

Chef from the Hood Recipes



Chef:
Pacific Market's Mike Lombardi

Restaurant:
Pacific Markets

Recipe:
Mike's Roasted Rocky AND Grilled Citrus & Herb Chicken



Rocky Chicken tastes great, like chickens tasted before big factory farms started raising them. Unlike most commercial chicken, Rocky Chickens grow up running around in sunlight, the way healthy chickens like to do. Rocky Chickens enjoy a vegetarian diet of corn and soybean meal. Antibiotics and hormones never pass their beaks, because naturally healthy Rockys don't need them. Put that in your pot and roast it! Try one of these recipes using a Rocky Chicken, available at all three Pacific Markets.

Mike's Roasted Rocky!

Recipe serves 2 to 4.

Ingredients:

- olive oil (Brando's Olive Oil or other good, local oil)
- salt, pepper, garlic powder & paprika
- fresh rosemary sprig
- A few boiling onions

To prepare:

Preheat oven to 350°

Rub 1 whole Rocky Jr. all over with olive oil (Brando's Olive Oil or other good, local oil) Sprinkle in/out with salt, pepper, garlic powder & paprika (Morton & Bassett). Place fresh rosemary sprig & a few boiling onions inside chicken. Roast 40 to 50 minutes (depending on size of chicken).

Grilled Citrus & Herb Chicken!

Mix marinade:

squeeze juice of 1 orange, 1 lime & 1/2 grapefruit add 1 teaspoon Kosher salt & 2 tablespoons olive oil. Reserve 1/2 cup marinade for basting. Cover 1 split Rocky Jr. with the rest. Marinate, covered in fridge 3 hours.

Mix herb rub:

- 1/2 cup each: fresh parsley & chives, chopped
- 2 tablespoons each: fresh thyme & oregano, chopped
- 2 teaspoons fresh rosemary, chopped
- 1 tablespoon olive oil
- 1/2 teaspoon each salt & pepper

To prepare:

Place chicken on hot grill, sear both sides, 2 to 3 minutes per side. Reduce heat (or move chicken to indirect heat). Cook another 15 minutes per side or until done. Baste occasionally with reserved marinade. When done, remove chicken from heat and press herb rub gently into the surface of cooked chicken. Allow to rest on the turned-off grill for five minutes, so herb and olive oil rub melt into the nice, hot chicken. Serve immediately.