



Chicken Marsala

INGREDIENTS

- 4 6-ounce boneless skinless chicken breasts, pounded ¼-inch thick
- 3 tablespoons all-purpose flour
- Salt
- Freshly ground black pepper
- 1 tablespoon olive oil
- 3 tablespoons unsalted butter, divided
- 1 (8-oz) package pre-sliced Bella or button mushrooms
- 3 tablespoons finely chopped shallots, from 1 medium shallot
- 2/3 cup chicken broth
- 2/3 cup dry Marsala wine
- 2 teaspoons chopped fresh thyme
- 2 tablespoons chopped fresh Italian parsley, for serving (optional)

INSTRUCTIONS

1. Place the flour, 3/4 teaspoon salt, and 1/4 teaspoon pepper in a ziplock bag. Add the chicken to the bag; seal bag tightly and shake to coat chicken evenly. Set aside.
2. Heat the oil and 2 tablespoons of the butter in a large skillet over medium-high heat. (Use a stainless-steel pan for the best browning. Nonstick will work too, but you won't get that nice golden color on the chicken.) Place the flour-dusted chicken in the pan, shaking off any excess first, and cook, turning once, until the chicken is golden and just barely cooked through, about 5 to 6 minutes total. Transfer the chicken to a plate and set aside.
3. Melt the remaining tablespoon of butter in the pan. Add the mushrooms and cook, stirring frequently, until the mushrooms begin to brown, 3 to 4 minutes. Add the shallots, and 1/4 teaspoon of salt; cook for 1 to 2 minutes more. Add the broth, Marsala, thyme, 1/4 teaspoon salt, and 1/8 teaspoon of pepper; use a wooden spoon to scrape any brown bits from the pan into the liquid. Bring the liquid to a boil, then reduce the heat to medium and gently boil, uncovered, until the sauce is reduced by about half, slightly thickened, and darkened in color, 10 to 15 minutes (you're going for a thin cream sauce; it won't start to thicken until the very end of the cooking time). Add the chicken back to the pan, along with any juices that accumulated on the plate. Reduce the heat to low and simmer until the chicken is warmed through and the sauce thickens a bit more, 2 to 3 minutes. Sprinkle with parsley, if using, and serve.



Rice Pilaf with Cranberries & Pecans

INGREDIENTS

- 1 cup wild rice blend
- 2 cups chicken broth
- 4 tablespoons butter
- 1/2 cup onion finely diced
- 2 Granny Smith apples finely diced
- 1/2 cup dried cranberries
- 1/2 cup pecans chopped
- 1 teaspoon fresh rosemary leaves minced
- 2 tablespoons fresh parsley leaves chopped
- salt and pepper to taste

INSTRUCTIONS

1. Combine the wild rice blend and chicken broth in a pot. Cook the rice according to package directions.
2. While the rice is cooking, melt the butter in a large skillet over medium heat.
3. Add the onion and cook for 4-5 minutes or until softened.
4. Add the apples and cook for another 3-4 minutes or until softened.
5. Pour the cooked rice into the pan with the onions and apples, then stir to combine.
6. Add the dried cranberries, pecans, rosemary, and parsley to the pan. Stir until thoroughly mixed. Season to taste with salt and pepper, then serve.



Sweet Potato Hash

INGREDIENTS

- 3 large sweet potatoes, peeled and chopped
- 2 bell peppers, chopped
- 1 large onion, chopped
- 3 cloves garlic, minced
- 3 tbsp. extra-virgin olive oil
- Kosher salt
- Freshly ground black pepper
- 1/4 teaspoon paprika
- 3 sprigs rosemary

INSTRUCTIONS

1. Preheat oven to 425°. On a large, rimmed baking sheet, toss sweet potatoes with bell peppers, onion, garlic, and oil. Season with salt, pepper, and paprika. Scatter rosemary on top.
2. Bake until sweet potatoes are crispy on the outside and tender on the inside, about 45 minutes, shaking the pan halfway through.



Thyme, Sun-dried Tomato Popover

INGREDIENTS

- 4 large eggs, warmed in a cup of hot water for 10 minutes before cracking
- 1 1/2 cups milk, lukewarm or room temperature
- 1/2 to 3/4 teaspoon salt*
- 1 1/2 cups [King Arthur Unbleached All-Purpose Flour](#)
- 3 tablespoons melted butter
- 1/4 cup sun-dried tomatoes
- 1 tablespoon thyme

INSTRUCTIONS

1. Preheat the oven to 450°F. Position a rack on a lower shelf. The top of the fully risen popovers should be about midway up the oven. What you don't want is for the tops of the popping popovers to be too close to the top of the oven, as they'll burn.
2. Use a standard 12-cup metal muffin tin, one whose cups are close to 2 1/2" wide x 1 1/2" deep. (Want to use a popover pan? See "tips," below.) Grease the pan thoroughly, covering the area between the cups as well as the cups themselves. Make sure the oven is up to temperature before you begin to make the popover batter.
3. Use a wire whisk to beat together the eggs, milk, and salt. Whisk till the egg and milk are well combined, with no streaks of yolk showing.
4. Add the flour all at once and beat with a wire whisk till frothy; there shouldn't be any large lumps in the batter, but smaller lumps are OK. OR, if you're using a stand mixer equipped with the whisk attachment, whisk at high speed for 20 seconds. Stop, scrape the sides of the bowl, and whisk for an additional 20 to 30 seconds at high speed, till frothy.
5. Stir in the melted butter, combining quickly.
6. Pour the batter into the muffin cups, filling them about 2/3 to 3/4 full.
7. Make certain your oven is at 450°F. Place the pan on a lower shelf of the oven.
8. Bake the popovers for 20 minutes without opening the oven door. Reduce the heat to 350°F (again without opening the door), and bake for an additional 10 to 15 minutes, until they're a deep, golden brown. If the popovers seem to be browning too quickly, position an oven rack at the very top of the oven, and put a cookie sheet on it, to shield the popovers' tops from direct heat.
9. If you plan on serving the popovers immediately, remove them from the oven, and stick the tip of a knife into the top of each, to release steam and help prevent sogginess. Slip them out of the pan and serve.
10. If you want the popovers to hold their shape longer without deflating and settling quite as much, bake them for an additional 5 minutes (for a total of 40 minutes) IF you can do so without them becoming too dark. This will make them a bit sturdier, and able to hold their "popped" shape a bit longer.



Roasted Beet Salad

INGREDIENTS

- **3 medium sized beets, any variety (I used a mix of red and golden beets)**
- **a small drizzle of olive oil, for roasting the beets**
- **1 ripe pear, chopped into ½ inch pieces**
- **¼ cup walnuts, toasted**
- **¼ cup feta cheese, crumbled (or more)**
- **A few handfuls of salad greens of your choice**
- **1-2 tablespoons walnut oil**
- **A drizzle of balsamic vinegar**
- **A drizzle of honey**
- **Sea salt and fresh black pepper**

INSTRUCTIONS

1. **Preheat oven to 350 degrees Fahrenheit. Roast the beets by drizzling them with a bit of olive oil, some salt and pepper, and wrapping them in foil. Depending on the size and freshness of your beets, they should take from 40 minutes to 1 hour to roast in the oven. Check occasionally. When they are fork-tender they are done. Set them aside to cool. As soon as they're cool enough to touch, run them under the faucet and slide off the skins with your hands. Chop into roughly ½ inch cubes and set them aside to cool completely. (To save time, I suggest doing this up to one day ahead of time and popping them in the fridge until you're ready to assemble the salad).**
2. **Assemble all salad ingredients on a platter. Drizzle with a liberal amount of walnut oil, a bit of balsamic vinegar, a little honey, and some salt and pepper.**



Holiday Virtual Cooking Class – PREP SHEET

INGREDIENTS

3 beets
4 ounces oil
1 pear
¼ cup walnuts
¼ cup feta
2 cups mix field salad
1 tablespoon walnut oil
1 tablespoon honey
3 ounces salt
2 ounces black pepper
4 6-ounce chicken breasts
1 ¾ cup flour
6 ounces butter
1 (8 oz) package Bella or button mushrooms
1 shallot
2 ½ cup chicken broth
½ cup Marsala wine
1 cup wild rice
2 small onions
2 granny smith apples
½ cup dried cranberries
½ cup pecans
3 sprigs rosemary
2 tablespoons parsley
3 sweet potatoes
2 bell peppers
3 garlic cloves
¼ teaspoon paprika
4 eggs
1 ½ cups of milk
¼ cup sun-dried tomatoes
1 tablespoon thyme

EQUIPMENT

1 cutting board
12-inch chef's knife
2 baking sheets
4 medium bowls
2 small bowls
1 whisk
2 large Sautee pans
1 small Sautee pan
3 large spoons
1 large tongs
1 medium pot
Standard 12-cup metal muffin tin
1 cooking spray

PRE-CLASS SET UP

Set oven to 425 degrees

Preheat oven to 350 degrees Fahrenheit.
Roast the beets by drizzling them with a bit of olive oil, some salt and pepper, and wrapping them in foil 1 hour before class