

ST. HELENA FARMERS' MARKET

Chef Jim Leiken

Fall Farmer's Market Chicken Goulash

With Potato Latkes

Ingredients for Goulash

8 boneless, skinless chicken thighs
2 tablespoons + 1 tablespoon All Purpose Flour
1 tablespoon kosher salt
2 tablespoons Canola Oil
1 medium onion, cut in ½" dice
3 cloves garlic, chopped
1lb mixed St. Helena Farmer's Market root vegetables (carrots, parsnips, celery root, turnips, potatoes, etc), peeled and cut in 1" pieces
2 tablespoons Hungarian or Spanish sweet paprika
1 quart chicken stock
1 fresh bay leaf
½ cup sour cream
1 bunch fresh dill
Fresh ground black pepper

Cut each chicken thigh into 4 pieces. Season the chicken pieces with salt and pepper, then toss them with 2 tablespoons of flour until evenly coated. Heat a large sauté pan or dutch oven over medium-high heat, and add the canola oil. When the oil begins lightly smoking, add the chicken pieces, working in batches if necessary – do not overcrowd the pan), lightly brown the chicken pieces on all sides. Transfer the browned chicken to a clean plate, reduce the heat to medium-low, and add the diced onion and extra tablespoon of flour. Cook the onion, stirring often, until it is tender and lightly translucent, but without browning it. Add the garlic and cook another minute. Add the paprika and cook another minute, stirring until everything is well coated. Add the root vegetables, the browned chicken, chicken stock and the bay leaf and bring everything up to a slow simmer. Cover the pot and reduce the heat to low. Cook about 30 minutes, or until the chicken is cooked through and just tender. If the sauce is still brothy, strain out the chicken and vegetables and reduce the sauce until it thickens; it should just coat the back of a wooden spoon. Once the sauce is reduced to the right consistency, return the chicken and vegetables to the pot and heat them through. Remove the pot from the fire, and stir in the sour cream. Ladle the goulash into warm bowls and garnish with fresh chopped dill. Serve with fresh bread, buttered noodles, rice or potato latkes.

Note: this recipe can also be made with veal shoulder, pork shoulder or beef chuck; cooking time will vary according to the cut. It can be made vegetarian with a mix of wild/exotic mushrooms in place of the meat and vegetable stock in place of the chicken stock.

Potato Latkes

5 large russet potatoes
1 large Spanish onion, peeled
2 whole eggs, beaten
½ cup AP flour
Juice of 1 lemon
1 tablespoon salt
½ teaspoon finely ground white pepper
Canola or other neutral oil for frying

Peel the potatoes and keep them covered in cold water. Set a box grater over a cookie sheet or large rectangular casserole and grate the potatoes through the large hole side of the grater. Watch your fingers! Transfer the grated potatoes to a large mixing bowl. Cut the onion in half through the root end, and grate the onion on the box grater as well. Add the grated onion to the mixing bowl. Combine the flour, lemon juice, eggs, salt and pepper with the potato-onion mixture and mix everything thoroughly. If not frying immediately, cover the mixture with plastic wrap to prevent oxidation.

Heat about ½" of frying oil in a heavy bottom pan, preferably cast iron or a dutch oven over medium heat. When ready to fry, the oil should be hot (325-350F), but not smoking. You can check by flicking a small drop of water into the oil; if it sputters, the oil is generally ready. Take a 3-4oz scoop of the potato mixture and shape it by hand so it is an even ¾" thickness. If the mixture is excessively wet, squeeze out some, but not all, of the moisture. Place the latke CAREFULLY in the hot oil. Repeat with more latkes but do not add so many that you cool down the temperature of the oil or overcrowd the pan so there is no room to flip the latkes. Let the latkes simmer in the oil gently, then flip when they begin to brown on the bottom. Continue cooking, flipping back and forth as necessary, until they are golden brown on both sides; this should take roughly 8-10 minutes. Add more oil to the pan as necessary, as the latkes will absorb it as they cook. Remove one from the oil to test, making sure they are cooked through and not raw or starchy. When the latkes are cooked, remove them from the oil and drain on a baking rack. If not eating immediately, keep warm in an oven.

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