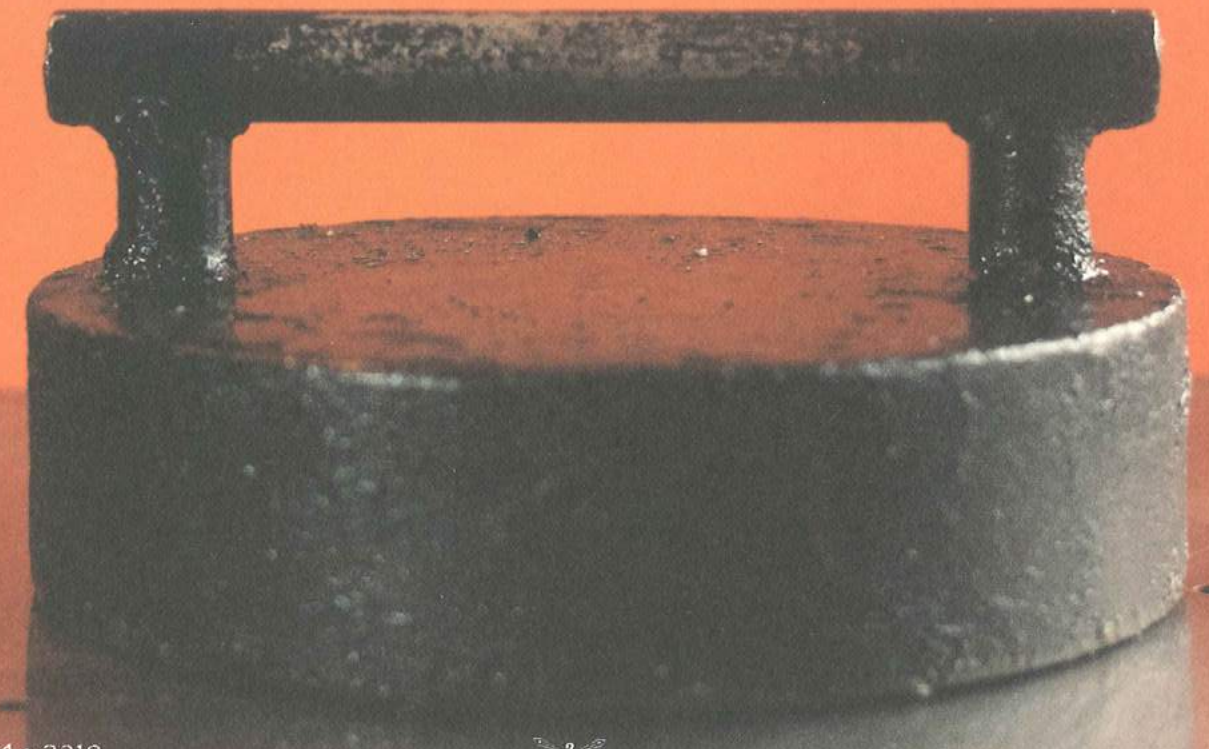
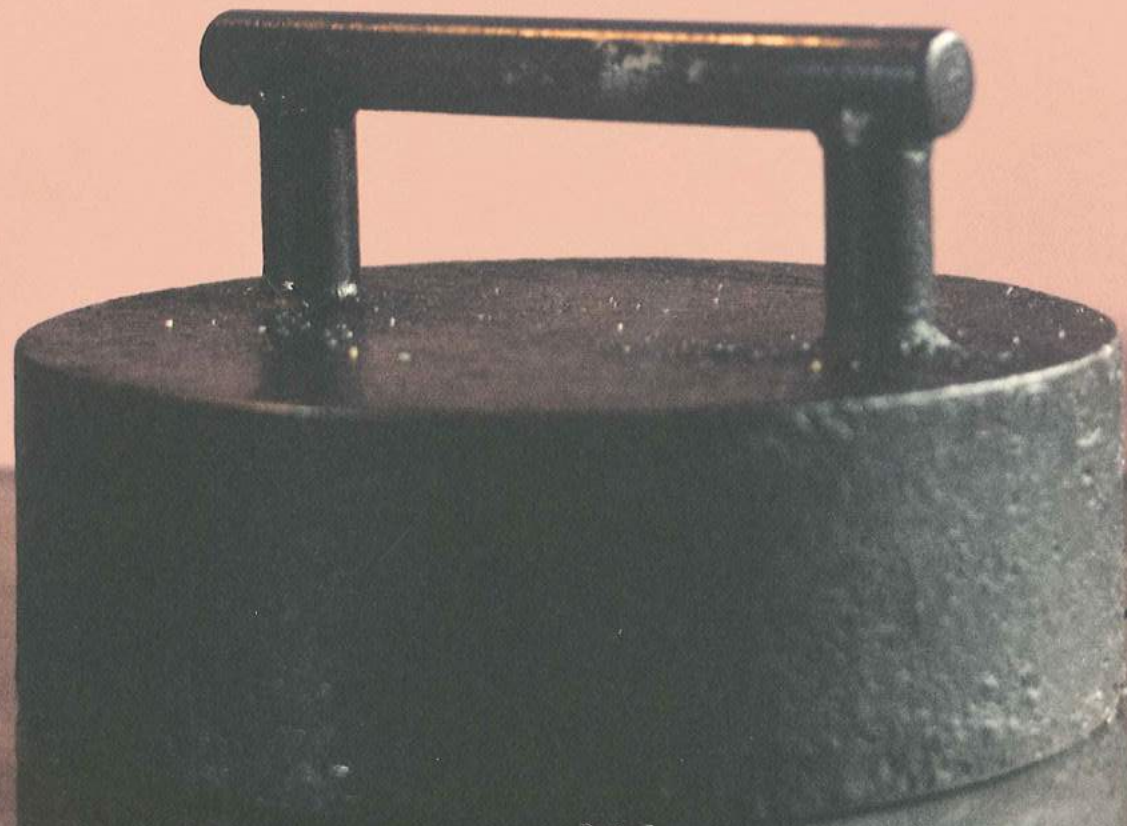
We decided to showcase illustration in this issue for that very reason. It has become an almost tedious practice to stare, drooling and flipping through pages of brightly colored, textured and simmering photos of styled dishes. What we try to talk about here is the way the imagination intersects with food and community. We urged the artists in our community to dig deep into the iconic aesthetics of fowl and Caroline, Sean and Dave to focus fully on our feathered friends. And we got some truly stunning results. The highest praise I can give the artists and illustration in the pages to follow is that they are full with life. As in all the recipes, there seems an undeni-

able and almost tangible affection given by artist to subject, cook to animal. For the birds or rather, decidedly not "for the birds."

There is, as always, duality at work here. Fowl is in some ways thought of as mundane. We can carry it easily in our arms and keep it whole for the cooking in our home. It's thought of as a snore to order at dinner out. But a Frenchman eating a baby sparrow whole, bones intact might crouch under a sheet to hide his gluttony from god. On the farm they wake us or scare the devil away. When a rooster finds a morsel he calls the hens to enjoy it first. Like all things that appear simple, fowl cookery is riddled with complexity.

But over the years I have heard one sentiment over and over, be it from a Yoda-type scholar (Issue No. 8) or a little witch (Issue No. 11). Five murderous words, seven suspect syllables. "I could throttle a chicken." For better or worse we have it out for the bird. Perhaps it's because fowl is more manageable, easier for us to pillage and fry a hen's unhatched egg, simpler to kill a being who famously mistakes an acorn for a piece of sky. Perhaps their beady eyes scare us into forgetting our humanity. Perhaps it is simple. I like to muse we're more inclined to dispatch fowl with our own hands because we are jealous they can fly.

What has become obvious is that, as always, enthusiasm is the key ingredient of learning, eating, cooking and killing.





MIKE REDDY

ROAST CHICKEN

Chicken

Season the chicken liberally inside and out with salt and leave uncovered in the refrigerator for at least one day. This will allow the salt to penetrate the meat of the bird and will also dry out the skin to aid in a good, crispy finish. On the day of cooking, let the chicken come to room temperature for an hour or two and preheat the oven to 450°. The great crux of roasting a whole bird is cooking the dark meat through before the white meat overcooks. Something I've found very helpful is to slowly brown the bottom and sides of the chicken for a good while before finishing it in the oven. Sizzle the chicken gently for about thirty minutes in a good cast iron pan with olive oil on its back and sides. This will get all of the longer-cooking areas started before the breast meat sees any heat. Finish the chicken in the oven, basting and turning it as frequently as possible until the joint between the thigh and leg bones goes just tender. At this point it should rest for a good half hour if not longer. I generally prefer a room temperature roast chicken to one that is piping hot. Carve it, sprinkle it with sea salt and cracked black pepper and give it a few glugs of good olive oil, lemon juice and any of the roasting juices that have accumulated under its resting rack. -DG

KEN'S CHICKEN FRIED RICE

It should be understood that this isn't some great secret or unique version, and of course it's always meant as leftovers. Only gringos seem to want it first.

For 4 cups cooked white rice:

- 1 clove garlic
- 1 white onion
- 2-3 carrots
- 1 rib celery
- 1# chicken, boneless, skinless, cut into ½" chunks
- 2-3 egg whites
- ¼ cup golden raisins and/or salty peanuts
- soy sauce
- sesame oil with or without chili
- fresh ginger, julienned
- scallions

Brown meat in sauté pan. Add garlic, onions and carrot. Sweat out vegetables. Add celery. Add rice. Add egg whites and stir into rice mixture, let it all cook a bit then add/deglaze with soy sauce. Use the soy as seasoning for salt. Fold in raisins and/or peanuts. Pull from heat. Serve with drizzle of sesame oil and fresh scallions and ginger on top. -KW

BRAISED RED CABBAGE

- 1 head red cabbage, sliced thinly
- 1 red onion, peeled and sliced thinly
- salt
- pepper
- 1 apple
- 2 Tablespoons butter or rendered duck fat plus a little extra to taste

Heat oil or fat in a roasting pot. Add onion, some salt and pepper and sweat until onion is very soft. Add sliced cabbage, maybe more salt and pepper and stir until cabbage begins to release some liquid. Cover and simmer until cabbage is fairly soft, but not like baby food soft. Grate apple into mixture and simmer any extra liquid off uncovered. Thicken with a little butter or extra duck fat and serve. -SR

MASHED POTATOES

Peel (or don't peel) 8 yukon gold potatoes. Simmer in salted water until just cooked. Cut the potatoes first if you like, but not too small as they will become water logged. Strain and place the cooked taters onto a sheet pan and dry them in a low oven for about 8 minutes. Meanwhile, simmer 2 cups or so of milk. Dice a ½# (or more!) of butter. Pass the dried potatoes through a ricer. Or use a strong whisk to crush them. Add a couple of drops of milk and a good amount of butter. The key is to emulsify as much butter into the solution as possible. Milk will help keep the butter from breaking the solution. It will also keep the texture from being too starchy. The total amount of butter and milk (and salt and pepper) added is to taste. Go wild. -SR

GRITS

Using a ratio of 4 liquid to 1 dry (grits or polenta), simmer a mixture of half milk and half chicken stock or water. Season with salt and pepper. When liquid is simmering, add the grits by whisking them in. Allow the solution to come back up to a rolling simmer, continuing to whisk. Watch out for the napalm-like effect the hot grits take on and lower the heat to very low. Simmer grits for a couple of hours, slowly loving them with a wooden spoon. A little more liquid may be needed as the grits simmer. When grits develop an elasticity that has them cleanly pulling away from the side of the pot, you know you've done well. The longer they simmer the better. Finish with cheese or chives or butter, lots of butter. -SR

MY LITTLE SEIZURE

by SEAN REMBOLD

When thinking chicken a few things come to mind. There is a common conception that the true test of a cook is his or her ability to roast a chicken. Then there are my own personal memories of shopping in Parisienne butcher shops for Bresse chickens and pheasants this past Thanksgiving. There's truly something to be said for the French people's ability to raise such beautiful birds. But mostly, when I think about our sometimes not so high flying friends, I think of brick chickens. I recall being taught by Eric Lind how to make a perfect brick chicken at Osteria del Circo and I recall the first evening we put the brick chicken on the Marlow and Sons menu.

It was a Monday night and the dish brought our young kitchen to a mind shattering halt. Since that evening, I've occasionally asked myself and some of the other cooks at Marlow, how many brick chickens they've cooked in their life. And for that matter, how many of any one thing have you cooked? I'm curious if cobblers calculate pairs of boots they've produced over the course of their career. My favorite food related estimated calculation is how many oysters Hediberto, our heroic oyster shucker, has shucked in his lifetime. This guy shows up six days a week only to take the life of any where from 200 to 500 oysters over the course of one evening's service. That's a lot of death.

I wonder what Hediberto thinks about when he goes home at night and rests his weary head and forearms. Does he think, "Hey, I really shucked one hell of a lot of oysters tonight." Does he have regrets concerning his performance? Maybe there was a fragmented shell here or a waste of oyster liquor there. Does he dream in oysters?

When I dream, it often has to do with work related situations. I think it's only natural to dream of obsessions. For me that's the stresses behind running two restaurant kitchens. Over the past six months, I've developed a health situation that, though somewhat frightening, has opened my mind to just how emotionally attached I am to what I do for a living. My neurologist says I suffer from minor temporal seizures. Other sources have diagnosed the episodes as panic attacks. Essentially, every few months, and usually while at work, I begin to feel nauseous and for about fifteen to thirty seconds, a feeling of *deja vu* sets in. The *deja vu* feeling is not so much an I've been here and done this before sort of thing, but more disturbing in that I'm able to recollect a recurring nightmarish dream sequence that, I'm guessing for the sake of sanity, my brain usually disallows me from remembering.

I'm in a kitchen. Coworkers I currently work with or have worked with before are with me and we are slaving away furiously trying to prepare a meal of gigantic proportions, something like 40

gallons of soup and hundreds of pounds worth of roasted poultry and I'm under extreme pressure to complete the prep work. At some point during the dream, we finally complete the preparation of all our *mise en place*, when I come to find I'm in charge of relocating all of the gargantuan food to some undisclosed venue across town. A strange figure, clown or jester like in appearance, shows up to help me with the transportation of the goods. But I don't trust this creepy figure and a sense of panic ensues. The panic is multiplied by my inability to figure out the public transportation system. After what seems like eternity, the Jester and I finally reach our destination. The setting is oddly similar to the interior of the weirdly illuminated Indian restaurants on 7th Street and 2nd Avenue. There's music playing in the background. It's the band Dungen. And as if that weren't strange enough, it's playing backwards. I am scared. There's a sense of eternal anguish here. For whatever reason, this is the point when I wake, freaked the hell out but also relieved. Standing and dreaming, breathing and cooking.

I wonder if years from now, Hediberto, who is leaving this coming December, will dream fondly of the estimated 333,840 oysters he overpowered while working with us at Marlow and Sons. Hopefully he'll be alive to have those dreams, as he's developed some cardiac issues of his own. Maybe it's all the killing that's breaking his heart. Maybe he wants all those oysters to live. And regardless of all the stress, physical and mental, we still enjoy coming together daily to have somewhere in the neighborhood of 322 friends over for dinner. Like they always say: If you can't stand the heat, you're chicken.

BRICK CHICKEN

2 Tablespoons olive oil
3-4# chicken, halved, backbone, rib cage, and thigh bones removed (see page 28)
coarse salt and freshly ground black pepper
1 Tablespoon freshly squeezed lemon juice
1/3 cup chicken stock (see page 9)

Heat oil in a 10" skillet over high heat. Season chicken generously with salt and pepper. Add chicken to skillet, skin side-down and place a 10" heavy-bottomed skillet on top of chicken. Place two heavy soup cans or a brick in second skillet to weigh down. Reduce heat to medium and cook chicken until skin is golden brown and crisp, about 18 minutes. Remove top skillet and weights and turn chicken; pour off excess fat from skillet. Squeeze lemon juice over chicken and add stock. Cook until an instant-read thermometer inserted into the chicken thigh registers 160°, about 3 minutes. Place each chicken half on a plate and serve immediately with pan juices. -SR

POACHED CHICKEN with TARRAGON MAYONNAISE and BUTTER LETTUCE

3# chicken, breasts and legs separated
chicken stock (see page 9)
12 sprigs thyme
12 sprigs parsley
1 Tablespoon black peppercorn
4 bay leaves
tarragon
white wine
1 egg yolk
1 cup olive oil
lemon
butter lettuce
radishes

Place the chicken pieces in a roasting pan and season well with salt. Add enough white wine just to cover the bottom of the pan and then add enough chicken stock to cover the chicken. Place thyme, parsley, black pepper and bay leaf in the pan with the chicken. Cover roasting pan with lid or aluminum foil and poach chicken in a 350° oven until cooked. When chicken is done, let it cool in the liquid. Once cool remove the meat from the bone whole, keeping the breast intact and removing the leg meat from the bone in large pieces. Chill.

Meanwhile make the mayonnaise:

1 egg yolk
1 cup olive oil
1 Tablespoon white wine vinegar
1 lemon
4 sprigs tarragon, picked

Place egg yolk, vinegar and tarragon in the bowl of a food processor along with a big pinch of salt. Start processor and slowly add olive oil. Add a water to the mix if it gets too thick too soon. Season with salt and lemon juice.

Serve cold with a salad of butter lettuce and radishes dressed with a quick dijon vinaigrette:

2 cloves garlic, sliced
1-2 teaspoons dijon
1/4 cup vinegar
3/4 cup extra virgin olive oil
pinch salt

Place garlic, dijon, salt and vinegar in a jar with a tight fitting lid or a take-out pint/quart container with a lid. Stir together with a fork to dissolve the mustard. Pour in the olive oil and shake vigorously until well mixed. -CF



MIKE REDDY

FAKE COQ AU VIN

3# chicken, cut into eighths
red wine
2 carrots, peeled and cut in half lengthwise
1 onion, peeled and cut in quarters
3 ribs celery, cut in half lengthwise
1 head garlic, cut in half crosswise
1 Tablespoon whole black peppercorn
4 bay leaves
thyme, parsley
olive oil

Season chicken pieces well with salt and pepper. Place in large pan and cover with wine. Add the carrot, onion, celery, garlic, black pepper, bay leaves and herbs to the pan. Refrigerate overnight. The next day remove the chicken from the wine and pat dry. Strain the vegetables from the wine and discard them. Season chicken again with salt and pepper. Heat a large sauté pan with ¼ cup of oil and sauté the chicken pieces in batches until brown on both sides. When all the chicken is brown, pour off the oil and then deglaze the pan with some of the wine. Add the chicken back to the pan with enough wine to cover it by ½. Cover chicken and simmer either stovetop or in a 350° oven until tender. -CF

CHICKEN with SAFFRON, GREEN OLIVES, ALMONDS and GOLDEN RAISINS

3# chicken, cut into eighths
2 Spanish onions, fine dice
8 cloves garlic, thinly sliced
1 large pinch saffron
1 cinnamon stick
1 cup golden raisins
1 cup sherry or white wine
chicken stock (see page 9)
olive oil

Season chicken well with salt and pepper either overnight or well in advance of cooking. Soak raisins in the sherry vinegar. Heat a large pan and cover the bottom well with olive oil. When oil is smoking brown the chicken on both sides in batches as necessary. Remove the chicken from the pan and add the onions and garlic. Cook on medium heat until onions start to turn golden and soft. Add saffron and cinnamon stick and stir well to incorporate. Add the raisins and the sherry or wine to the pan and let the alcohol cook down by half. Place chicken back into the pan, and turn to a low simmer. When the breasts are cooked, remove them from the pan and continue to cook the legs. If the pan looks too dry, add a little chicken stock or water. When the legs are cooked through add the breasts back to the pan to warm. Serve garnished with green olives and almonds. -CF

GREEN OLIVES and ALMONDS

1 cup picholine olives
1 cup almonds, toasted
½ cup extra virgin olive oil
sea salt

Pit olives and cut in half lengthwise. Similarly slice almonds in half lengthwise if you can deal with it, otherwise rough chop. Mix olives and almonds in a bowl with olive oil and a pinch of sea salt. Let sit. -CF

CHICKEN ADOBO

3# chicken, cut into eighths
6 cloves garlic, thinly sliced
1 Tablespoon whole black peppercorn
4 bay leaves
4 scallions, cut in half lengthwise
1 cup sherry vinegar
½ cup soy sauce

Place chicken and all the other ingredients together in a bowl and marinate overnight. Remove chicken from the marinade and pat dry. Season lightly with salt and pepper and brown chicken in a pan, in batches as necessary. Deglaze with marinade and simmer until chicken is tender. Test the sauce and decide whether to reduce it or not.

You could also grill the chicken. -CF

CUTLET

4 chicken breasts, split in half lengthwise
1 cup flour
2 eggs, lightly beaten
2 cups breadcrumbs

Pound out chicken breasts a little, if necessary to make them an equal thickness of about ¼". Place flour, egg and breadcrumbs in 3 separate bowls. Season each with a little salt and pepper. Dredge the chicken in the flour, shaking off any excess and then dip into the egg and then the breadcrumb. Repeat. Heat a pan with olive oil and when hot add the chicken cutlets, cook on medium heat in batches, allowing chicken both to brown and cook.

At this point you can serve the cutlets with just about anything. A tomato based sauce. A sauce of capers, butter and white wine. With a fried egg and anchovies. With a salad. In a sandwich. Not to be underestimated. -CF

COQ AU VIN

2, 3½# chickens thighs and legs only, but with bones intact, save breasts for a lonely, rainy day
1 bottle red wine
2 white onions diced
1 bunch thyme
2 cups dark chicken stock
olive oil for searing chicken
2 bay leaves

Season leg and thighs with salt and pepper and, if possible, let sit overnight. Sear the chicken in hot oil obtaining as much color as possible without burning. Basting with the oil helps. Set chicken aside and using a bit of the left over oil, sear and caramelize the onions with a little salt and pepper. While the onions are cooking down, add the bouquet of thyme and the bay leaves. When onions are awesome, pour over the chicken in a roasting pan. Deglaze the sauté pan with the wine. Only use ½ the bottle. Drink the rest. After initial blast of alcohol simmers off the wine, add to roasting pan. Add chicken stock until not quite covering the solids. You may need to add a small pinch of salt to the braise before it enters the oven. If the liquid is too under seasoned, it will leach the salt from the bird. Cover and braise at 250° until knife tender, should be less than 2 hours. Remove from oven and if possible, refrigerate overnight. This will allow the flavors to mingle and make it easier to remove the fat from the top which will congeal in the cold. Otherwise, if you serve immediately, you will need to skim the fat with a ladle. -SR

CHICKEN STOCK

1 whole chicken
1 carrot
1 rib celery
1 onion
1 bay leaf
1 small sprig thyme

Add everything to a snug-fitting pot and cover with cold water. Bring slowly just to a boil and spend this whole time skimming off all of the foam that rises. It's critical during this stage that you take away just the thick foam but leave the beautiful golden chicken fat that accumulates at the surface. This will impart a beautiful flavor to your broth and will also provide a protective layer of solid fat on your broth as you hold it in the refrigerator. After boiling reduce it to a very low simmer and maintain it for about two hours. Strain first through a colander and, if you're so inclined, bash as much juice as you can out of the spent chicken carcass with a heavy rolling pin. Finally strain again through a fine sieve or cheese cloth. -DG



CHICKEN GALANTINE

1 chicken leg
half of the breast that came from the same chicken, diced, very cold
1 egg white
½ cup cream, very cold
1 teaspoon thyme, picked
1 lemon

De-bone the chicken leg completely, making sure not to tear the skin in the process. Season it with salt, a good amount of pepper and all of the picked thyme and leave in the refrigerator. In a Cuisinart, process the diced breast meat with the egg white until it begins to become smooth. Add salt, pepper, one grating of lemon zest and slowly pour in the cream until the mixture becomes completely smooth and pasty. Lay the leg, skin side down, on a large piece of plastic wrap and carefully mound the chicken mousse onto the center of it. With the help of the plastic wrap, roll the leg meat around the mousse to form a clean, tight, nicely-shaped tube. Wrap this tightly in aluminum foil and poach very gently in simmering water for one hour. It can be helpful to weigh it down with a plate or pot lid as it will want to float. Chill the galantine immediately in ice water and keep it in the refrigerator for up to one week. This is a beautiful preparation because you can apply this in many ways. It's delicious slowly roasted in duck fat until the skin gets nice and crispy and it is equally satisfying served simply thinly sliced with mustard, bread and pickled vegetables. -DG

JOHN MATHIAS



CHICKEN LIVER MOUSSE

- 1 spanish onion, sliced
- 4 shallots, sliced
- 6 cloves garlic, sliced
- 1# chicken liver
- ½ cup brandy
- unsalted butter
- sherry vinegar

In a heavy bottomed sauté pan heat ¼# butter until it sizzles. Add the onion, shallots and garlic to the butter. Season well with salt, turn heat to medium-low and allow to slowly and deeply caramelize. Drain the chicken livers through a strainer and then lay them out on paper towels to absorb any blood or moisture. Look over livers and remove any unpleasant things hanging off of them. Season the livers well on both sides with salt and pepper. In a separate sauté pan, cook the livers on high heat in a combination of olive oil and butter, about 3 tablespoons of each to start. Cook the livers fast allowing them to brown on the outside but remain pink on the inside. Cook livers in small batches being sure not to overcrowd the pan. Deglaze the pan in between batches with sherry vinegar. Transfer the cooked livers and onions to a bowl until all everything is cooked. When all of the livers are cooked deglaze the pan with the brandy and then pour the brandy over the livers and onions. Allow everything to cool.

Note: Don't be afraid to add a lot of butter to the pan to cook the livers and the onions. This is where a lot of the flavor is going to come from. This is not a low-cal, low-fat dish so you may as well make it taste good.

Once the livers and onions are cool but not cold puree them in a food processor. Put everything in at once and let the motor run, you want this to be really smooth. Season with sherry vinegar, salt and pepper tasting over and over again until you don't feel that it can taste any better than it does. Chill.

Serve chicken liver mousse with plenty of toasted or grilled baguette. Chicken liver mousse will hold in the refrigerator for about a week. -CF

POUSSIN WRAPPED in PROSCIUTTO

- 2 Poussin or Cornish game hen
- 6 slices prosciutto
- 10 sage leaves
- 4 Tablespoons butter

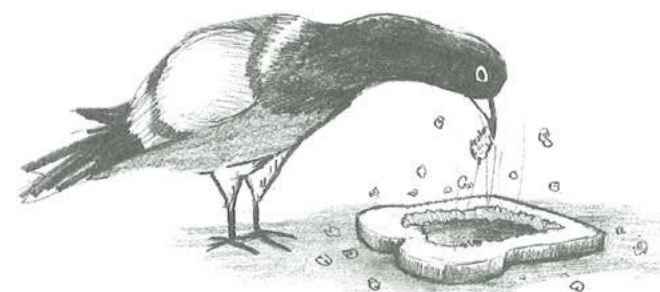
Lay poussin down on a plate or cutting board and season well on all sides with salt and pepper, preferably overnight but certainly well in advance of cooking. Drape slices of prosciutto over the breast and thigh of the bird. Heat the oven to 450° and place a good knob of butter and the sage in a sauté pan or roasting pan and then place the bird on top. Put the birds in the oven and let them start to brown. Baste the birds as they cook and the butter starts to melt. Once the birds are brown turn the oven down to 350° until they are cooked through. This will take about half an hour. -CF

TANDOORI-ISH CHICKEN

- 3# chicken, breast and thigh bone removed, cut into eighths
- 3 cups yogurt
- 1 lemon
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon paprika
- ¼-½ teaspoon cayenne
- ½-1 teaspoon turmeric
- 4 scallions, cut thinly on the bias
- ½ cup dill, picked and rough chopped

Place the chicken in a shallow dish to marinate. Mix 2 cups of yogurt with the juice of the lemon, cumin, coriander, paprika, cayenne and turmeric along with a good pinch of salt and some fresh black pepper. Pour marinade over the chicken and let sit overnight, turning a few times. You can cook the chicken one of two ways, either grill it or pan fry it. Either way pull the chicken from the marinade and season well with salt and pepper. If you are grilling, drizzle chicken with olive oil and grill. If you are frying, dredge chicken in flour and shake off any excess. Heat a large cast iron skillet and add enough oil to cover the entire bottom of the pan with oil. Place the chicken in the pan and cook on medium heat until brown on both sides. If chicken browns too fast, finish cooking in the oven.

Meanwhile place the remaining cup of yogurt into a bowl and add the scallions and dill. Season with salt, pepper and a splash of olive oil. Spoon yogurt sauce on top of cooked chicken. -CF



CHICKEN with SALSA VERDE or ROJAS

- 3# chicken

Poach chicken in the same manner as the following recipe for Cock-a-Leekie. Remove chicken from the bone and reheat in the stock. You can stir in salsa verde or rojas and make the chicken into a stew-like dish or serve as a taco with salsa on top.

SALSA VERDE

- 1 large bunch cilantro, rough chop, stems and all
- 12 tomatillos
- 2-4 jalepeños
- 6 cloves garlic

Roast jalapeños and whole garlic cloves in a cast iron skillet until peppers are charred and wilted, and garlic is brown on all sides. Place the tomatillos in a pot of water and bring to a boil. Once boiling remove tomatillos from the water and cool. Remove the stems from the jalapenos and place them in a food processor with the garlic and tomatillos. Puree. Add the cilantro and puree until smooth. Season with salt.

ROJAS

- 12 mixed Mexican peppers, guajillo, pasilla, costeno, chipotle, etc. (more mild ones than hot)
- 1 large tomato
- 6 cloves garlic

Seed the peppers and pour boiling water over them to re-hydrate. Char the tomato and the garlic as above. Remove the peppers from the water and puree in a food processor with the other ingredients. Season with salt. -CF

CHICKEN in the HOLE

- 4 large chicken livers, cleaned of any sinewy tissue
- ½ bottle port wine
- ⅓ bunch thyme, leaves picked
- 6 chives, cut into batons
- 4 thick slices of brioche, crusts carefully removed and center removed with circular mold or paring knife
- 2-3 egg yolks, beaten
- some arugula

Reduce port wine until near a syrup consistency. Reserve. While brioche is toasting, sear the livers to rare or medium rare, being careful not to over cook. Quickly remove them from the pan to a cutting board and dice with a knife. Reheat port reduction and combine with chopped liver in a mixing bowl. Continuing to work quickly, add the thyme leaves and after folding all together, fill holes of toasted brioche with liver mixture. Drizzle egg yolk around plate and garnish with chive batons or arugula leaves. -SR

COCK-A-LEEKIE

- 3# chicken
- 2 large leeks
- 1 cup prunes

Place chicken in a pot and cover it with water. Add a good handful of salt to the pot. Turn heat on high and bring water with chicken to a boil. Once it comes to a boil immediately turn the heat off and let the chicken cool completely in the water. When cool remove the chicken from the water, which is now stock, and pull the meat off the bone. Strain and reserve the stock. You may find it easier to cook and cool the chicken one day and pick the chicken on the second day. Try to leave the chicken in large, generous pieces, rather than finely shredded.

Slice leeks half an inch on the bias, stop when you get to the tough green tops. Soak cut leeks in plenty of water to release any grit and then drain. Heat a pot large enough to hold the soup with 3 Tablespoons of olive oil and sauté the leeks. Don't forget to season with salt but not pepper. When the leeks begin to wilt, add enough chicken stock to cover the leeks by an inch. Add the prunes and simmer on low until the prunes plump up. Add the chicken and the remainder of the chicken stock, season the pot with salt and simmer until everything comes together. The prunes should give the stock a deep brown color and a nice sweetness. Serve with plenty of bread and some cracked black pepper. -CF



TED MINEO

PÂTÉ OF TURKEY INNARDS

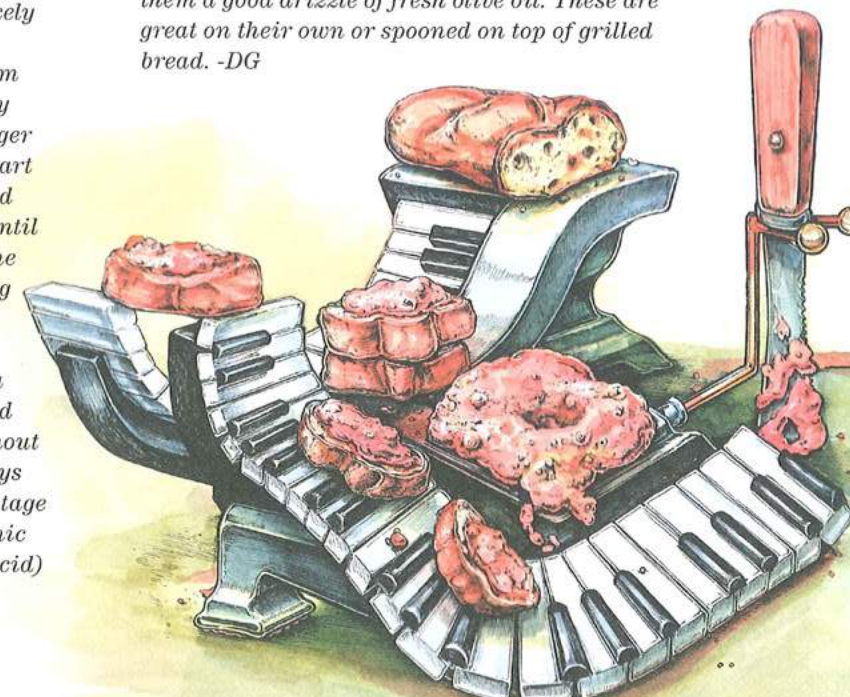
- liver, gizzard and heart of a 15-20# turkey
- 3 oz. pancetta
- 2 red onions, sliced
- 1 clove garlic, smashed
- 1 teaspoon fennel seed, toasted
- 1 teaspoon coriander seed, toasted
- ¼ cup dried cherries
- 5 sage leaves
- 1 bay leaf
- 1 sprig rosemary
- 1 sprig thyme
- extra virgin olive oil
- ½ cup red wine

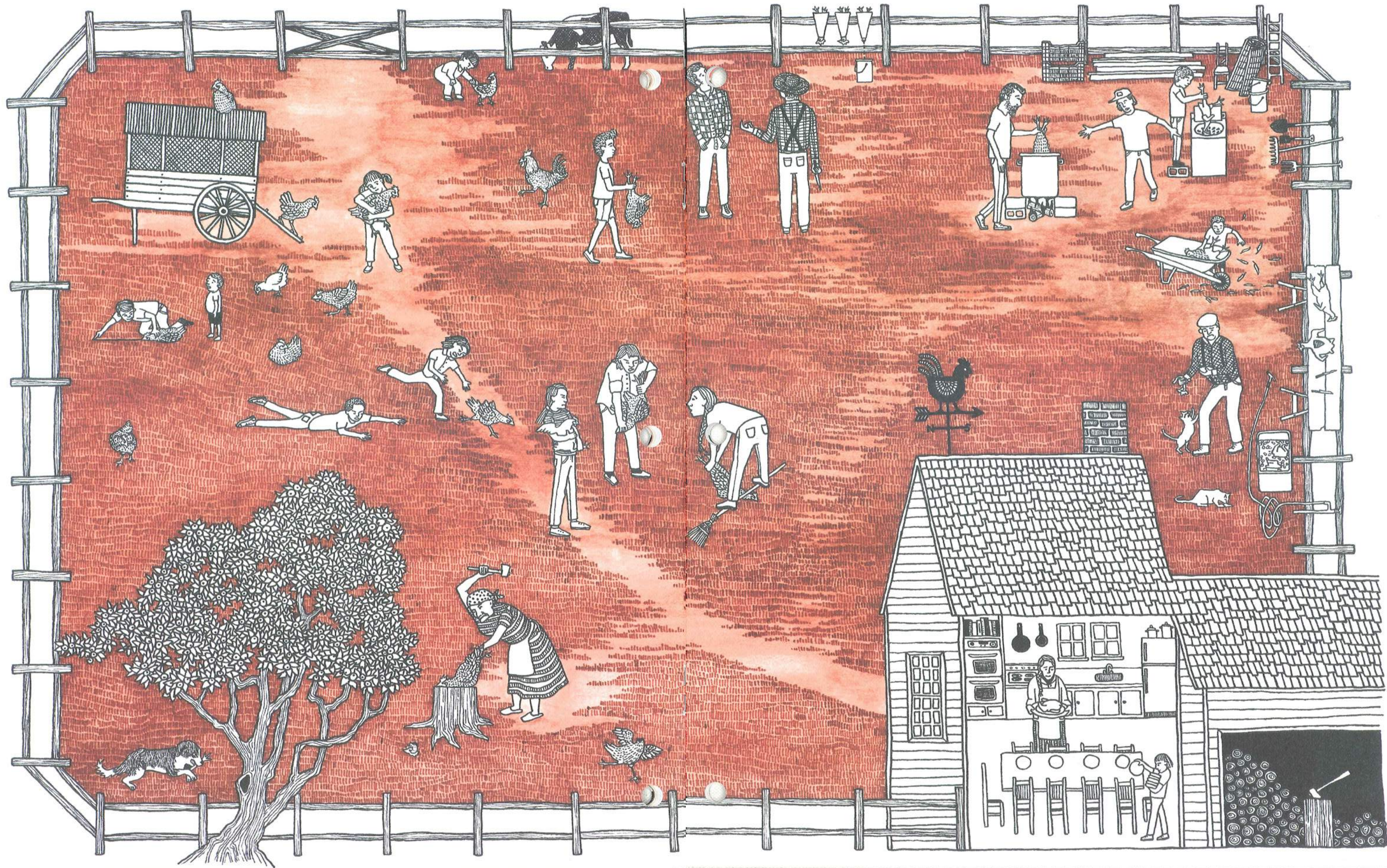
This recipe yields a rustic, chunky pate great for spreading thick on toasted bread. It's very important to trim the turkey innards of all of their nasty bits (silver skin, tendons, veins etc.) Pat them dry, season them with salt and pepper and refrigerate. Fry the pancetta in a wide sauté pan until lightly golden. Sizzle the garlic, herbs and spices into the hot fat for a minute or two until you begin to smell their aromas. Then add the onions and cherries. Cook down on high heat until the onion is nicely caramelized and beginning to fry hard in its own fat. Pour in the red wine and remove from the heat. This is a braising base for the turkey heart and gizzard, which require a much longer cooking time than the livers. Slow cook the heart and gizzard with these aromatics in a covered pan in the 250° oven for about two hours or until the gizzards feel tender. Once finished, fold the livers into the hot braise and begin processing immediately in a cuisinart. I find a coarse texture more appealing but at this stage you can chop it down as fine as you desire. With a rubber spatula scrape the pate into a bowl and fold in as much good olive oil as you can without the mixture becoming too loose. I find it always needs some adjusting and balancing at this stage and it's handy to have a bottle of great balsamic vinegar handy (for a kick in sweetness and acid) as well as a lemon or two. -DG

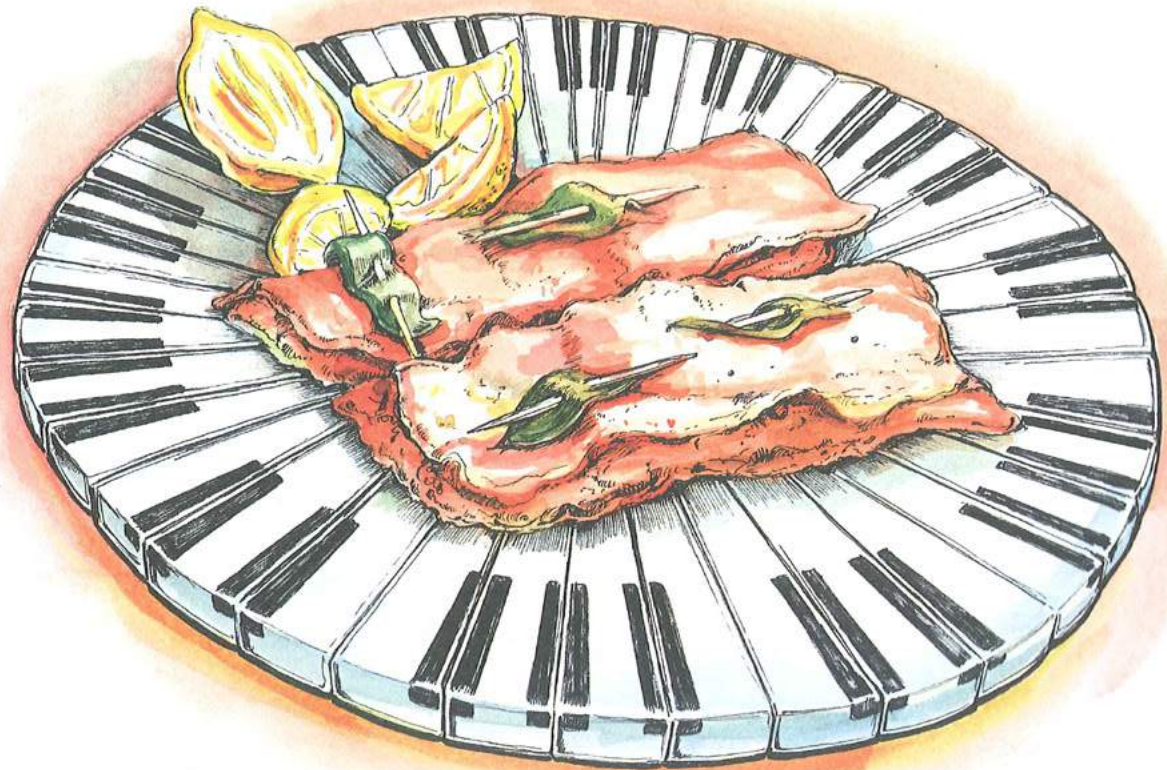
LONG-COOKED SPIGARELLO

- 1# spigarello
- 6 cloves garlic, smashed
- 2 anchovies, chopped
- 2 chile de arbol
- lemon to taste

Spigarello is a wispy, crunchy broccoli green very common in the fall harvest. It can be fantastic eaten raw but I prefer this longer preparation for the earthier flavors it promotes. Boil the leaves of spigarello for ten seconds in a large pot of salty water and lay them on a rack to cool. When cool enough to handle squeeze them dry with kitchen towel or piece of cheese cloth. In a large pot begin frying the garlic in a few tablespoons of olive oil. Before it takes any color add all of the greens, season with salt and begin cooking them down over a high flame. You want to cook them until they release all of their liquid and almost start to fry in the pan. When you come close to this result stir in the anchovy and chile. When finished you should have a nice tight pile of greens, a few of them crispy and caramelized and a nice pool of flavorful oil. Squeeze some lemon juice on them and give them a good drizzle of fresh olive oil. These are great on their own or spooned on top of grilled bread. -DG







TURKEY SALTIMBOCA

4 pieces turkey breast, pounded thin between two layers of plastic wrap
 4 slices prosciutto
 8 sage leaves
 butter
 lemon

Lay two sage leaves on top of each turkey cutlet and top with a thin slice of prosciutto. This can be like putting a puzzle together but just make sure that the prosciutto covers the turkey breast in one, even layer. Fasten the prosciutto to the turkey breast with a couple of toothpicks and refrigerate. When ready to cook heat a few tablespoons of butter in a pan until foamy. Lay the cutlets in and sauté very gently, first on the prosciutto side and then on the turkey side, until just cooked. Place the cutlets on a plate, deglaze the pan with a big squeeze of lemon and pour all of the buttery juices on top of the meat. Finish with a few flakes of sea salt, a crack of pepper and a drizzle of olive oil. -DG

DUCK, DUCK, CHICKEN

by MARK FIRTH

When I first thought about farming my mind was awash with visions of cute pigs, mischievous goats, wise old milkers, docile sheep and me overseeing all and sundry. I fancied myself in an outfit like the farmer in Babe. I never really gave a thought to chickens due to a harrowing encounter I had with a battery farm operation in Pennsylvania. That was 8 years ago and I still can not erase the image of each cage crammed with scrawny chickens fighting for an inch of space replicated to vanishing point, the air filled with the dander and screeches of unhappiness.

But after finally buying the homestead of my dreams and moving there it was almost September and too late in the year for any livestock. My bees were happily buzzing around and a chicken coop sat leaning sadly under an old crab apple tree. Chickens were my only option if I was going to play at farmer into the fall. So like all those who came before me, out came Craig's List. I found a lady in Westfield and after a garbled phone conversation punctuated by loud squawks I was on my way. I always wondered what the banjo playing kid from Deliverance was doing now. Well he works at a chicken farm in a weirdly suburban part of western Massachusetts. After some pretty feeble bargaining on my part I left with six chickens and two ducks. I went for looks not productivity: two Rhode Island Reds, two Laced Wyandots, a Leghorn and a Hampshire. The ducks were a couple of Back Cayugas, cute but skittish. They pooped all over the old Range Rover and nearly gave me an asthma attack on the highway, but we made it back safely. Armed with organic feed and a neat little water feeder I was ready. I was meant to keep them locked up for a week so they could get used to their new home, but as soon as I opened the door the ducks ran through my legs and made a dash for the pond and in the ensuing chaos the chickens wandered out and started pecking the ground enthusiastically. Realizing that they had never seen grass before I didn't have the heart to shoo them back in. That night all the chickens were cooped and cooing pleasantly but the ducks were firmly ensconced in the middle of the pond.

A few days later I noticed a large hole in the middle of the floor of the coop... some kind of weasel had burrowed in. I did a quick head count, all were present, one decidedly fatter than the others. I called a friend, "We need to put the coop on stilts." Using the principles of Stone Henge we propped up the coop on increasingly large logs until we could roll it onto a platform we had built two feet off the ground; all the while the chickens were hovering around clucking disapprovingly. We built a ramp up to the doorway and had Iris, my two year old, demonstrate how to use it. Sure enough that evening they were all inside perched side by side. I suspect the one that eats weasels was a little sore but she kept it to herself.

The chickens I bought are called pullets, basically teenage chickens, and I had a few months to wait before they started laying. They got bolder and bolder and it wasn't unusual to find them under the cabin or in an apple tree several hundred yards from the coop. One day Bettina noticed one acting a little strangely, it was wheezing and one of its eyes was closed. I thought it must have something caught in its throat and I picked it up and gave it a gentle Heimlich maneuver. It let out a squawk and ran off to its friends. I turned triumphantly to her, "Call me Mark the chicken whisperer or Chicken Mark!" But when I turned back the chicken it was on its back, legs in the air, as dead as the proverbial parrot. Its friends were pecking at it. Mark, the chicken killer. I buried the bird in the compost pile.

Two days later the Leghorn croaked. We had a pandemic and to make matters worse the female duck was missing, all I could find was a pile of feathers. It was time for a trip back to Westfield. This time I got two Americanas for the blue eggs and two others that looked good. I told the banjo player about my ducks. "Fox," he said, and reached into the cage to grab me another duck. "What kind is it?" I asked. He looked it up and down and said, "Grey." Will it breed with a Black Cayuga? He looked puzzled, "They're ducks." I packed them in the car and headed back.

The ice on the pond was spreading. It became a race against time and nature. I had to catch the fox. I waited. I prowled. I stalked but sadly I did not. And the first day that the pond was totally frozen the grey duck came running towards the house screeching what was probably something like, "Come quick! A fox just grabbed Donald," in duck. I grabbed my gun and with Lucien, my six year old, as my tracker we followed blood and feathers deep into the woods. Nothing, we trudged back cold and depressed.

That night the duck was in the chicken coop at sunset.

The next day we got our first egg. It was small and dirty and I boiled it for 3 minutes and ate it with toast soldiers and a nice cup of tea.

The new chickens were beaten up for the first two weeks by the boss chicken. She was the only one that would let me pick her up, and she made me connect nature with the phrase, "Pecking order."

Although I am always on the look out for predators, I respect that I am the intruder and the Fox was here long before me so I don't get too worried about it, not to say that I wouldn't shoot one if I saw one. Last week I came home and found the chickens spread out all over the farm, feathers and blood everywhere. I did a head count. Four of the eight were missing and you could see footprints from two large animals all over. I grabbed the gun and ran into the woods following the trail of carnage. I ran for half a mile and burst through the trees... into my neighbors garden. I put the gun under my jacket and back tracked. I sent Bettina over to investigate, apparently they had forgotten to turn on the electric fence and they have two black labradors. She apologized profusely and offered to replace the forlorn fowl. I toyed sadistically with the idea of sending them to Westfield but Bettina had already taken the high road and refused the offer. Later two of the missing chickens limped back to the coop. We had to operate on one and remove part of its wing and the other had lost most of the skin off its right side. We bathed them in an iodine solution and hoped for the best.

Every morning we let out the chickens and give them all the kitchen scraps, lettuce leaves, diced carrot tips, bok choy, rice, pasta and they stand back while the boss has her pick. Then she crouches down, and I pick her up for a cuddle. It is time almost time to get a rooster and I assume after that I won't be able to pick her up when she has a real boyfriend. Surprisingly chickens smell good, at least mine do. I am enjoying the eggs we get daily, and I am not thinking about the fact that I am going to treat this as a working farm where everything pays its way. At some point I am going to have to take that chicken into the kitchen armed with a sharp knife and a preheated oven.

PHEASANT CONSOMMÉ

bones of 1 or 2 pheasants
3 quarts chicken stock (see page 9) or water
1½# ground chicken or pheasant for raft
8 egg whites and shells
small bunch thyme

tools
cheesecloth
chinoise

Take pheasant bones and cut into small, preferably one inch, pieces. Roast in a 450° oven until dark brown and not burnt. Place bones in a stock pot and cover with chicken stock or water. Simmer for about 3 hours and strain through a chinoise and season with salt and pepper. Make a mire poix using either ground pheasant, chicken or duck. In fact, any bones may be substituted as well. You'll need about two pounds of ground or chopped meat, without skin and bone, per one gallon of stock. Obviously, if you're serving two people there will be leftovers if you start with one gallon. This meat should be mixed with the whites, add shells of 8 eggs, a couple of bay leaves and maybe a sprig of thyme. With the stock cool to luke warm, but NOT hot, whisk solid ingredients into the stock. Using a wooden spoon, stir solution over high heat until it just boils. Take care to stir slowly and not let too many solids set on the bottom. A raft will form at the top as the mix comes to a boil. Immediately lower heat to very low and create a hole in the raft, ladling small amounts of the broth over the raft in order to moisten it and to continue filtering out any impurities. Finally, ladling through the hole, strain consommé through a chinoise lined with cheese cloth. Also, be sure each and every utensil used is clean so as not to cloud the consommé. When perfected, this technique should render a crystal clear, deeply fortified broth. Any number of simple garnishes look and taste great inside the bowl of consommé. A few sprigs of fresh herb, some pulled pheasant meat or finely diced root vegetables come to mind. Or if you have a truffle sitting in your fridge, pull that bad boy out. -SR

PHEASANT SAUSAGE

3# boneless pheasant(skin on)
2 Tablespoon + 1 teaspoon kosher salt
2 teaspoons black peppercorns, finely ground
¾ teaspoon sugar
5 cloves roasted garlic, pureed
3 Tablespoons white wine
½ Tablespoon rosemary leaves, brunoise

Grind all ingredients through a meat grinder. Test a small amount in a sautee pan. Use as an ingredient for pasta. -SR

PHEASANT BREAST with SAUCE ROSSINI

1 pheasant, serves two
small chunk of foie gras, about 1 oz. or so, softened and veins removed (or substitute with pheasant liver, pureed in a food processor til smooth as possible)
2 cups veal stock
small bunch thyme
1 teaspoon black pepper corns plus more to season
2 bay leaves
4 shallots, peeled and cut in half
salt
½ bottle port or red wine
pinch of sugar if using red wine

Remove breasts from pheasant still keeping as much skin intact as possible. Leave wing drumstick attached as well, but separate breast meat away from sternum and rib cage. Save the legs for another use. Think coq au vin (see page 8 and 9.) Chop carcass into small pieces and brown well in a sauce pot until very crispy. More oil can be used to create a fried effect on the bones. Discard most of the fat and add shallots, peppercorns, thyme and bay leaf, allowing mire poix to caramelize a bit. Deglaze bones with ½ bottle ruby port. Red wine with a pinch of sugar may be substituted. Reduce wine until almost dry and add veal stock or dark chicken stock. Simmer until reduced by about half, seasoning with small amounts of salt and pepper as you go, being careful not to over season as it reduces. Strain the sauce.

Season and roast the pheasant breasts in a sauté pan until they are around medium doneness. USDA would suggest cooking more, but what's life without rolling the dice a bit?! Allow the meat to rest before slicing into 3 or 4 slices per breast. Meanwhile, thicken the sauce with a tablespoon of foie gras or pheasant liver. Do this by having the reduction at near sauce consistency and treating the liver as if it were butter, whisking it in cold to the hot sauce and taking care not to let the sauce over simmer and break. A perfectionist would strain the sauce through a chinoise before plating the sauce, especially if using pheasant liver as opposed to foie gras.

Serve with braised red cabbage and let the gavage begin. -SR



TO KILL A ROOSTER

by CAROLINE FIDANZA

Birds, it seems, are either every day or exotic. Chicken versus duck, goose, turkey, pheasant, quail. How did chicken find itself in the unfortunate position? The creature with perhaps the lowliest life in the entire food chain. The poor bird often lands on the plate with no remote resemblance of its brief and often tragic life? Many consumers don't want any memory of the bones, heart, gizzard and liver that pushed that life along until it became dinner. Yet we consume it daily in ways both outright and sinister. We consume it thoughtlessly, the star of that meal that we don't have time to make. Meanwhile, the other birds are celebratory. We don't make them at home or order them by the bucket. They are distinguished, revered, proud and mysterious. And if we do make them at home it's a national holiday. It's strange because the chicken is among the most versatile foods there is. It can be dressed up or down. It is relatively inexpensive even when raised sustainably. It can be lean or fat, deep fried or curative soup. But we don't dare love it outright. If we are sophisticated we don't order it when we go out. There is even a universal response of gourmands and restaurant cooks to turn their nose up at the chicken orderer. It is deemed lowbrow and weak, unadventurous, safe.

Why do we always hurt the ones we love?

I killed a chicken this summer. I'm not proud of the display, why I killed the chicken, or the circumstances, a bit of a spectator situation. But when I grabbed the chicken by its feet and turned it up toward me so that I could bid it goodbye I felt fine. I felt that the chicken was in good hands because she was in my hands. I thanked her and I told her that it was gonna be all right. Of course, what does all right mean to it or to me at that point. I guess I meant we'd both get through this moment in the best way possible. I was going to kill her but I felt in my arrogant, top-of-the-food-chain way that I was the best person on earth to kill that bird. And I was. Killing chickens isn't hard. It was harder to take an egg from under a hen. I knew she was going to get me but I had never gathered a fresh egg before and was too stupid to actually think that she would go for me with her mouth. Sure enough she pecked me, and it hurt, and I didn't get the egg. In retrospect, I really don't know why I thought I could stick my clumsy foreign hand under her skirt and get away with it.

But if anything were to bond me to an eating experience it was that singular taking of a life. Every time I cook chicken I think of the one that I killed. I don't know if this makes things better or worse in terms of memorializing the chicken but it stops me in my tracks and continues to remind me of what I am preparing. Lately we've started getting in chickens with the head and feet on and I am so much happier to receive them this way, to face the being-ness of the bird. And when you realize what it's like to really see the animal as a whole, it changes everything back to the way things are supposed to be.

I don't think much about the other birds. Maybe because I haven't killed any of them. I eat a turkey once a year and have come to like it. Quail are cute and duck are delicious. I used to think about duck and spent a lot of time learning to cook duck breast to a perfectly rested medium rare in my early days and later made a lot of confit. As a cook I feel a certain amount of familiarity and comfort with duck cookery in general. I've cooked many of them, many different ways. But here too, the best and most memorable duck I ever cooked was the one that I had to go to Chinatown to buy. Head and feet intact, I carried that bird back to Brooklyn to confit at home for the cassoulet that became one of the defining meals of my career.

DUCK CONFIT

- 8 duck legs, preferably Moulard, or 1-2 whole fatty ducks from Chinatown
- 2 cups duck fat if you are using legs or if you are using a whole duck, render your own fat
- 1 bunch thyme
- 8 bay leaves
- 2 teaspoons coriander
- 2 sticks cinnamon
- 4 star anise
- 8 allspice berries
- 2 teaspoons black peppercorn
- 8 cloves garlic

If you are using duck legs, place legs on a flat surface and season generously on both sides with salt. Place in a container with ½ bunch time, 4 bay leaves, 4 cloves sliced garlic, 1 teaspoon each coriander and black pepper, 1 stick cinnamon broken and 1 piece star anise broken apart. Let cure overnight.

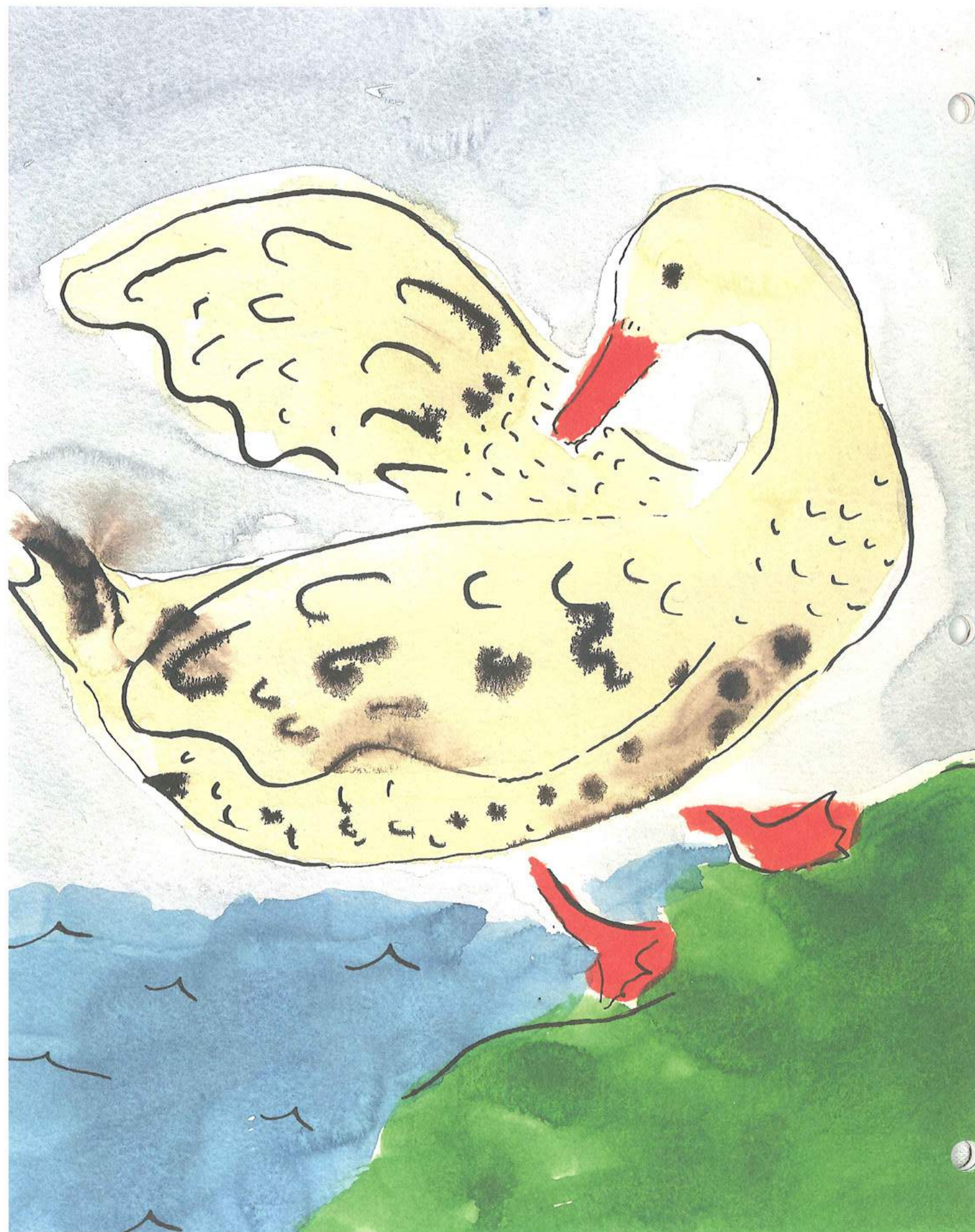
If you buy a whole duck, it's not easy but you have to break it down. Place the duck breast side up on a cutting board and cut off the wings at what would be the elbow. Slice the duck along breastbone on either side. With your knife, cut the breast meat away from the bone in long strokes. When breast meat is free, cut through the shoulder socket to remove the breast from the carcass. To remove the leg, make an incision through the top of the thigh into the groin noting where the meat naturally separates, pop out the ball joint and cut through, freeing up the thigh. Do all of this to the best of your ability. Trim all of the skin and fat off of the duck carcass. Place the fat in a pot with enough water to cover just the bottom of the pot and then on a low simmer render the duck fat. This means cooking it down until all of the fat melts and the skin releases its fat, becoming brown and crispy in the pot. Strain and discard the skin. Meanwhile season the duck breasts and legs, as above, and cure overnight.

The next day, place the duck in a roasting pan. Warm the duck fat and pour over the meat to cover. Add another round of fresh spices and aromatics to the duck and fat. Cover with aluminum foil and cook in a 300°-350° oven until the meat shows no resistance when pierced with a knife. Let cool slightly and then remove duck from fat. Strain fat and reserve.

The possibilities for duck confit are endless but perhaps the easiest way to use it is to heat up a little duck fat, place the confit skin side down in a pan and let brown and crisp on medium heat. When crispy, turn over and brown on the other side. Serve with a salad or with beans or go the distance and make cassoulet. Duck confit will keep for a very long time if stored in its own fat in the refrigerator. -CF (from Issue No. 2)

SUBSCRIBE BE TO THE DINNER OURNALS

birds by IVAN HÜRZELER



BELLA FOSTER

POTATO and CARDOON PANCAKES FRIED in DUCK FAT

2 ribs of cardoon
2 starchy potatoes, peeled
duck fat for frying

Cardoons are delicious vegetables that seem to taste better given the long and tedious preparation they necessitate. They are incredibly bitter and must be blanched in several changes of water to become comfortably palatable. Peel and wash them well and place them in a pot of cold water with a handful of salt. Bring them to a boil, drain and repeat this process until they taste mild and sweet. Once cooked, shred them by hand into thin strands about an inch or two in length and combine these strands with an equal part of freshly grated potato. I like to do this as close to the cooking time as possible so the potato does not oxidize. Mix aggressively to pull the starches from the potato, which will bind the pancakes without the addition of egg or flour and season with salt and pepper. Bring a generous ¼" of duck fat up to temperature in a frying pan and lay small piles of the cardoon mixture in very gently. Once they are in you can spread them out as thin as you would like with a spatula. I prefer them very thin so they go crispy like potato chips. Fry them gently until they go golden brown, being careful not to fry them too fast as the potato will not have enough time to cook. Flip them regularly and never leave the stove. Serve them hot out of the pan. -DG



DUCK BREAST TARTARE

2 large duck breasts, fatty skin and tenderloin removed, finely diced with a knife
1 shallot, finely diced
1 Tablespoon chopped capers
½ teaspoon dijon mustard
2 egg yolks, beaten
dash of tabasco
1 Tablespoon chives, finely diced
1 teaspoon extra virgin olive oil

Fold all ingredients together. Add salt and pepper and adjust any and all ingredients to taste. Don't skimp on the yolk. Serve with sliced rustic bread or some french fries. -SR

DUCK BRAISE

4 duck legs
1 large Spanish onion, fine dice
8 cloves garlic, thinly sliced
2 carrots, diced
2 ribs celery, diced
4 bay leaves
4 sprigs rosemary
4-6 dried porcini mushrooms
1 cup white wine
28 oz. can plum tomatoes, strained and squished
chicken stock (see page 9)
olive oil



Season duck legs overnight with salt and pepper. Heat the oven to 400° and place duck legs on a roasting tray skin side up until brown and fat is rendered. Carefully remove legs from the oven and out of the fat. Sauté the onions and garlic in about ¼ cup of olive oil until golden. Add the carrots and celery and sauté until everything starts to soften. Add bay leaves, rosemary, porcini and stir around a few times. Add the white wine and turn the heat to low, let wine reduce. Add the tomatoes and reserve the liquid for another use. Cook everything down a bit and then add the duck legs along with the chicken stock. Place a lid on the pot and simmer until duck legs are very tender. -CF

DUCK AND RABBIT SAUSAGE

- 4 oz. diced duck meat (preferably breast)
- 4 oz. diced rabbit meat (loin, leg or belly)
- 4 oz. diced pork shoulder
- 2 oz. diced pancetta
- 2 teaspoons coriander, seed toasted
- 2 teaspoons fennel, seed toasted
- ½ clove garlic, pounded to a paste
- ¼ cup white wine
- 1 Tablespoon thyme, picked

Marinate all of the diced meats overnight with the aromatics, salt and pepper. Pass through a large grinder one time, or process to a chunky paste in a cuisinart. Now pan-fry a small sample of the sausage to taste it for seasoning and adjust with salt and pepper accordingly. This next step is the most critical of the process. The sausage must be mixed thoroughly, either by hand or in a kitchen aid, to develop muselin, a protein property in the meat that aids in a good

emulsification and, ultimately, a juicy sausage with good snap. As you mix you will start to see small strands of meat and fat beginning to form and these are what help to bind the sausage and help it retain its juices as it cooks. Once mixed you can crumble and pan fry it, stuff it into casings, or, as I prefer doing, wrap it into a tight turchon with cheese cloth and slow poach it in duck fat. If you choose to do the latter you can hold it in this duck fat for up to two months. -DG



DUCK AGNOLOTTI

- 2 duck legs, wings, back and/or meaty bones, chopped
- 2 cups red wine
- 2 cups balsamic vinegar
- 1 carrot chopped
- 1 onion chopped
- 2 ribs celery chopped
- 1 clove garlic
- 2 Tablespoon tomato paste
- 1 teaspoon juniper berries
- 1 bay leaf

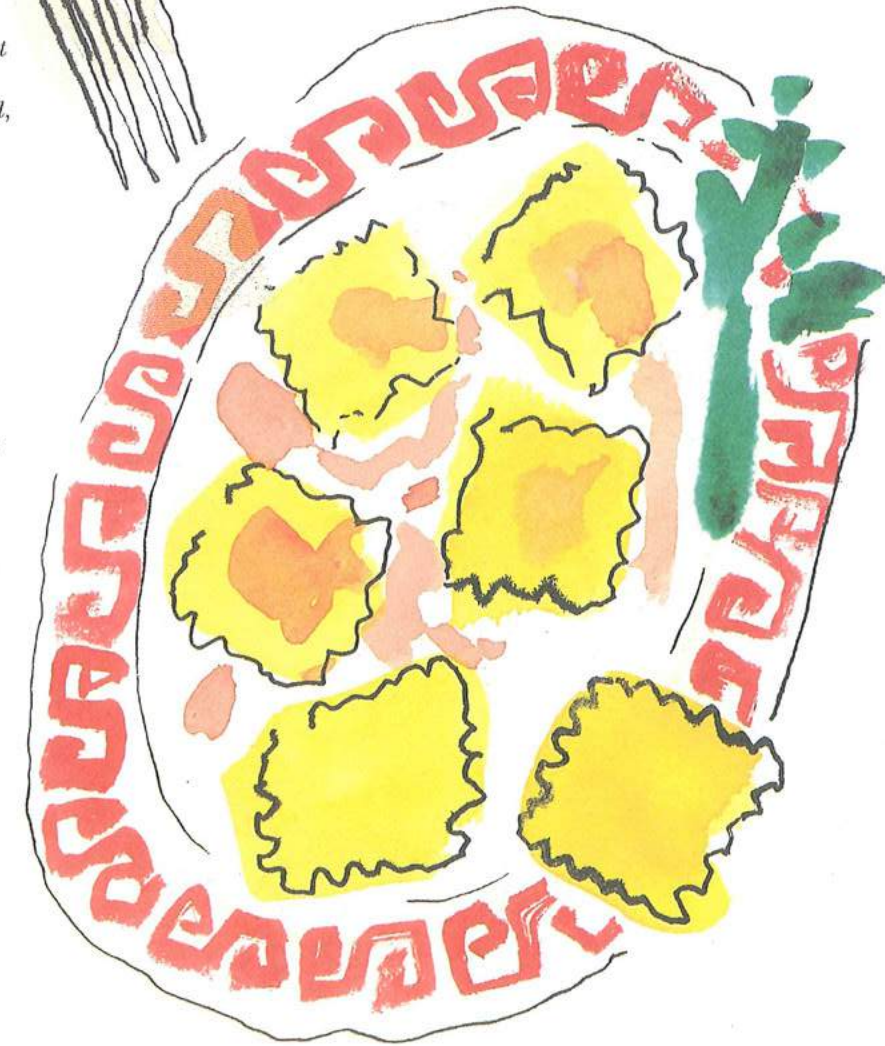
Agnolotti is a stuffed pasta, similar to ravioli, traditionally prepared in Piemonte. They are generally stuffed with braised meat and sauced in the meat's braising juices. This is a great way to stretch a small amount of meat into an ample and satisfying meal. Season the meat aggressively with salt and pepper. In a dry pan, begin browning all of the duck pieces slowly until well-rendered and colored. Add all of the vegetables and aromatics and continue slow-roasting until everything is soft (about 30 minutes.) At the same time reduce the wine and vinegar together to yield about 1 cup of syrupy liquid, and add it to the braise. Cover and bake slowly in a 250° oven until the duck meat is tender and almost falling freely from the bone. Cool the braise, pick the meat off of the bones, pass all of the juices through a food mill, recombine the juices and picked meat and let sit in the refrigerator for a day or two. This sitting period is important because it allows time for the cooked meat to absorb the flavors of the braise. When you are ready to form the agnolotti pull the meat from its liquid and chop it to a coarse paste. This will be your stuffing for the agnolotti and the leftover juices will be your sauce.

Knead together a mixture of equal parts whole eggs and egg yolks and flour until you have a smooth, soft ball of dough that springs back to the poke of a finger tip. Roll the dough out fairly thin. You should just be able to see through the sheet of pasta. Once rolled out cut the sheet into long strips, about 1.5" x 12". Place balls of the duck filling in the middle of the strip of pasta, leaving about ½" of space in between each piece. Now fold the strip of pasta, width-wise, over the duck filling to connect the top and bottom half of the dough. Press with your finger tip inbetween each piece of filling to seal the sides between each ball. Once the side is sealed move along the strip to seal each side inbetween each ball. Now that the perpendicular sides are sealed, it's time to seal the long horizontal front strip. Press along the length,

joining the top and bottom halves to close the strip of agnolotti, moving down the length of the strip until it's completely closed. Don't be afraid to press firmly. This is important.

With a fluted pastry cutter roll carefully down the length of the strip, removing the smallest strip of dough, creating a nice fluted edge. Then, roll in between each filling, where you sealed with your fingertips. This should break the agnolotti free from the strip with fluted edges. Repeat the process. Now you have lots of little agnolotti!

Boil in abundant, salted water until the noodle is 75% cooked then simmer the rest of the way in the reserved braising juices until they have coated the agnolotti. Serve in a bowl with a drizzle of good olive oil and a grating of Parmigiano regiano. -DG





SALT BAKED DUCK or GOOSE

- 1 whole duck or goose
- 1 box kosher salt
- 1 lemon, quartered
- 1 head garlic, cut in half
- 1 Spanish onion, quartered
- 8 sprigs thyme

Stuff the cavity of the bird with lemon, garlic, onion and thyme. Place an even and generous layer of salt on the bottom of a roasting pan. Place bird on top of salt and then cover the entirety of the bird with a thorough layer of salt. Place bird in a 350° oven and roast for about an hour.

Remove bird from the oven and let cool. When cool enough to handle, remove from the salt pan and brush as much of the salt of the surface of the bird as you can. Place bird on cutting board and separate the breasts and legs. The breast should be rare to medium rare. At this point you have to cook the legs longer in order to serve them. Brown the legs on both sides in a sauté pan with either duck fat or olive oil. Once brown pour off any excess fat and place duck legs in a slow, 300° oven and allow them to cook through until they no longer show any resistance when pierced with a knife. You could also braise the legs or cook them with a paste or a rub.

To serve, heat a pan with just a little olive oil or duck fat and place the breast skin side down to render. Keep the heat on medium-low and slowly brown the skin. When sufficiently brown and crispy, you can either flip the breast to just sear the other side or place the breast in a 400° oven for just a few minutes, skin side still down, until medium rare. Slice the breast and serve with the roasted leg. -CF

DUCK or GOOSE GIZZARDS

Gizzards, like hearts and unlike most other organ meats are much more like the muscle flesh that we are used to eating when we eat meat. They are firm and chewy, not soft and mushy. In other words, they're very good. This recipe is also good for braising duck legs.

- 1# duck or goose gizzards
- ¾ cup balsamic vinegar (I know, nobody uses this stuff anymore but it adds a good sweet/vinegar quality) or sherry vinegar
- 2 cups red wine
- 2 cups chicken stock (page 9)
- 4 bay leaves
- 6 sprigs thyme
- 1 Tablespoon whole black peppercorn
- 6 cloves garlic, cut in half
- 2 dried ancho or pasilla chiles seeded and torn or broken into pieces

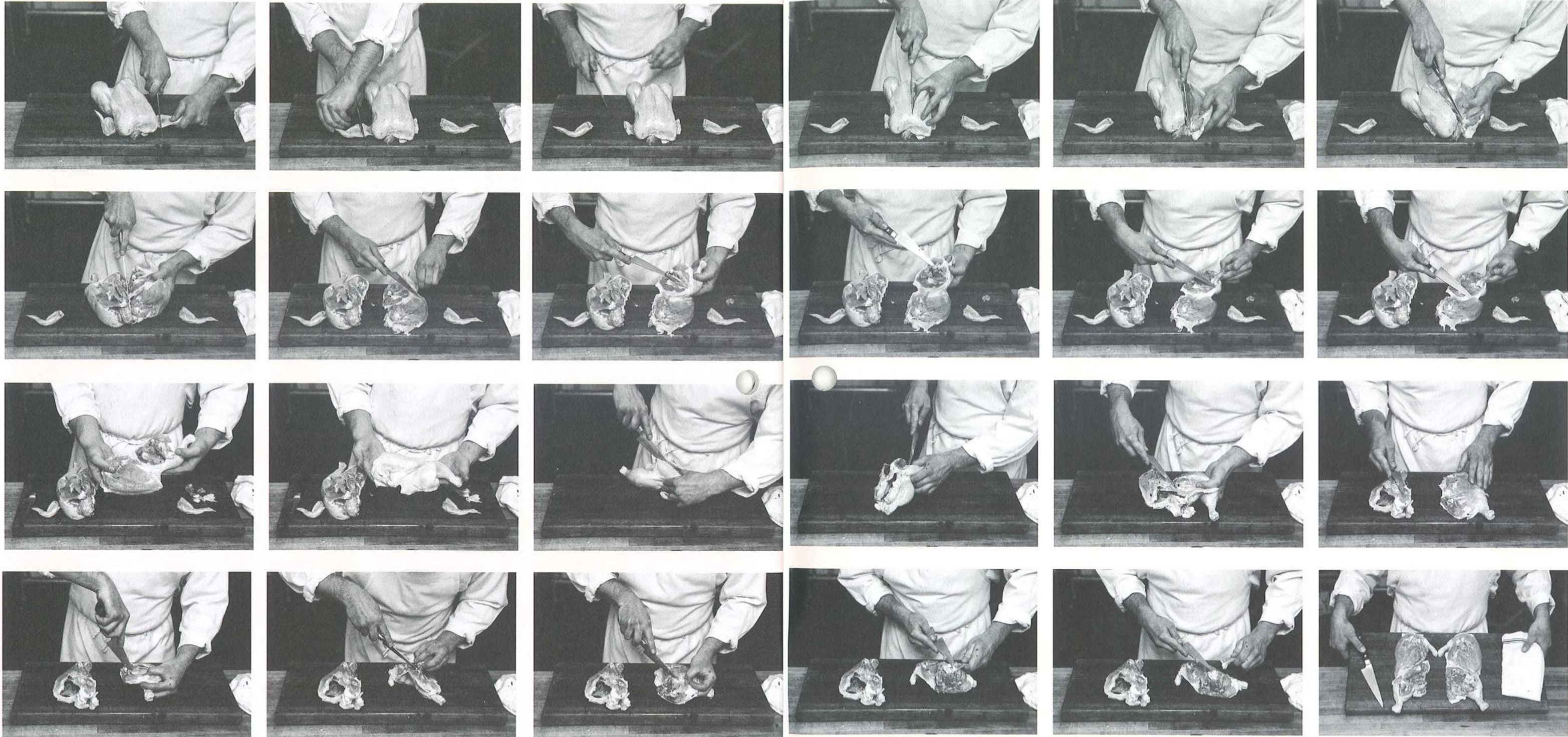
Season gizzards with salt and pepper and then place in a braising pot or roasting pan. Cover the gizzards with the liquid and then add the aromatics, garlic and spices. Place in a 350° oven and cook uncovered until tender. Gizzards are done when the meat shows no resistance when pierced with a knife. Cool in the braising liquid. Reduce sauce and serve gizzards with rice, grits or polenta or any grain. -CF



ELIZABETH SCHULA

BRICK CHICKEN BUTCHERY

Photography by NILS ERICSON



Cut wings at joint. Slice along backbone, as close as possible. Take out Backbone.

Remove the breast, leg, and thigh portion. Carefully carve out thigh bone. Repeat.



WINGS are for the BIRDS

ISAAC ASIMOV