



HERB-STUFFED ROASTED CORNISH HENS



SERVES

2



METHOD

OVEN



MINUTES

90



DIFFICULTY

2/10

INGREDIENTS

- 2 Cornish game hens
- 12 fresh sage leaves
- 4 lemon wedges
- 6 green onions, cut into 2-inch lengths, divided
- 2 tablespoons butter, melted
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 2 garlic cloves, minced
- 1 teaspoon kosher salt or sea salt
- 1/4 teaspoon coarsely ground black pepper
- 6 small red potatoes, halved

Preheat oven to 375°

Gently lift skin from hen breasts and place sage leaves under skin. Place lemon wedges and a third of the onions in the cavities. Tuck wings under hens; tie legs together. Place in a small greased roasting pan.

Combine butter, oil, lemon juice and garlic; spoon half of mixture over hens. Sprinkle with salt and pepper. Bake 30 minutes.

Add potatoes and remaining onions to pan. Brush hens with remaining butter mixture. Bake 40-45 minutes longer or until a thermometer inserted in thickest part of thigh reads 170°-175°F and potatoes are tender.

Remove hens to a serving platter. Stir potatoes and onions to coat with pan drippings. Serve with hens.

FISH CAKES

WITH TARRAGON MAYO



SERVES

8



METHOD

STOVETOP / OVEN



MINUTES

100



DIFFICULTY

3/10

INGREDIENTS

2 russet potatoes, peeled, cut into 2-inch chunks
1 ½ kosher sea salt
1 bay leaf
1/2 onion, cut into 1/4-inch slices
1 sprig fresh thyme
1 pound cod fillet
2 large eggs
1/8 teaspoon black pepper
finely grated zest and juice of 1 lemon
1/4 cup chopped fresh parsley
2 tablespoons chopped fresh herbs (basil, dill, and tarragon)
1 tablespoon Dijon mustard
2 tablespoons chopped capers
4 scallions, finely sliced
3/4 cup panko bread crumbs
6 tablespoons olive oil

In a small bowl, stir the mayonnaise and tarragon together. Cover and keep in the refrigerator until ready to serve with the fish cakes.

Place the potatoes in a saucepan and cover with cold water. Add 1 teaspoon salt. Bring the potatoes to a boil, adjust the heat to a simmer, and cook for 12 to 14 minutes, or until the potatoes are tender when pierced with the tip of a knife. Drain the potatoes and return them to the pot, and coarsely mash them. Set aside.

Sprinkle the fish on both sides with salt and pepper. In a wide skillet, add the onions, bay leaf, and thyme. Place the fish on top of the onions. Add 1/2 teaspoon salt and enough water to barely cover the fish. Cover with a lid. Bring to a simmer over medium heat. for 2 to 3 minutes. Set it aside, covered, for 5 to 6 minutes, or until it is opaque. Transfer it to a plate to cool. Break the fish into large flakes.

In a large bowl, beat the eggs. Add the pepper, lemon zest, lemon juice, parsley, fresh herbs, mustard, capers, and scallions. Mix to blend them. Add the mashed potatoes and stir until the ingredients are combined. Add the fish and panko, and stir to combine.

Divide the mixture into 8 portions and shape them into patties that are about 3 inches wide and 1-inch thick. Refrigerate, covered with plastic wrap, for 1 hour.

Set a rack 4 inches from the broiler element and preheat the boiler. Line a baking sheet with foil and brush with oil. Place the patties on the baking sheet and brush the tops with oil. Broil for 5 to 6 minutes, or until golden brown.

Remove the pan from the oven and flip the patties over. Brush the tops with more oil. Broil for another 5 to 6 minutes. Serve hot with tarragon mayonnaise or tartar sauce.

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PIEDMONT, ITALY



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RABBIT STEW

WITH OLIVES AND ROSEMARY



SERVES

6



METHOD

STOVETOP



MINUTES

90



DIFFICULTY

3/10

INGREDIENTS

1/4 cup + 2 tablespoons extra-virgin olive oil

Two 3-pound rabbits, each cut into 10 pieces

Salt and freshly ground pepper

1 cup dry red wine

1 onion, finely chopped

1 carrot, finely chopped

2 celery ribs, finely chopped

2 tablespoons tomato paste

4 rosemary sprigs, tied into two bundles with kitchen string

4 cups chicken stock

1½ cups kalamata olives

In a large, deep skillet, heat 2 tablespoons of the olive oil. Season the rabbit with salt and pepper. Working in 2 batches, brown the rabbit over moderately high heat, turning occasionally, until crusty all over, about 10 minutes; lower the heat to moderate for the second batch. Transfer the rabbit to a large plate.

Add the wine to the skillet and cook over moderately high heat, scraping up any browned bits on the bottom of the pan. Pour the wine into a cup; wipe out the skillet.

Add the remaining 1/4 cup of olive oil to the skillet. Add the onion, carrot and celery and cook over moderate heat, stirring occasionally, until softened, about 8 minutes. Add the tomato paste and rosemary bundles and cook, stirring, until the tomato paste begins to brown, about 5 minutes. Add the rabbit and any accumulated juices along with the reserved wine to the skillet and cook, stirring occasionally, until sizzling, about 3 minutes. Add 2 cups of the stock, season with salt and pepper and bring to a boil. Cover partially and cook over low heat for 30 minutes. Add the olives and the remaining 2 cups of stock and cook until the sauce is slightly reduced and the rabbit is tender, about 20 minutes longer. Discard the rosemary bundles. Serve the rabbit in shallow bowls.

KALE PESTO

WITH WHOLE WHEAT PASTA



SERVES

4



METHOD

STOVETOP / OVEN



MINUTES

45



DIFFICULTY

1/10

INGREDIENTS

1 large bunch Tuscan kale, ribs and stems removed
Kosher salt
12 ounces farro pasta or whole wheat pasta
1/3 cup raw pistachios
1/4 cup extra-virgin olive oil
1 garlic clove
1 ounce Parmesan, finely grated, plus more for serving
2 tablespoons unsalted butter
Freshly ground black pepper

Cook kale leaves in a large pot of boiling salted water until bright green and wilted, about 30 seconds. Transfer to a rimmed baking sheet with tongs; keep water boiling. Let kale cool slightly; wring out excess water with your hands.

Cook pasta in pot of boiling water, stirring occasionally, until al dente.

Blend nuts, oil, garlic, and 1/3 cup water in a blender or food processor until very smooth. Add kale and 1 oz. Parmesan. Purée, adding water 1 Tbsp. at a time as needed, until smooth. Transfer pesto to a large bowl.

Using tongs, transfer pasta to bowl with pesto; add butter and 1/3 cup pasta cooking liquid. Toss, adding more pasta cooking liquid by the tablespoonful if needed, until sauce coats pasta. Divide among bowls; top with more Parmesan and a few grinds of pepper.

