

Dinner and a Movie: Roasted Chicken

Maria Provenzano

Ingredients:

4 bone-in, skin on, chicken breasts, trimmed
kosher salt
white pepper
1 tablespoon avocado oil
4-5 carrots, peeled, halved lengthwise, and cut into 1-inch pieces
8-10 ounces parsnips, peeled, halved lengthwise, and cut into 1-inch pieces
3-4 shallots, peeled and quartered
1 pound small red potatoes, unpeeled, quartered
1 teaspoon minced fresh rosemary
2 teaspoons fresh tarragon
2 tablespoons minced fresh chives
Lemon wedges and additional rosemary for plating

Directions:

1. Adjust the oven rack to the middle position and heat to 450 degrees.
2. Pat chicken dry with paper towels and sprinkle with salt and pepper.
3. Heat oil in a 12-inch oven-safe skillet (preferably a cast iron skillet) over medium-high heat until very hot.
4. Place chicken skin side down in a skillet and cook until nicely browned for 5 to 7 minutes. 5. Turn the chicken and cook on the other side until lightly browned on the second side, about 3-5 minutes, then transfer to a plate.
6. Add another tablespoon of avocado oil to the skillet.
7. Add the carrots, parsnips, shallots, potatoes, and rosemary to the skillet with another sprinkle of salt and pepper. Toss to coat the veggies evenly.
8. Place chicken skin side up on top of vegetables, and transfer skillet to oven.
9. Roast until the chicken reaches 160-165 degrees internally, about 30 minutes, depending on the size of the chicken.
10. Remove the skillet from the oven, transfer the chicken to a serving platter, tent it with aluminum foil, and let rest.
11. Stir vegetables and return the skillet to the oven, and roast until vegetables are tender, about 15 minutes.
12. Stir in tarragon and chives, and season with salt and pepper to taste. Serve chicken with vegetables, lemon wedges, and additional rosemary.

Thanksgiving Tablescape

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1. Layer the table with linens instead of just one tablecloth, add a table runner on top of it. Stack plates for depth.
2. Bring out the good stuff! Time to enjoy the nice China, champagne flutes, etc.
3. Add an element of DIY. Create a centerpiece using floral foam. Use wire cutters to cut silk florals and stick them into the floral foam.
4. Use cloth napkins for an elevated look.
5. Add some freshness with real produce and herbs.
6. Set the table ahead of time.