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Cooking with the Club

with Chef Robert Larios



'ENGAGEMENT' CHICKEN

I spent some time researching a Valentine's Day recipe, and my interest was piqued by this 'Engagement' Chicken recipe. It is a recipe with a bit of history – or could it be folklore? In any case, it is claimed that the recipe was created by an editor at *Glamour* magazine. The recipe was forwarded to several co-workers, and soon three were offered marriage proposals after making the dish for their boyfriends. The recipe was also published in the magazine, and readers claimed that at least 70 couples were married after the women served their boyfriends the dish.

The recipe itself is very simple to follow, and it seems to hold a nice flavor. The recipe calls for about 1 hour 15 minutes of roasting, but it may take longer if you have a bigger bird.

Please let me know if anyone of you experiences the phenomena of 'Engagement' Chicken and receive marriage proposals! Happy Valentine's Day!

'Engagement' Chicken

Makes 4 Servings

INGREDIENTS:

- 1 whole chicken, 4 to 5 pounds
- 1 tablespoon sea salt
- 1 tablespoon freshly ground pepper
- 1/2 cup chopped parsley
- 1/4 cup extra virgin olive oil
- 4 lemons
- 1 tablespoon dill
- 1 sprig rosemary
- 8 to 12 medium-sized rose potatoes
- Approximately 12 stalks asparagus

Cooking TIDBIT

You may use other vegetables to roast along side the chicken.

DIRECTIONS:



- 1 Preheat oven to 400 °F. Wash chicken and drain cavity with cold water; let chicken drain and pat dry with paper towel. Pour juice of one lemon all over the outside and inside of the chicken. Do the same with the extra virgin olive oil. Add the sea salt and pepper to the inside and outside of chicken. Prick two lemons with a fork and place them inside the cavity of the chicken.



- 2 Season rose potatoes and asparagus with salt, pepper and olive oil. Lower oven temperature to 350°F and place chicken in roasting pan, with the potatoes along the sides of the chicken. Do not put the asparagus in the pan until the last 15 minutes or they will become mushy. Let cook for about 1 hour and 15 minutes or until meat thermometer reads 180°F. Always insert meat thermometer in a chicken thigh.



- 3 Once cooked to satisfaction, let chicken rest for 10 minutes before carving. Save the juices from the roasting pan and add to a slice of chicken. This is called the "Marry Me Juice." Garnish with parsley, rosemary and even lemon slices. Plate and enjoy!

[A Cook's Dictionary]

Dill:

Thought by first-century Romans to be a good luck symbol, dill has been around for thousands of years. This annual herb grows up to a height of about three feet and has feathery green leaves called dill weed, marketed in both fresh and dried forms. The distinctive flavor of fresh dill weed in no way translates to its dried form. Fresh dill does, however, quickly lose its fragrance during heating, so it should be added toward the end of the cooking time. Dill weed is used to flavor many dishes including salads, vegetables, meats, and sauces. The tan, flat dill seed is actually the dried fruit of the herb. Heating brings out the flavor of dill seed, which is stronger and more pungent than that of the leaves. It's most often used in the United States for the brine in which dill pickles are cured.



Bibliography: © Barron's Educational Services, Inc. 1995, based on The Food Lover's Companion, second edition, by Sharon Tyler Herbst.

Fun Food Quote:

"One cannot think well, love well, sleep well, if one has not dined well."

– Virginia Woolf

