

Pulled Chicken

Yield: 2 Pounds



Ingredients

- 1 Each 4-5 Pound Chicken
- 1 Tablespoon Kosher Salt
- 1 Teaspoon Black Pepper
- Chicken Stock (See Recipe)
- Chicken Crack (See Recipe)

Method

- 1) Remove the giblets and excess fat from the chicken cavity. Rinse chicken inside and out under cold running water. Dry chicken thoroughly with paper towels. Tuck the wing tips under the body. Sprinkle the cavity of the chicken liberally with salt and pepper and set aside.
- 2) Place chicken on a rack in a heavy-duty roasting pan. Place in the oven, and roast until white meat reads 150° and dark meat reads 160°. Allow chicken to rest for about 30 minutes. The carry-over heat from the chicken will continue to cook the chicken as it rests.
- 3) Leave any brown baked-on bits in the bottom of the roasting pan to use for stock.
- 4) Carefully remove all skin from the chicken and set aside for Chicken Crack.
- 5) Pull chicken meat from the bones in desirable sized pieces. Refrigerate at once.

Chicken Stock

Yield: 3 Quarts



Ingredients

- 3 Pounds Chicken Carcasses, Including Necks, Backs, and Giblets
- 1 Each Large Onion, Large Dice
- 4 Each Carrots, Peeled and Cut Large Dice
- 4 Each Ribs Celery, Cut Large Dice
- 6 Sprigs Fresh Thyme
- 6 Sprigs Fresh Parsley with Stems
- 1 Bay Leaf
- 8 Peppercorns
- 1 Clove Garlic Peeled
- 2 Gallons Cold Water

Method

- 1) Place chicken, vegetables, herbs and spices in 12-quart stockpot. Cook on high heat until you begin to see bubbles break through the surface of the liquid. Turn heat down to medium low so that stock maintains low, gentle simmer.
- 2) Skim the scum from the stock with a spoon or fine mesh strainer every 10 to 15 minutes for the first hour of cooking and twice each hour for the next hour. Add hot water as needed to keep bones and vegetables submerged. Simmer uncovered for 3 hours.
- 3) Strain stock through a fine mesh strainer into another large stockpot. Discard the solids.
- 4) Place stock on the stove to further reduce. Skim the scum from the stock as necessary.
- 5) Allow to cook at a low simmer for approximately one hour, or until stock is flavorful. Allow to cool to room temperature.
- 6) Once stock is completed, pour over chicken and refrigerate. Chicken will hold for up to four days.

Chicken Crack

Yield: 3 Quarts



Ingredients

Chicken Skin

Salt and Pepper to Taste

Method

- 1) Place chicken skin on a baking sheet and place in a 350° oven, making sure not to overlap the skins.
- 2) Skins will be finished at separate times, so closely monitor skins. The skins should be crisp like bacon. When the skin seems crisp, turn the skin over to make sure skin is crisp on both sides.
- 3) Remove crisp skins as they are ready and place on paper towels to remove excess oil. When all skin is crisp, allow to cool to room temperature.
- 4) Cut crisp skins into desirable sized pieces. Place in a bowl and mix with salt and pepper.

Strawberry Panzanella Salad

Yield: 4 Entrée Salads



Ingredients

- ½ Pound Rustic Bread, Crust-Less, Torn into Bite-Sized Pieces
- ¼ Cup Extra Virgin Olive Oil
- ¼ Cup Fresh Chive, Chopped Fine
- 1 Pound Strawberries, Washed and Tops Removed
- ½ Pound Zucchini, Sliced into Bite-Sized Pieces
- 1 Cup Fresh Basil, Torn
- 2 Cups Field Greens, Washed And Dried
- 2 Cups Balsamic-Honey Dressing (See Recipe)

Method

- 1) Preheat oven to 350°.
- 2) In a large bowl, toss the bread pieces with olive oil to coat evenly. Place bread on a sheet pan and toast lightly in the oven. Remove from oven and set aside to cool.
- 3) In a large mixing bowl, add the toasted bread pieces, strawberries, zucchini slices, chives, basil, field greens and dressing.
- 4) Gently fold all ingredients together being careful not to damage the strawberries.