

SHOW 302
POULET A LA PROVENCALE
CHICKEN PROVENCALE STYLE
RIZ AUX LEGUMES MEDITERRANEENS
RICE WITH MEDITERRANEAN VEGETABLES
CAISSETTES CHOCOLATEES
CHOCOLATE CUPS

Provence, a part of southern France that borders the Mediterranean Sea, is a unique area of France like no other. Mild in climate and lush with vegetation, it produces many herbs and spices used the world over. Its vegetable bounty includes the tastiest and most delicate artichokes, eggplant, zucchini, peppers, tomatoes, and olives. The cooking of Provence has become identified with olive oil, tomatoes, and olives, and conjurs up flavors full of freshness and fragrance.

Today's menu tries to capture some of the essence of Provence. In Poulet a la Provencale, chicken is garnished with onions, pepper, garlic, and tomatoes, and seasoned with bay leaf and oregano. The final Provençal touch is added with preserved black olives in oil.

To compliment the chicken and its Provencale flavors, we prepare a rice recipe which includes eggplant, zucchini, red onion, peppers, and tomatoes to extend the experience of that sun drenched region.

Our dessert is a simple mixture but oh so elegant—small chocolate cups filled with orange flavored whipped cream. Really sinful.

RIZ AUX LEGUMES MEDITERRANEENS

- 1 lb Eggplants, unpeeled, cut into small dice
- 2 tsp Salt
- 2 Red onions, chopped
- 3 tbs Olive oil
- 2 cups Rice
- 2 cups Chicken stock
- 2 small Zucchini, cut in rounds
- 2 medium Bell peppers, chopped
- 3 medium Tomatoes
- 1 tsp Oregano
- 1 cup Additional stock
- Salt and pepper

RICE WITH MEDITERRANEAN VEGETABLES

- Sprinkle the eggplant with salt and let rest for 10 minutes.
- Rinse in water and drain.
- Set aside.
- Saute the onions in the olive oil about 5 minutes.
- Add the rice and stir about 1 minute.
- Add the stock.
- Bring to a boil, cover, and reduce heat.
- Simmer 15 minutes.
- Place eggplant and zucchini in boiling salted water for 4 minutes.
- Drain.
- Add the eggplant, zucchini, peppers, tomatoes, oregano, and the additional stock to the rice.
- Salt and pepper.
- Let the mixture cook about 5 minutes, until rice has absorbed the additional stock.
- Serve in a serving bowl.

POULET A LA PROVENCALE

- 8 each Salt and pepper
- Chicken breasts and thighs, de-boned
- Flour for dusting
- 3 tbs Oil
- 3 tbs Butter
- 2 large Onions, chopped
- 2 Bell peppers, chopped
- 2 cloves Garlic
- 1½ lbs Tomatoes, peeled, seeded, and chopped
- 1 Bay leaf
- ½ tsp Oregano
- Salt and pepper
- 20 Black olives, packed in oil

CHICKEN PROVENCALE STYLE

- Salt and pepper the chicken pieces, then dust them with flour.
- Brown the chicken pieces in oil and butter about 5 minutes.
- Remove and set aside.
- Add to the skillet the onions, peppers, garlic, and saute about 5 minutes.
- Add the tomatoes and mix well.
- Add the bay leaf, oregano, salt, and pepper.
- Return chicken to the skillet.
- Cover and simmer about 40 minutes.
- Place chicken and sauce in a serving dish.
- Remove bay leaf.
- Garnish with black olives.
- Serve with rice.

CAISSETTES CHOCOLATEES

- ½ lb Sweet baking chocolate
- Muffin baking cups
- 1 cup Heavy cream
- 2 tbs Sugar
- 1 tsp Vanilla
- 1 tbs Grand Marnier liquor
- Crystalized orange peel

CHOCOLATE CUPS

- Melt chocolate and water in a double boiler.
- Remove top from boiling water.
- With a pastry brush paint the inside of paper muffin cups with chocolate.
- Refrigerate.
- Repeat brushing with chocolate several times, refrigerating each time, until chocolate is about ¼ inch thick.
- Beat the cream until stiff.
- Incorporate the sugar, vanilla, and Grand Marnier.
- Fill the chocolate cups (pastry bag is the best way) with the cream.
- Garnish with crystalized orange peel.
- Keep refrigerated until serving time.

