

Chef from the Hood Recipes



Chef:

Marek Cichosz & Chef Frank Cox

Restaurant:

Chopin Polish & Provençal Restaurant, Oakmont, CA.

Recipe:

Chopin's 40 Clove Garlic Roasted Chicken!

Ingredients:

1 roasting chicken
ask your butcher to quarter-cut
salt & fresh ground pepper
olive oil or vegetable oil
1/2 pound peeled garlic cloves
3/4 cup white wine
1 tablespoon chopped thyme
1 sprig of savory
3 bay leaves
sides of potatoes, rice or bread

Coat bottom of an ovenproof sauté (or large Dutch oven) with oil. Season bird with salt & pepper. Brown all sides in hot oil. Remove bird and pour off fat, but don't wash pan. Add garlic & wine to pan and bring to simmer, scraping the pan to incorporate drippings. Turn off heat. Return bird to pan, add herbs. Turn to coat with herbs & sauce. Cover pan (foil or fitted cover). Place in 350° oven for 1 hour AND 45 minutes. Chicken will fall off the bones. Serve with sides.

19th century composer Frederic Chopin was born to a French father and a Polish mother and grew up in Poland. Later Chopin lived with his French lover Georges Sand in the French countryside. Chopin found inspiration and solace in the beautiful natural surroundings near Provence, 'land of the troubadours.' The cuisine served at Chopin, the restaurant in Oakmont is inspired by Chopin's life. Chef Frank Cox says, 'We like creating the savory, homey dishes that Chopin grew up eating. Many of these traditional country style dishes require hours of preparation and braising. We even make our own sausages. It's all about comfort food at Chopin.' The recipe here is a simplified version of a popular dinner entree served at Chopin, where Chef Cox includes rice pilaf, fresh vegetables and a demi-glaze made from the aromatic pan drippings. Don't be afraid of the large quantity of garlic... as the chicken finishes a long braising, the cloves become soft and the flavor mellows. Makes 4-6 main dish servings.