

**“Let’s Cook” with Chef Yehuda Malka August 22, 2021, 7:30 pm**  
**Young Israel Shomrai Emunah Social Program**

## **Spiced Chicken**

### ***Ingredients***

- 1 whole chicken (3-4 lbs)
- 2 ft length butcher’s twine
- 1 cup honey
- 10 cipolini onions or shallots, OR 2 large sweet onions
- mixed dried chilies (4-5), or chili powder

### ***Instructions***

*For chili honey glaze:*

In small saucepan, combine honey and chilies or chili powder. Add 1/3c water, stir, and simmer on low for 15 minutes.

*For chicken:*

Truss chicken according to class instructions. Preheat oven to 450 degrees, placing roasting pan in oven during preheat process. Season chicken with salt and pepper. Roast at 350 for 30 minutes.

After 30 minutes, add onions to pan and begin basting chicken with hot honey, once every 10 minutes. Lower oven to 300, and roast for an additional 20-30 minutes

## **Glazed Carrots**

### ***Ingredients***

- 1 lb heirloom carrots (also known as rainbow carrots)
- 1 stick margarine
- 1/2 c lemon juice
- handful coffee beans

### ***Instructions***

Toss carrots in pan drippings from chicken. Add coffee beans and roast at 425 for 10-12 minutes. Remove pan from oven to stovetop. Over medium heat, add 1-2 cubes (tbsp) of margarine, coating carrots and stirring. Continue adding margarine until glazed. Season with lemon juice. r oven to 300, and roast for an additional 20-30 minutes.

## **Apple Fennel Salad**

### ***Ingredients***

- 2 fennel bulbs
- 2 granny smith apples
- 1tbsp Dijon mustard
- 1/3 c apple cider vinegar
- 1/4 c honey

### ***Instructions***

Using mandoline or sharp knife, slice apples and fennel. Toss with a few tablespoons of vinegar, and a few pinches of salt. Mix remaining ingredients to make dressing. Toss and serve.