

FRESH FOR SPRING  
**bon** **appétit**

APRIL 2009

GRILLED  
CHICKEN  
SALAD WITH  
TARRAGON  
PESTO P. 54



# family style

BY MARIA HELM  
SINSKEY

dinner  
for you and  
your kids—  
plus leftovers



**THE MENU/ FIVE-SPICE CHICKEN FOR 4**  
Five-spice roast chicken  
Snow peas with toasted almonds  
Ginger-scented rice

**THE PAYOFF/**  
A fun menu to introduce your kids to the wonderful flavors of Chinese cooking. Just a teaspoon of Chinese five-spice

powder (a premade mix of fennel seeds, Szechuan peppercorns, star anise, cloves, and cinnamon) adds complex flavor to the chicken.

**THE LEFTOVERS/**  
A Chicken, Snow Pea, and Rice Bowl is a balanced next-day lunch, plus it uses all the leftovers from this menu.

## KIDS CAN COOK

Set your mini sous-chefs to work making the marinade and coating the chicken

with it, trimming the snow peas, juicing the lemon, and measuring out the ingredients for the rice.



### FIVE-SPICE ROAST CHICKEN

**4 SERVINGS/** Marinate the chicken overnight, then pop it into the oven the next day.

- 4 garlic cloves, pressed
- 2 tablespoons coarse kosher salt
- 2 tablespoons extra-virgin olive oil
- 1 teaspoon Chinese five-spice powder\*
- 1 cut-up chicken (8 pieces; about 3½ pounds)
- 1 large onion, peeled, cut into 16 wedges

Combine garlic, salt, olive oil, and Chinese five-spice powder in large bowl. Add chicken pieces; turn to coat. Cover and chill at least 1 hour or overnight.

Preheat oven to 425°F. Arrange onion wedges in 13x9x2-inch roasting pan. Arrange chicken, skin side up, atop onions. Roast until chicken is cooked through, basting occasionally with pan juices, about 50 minutes. Remove chicken from oven and let rest 10 minutes. Arrange chicken and onions on platter and serve.

\* / A spice blend that usually contains ground fennel seeds, Szechuan

### second helpings/

CHICKEN,  
SNOW PEA,  
AND RICE BOWL

- Divide leftover rice among microwave-safe bowls. Add 2 tablespoons water to each bowl and top with shredded leftover chicken and snow peas. Place paper towel over each bowl and microwave on high until chicken is heated through, about 1½ to 2 minutes. Let bowls stand covered with paper towels 5 minutes. Serve with soy sauce if you like.

peppercorns, cinnamon, star anise, and cloves; available in the spice section of most supermarkets.

### SNOW PEAS WITH TOASTED ALMONDS

**4 SERVINGS/** Crunchy toasted almonds make crisp snow peas even more fun to eat.

- 1 tablespoon unsalted butter
- ¼ cup sliced almonds
- ½ pound snow peas, trimmed
- 2 teaspoons minced shallot
- 1 teaspoon fresh lemon juice

Melt butter in medium skillet over medium heat. Add almonds and cook until golden and fragrant and butter begins to brown, stirring frequently, about 1½ minutes. Add snow peas and shallot; sauté until snow peas are crisp-tender, 1½ to 2 minutes. Remove skillet from heat; add lemon juice. Season to taste with salt and serve.

### GINGER-SCENTED RICE

**4 SERVINGS/** Double this recipe if you want leftovers for rice bowls.

- 1 3-inch-long 1-inch-thick piece fresh ginger, peeled, cut crosswise into ½-inch-thick pieces
- 1½ cups water
- 1 cup jasmine rice, rinsed
- 1 tablespoon butter
- 1 teaspoon coarse kosher salt

Using garlic press, squeeze enough fresh ginger into small bowl to measure 1½ tablespoons juice with pulp. Transfer ginger to small saucepan.

Add 1½ cups water, rice, butter, and salt to same pan. Cover; bring to boil over high heat. Reduce heat to low and cook, covered, until rice is tender, about 15 minutes. Remove pan from heat; let rice sit 10 minutes. Uncover; fluff rice with fork. /■

*Maria Helm Sinskey is the author of Williams-Sonoma Family Meals.*