

Susan's Daily Kitchen

Inspired by Life in France, Italy and Beyond



Basque Chicken

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PANTRY LIST

HERE IS YOUR COMPLETE PANTRY AND SHOPPING LIST FOR ALL THREE RECIPES INCLUDED IN THIS GIFT. EACH RECIPE ALSO HAS ITS OWN, INDIVIDUAL PANTRY AND SHOPPING LIST. [CLICK HERE FOR MORE RESOURCES](#)

PANTRY LIST:

- Extra-virgin olive oil
- Fine sea salt
- Freshly ground black pepper
- 6 cloves garlic
- Piment d'Espelette OR hot paprika
- Vinaigrette
- Unsalted Butter
- 3 Fresh Bay Leaf
- One 28-ounce can diced tomatoes, organic from Muir Glen preferable
- 1 little hot pepper like a birds' eye
- 2 teaspoons ground turmeric

SHOPPING LIST:

- 1 chicken (3-1/2 – 4 lbs) cut into serving pieces OR the equivalent in thighs/breasts, with skin
- 1-1/2 pounds + 2 large yellow onions
- 2 bunches flat-leaf parsley
- 4 cups washed mâche
- 8 ounces salmon fillet
- 8 ounces firm white fish fillet (flounder, lingcod, tilapia, snapper)
- 8 ounces halibut or other more delicate white fish
- 1 package fresh thyme or tarragon
- 2 shallots
- 20 radishes (just get a bunch)
- 1 pound small, organic potatoes – (we like Yukon Gold)
- 1 cup basmati rice
- 1 pound fresh smoked pork or chicken sausage (try Aidells brand)
- 1/2 inch round of fresh ginger
- 1 lime

CHICKEN, ONIONS, AND GARLIC

“BASQUE” CHICKEN



Here's a cheery dish that goes together fast, and makes as good a weeknight dinner as it does a more elegant and leisurely weekend supper. Le Pays Basque is the gorgeous region of rolling green hills and snow-capped mountains on the Spanish border, home to the most spicy cooking, and the most famous pepper, piment d'Espelette, ([link](#)) in all the land! Make this dish once, and you'll make it all the time!

NOTES TO THE COOK: It's tempting to buy chicken thighs or breasts, but consider buying a whole, cut up chicken – this provides variety (white/dark meat), and some fun for those who love chicken but don't want lots of meat (such as wing and back fans). While skinless chicken has become popular because it is lower in fat than skin-on chicken, the difference is minimal, truly (about 50 more calories in a skin-on breast than one without). And it turns out that half the fat under the skin of chicken is monounsaturated so it's not the kind that blocks your arteries. Great news, right?

COOKING METHOD: Stovetop **SERVINGS:** 4 - 6

PREPARATION TIME: 20+ minutes **TOTAL TIME:** 50+ minutes

SUGGESTED ACCOMPANIMENTS: Mâche salad, fresh bread, and apple-pear compote

BEVERAGE: Basque Iroulegy is fabulous with this, but if you have a hard time finding that, try a Languedoc, or any earthy, robust red.



PANTRY ITEMS:

- Extra-virgin olive oil
- Fine sea salt
- Freshly ground black pepper
- 4 cloves garlic
- Piment d'Espelette OR hot paprika
- Vinaigrette

SHOPPING LIST:

- 1 chicken (3-1/2 – 4 lbs) cut into serving pieces OR the equivalent in thighs/breasts, with skin
- 1-1/2 pounds red and yellow onions
- 1 bunch flat-leaf parsley
- 4 cups washed mache

EQUIPMENT:

- Sieve
- Medium saucepan
- Measuring spoons
- Frying pan
- Tongs
- Sharp knife
- Cutting boards

DO AHEADS:

- Dice the onions and put them in an air-tight container
- Mince the garlic and put it in another container
- Peel and mince the ginger and put it with the garlic
- Seal and put in the fridge.

CHICKEN, ONIONS, AND GARLIC

LET'S GO/ALLEZ-Y!



- Warm the plates.
- Put a small platter near the stove, for the browned chicken.
- Pour 1 tablespoon of oil into the frying pan and place it over medium heat.
- When the oil is hot but not smoking, use your tongs to add the chicken.
- Season the chicken with salt and pepper, then turn after 3 minutes, season again, brown another 3 minutes.
- Mince the garlic while the chicken is browning.
- When the chicken is deep golden, transfer it with tongs to the platter near the stove. [SEE PHOTO 2](#)
- Add the onions to the pan, season them lightly with salt and pepper, stir and cook until they start to will take about 4 minutes, stirring almost all the time and scraping any caramelized juices off the bottom of the pan.
- Add the garlic, stir and cook for another 1 to 2 minutes.
- Return the chicken to the pan with any juices.
- Season everything with the hot paprika.
- Turn the chicken and onions, bringing the onions up and over the chicken as much as possible.
- Add ¼ cup water (or some of the wine), shaking the pan. Cover and cook for 10 minutes.
- Either set the table, or call someone to do it for you.
- Pour 3 tablespoons of the vinaigrette into a salad bowl, and put the mâche on top. Don't toss it yet – you can do that at the table.
- Check and stir the chicken and let it cook for another 8 to 10 minutes.
- Slice into the thickest part of the thigh to see if it's cooked: golden juices, no rosy meat.
- Call everyone to the table!
- Taste the dish for seasoning and adjust it if you need to.
- Raise your glass, toss, toss, toss the mâche and enjoy!

ROUGAIL CREOLE

SAUSAGES WITH TOMATOES AND GOLDEN RICE



This Créole recipe from the Ile de la Reunion is as French as they come, despite its exotic allure. The Ile de la Réunion was a French colony for more than a hundred years, and it's been a French "department" since 1946, which means even though it's a tropical island miles from the mainland, it's still France! It's been known for its sugar, and today it's known for the quality of turmeric that grows in its mulchy soil, which is why that spice is so important here. You'll love it; it combines perfectly with the sausages and tomatoes, making a gorgeous and delicious multi-cultural dish that will transport you.

NOTES TO THE COOK: Make a double batch and freeze half. And remember to pierce the sausages – they'll brown better that way!

COOKING METHOD: Stovetop

SERVINGS: 4

PREPARATION TIME: 25 minutes **TOTAL TIME:** 55 minutes

SUGGESTED ACCOMPANIMENTS: Green Salad, Apple Crumble for

dessert **BEVERAGE:** Try your favorite microbrew here.



PANTRY ITEMS:

- 2 teaspoons ground turmeric
- Fine sea salt
- 2 fresh bay leaves
- Extra virgin olive oil
- 2 cloves garlic
- One 28-ounce can diced tomatoes, organic from Muir Glen preferable
- 1 little hot pepper like a birds' eye or a shake of hot red pepper flakes
- Vinaigrette

SHOPPING LIST:

- 1 cup basmati rice
- 2 large, yellow onions
- ½ inch round of fresh ginger
- 1 pound fresh smoked pork or chicken sausage (try Aidells brand)
- 1 lime
- 10 sprigs fresh thyme

EQUIPMENT:

- Sieve
- Medium saucepan
- Measuring spoons
- Frying pan
- Tongs
- Sharp knife
- Cutting boards

DO AHEADS:

- Dice the onions and put them in an air-tight container
- Mince the garlic and put it in another container
- Peel and mince the ginger and put it with the garlic
- Seal and put in the fridge.

ROUGAIL CREOLE

LET'S GO/ALLEZ-Y!



- Take the sausages out of the fridge the minute you get into the kitchen.
- Get out all the ingredients and equipment.
- Warm four shallow soup bowls.
- Rinse the rice under cold water until the water is nearly clear, then put it in the saucepan. Add 2-1/4 cups water, the turmeric, salt and 1 bay leaf and whisk together.
- Bring the water to a boil over medium-high heat. Turn down the heat and cook the rice until there are holes in the top. [SEE PHOTO 1](#)
- While the rice is cooking, dice the onions, mince the garlic and peel the ginger if you haven't already.
- Check the rice: when there are holes in the top, cover it, turn the heat to low and put on the timer for 10 mins.
- Poke tiny holes in all the sausages with a skewer so they don't EXPLODE when you're cooking them!
- Put 2 teaspoons oil in the frying pan over medium-high heat.
- Put the sausages in right away.
- Brown on all sides, which will take about 6 minutes. [SEE PHOTO 2](#)
- Open the can of tomatoes.
- When the sausages are brown, transfer them to a cutting board.
- The timer's probably gone off for the rice so remove it from the heat. Don't look at it! It needs to plump.
- Put 1 more teaspoon oil in the frying pan, add the onions, and cook until they're golden at the edges, stirring most of the time, which will take 5 to 6 minutes. They brown fast, so don't go too far away.
- Add the garlic and the ginger and stir, then add the can of tomatoes with all their juices and stir, scraping any caramelized juices from the bottom of the pan. [SEE PHOTO 3](#)
- Zest the lime over the tomatoes, cut the sausages into 1-inch pieces and add to the tomatoes along with the thyme, the other bay leaf, and the hot pepper (if you like your food spicy).
- Throw in some salt and grind over some black pepper.
- When the tomatoes are boiling, reduce the heat to medium, cover the pan, and get the newspaper. You've got about 25 minutes to catch up on the news. Don't go far away because you need to check the sauce a couple of times as it cooks, to be sure it's not sticking. If it is, reduce the heat. If it still is, add 1/4 cup water and scrape the pan.
- When you're about 10 minutes away from completion, call someone to set the table.
- Taste the rougail for seasoning and adjust it.
- Remove the hot pepper, thyme branches and the bay leaves.
- Divide the rice among four bowls, making an indentation in the top. Spoon equal amounts of the rougail over it, garnish with extra thyme.
- Beer poured? Water on the table? Salad ready to toss?
- VOILA! Your very pretty and tasty dinner is served.

Bon Appétit!

TRIO OF FISH IN PARCHMENT



Cooking in parchment is a French technique that protects fragile ingredients like fish and tender vegetables. It's easy and fast – just assemble the ingredients, twist into a packet, put them in the oven and before you know it, dinner is cooked. This recipe calls for a trio of fish because it's pretty that way, but you can use one variety or ten ... and you can vary the vegetables; just remember to slice them **THIN**. (I'm giving you an extra recipe here for simple and delicious boiled potatoes, just in case!)

NOTES TO THE COOK: When it comes to fish, “fresh” means simply “unfrozen,” so that fresh fish could be weeks old. Flash-frozen fish is often more fresh than “fresh” fish. If you're not using organic potatoes, you'll want to peel them (so use organic = time saver!) You'll have leftover radishes – put them in a bowl for a pre-dinner snack.

COOKING METHOD: Oven

SERVINGS: 4

PREPARATION TIME: 15 minutes **TOTAL TIME:** 40 minutes

SUGGESTED ACCOMPANIMENTS: Boiled potatoes and for dessert, pears sautéed in butter with honey and nutmeg.

BEVERAGE: A delicious Sauvignon Blanc will do the trick here!



PANTRY ITEMS:

- Sea salt and freshly ground black pepper
- Unsalted butter
- 1 fresh bay leaf

SHOPPING LIST:

- 8 ounces salmon fillet
- 8 ounces firm white fish fillet (flounder, lingcod, tilapia, snapper)
- 8 ounces halibut or other more delicate white fish
- 1 package fresh thyme or tarragon
- 2 shallots
- 20 radishes
- 1 pound small, organic potatoes – we like Yukon Gold
- 1 bunch flat leaf parsley
- Baguette

EQUIPMENT:

- Tweezers or fish bone pullers
- Scissors
- Parchment paper
- Aluminum foil
- Baking sheet
- Slotted fish spatula or other stiff spatula
- Medium saucepan with lid

DO AHEADS:

- Slice the shallots and the radishes, put them in an airtight container in the fridge.
- Pluck the leaves from 20 branches of thyme (or tarragon), and pluck about 20 leaves from the parsley. Put them in separate containers, in the fridge.
- Cut the parchment and the foil.
- If you're not using organic potatoes, peel the potatoes, put them in a container, cover them with water and refrigerate.

TRIO OF FISH IN PARCHMENT

LET'S GO/ALLEZ-Y!



- Get out your equipment.
- Warm the plates.
- Cut the fish on the bias into four pieces each, so they're flattish rather than thick-ish.
- Preheat the oven to 450F, and place the rack in the center of the oven.
- Now for the origami: cut four pieces of parchment that measure about 12x6 inches, and four pieces of aluminum foil that measure about 18 x 11-1/2 inches.
- Place each piece of parchment atop of each piece of foil.
- Thinly slice the shallots and the radishes.
- Pluck the herb leaves, if you haven't.
- Mince the herb leaves. Divide the minced herbs into two piles, one that is 2/3 the amount, the other that is 1/3 the amount. Put a bowl over them so their flavor doesn't disappear.
- Cut the butter into 4 equal pieces.
- Arrange a piece of each type of fish in the center of a piece of parchment so they touch but don't overlap.
- Season the fish generously with salt and pepper.
- Sprinkle with equal amounts of shallots and radishes, and the 2/3 amount of the herbs. Season again lightly and set a piece of butter on top.
- Bring the foil and parchment together above the fish and twist it closed. Repeat with the rest.
- Place the packets on the baking sheet, and place the baking sheet in the oven.
- The fish will take 15 minutes to cook. Trust the time and don't worry about it.
- Now if you're serving potatoes, wash and put them in a saucepan with water to cover by about 2-inches.
- Add a very large pinch of salt and a bay leaf, put the pan over medium-high heat and bring to a boil.
- Reduce the heat to medium so the water is at a lively simmer and cook until the potatoes are tender, about 15 minutes.
- Remove them from the heat – they'll stay hot.
- Time for a newspaper break, or set the table, or call someone to do that.
- When the timer goes off, call everyone to the table.
- Remove the packets from the oven. Either put a packet on each of four plates, serve, and let everyone deal with the paper, or unwind the packets in the kitchen and slip the ingredients onto each plate.
- If you unwrap, drizzle with some of the juices in the bottom of the packet and garnish each plate with a sprig of parsley.
- Drain the potatoes and put them in a bowl, add some butter, salt and pepper, and the 1/3 of the herbs that are left, and shake them in the bowl.
- Bring everything to the table, including wine and water.

Bon Appétit!