

## Chef from the Hood Recipes



**Chef:**

Dan Berman, Culinary Director

**Restaurant:**

What's Cooking at Fiesta & Pacific Markets

**Recipe:**

Chicken Curry with Green Apple & Braised Green Cabbage

### Three Courses by Chef Dan Berman with Nana Mae's Organics!

Chef Dan Berman says, "I'd met Paul and Kendra Kolling before, at Raise the Bar, and was happy to try their new line. Nana Mae's Apple Cider Vinegar, Spring Blossom Wildflower Honey, and Gravenstein Apple Juice are all wonderful products! This dedicated company makes quality goods; their new line inspired me to create these recipes. This dinner will serve 4."

#### Chicken Curry

- 1 chicken, 2.5 to 3 pounds
- marinade (see below)
- 3 T. olive oil
- 1 white onion, chopped
- 1 peeled carrot & 2 trimmed stalks of celery; coarse chopped
- 1 cup dry white wine
- 1/2 cup apple juice\*
- 1 teaspoon madras curry powder
- 2 cups chicken stock
- 1 firm green apple, cored, peeled & coarsely chopped

#### Nana Mae'rinade

- 2 T. diced shallot
- 1/2 cup apple juice\*
- 2 T. apple cider vinegar\*
- 1 teaspoon chopped fresh thyme
- 1/2 teas. ground cinnamon
- 1/2 teas. coriander
- dash of nutmeg
- 1 T. olive oil

#### Procedure:

Mix marinade together in a bowl. Cut chicken into 8 serving pieces, discarding the wingtips and tail. Place chicken in marinade for 4 to 6 hours. Remove from marinade and pat dry. In a large sauté pan, heat two tablespoons of olive oil. Add chicken pieces and brown on all sides. Add onion, carrot and celery; reduce heat to medium high and sauté until vegetables are golden brown. Add white wine, cooking until liquid evaporates, about 5 to 8 minutes. Stir in curry powder, chicken stock and apple juice and bring to a boil. Reduce heat to medium. Simmer

uncovered until chicken is cooked through, 8 to 10 minutes. Transfer chicken to a serving dish and cover to keep warm. Continue to simmer sauce over medium heat until reduced by half, (5 or so minutes). In a small saucepan over medium heat, warm one tablespoon olive oil. Add apple and sauté until tender but firm (not mushy) 1 to 2 minutes. Pour cooked apple over chicken. Strain reduced sauce through a fine mesh into a clean container and discard solids. Pour sauce over chicken and apple and serve immediately with braised green cabbage.

Basmati rice would make a fine side dish.

### **Braised Green Cabbage**

- 1 head of green cabbage
- 1 medium onion
- 1 oz of bacon (one good sized strip)
- 2 T. duck fat
- (or olive oil, good bacon fat, or unsalted butter)
- 2 T. apple cider vinegar\*
- 1 bay leaf
- 1/2 cup water
- 1 Gravenstein apple, peeled & diced
- Salt & pepper

#### **Procedure:**

In a large pan, heat bacon until it is nice and golden. Add the fat and the onion and cook for about 5 minutes. Add the cabbage, vinegar, bay leaf and water to the pan. Cover and simmer for 20 minutes. Add the diced apple (be sure that the apple does not brown) and cook for another 5 minutes. Adjust seasoning with salt and pepper.

### **Bellwether Farms Fromage Blanc with Apple Rosemary Compote & Nana Mae's Wildflower Honey**

- 4 medium, peeled Gravenstein apples cut into medium dice
- 1/2 cup sliced almonds
- 1 T. sweet (Clover unsalted) butter
- 3 T. Nana Mae's Spring Blossom Wildflower Honey
- 1/2 teas. fresh rosemary leaves, chopped
- 1/2 cup water plus 2 T.
- 1 package Bellwether Farms Fromage Blanc

#### **Procedure:**

Put diced apples in a medium saucepan with almonds, butter, honey, rosemary and 1/2 cup water. Cover and cook over medium heat until liquid evaporates. Uncover and cook until apples caramelize, about 5 minutes. Add 2 tablespoons water and cook until it evaporates. To serve, put a nice spoonful (small ice cream scoop) of fromage blanc on a plate and drizzle with a touch of honey and drape some of the apple compote on the side.

\* All recipes use Nana Mae's Organics: Apple Juice, Apple Cider Vinegar & Spring Blossom Wildflower Honey