



RECIPES

Enjoy a simply prepared—yet delicious—whole chicken, accompanied by seasonal vegetables and a rustic pear tart.

BY MARY GUNDERSON

ROAST CHICKEN AND AUTUMN VEGETABLES

One 3 to 3½ pound chicken
Salt and pepper
Choice of quartered onions, chopped fresh herbs, garlic cloves, lemon slices
About 2 tablespoons butter, melted
Choice of carrots, parsnips, small red potatoes, small or quartered onions, whole garlic bulb

Heat oven to 450° F. Remove giblets, if present. Rinse cavity. Pat dry. Sprinkle cavity with salt and pepper. Add onions, fresh herbs, garlic, and/or lemon slices to cavity, as desired. Brush outside surface with half of butter.

Pare and wash vegetables. Pat dry. Place chicken in 9- x 13-inch roasting pan. Roast at 450°F for about 15 minutes. Lower heat to 375°F. Place vegetables alongside chicken. Brush chicken with remaining butter.

Bake for about 1½ hours or until skin of the chicken is golden brown and vegetables are tender. Baste vegetables several times during roasting. Bird is done when a meat thermometer placed in the thickest part of the thigh, not touching the bone, registers 170°F. or when drumstick moves easily and when the chicken is pricked with a fork, chicken juices run clear.

Let the bird stand at room temperature for 10 to 15 minutes for juices to set. Carve and serve. If desired, strain pan juices and serve with chicken and vegetables.

YIELD: Makes about four dinner-size servings with leftover chicken for an additional meal or two.

RUSTIC PEAR TART

Pastry:
1 cup unbleached, all-purpose flour
¼ cup whole wheat flour
½ teaspoon salt
½ cup butter
2 to 3 tablespoons cold water

Filling:
1½ pounds ripe, fresh pears
⅔ cup unbleached, all-purpose flour
⅔ to ½ cup sugar
¼ teaspoon nutmeg
1 tablespoon chilled butter

To make the pastry, combine flours and salt in a medium bowl. Cut in butter with two knives or with a pastry blender until the mixture is the size of shelled peas. Add water, 1 tablespoon at a time, and stir until pastry holds together. Chill about 20 minutes. Roll out pastry to a 10-inch circle on lightly floured parchment paper. Transfer paper and pastry to baking sheet.

To make the filling, pare, core and quarter pears; slice thinly. Toss pears gently with flour, sugar and nutmeg in a large bowl. Arrange pears over the pastry, leaving a 1½-inch edge. Fold pastry up over pears about 1 inch. Dot pears with butter. Bake in a 375° F oven for 35 to 40 minutes, or until pears are tender. Cool for at least 15 minutes before serving.

YIELD: 6 to 8 servings. ■



Mary Gunderson is the author of *The Food Journal of Lewis & Clark: Recipes for an Expedition* (History Cooks® 2003).

An expanded edition with Dutch oven instructions is available autumn 2010 at www.historycooks.com.