

#### WHAT YOU WILL NEED

- Whole Marinated Chicken

#### KITCHEN ESSENTIALS

- Cutting Board
- Kitchen Shears



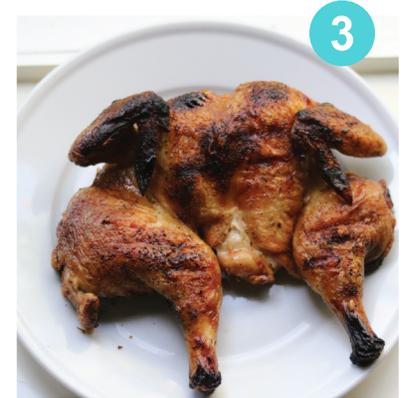
## CREOLE MARINATED SPATCHCOCK CHICKEN



PLACE CHICKEN BREAST SIDE DOWN, WITH THE LEGS POINTING AWAY FROM YOU. USE KITCHEN SHEARS TO CUT DOWN ONE SIDE OF THE BACKBONE, ALL THE WAY THROUGH WHERE THE LEG JOINT MEETS THE BACKBONE.



REPEAT ON OPPOSITE SIDE OF THE BACKBONE TO FREE THE WHOLE SPINE FROM THE BIRD. SAVE THE SPINE TO MAKE A STOCK OR BONE BROTH.



ROTATE THE CHICKEN SO THAT THE LEGS ARE POINTING TOWARDS YOU, AND THE SKIN SIDE IS DOWN. LOCATE THE BREAST PLATE BY FEELING FOR HARD CARTILAGE IN THE CENTER OF THE BIRD. SNIP THROUGH THE HARD CARTILAGE AND THE WISH BONE, CAREFUL NOT TO CUT ALL THE WAY THROUGH THE BREASTS.

#### WHAT YOU WILL NEED

- 1 Marinated Chicken
- 2 teaspoon Salt
- 1 teaspoon Pepper

#### KITCHEN ESSENTIALS

- Grill

## GRILLED

1. Preheat grill to 350 F. Season both the flesh side and skin side of the chicken with 2 teaspoons and 1 teaspoon pepper.
2. Once grill is hot place the chicken flesh side down and close grill cover. Let cook for 10 Minutes, rotate chicken.
3. After another 10 minutes flip chicken over so the skin is now on the grill. Let cook for ten minutes and rotate. You are looking to crisp up the skin during this time.
4. The final internal temperature near the bone should be 165 F.

## CAST IRON

1. Preheat oven to 350 F. Season both the flesh side and skin side of the chicken with 2 teaspoon and 1 teaspoon pepper.
2. Once oven is hot place pre heat pan on stove. Add 1 tablespoon oil and place chicken skin side down.  
\*\*Chefs tip – if you can place a smaller cast iron you can put on top of the chicken to apply pressure. This will keep the skin in contact with the pan resulting in a crispier skin.
3. Cook for 20 minutes, remove from oven and flip chicken. Place back into oven and cook till internal temperature reaches 165 F.

#### WHAT YOU WILL NEED

- 1 Marinated Chicken
- 1 tablespoon Oil
- 2 teaspoon Salt
- 1 teaspoon Pepper

#### KITCHEN ESSENTIALS

- Cast Iron Skillet

### WHAT YOU WILL NEED

- 1 Tablespoon Veg Oil
- 4 cloves garlic, sliced
- 1 large shallot, sliced
- 4 Tablespoons Butter
- 8 oz green beans, trimmed
- 1 cup water
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup sliced almonds, toasted
- 1 lemon, cut in half

### KITCHEN ESSENTIALS

- Saute Pan



## GREEN BEAN AMANDINE



Heat oil, garlic, and shallot to large saute pan over medium heat. Cook until golden brown then add butter, green beans, water, salt and pepper.



Cook, uncovered, until water is almost all evaporated and veggies are glazed.



Add almonds, and squeeze lemon into beans

### WHAT YOU WILL NEED

- 12 oz Farro
- 4 cups Chicken stock
- 1 large shallot, minced
- 4 cloves garlic, minced
- 1 cup mushrooms, quartered
- 1/3 cup ham, large dice
- 6-7 basil leaves, torn
- 4 Tablespoons veg oil
- 2 Tablespoons Butter
- 1 teaspoon salt
- 1/2 teaspoon pepper

### KITCHEN ESSENTIALS

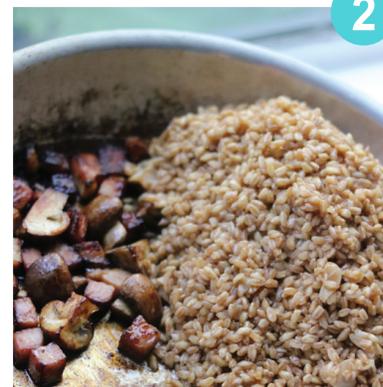
- Large pot
- Kitchen Knife
- Cutting Board



## FARRO WITH HAM, MUSHROOMS, AND BASIL



Heat a large skillet over high heat. Add oil and saute mushrooms and ham until caramelized. Add garlic and shallots.



When garlic is browned, add Farro and stir to mix well. Add Chicken Stock, bring to a boil, then reduce to simmer for 20 minutes, or until all liquid is absorbed.



Once finished, fold in basil and adjust seasoning to your liking.