

ROYALTY ROOST

Medieval Fennel Chicken

By Andrew Muto

I'm always looking for authentic recipes, never being content with faux contributions. One day during one of my more extensive searches, digging for hours looking for a traditional English recipe for chicken, I found a tattered book from 1752, full of illegible notes. It was the personal chef to King George II's cookbook! I had to decipher the poor spelling from a time of illiteracy, but had no problem seeing the genius behind this man's creativity. It was the paste he used to flavour the chicken: brilliant! It makes a fantastic marinade for this season; the flavours and scents fill the house with warmth and comfort.

MEDIEVAL PASTE:

15 cinnamon quills
1 tbsp cloves
2 tbsp fennel seeds
1 2" piece of fresh ginger (peeled)
pinch of saffron
1 cup of white wine

Place all ingredients into a blender and blend until thickened.

CHICKEN:

1 fennel bulb cut into strips
1 cup white wine
1 whole orange cut into wedges
Medieval Paste

METHOD:

Take sliced fennel and stuff the chicken. With your hand, rub the paste all over the chicken; try to get under the skin where possible. Be generous. Place the bird in a baking pan, and pour in some white wine. Surround the bird with some remaining fennel and orange wedges.

Bake at 375 degrees for 45 minutes to just over an hour (depending on the size). Use a thermometer to determine a safe temperature for serving.

When fully cooked, remove from heat and let cool. Cut the chicken into pieces, combining the stuffing and chicken together. Enjoy!





PERSIMMON WINTER SALAD

A simple salad for your appetizer entourage

INGREDIENTS:

4 fuyu persimmons, washed and sliced into bite-sized moons
Fresh greens (baby spinach or kale)
Fresh marjoram sprigs
Pomegranate seeds (optional)
Olive oil
Fig balsamic

FIG BALSAMIC

QUICK METHOD:

¼ cup of good quality balsamic vinegar
4 dried figs
Pinch of nutmeg
Pinch of marjoram
Put everything in a blender and puree until smooth and creamy.

FIG BALSAMIC

REDUCTION METHOD:

2 cups good quality balsamic vinegar
2 dried figs
Pinch of nutmeg
Pinch of marjoram
Put balsamic and figs, marjoram and nutmeg in sauce pan and gently stew until it begins to thicken. Cool and use as beautiful condiment on everything!

SALAD METHOD:

Place sliced persimmons in a mixing bowl. Add a few leaves of fresh greens, a drizzle of olive oil and fig balsamic. Mix well. On a serving platter, place a few more fresh green leaves. Pour marinated persimmon mixture on top of leaves. Sprinkle marjoram all over. Drizzle fig balsamic in a decorative manner. Add a few pomegranate seeds to bring out some brilliant red to a phenomenal orange dish!
Good Health to You! **JE**

Andrew Muto is a Food Director and Health/Wellness Chef. 25 years of culinary experience has nurtured a passion for food and kept Andrew on purpose – to help people from all walks of life enjoy healthy foods that are simple and easy, incorporating local fare and organic where possible! Find out more at createhealthyfood.com