

**Cooking Class**

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## Roasted Whole Chicken

-whole chicken

-garlic salt to taste

-pepper to taste

-(optional) savory herbs (i.e. thyme, rosemary, etc.)

-olive oil

Directions: Preheat oven to 375°. Rinse chicken, pat dry. Season with garlic salt and pepper, drizzle on olive oil (optional). Place herbs inside of chicken. Place chicken on roasting rack or tray. Cook 25 minutes at 375°, then turn down oven to 350°, cook for approximately 20 to 30 minutes, or until it registers at 165° in the thigh. Take out and let stand for 10 minutes.

## Mayonnaise

-1 egg yolk

-2 Tbsp. lemon

-1 Tbsp. Dijon mustard

-2 cups canola oil or grape seed oil

-1 tsp. salt

Directions: In a bowl combine salt, egg yolk, lemon and Dijon by hand with a whisk, until combined. Slowly start drizzling in oil while continually whisking to emulsify the oil into the mixture.

*emulsifying properties*

## **Aioli**

-2 cups of mayonnaise (unsalted)

-1¼ tsp. garlic salt

-pepper (to taste)

Directions: Combine all ingredients by hand.

## Herb Caesar Dressing

- 1 pint Aioli
- 1 tsp. Worcestershire Sauce
- $\frac{1}{4}$  cup parmesan or Grano Padano cheese
- 4 dashes of tabasco
- $\frac{1}{2}$  tsp of fresh chopped rosemary
- $\frac{1}{2}$  tsp of fresh chopped thyme
- salt to taste
- pepper to taste
- lemon to taste

Directions: Mix all ingredients with Aioli either in a food processor or by hand (may need a splash of water).

*Grano Padano*

## **CROUTONS**

-4 slices of Berkshire Mountain free-form sourdough bread  
-3 Tblsp. olive oil  
-¼ tsp. garlic salt  
-½ tsp of fresh chopped rosemary  
-½ tsp of fresh chopped thyme

**Directions:** Pre-heat oven at 350°. Dice bread into similar size approx. 1-  
inch cubes. Drizzle olive oil over breadcrumbs in a bowl, then add remaining  
ingredients, toss and place on sheet pan. Bake for 7 minutes or until golden  
brown.

## Pickled Red Onions

-2 cups red wine vinegar

-2 cups water

-1 cup sugar

-½ Tblsp. Kosher salt

-1 Tblsp. whole black peppercorns

-1 Tblsp. Coriander seeds

-1 Tblsp. Mustard seeds

-1 Tblsp. Cumin

-4 to 5 large red onions

Directions: Slice the onions ½ inch thick. Place sliced onions in a 2-quart mason jar. Place all other ingredients in a pot, bring to a boil, boil for one minute then pour over onions in mason jar, let cool, then place in refrigerator, let sit for 24 hours.