



IN THE KITCHEN

EVERLASTING CHICKEN

by Molly Kincaid

One of my favorite things to do on a Sunday is to roast a chicken, and then see how many meals I can get out of it over the week. Using a quality, locally raised bird is pricey, but you'll make sure not to waste a bit of it, and the taste is markedly better. Many chefs recommend using a small chicken for more flavor and tenderness. Here, I used a four-pound bird from Josh's Foraging Fowls farm, located near Willcox and available at the Tucson CSA. You may need to adjust the cooking time depending on the size of your bird. A good meat thermometer is a must.

Since you'll have the oven on full blast for an hour or so, take advantage of the heat and roast your veggies for the week. This is one of the many tips I cherish from Tamar Adler's *An Everlasting Meal*. I like to roast my veggies separately from the chicken, because I am particular about getting a nice brown sear on them. But if you like, you could toss the potatoes in the chicken pan in the last 30 minutes. Roast other veggies and cook some lentils while your chicken is roasting away. Store all this goodness for a salad later in the week. (Cold roasted vegetables are my jam, but you could re-warm gently.) Whip up your dressing on Sunday, too. Store it away like a squirrel in the fall. This dressing is tangy and thickened by tahini rather than the emulsifiers in store-bought dressings.

After I finish roasting my veggies and bird, I immediately set about making stock. It's truly a cinch if you use a crock pot. Once you carve the bird and pick off all usable meat, throw the bones into a large crock pot. Add a broken carrot and a couple of broken stalks of celery, a halved onion, any herb scraps you have lying around, a bay leaf, and a generous amount of table salt. Set the crock pot on high for 6 hours or overnight. Taste and add more salt if needed. You can also accomplish this by simmering all the same ingredients in a pot for 1-2 hours. Strain, cool, and use in a few days for farrotto (basically, risotto made with farro), or freeze and use for soup. Homemade stock is ten times better than store-bought, and it creates no waste.

No matter what meals you're cooking for the week, consider frittata as your Monday or Tuesday night leftover-reviver. Any bits of veggies, greens, cured meats, or odd pieces of cheese will shine again in a frittata. Get creative and make up your own. A favorite frittata I made recently was with leftover roast broccoli, feta, and prosciutto. I often have leftovers, so I sandwich slices of cold frittata between buttered toast for an on-the-go breakfast.



SAVE THE DATE

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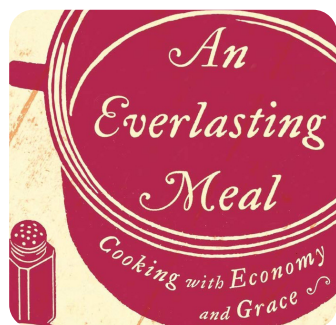
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BOOK REVIEW

AN EVERLASTING MEAL BY TAMAR ADLER

by Molly Kincaid

This is unquestionably the era of the foodie. Surrounded by talk of "cronuts" or molecular gastronomy, it's easy to get swept away and spend your entire budget on truffle butter and grass-fed rib eyes. But Tamar Adler tells us that we can eat like kings without spending a fortune.

As a young editor at *Harper's*, Adler drifted into the kitchen at New York's Prune, where she studied under chef Gabrielle Hamilton. She cooked at Alice Waters' Chez Panisse, and [worked] for Waters' Edible Schoolyards. Despite her formidable experience, *An Everlasting Meal* champions cooking at home. Adler clearly prefers simple, humble meals made with inexpensive local ingredients—scraps and all.

Not a cookbook per se, *An Everlasting Meal* is divided into sections on subjects such as "How to Find a Fortune," where Adler instructs on how to turn homely onions into "golden jam," and how to use an inexpensive bunch of celery to make rich stock, piquant salsa verde, and sumptuous pasta frittata. Aside from her "tip-to-tail" approach to vegetables and meats alike, Adler lives and dies by farm fresh eggs, olive oil, and "day-old" bread.

Her chapter on beans is especially lovely. A description of when a bean is done—"the mere flutter of your breath should disturb its skin right off"—reveals both how seriously Adler feels about beans and how she can seriously write. Adler encourages thoughtfully composing meals without any hurry, taking time to taste and season and utilize the senses. Her method is the antithesis of "30 Minute Meals," and you'll want to relish the book to pick up each flavorful crumb. Like Adler's modest, unpolished meals themselves, this book is destined to be dog-eared, worn, and well-loved.

Editor's note: You can borrow *An Everlasting Meal: Cooking with Economy and Grace* and many other wonderful books from Tucson CSA's Food Literature Lending Library. To set up your free library account, send us an email at tucsoncsa@tucsoncsa.org.



CSA SEASONAL RECIPES

ROASTED CHICKEN WITH HERB BUTTER

Recipe by Molly Kincaid • Photography by Shelby Thompson

- 3.5-4 pound chicken
- 4 tablespoons unsalted butter, room temperature
- One lemon, halved
- 2 tablespoons chopped herbs (thyme, sage, rosemary, or whatever you have)
- Fennel tops, chopped coarsely
- 5-6 new potatoes, cut into quarters

Pat the chicken dry and place in roasting dish. Season the cavity and outside with 1.5 tablespoons salt. At this point, if you can let the chicken sit in the fridge overnight to absorb the salt, that's great. If not, just leave out for 45 minutes to 1 hour, allowing the chicken to come to room temperature. (This step

is crucial to getting the bird cooked through.) Meanwhile, preheat the oven to 450°. In a small bowl, mix the butter, 1/2 teaspoon salt, and herbs - I like to mush it in my hands and then apply directly to the chicken. Make pockets under the breast skins and deposit some butter there. Rub the rest over the breasts and legs. Stuff the cavity with halved lemon and fennel tops. Truss the chicken with kitchen twine, tucking in the wings and tying the legs together. Cook for 50 minutes to an hour, until the thigh registers 165° on a meat thermometer, and juices run clear. If the chicken browns quickly before it is done, tent with foil to prevent burning. Meanwhile, toss potatoes with olive oil and salt. Roast on a sheet pan on a rack under chicken for 25-30 minutes, turning the potatoes every 10 minutes to achieve a golden brown all over. Allow chicken to rest 15 minutes before carving. Serve with roasted potatoes, maybe some greens, and drizzle everything with those flavorful pan drippings.

Find more recipes on the back



LOCAL PRODUCE SPOTLIGHT HOW TO USE FENNEL

by Shelby Thompson

Ah, fennel. Some can't get enough of this licorice-scented vegetable, while others loath it. Fennel is one of the specialty items we get from both Crooked Sky Farms and Sleeping Frog Farms in the spring and it can be truly delightful when it's prepared well.

When you get home with your fennel, tame the unruly fronds by slicing them off where they meet the bulb. Place the fronds in a vase filled with water for a fragrant table decoration, saving them for stock and garnishes, or compost them. By themselves, the bulbs will store in the fridge for at least a few weeks. For those who find fennel's mild anise flavor off putting, cooking it in **Carrot and Fennel Pasta** or **Caramelized Onion and Fennel Pasta** is a great way to mellow out the already-subtle flavor. (Those who like the taste can deglaze the pan with an anise-flavored liqueur like Pernod.) For a fennel-centric dish, try **Fennel and Grapefruit Salad** or **Fennel Soup** topped with toasted fennel seed. Things that grow together, go together and fennel is no exception - it pairs beautifully with other spring produce like peas, beets, asparagus, carrots and dill. If all else fails, you can thinly shave it and throw it on a pizza with other yummy toppings! Find these fennel recipes, and many more, at tucsoncsa.org.



WE'RE READING

The Borrowed Garden
by Abigail R. Dockter
Resilience Magazine



WE'RE LISTENING TO

What to Cook
While Camping
Wild Ideas Worth Living
Podcast



WE'RE WATCHING

How Arizona Farmers
Survive a Pandemic
Good Food Finder AZ



ON SOCIAL

Black Forager
TikTok



JOSH'S FORAGING FOWLS

by Shelby Thompson

"Come on, girls," Josh Koehn says tenderly as he coaxes his flock of heritage breed hens across a vast expanse of green pasture at the base of the Chiricahua Mountains. A son of farmers, Josh has been raising hens in Willcox since the age of 10, when he began caring for the family flock. "I've just always loved chickens," he says with a shrug. Fifteen years ago, after realizing that

the cost of land and equipment would prohibit him from farming crops the way his parents did, Josh started Josh's Foraging Fowls, a small company that sells pastured eggs laid in Arizona.

The pastured (not to be confused with pasteurized) eggs from Josh's Foraging Fowls that we sell at Tucson CSA are some of the best eggs you can buy. Imagine the ideal of an egg: one laid from a hen that's lived her entire life grazing on open pasture, with a strong, light brown shell and a yolk as bright as a summer marigold. Josh's love for chickens has led him away from the methods used by conventional chicken farmers.

Josh's chicks arrive at his farm from a hatchery when they're one-day old. The chicks, of a French variety that grow slowly and thrive on

pasture, are protected in an outdoor pen for the first two months of their life. From there, the hens are moved to pasture—acres of open land on which Josh grows seasonal oats, rye, turnips, and clover for his 1,200 hens to forage. Their diet is supplemented by non-GMO corn grown down the road by Josh's cousin. "They just love to be out on pasture ... that's how you make the highest quality product and the chickens love it," Josh says. Because of the diet and exercise that the birds receive, their eggs are higher in healthy fats like Omega-3s and conjugated linoleic acids. The eggs, with a deep-orange colored yolk, also taste richer than the conventional variety.

You can buy Josh's eggs, whole chickens, and chicken quarters at Tucson CSA every week.

FRITTATA WITH CHICKEN AND CHARD

Molly Kincaid

- 3 tablespoons olive oil
- 8 eggs
- 1/4 cup whole milk or half and half
- Salt and pepper, to taste
- Small red onion, slivered
- 1/2 bunch chard, chopped
- 1/2-1 cup leftover chicken, chopped
- 1/2 cup chèvre goat cheese

Preheat oven to 400°. Swirl olive oil all around an oven-safe skillet. Cook onion in the olive oil over low heat for 7 to 8 minutes. Whisk eggs, milk, a generous pinch of salt, and some cracks of pepper in a bowl. Add chard to pan with a pinch of salt. Cook until just wilted, and add chicken. Pour the eggs in, coating the entire bottom of the pan. Cook for 3-4 minutes to set the bottom, tilting the pan and peeling the edges of the frittata away, allowing some uncooked egg to run underneath. Sprinkle goat cheese over the top and pop into the hot oven. This will puff up and set in 7-10 minutes. Remove when the eggs are just set. Serve with greens dressed simply and toast or leftover grains.

ROASTED VEGGIE AND LENTIL SALAD

Molly Kincaid

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| <p>Salad</p> <ul style="list-style-type: none"> • 2 fennel bulbs, trimmed and sliced 1/4-inch thick • 2 cups veggies, such as winter squash or carrots • 1.5 cups French lentils • 2 cups arugula or salad mix | <p>Tahini-Orange Dressing</p> <ul style="list-style-type: none"> • 2 tablespoons tahini • 1 teaspoon honey • 1 teaspoon rice vinegar • Juice of one orange (or big juicy lemon) • 1/3 cup olive oil |
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To make the dressing: Combine everything but the olive oil in a food processor and blend until smooth. While blending, pour olive oil in slowly. Alternatively, use a bowl and a whisk.

To make the salad: Heat the oven to 450°. Toss each vegetable with a little olive oil and salt. Roast on separate sheet pans and check after 10 minutes. Toss occasionally until golden-brown and tender, then remove from oven. Cook lentils according to package directions. Toss together cooked lentils, greens, and roasted veggies. Drizzle with tahini-orange dressing.