

Month end round up

Time is just flying by! Between babysitting, work and life, some nights I'm too tired to put my thoughts down regarding the wonderful dishes I've made.

Recently I prepared a recipe by Claire Robinson, Ginger and Lemon Roasted Chicken with Braised Fennel. Ms. Robinson is a chef and host of the Food Networks shows "Five ingredient Fix" and "Food Network Challenge. For the recipe you'll need a roasting chicken, 6-inch piece of fresh ginger, a lemon, kosher salt, freshly ground black pepper, 2 fennel bulbs and water.

The recipe calls for room temperature butter to which you add of freshly grated ginger, lemon zest, lemon juice salt and pepper. However, I found it rather difficult to incorporate the lemon juice into the butter. Once the ingredients are blended, it is rubbed under the skin and over the outside the chicken. Fennel stalks are stuffed into the chicken cavity.

After roasting for 20 minutes, the remaining ginger is cut into chunks and added to the pan along with fennel wedges, lemon slices and a cup of water. The chicken continues roasting until the internal temperature reaches 170°F, approximately 1-1/2 hours.

The chicken was moist and tender, however, it needed more flavor. I think adding the zest of one lemon would be better than trying to add liquid to softened butter. The recipe called for cutting the fennel bulb into wedges. I would suggest tossing the fennel with olive oil and seasoning with salt and pepper to enhance their flavor during roasting. I realize this defeats the purpose of five ingredients, however, I didn't taste the "tangy ginger flavor" Ms. Robinson was going for.

Another recipe we had was from Southern Living Magazine, Pork and Bok Choy Stir-Fry. This quick meal is great after a busy day at work or for the family on the go; it takes 35 minutes to prepare and my husband and I have grown fond of bok choy in stir fry's. For the recipe you'll need pork tenderloins, black pepper, kosher salt, peanut oil, bok choy, carrots, small red onion, fresh ginger, fresh garlic, cornstarch, chicken stock, fresh orange juice and soy sauce. I substituted corn oil for the peanut oil.

What a delightful meal! The combination of vegetables with the flavorful sauce tasted so good with the jasmine rice that served as a base. Also, bok choy is full of nutritional value and antioxidants.

Another quick and easy meal incorporates shelf stable potato gnocchi and Brussels sprouts. Ali Slagle from *The New York Times*, developed the recipe Crisp Gnocchi with Brussel Sprouts and Brown Butter. For the recipe you'll also need a lemon, extra-virgin olive oil, kosher salt, black pepper, red-pepper flakes, unsalted butter, honey and freshly grated Parmesan cheese.

This one skillet dinner took approximately 20 minutes to prepare. The Brussel sprouts had layers of flavor with the red-pepper flakes, lemon zest and caramelization from the butter. The browned butter added a nuttiness with a hint of sweetness from the honey and copious amount of black pepper added some heat to bring it all together.

I'm reaching back into my recipes and found one from last year's [Dreyer Farms](#) CSA box for [Sheet Pan Chicken and Roasted Harvest Vegetables](#). The recipe is from the website [Flavour and Savour](#). This dish includes a wonderful array of vegetables and fresh herbs. My husband/dishwasher liked the dish as he only had one pan to wash!

The recipe serves six and is made using 8-9 bone-in, skin-on chicken thighs. There are two parts to this recipe, first is the marinade for the chicken for which you'll need extra-virgin olive oil, lemon juice, fresh garlic, dried thyme, red pepper flakes, sea salt and pepper. For the vegetables, tiny baby potatoes, medium sweet potatoes, shallots, medium zucchini, Honeycrisp apple, dried thyme, dried rosemary, salt, pepper and 4 slices thick-cut bacon.

As I'm cooking for two, I adjusted the amounts for the marinade and vegetables and substituted bone-in chicken breasts, which is our preference. The recipe has a prep time of 20 minutes and bakes in a high temperature oven for 35-40 minutes.

We enjoyed this sheet-pan supper, the combination of vegetables with the addition of the apple gave it a splendid flavor. The marinade made the chicken succulent and appetizing. Instead of baby potatoes, I used Yukon Gold cut into large cubes and used fresh thyme and rosemary, which gave the dish a freshness. The apple and bacon enhanced the meal with the apple's sweetness and the bacon's smokey flavor.

I've been writing this food blog since 2016 when it was gifted to me for Mother's Day by my daughter. It's very rare since then, that I repeat a recipe, unless my husband says, "You remember that dish you made..." this is one of those times. This recipe, Chicken Marsala Over Wild Rice, had me digging in my recipe box for something I haven't made in six years.

I'm going to call this a no recipe, recipe as my recipe card doesn't include specific quantities for the amount of boneless, skinless chicken cutlets, butter, olive oil, salt, pepper or garlic powder. You'll also need a large onion, ½ lb. sliced mushrooms, ½ cup Marsala wine (not cooking wine from the grocery store), 1 cup chicken stock or broth, 2 tablespoons of heavy cream and a box of Ben's Original Long Grain and Wild Rice prepared per box instructions.

In fact, I don't even remember where or who gave me this recipe, but it was one that I made frequently when my children were young. This tasted so good last night. The sauce wasn't completely absorbed by the rice, but was made creamy. The chicken was moist and tender and the mushrooms and onions added texture. A terrific meal, in fact, you could prepare the chicken in a LeCreuset braiser, or similar vessel, that can go from stovetop to oven and reduce the number of cooking pans.