

CHEF'S ONE POT WONDER

*(italian herb chicken
& vegetables)*

INGREDIENTS

- 1 whole chicken
- 1 head of garlic
- 2 jumbo carrots, *peeled and large diced*
- 1 large red onion, *diced*
- 1 bag pee wee potatoes (par-cooked*)
- 1 bunch baby turnips, *cut in half*
- 2 large zucchini, *diced*
- 2 large yellow squash, *diced*
- 1 sprig rosemary
- 3 sprigs thyme
- 1 can crushed san marzano tomatoes
- 1 quart the wise ox poultry stock salt and black pepper, *to taste*

**what's par-cooked? All you gotta do is place the potatoes in salted water and boil for like 3 minutes. We don't want to cook them all the way through, just get them started. Well finishing cooking them in the oven.*

INSTRUCTIONS

Your chicken is already seasoned, but a light dusting of salt and pepper never hurt anybody, so add a pinch to the bird.


Preheat the oven to 400 degrees. Ideally we'd use a roasting pan with a resting rack, but if you don't have the rack the roasting pan or similar large rectangular pan with high sides will work too. Add the tomato, carrots, onion, potato, garlic and poultry stock to the bottom of the pan. If you have the rack, place the chicken in it; if not, nestle the bird on top of the vegetables. Roast in the oven for 12 minutes. Lower the oven to 325 degrees and add the turnip, squash, and zucchini with the fresh picked herbs and continue to cook for another 15 minutes or until the internal temperate from the thigh leg 165 degrees.

Allow the chicken to rest for 10 minutes before carving. The easiest way to breakdown a bird, in our opinion: remove the legs and thighs first then cut out each breast.

Give the vegetables a good mix to make sure everything is combined and serve alongside. Enjoy!

JANUARY

OX BOX



WHAT'S IN THE BOX

CAJUN SAUSAGE

BREAKFAST SAUSAGE

**ITALIAN HERB
WHOLE CHICKEN**

**BUTCHERS BLEND
GROUND BEEF**

CHUCK ROAST

BONE-IN PORK CHOPS

A NOTE FROM CHEF

I'm all about a no-muss-no-fuss January. We spent the holidays showing off all our fancy cooking techniques, making dinner for family and friends, so when the new year rolls around I am officially done with all that and moving toward the simple, easy recipes that require minimal dishes. Enter the one-pot meal. Indeed everything, from the sides to the main, are cooked in one pot. You load it all in at the same time, cook it, and that's it.

The general approach - cook vegetables and aromatics that are similar. For example, if you're using potatoes, use another root vegetable like turnips and carrots. Or if you're using rice, use more delicate ingredients, like herbs and onions. Combine ingredients where the cook times are the same.

Here's to 2023 and making things easier (and tastier). Cheers.

B. Wise