

Pasture Raised Chicken. One Chicken...Three Meals

Stewardship of the land and animals is at the heart of Evermore Farm. Our commitment to sustainable farming practices and raising livestock with respect is the embodiment of a philosophy that honors the rich and varied history of the farm. Our pasture-raised chickens are Freedom Range broilers, a heritage variety reminiscent of chickens of yesteryear with a succulent flavor and firm, dense texture. Their daily access to fresh air, sunshine, and a mixed feed diet produces a chicken that is both nutritious and delicious.

We are often asked how to make the best use of our pastured chickens. Roasting a whole chicken and using the leftover meat and bones can be economical, provide menu variety, and taste great! We offer the following: One Chicken- Three Dishes in hopes that you will be inspired to find other creative ways to use your whole chicken.

Since our chicken is delivered frozen, make certain you allow ample time for it to defrost in your refrigerator. Most chickens take up to two days to thaw.

Day 1: Roast Chicken

Preheat oven to 450 degrees. Butter the outside of the chicken and liberally salt and pepper. Place 1/2 onion, 4-5 garlic cloves, half a lemon, and a couple of sprigs of both parsley and thyme inside the chicken. Place chicken in preheated oven and roast for 15 to 20 minutes.

Turn oven temperature down to 375 degrees and continue to roast until done, basting occasionally with butter. ***For best results, use a thermometer to test for doneness.*** Either a standard meat or instant read thermometer will do the job. Poultry is done when the internal temperature, at the thickest part of the thigh, reaches 165 degrees. ***DO NOT OVERCOOK.*** It will make the chicken dry and tough. Remember, the temperature will continue to rise 5-10 degrees when it is removed from the oven.

When done, ***let chicken rest for 15 minutes*** before carving so the juices can return to the center of the meat. Don't forget to save the leftover chicken and bones for Days 2 and 3!

Day 2: Chicken Chili

The leftover chicken was removed from the bone and diced for this recipe.

In a Dutch oven, heat a tablespoon of olive oil over low heat. Add one large minced onion and a minced red bell pepper. Cook until softened. Add ground cumin, chili powder, salt and pepper to taste and stir (start with one teaspoon each of chili

powder and ½ teaspoon cumin and adjust). Add one 28-ounce can of plum tomatoes and two cups of chicken broth and cook for 20-30 minutes. Add a can or two of rinsed and drained black beans. Cook 10 minutes more or until hot. Add additional seasoning and chicken broth, to taste. Serve, topped with grated cheddar cheese.

Day3: Chicken Broth

The bones are the basis of this third meal and are turned into a nutrient dense broth. Broth can be used to flavor soups, stews, rice, sauces and other grain dishes. It can be prepared for immediate use or frozen in smaller containers. You may also freeze the bones to make broth at a future time.

Use your favorite broth or stock recipe for the bones.

To make chicken soup, add diced carrots and celery to the broth and cook until softened. Add any leftover chicken, cooked noodles or rice and chopped parsley. Heat and serve.

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