



Beyond Ramen Noodles



Roasted Chicken with Herb Butter, Onion and Garlic

1 stick (8 Tablespoons), unsalted butter, softened
1 Tablespoon chopped fresh parsley, plus 3 sprigs
1 Tablespoon chopped fresh thyme, plus 3 sprigs
1 Tablespoon chopped fresh rosemary, plus 3 sprigs
¼ teaspoon fennel seeds, crushed
½ teaspoon Kosher salt
1 whole chicken, 3-4 pounds
2 medium onions, peeled and quartered
14 cloves garlic, peeled
1 cup chicken broth (or chicken stock)
½ cup dry white wine
2 teaspoons all-purpose flour

Preheat oven to 400 degrees

Place a roasting rack into a 13x9 inch-roasting pan, preferably not a non-stick pan

1. Mix the butter, chopped herbs, crushed fennel seeds and ½ teaspoon of the Kosher salt in a bowl, blend well.
2. Position a rack into the bottom one-third of the preheated oven. Sprinkle the chicken with salt and pepper and place the 1 of the quartered onions and the sprigs of herbs inside the cavity.
3. Starting at the neck end, slide fingers under the skin of the breast and upper part of the legs, loosening the skin. Spread 3 Tablespoons of the herb butter under the skin of the breast and upper leg meat. Place the chicken on the rack in the roasting pan; tie the legs together to hold its shape. Scatter the remaining onions around the chicken and season with salt and pepper.
4. Roast the chicken for 30 minutes. Remove from the oven and scatter the garlic cloves around the chicken. Brush the chicken, onions and garlic with 1 Tablespoon of the herb butter, then return to the oven and continue roasting for 30 minutes more.
5. Remove from the oven, reserve 1 Tablespoon of the herb butter for the sauce and brush the remainder on the chicken and the vegetables.
6. Return to the oven and continue roasting until the chicken is golden brown and a meat thermometer inserted in the leg/thigh joint registers 180 degrees, about 30 minutes longer. Tilt the chicken so that the juices from the cavity drain into the roasting pan. Transfer the roasted chicken to a platter, surround with the onions and garlic and tent with foil to keep warm until ready to serve.
7. Set the roasting pan over medium-high heat. Add the broth or stock and wine; bring to a simmer while scraping up the browned bits. Pour the pan juices into a large glass measuring cup or fat separator. Spoon off and discard the fat. Pour the juices into a medium saucepan.
8. Stir the remaining 2 Tablespoons of the herb butter and the flour together to form a paste. Bring the pan juices to a simmer; whisk into the paste.

9. Simmer the sauce until slightly thickened, whisking constantly. Season with salt and pepper and serve with the chicken.
 10. Note: The roasted chicken should be more than enough for one meal. Remove the uneaten portion of the chicken and break into smaller pieces, use for a stir fry, chicken salad or in cold sandwiches.
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Stir-Fry of Snap Peas, Mushrooms, Onions and Carrots

½ pound sugar snap peas (or fresh snow peas), strings removed
¼ cup chicken broth (stock)
1 Tablespoon light soy sauce
1 Tablespoon dry sherry
1 teaspoon cornstarch
1 Tablespoon neutral flavored oil, *grapeseed or canola preferred*
2 cloves, minced
1 teaspoon fresh ginger, peeled and grate
¼ pound fresh shiitake mushroom, cleaned, stems removed, thinly sliced
1 small white onion, thinly sliced
1 carrot, cut in half length-wise, then sliced into 1/8 inch “half moons”
½ teaspoon toasted sesame seeds

1. Blanch the peas in boiling, salted water until crisp-tender, approximately 2 minutes. Drain in a colander and refresh in cold water. Drain and pat dry with a paper towel.
2. Combine the chicken broth (stock), soy, sherry and cornstarch, stirring to dissolve the cornstarch. Set aside until needed. **Before you proceed to step 3, be sure all of remaining ingredients are prepared according to recipe directions!**
3. Heat the oil in a large wok, over high heat. Add the garlic and ginger; cook just until fragrant, approximately 30 seconds.
4. Add the shiitake mushrooms, onion and carrots and sauté until tender-crisp, about 3-4 minutes, stirring the entire time.
5. Add the blanched peas and sauté for 2-3 minutes. Stir the chicken broth mixture to redistribute the cornstarch, then add the mixture to the vegetables. Let boil for 10 seconds, then remove from the heat
6. Place in a warmed serving dish, sprinkle with the toasted sesame seeds and serve immediately
7. Note: To make ahead, blanch the peas, pre-cut the onions and carrots, refrigerate in an airtight storage bag. Prepare the sauce at the last minute and stir-fry just before dinner.
8. Serving Suggestion: Add pre-roasted chicken with the peas and serve as a main dish.

Basic Knife Skills - Introduction

No other kitchen tool is more important than the knife. The only piece of "equipment" more basic to cooking is the human hand. Good quality knives will make your work easier, more efficient and more enjoyable; furthermore, good knives, properly cared for will last a lifetime. Knives should be selected, sharpened, cleaned and handled with great care and respect.

Safety

- Keep your blades sharp!
- Only cut on appropriate surfaces, never on metal, glass, or hard stone such as marble or granite.
- Never attempt to catch a falling knife.
- Use the right knife for the task at hand.
- Never use a knife for any purpose other than what it was intended for - never use your knife to open a can or pry something loose.
- Don't leave your knives in a sink full of water.
- Pass a knife by its handle.
- Always cut away from yourself; never towards yourself.
- Learn and use the proper grip for your knife.
- Keep fingers on guiding hand curled.
- When walking with a knife, hold it closely to your side with the tip-end down and the blade facing away from you.

Knife Terms

- **Tip or Point** – The tip end of the blade may vary in shape, depending on the type and style of the knife. The most common shapes are a point or a rounded end.
- **Back or Spine** – The thicker, unsharpened edge of the blade.
- **Cutting Edge** – The sharpened edge of the blade. The edge may be one of several types: plain, with a cross section revealing a gentle taper to a long or abrupt V-shape; hollowground with a distinct concave area running down the length of each blade side; granton, with elongated ovals ground into the flat side of the blade perpendicularly to the cutting edge and staggered alternately on each blade side; and serrated edges, which end as a series of tiny, V-shaped teeth
- **Heel** – The rear edge of the blade that extends below the bottom line of the handle.
- **Bolster or Shoulder** – The thick band of steel on forged blades that runs perpendicular across the blade from the heel to the spine.
- **Tang** – The unsharpened rear extension of the blade that extends into the handle. Tangs may be full, partial or rattail. (See Knife Selection / Construction for definitions)
- **Handle** – The handgrip that is typically covered with metal, plastic, wood, or bone applied in either one or two pieces. Occasionally, it is simply an extension of the blade steel, like those on some Oriental-style knives and Chinese cleavers. It more often appears as a stylized rectangle, tube, bulb or knob with a smooth, ribbed, or textured finish.
- **Rivets** – The metal studs that attach the handle to the tang of the knife.
- **Butt** – The rear end of the handle.

Types of Knives

It's important to use the right knife for the right job. There are many specialized knives, but the majority of daily kitchen tasks may be accomplished with a few good, basic knives.

Important Knives to Have:

- Chef's Knife (also called French or Cook's Knife)
- Paring Knife
- Serrated Knife

Nice Knives to Have:

- Santoku or hollow-ground chef's knife
- Utility Knife, 6-inch
- Tourné or Peeler Knife
- Slicing/Carving Knife, 12-inch
- Boning Knife
- Flexible Boning Knife (for chicken or fish fillets or a rigid one for meat)
- Cleaver
- **Chef's Knife (French Knife or Cook's Knife)** – Typically 8 to 14-inches long, this allpurpose knife is used for chopping, slicing and mincing is the workhorse of the kitchen. The tapered blade curves up at the tip to facilitate its ability to be used with a rocking motion for chopping and mincing. These knives are purposely fairly heavy, as their weight assists with chopping and mincing tasks.
- **Hollow-ground Chef's Knife**- Typically 8-inches in length, this knife combines the classic tapered blade of the chef's knife with the hollow-ground blade design of the santoku and the meat slicer. Considered by many to be the best of both worlds, the shape of the blade facilitates its ability to be used with a rocking motion for chopping and mincing, while the hollow-ground feature reduces drag when cutting and slicing delicate fish, meats, fruits or vegetables
- **Santoku** – Compared with a classic chef's knife, the santoku is typically shorter and has a thinner blade, a stubbier tip, and a straighter edge. It is thought to have evolved from the narrow, rectangular Japanese vegetable knife and may be called an Asian or oriental chef's knife. It may have a smooth or a granton blade (hollow-ground with oval recesses along the blade). The thinness of the blade makes it an excellent choice for delicate or precise knife work, most notably for slicing. Because it does not have as curved a tip as the French or chef's knife, it does not rock as easily for standard chopping and mincing.
- **Utility Knife** – Typically 5 to 7-inches long, it is a smaller, lighter version of the chef's knife. It may be used as a chef's knife on smaller items or as a paring knife on larger items.
- **Paring Knife** – Typically 3 to 4-inches long, a paring knife looks very much like a chef's knife, but is considerably smaller. Structurally, because the parer is not an impact tool, the curve of a paring knife blade is usually not as pronounced as that of most chef's knives. Instead, a paring knife works more as an extension of your hand and is used for paring and trimming fruits and vegetables.
- **Boning Knife** – Approximately 6-inches long, its stiff, thin blade is used to separate raw meat from the bone. It typically has a pronounced heel that helps to stop the knife at the handle when it is thrust into firm meat.

- **Cleaver** – Comes in various sizes with a rectangular blade, it is usually heavy and is traditionally used for chopping through bones and large pieces of meat.
- **Serrated Knife** – Typically 8 to 12-inches long, it is also referred to as a bread knife, as the serrated blade is perfect for cutting breads, pastries, tomatoes or other soft foods. It is also an excellent choice for large, very hard vegetables such as butternut squash. The combination of the serrated teeth used with a sawing motion allow you to break through the hard skin without as much pressure or force as would be required with a non-serrated blade, and consequently is much safer.

Use and Care of Cutlery

- Always clean your knife thoroughly after each use so that it will not become a site for food cross-contamination.
- It is not recommended to put your knives in the dishwasher. Wash them carefully by hand with warm soapy water, then dry them and put them away.
- Store your knives properly. If they are to be stored in a drawer, they should be sheathed to protect their edge and to reduce the danger of being cut by the exposed blade. Alternatively, knives may be stored on a magnetic knife rack (make sure the magnets are strong enough to hold your heaviest knives), in a knife block or knife roll. Be sure to always store knives clean and to their keep storage compartments clean.
- Do not hold knives in a flame or dip them into a pot of hot food.
- Do not use knives to pry up jar lids or any other unintended uses.
- Use the right knife for the task, do not use a lightweight tool for a heavy-duty task

Sharpening Knives

A sharp knife is a safe knife, as well as a pleasure to use. There are basically two types of sharpeners; those that straighten or realign the edge and those that grind and reshape or “set” the edge. If you were to look at a knife under a microscope, you would see that it is made up of thousands of small cutting teeth. Through use, these teeth become misaligned. Using a steel will effectively realign these teeth. After prolonged use, however, the edge will need to be reground. This requires shaving small bits of metal from the edge to reshape it. The reshaping requires that the blade be ground at very precise angles; the most durable edges are created using two or three angles in a single edge. You may take your knife to a professional to have the edge reground, or you may use a stone to sharpen it yourself. Achieving perfect angles using a stone requires a great deal of practice and expertise. Another option is to use an electric knife sharpener that has preset angles to allow you to sharpen and hone the knife at the correct angle. These require much less skill than using a stone and are very reliable when used according to the manufacturer’s instructions. Additionally, unlike a stone, which produces a single angled edge, electric sharpeners typically produce strong, durable two- and three-angle edges, so the knife remains sharper for a longer period of time.

