Chefs' Specials of California

Ford's Filling Station

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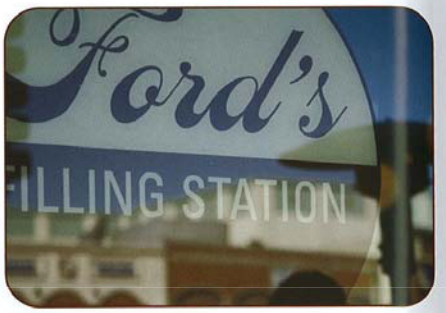

Crispy Flattened Chicken

By Chef Ben Ford

Serves 8

INGREDIENTS

4 halved whole chickens (boned)
1/4 cup olive oil

Chicken Spices:
1 bay leaf
2 whole cloves
2 Tbs coriander seeds
2 Tbs cumin seeds
2 Tbs fennel seeds

Lemon Garlic Confit:
1/2 cup olive oil
9 to 12 garlic cloves
1 bay leaf
Zest of 1/2 lemon

Succotash:
1/2 Tbs olive oil
3 Tbs fennel bulb, diced
Lemon garlic confit
1 cup black-eyed peas
2 cups cut yellow corn (kernels)
Salt and pepper, to taste
1/2 cup chicken stock
3 Tbs butter
1 cup leaf spinach

PREPARATION INSTRUCTIONS

Chicken Spices:

In a sauté pan, toast all ingredients to a golden brown. Let cool and grind. Set aside for chicken.

Chicken:

Take halved chickens and salt, skin side first, turn over and add chicken spice lightly, with salt. Heat pan with olive oil (roughly 1/4 cup). Start with skin side down and cook lightly to a golden brown color. Turn over and cook bone side down to a golden brown color. Heat oven to 400°F and finish cooking (approximately 15-20 minutes).

Lemon Garlic Confit:

Cook olive oil, garlic cloves and bay leaf on medium heat until cloves are al dente. Remove from heat and add lemon zest. Let cool to room temperature and set aside for succotash.

Succotash:

Heat olive oil. Add fennel and sear. Add lemon garlic confit, black-eyed peas, corn kernels and salt and pepper to taste. Add chicken stock and reduce by half. Add butter at the end to thicken. Toss in spinach.

Plating:

Plate with mash (optional) and succotash on opposite sides of plate. Lay chicken atop succotash.

ABOUT THE CHEF

Ben Ford is one of California's brightest culinary stars, having earned his kitchen stripes at such distinguished institutions as The Farm of Beverly Hills, Opus and Campanile. Ford's epicurean journey began at the University of Dijon in the heart of Burgundy, France, where he was inspired by Europe's Slow Food movement. After completing formal training at the California Culinary Academy in San Francisco, Ford further sharpened his talents with one of the country's finest organic chefs, Alice Waters of Chez Panisse. In 1999 Ford opened Chadwick, marrying his rich professional experience with a personal commitment to organic and artisanal sensibilities. As always, Ford drew inspiration from his mother, Mary Ford, a fine cook and illustrator, and from his father, actor Harrison Ford, a skilled craftsman and artist of great integrity. With Ford's Filling Station, Ford turns the traditional British gastropub concept into something decidedly American. Letting individual ingredients shine through is a hallmark of Ford's philosophy, and an approach that has won high praise from critics and diners. A father of one, Ford donates much of his time to charitable food events, and is a Chef Chair for Taste of the Nation, benefiting the Share Our Strength organization.

SUGGESTED WINE PAIRING

- 2000 Rottlan Torra Priorat Reserva, Catalonia