

Recipes from Sunday Supper on March 5, 2023

Head Chef Shirley, unit 64

Chicken with Marinara Sauce

(also known as “Deviled Chicken Bones”—a Weight Watcher’s recipe)

Makes 4 servings

- 2 ½ pounds chicken drumsticks and thighs, skinned
 - ½ t pepper
 - 1 c tomato sauce (see recipe below)
 - 2 T Worcestershire sauce
 - 2 t prepared mustard
 - 1 T butter
1. Sprinkle chicken with salt and pepper. Brown on all sides over moderate heat in non-stick skillet.
 2. Cut 4 small gashes in each piece of chicken. Transfer to baking dish.
 3. Combine tomato sauce, Worcestershire sauce, mustard and butter. Pour over chicken.
 4. Bake at 350 for 25 minutes or until cooked throughout.

Tomato Sauce

Makes 1 cup

- 2 cups tomato juice
 - ¾ t salt
 - ½ t chili powder
 - ½ t pepper
 - 1 t parsley flakes
 - ½ t basil
 - 1 packet golden seasoning and broth or chicken broth mix or 1 chicken bouillon cube
1. Combine all ingredients in saucepan. Cook over low heat until mixture is reduced by half.

Chard Gratin

Serves 4

- 2 pounds swiss chard
 - 3 T olive oil
 - 2 T butter
 - 1 head garlic, cloves separated, crushed, and peeled
 - Salt and freshly ground pepper
 - 2 t flour
 - 1 c milk
 - Coarsely grated dry bread crumbs
 - Handful of small croutons, cut from crustless slices of semi-fresh bread, fried in olive oil until golden and crisp
1. Separate the green leafy parts of the chard from the thick ribs. Wash and drain them separately. Trim the ribs and cut them into large dice.
 2. Cook the ribs in a large pot of salted, boiling water for 10 minutes, then add the greens and stir with a wooden spoon until the water returns to a boil.
 3. As soon as the greens are completely limp—a few seconds after the boil is reached—empty the pot into a colander and refresh the chard beneath cold running water.
 4. Squeeze the mass of chard repeatedly in both hands to form a firm ball. Chop it, slicing thin, give the ball a quarter of a turn, and slice thin again.
 5. In a heavy saute pan over medium-low heat, warm 2 T olive oil and most of the butter. Add the crushed garlic and, when the air is filled with its scent but before it begins to color, add the chard, salt, and pepper.

6. Stir regularly with a wooden spoon for 10 minutes, or until the chard has lost all superficial moisture. Sprinkle over the flour, stir well, and begin to add the milk a little at a time, over a period of some 20 minutes, stirring and waiting until the chard absorbs each addition before adding more milk.
7. Preheat the oven to 375 degrees.
8. Process the mixture rapidly to form a coarse puree. Pour it into a butter gratin dish, grate over dry bread, dribble over olive oil, crisscross fashion, and bake for 30 minutes, or until golden. Scatter croutons over the surface before serving hot or tepid—or serve without croutons at room temperature.