

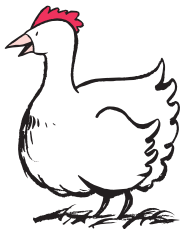
# MISTY KNOLL FARMS

VERMONT POULTRY

## COOKING POULTRY THE MISTY KNOLL FARMS' WAY

*Recipes for the Home Cook Created by  
Vermont's Leading Chefs*

**F**amily-owned and operated, Misty Knoll Farms produces the finest naturally raised chickens and turkeys available from Vermont. As stewards of Vermont's working landscape and members of the Vermont Fresh Network, Misty Knoll Farms partners with Vermont chefs to provide flavorful poultry for discerning diners throughout the state. Several of these chefs have developed recipes, designed especially for the home cook, that reflect the cuisine found in their restaurants. We invite you to cook like the pros, using the best poultry on the market to prepare simple yet nutritious meals your family will love!



### **Chef Tristan Toleno's Grilled Chicken on a Salad Bed of Arugula, Baby Beets, and Goat Cheese**

**Chef Tristan Toleno, co-owner of the Riverview Café, in Brattleboro, Vermont, creates a delicate balance of flavors with his recipe for grilled chicken. Marinated in olive oil with lemon zest, this chicken is especially tender. On a bed of arugula with cooked beets and goat cheese, it makes a hearty salad.**

*"Customers want to know our secret for great-tasting chicken. We tell them the truth—Misty Knoll Farms chicken tastes better. Our job is to bring that flavor out!"*

Chef Tristan Toleno, Riverview Café

*Prep Time: 20 minutes*

*Cook Time: 20 minutes*

*Serves: 4*

4 six-ounce **Misty Knoll Farms** boneless chicken breasts  
1 tablespoon lemon zest (Reserve the lemon for the dressing)  
 $\frac{1}{2}$  teaspoon salt  
 $\frac{1}{4}$  teaspoon freshly ground pepper  
1 clove garlic or  $\frac{1}{4}$  teaspoon garlic powder  
2 tablespoons extra virgin olive oil

Combine the lemon zest, salt, pepper, garlic, and oil in a small bowl to make the marinade. Remove the skin from the chicken and coat the breasts on both sides with marinade. Place in a shallow dish and cover with plastic wrap. Refrigerate for an hour or overnight. Heat a grill pan or outdoor grill. Remove plastic wrap and cook the chicken about 10 minutes on each side, or until done. Slice and set aside.

### **To prepare the salad**

1 shallot, finely minced  
 $\frac{1}{2}$  lemon, juiced (1/8 cup)  
 $\frac{1}{4}$  cup extra virgin olive oil  
Salt and freshly ground pepper to taste  
6 cups arugula (or spinach), washed and dried  
8 small beets, roasted, peeled, and cubed  
6 ounces goat cheese

Make dressing in a large salad bowl with shallot, lemon, olive oil, salt, and pepper. Toss in the arugula and beets and stir to coat. Divide among four salad plates, and sprinkle evenly with the goat cheese (about 2 tablespoons per serving). Top with the sliced grilled chicken, and serve.

**Riverview Café**, located in historic downtown Brattleboro, Vermont, offers casual hometown dining featuring locally produced foods. Enjoy panoramic views of the Connecticut River from the restaurant and outdoor deck, or while dining on the rooftop. Visit [www.riverviewcafe.com](http://www.riverviewcafe.com) to learn more!

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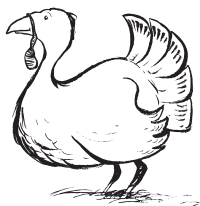
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## Chef Maura O'Sullivan's Turkey and Sweet Potato Hash

**Chef Maura O'Sullivan, of Smokejacks Restaurant, in Burlington, Vermont, created this colorful recipe to serve for brunch with eggs and hot biscuits. Fold leftovers into burritos for a delicious lunch or light dinner.**

*"Misty Knoll Farms' chicken and turkey fit perfectly into Smokejacks' mission to serve high-quality, responsibly grown local ingredients as simply as possible."*

Chef Maura O'Sullivan, Smokejacks Restaurant

*Prep time: 20 minutes*

*Cook time: 20 minutes (after baking chicken and potato)*

*Serves: 4-6*

### **Cook the turkey**

2 *Misty Knoll Farms* turkey thighs, skin on

1 teaspoon salt

$\frac{1}{4}$  teaspoon pepper

4 tablespoons olive oil

1 cup chicken broth

Preheat oven to 325°. Season turkey thighs with salt and pepper. Heat the olive oil in a Dutch oven or

ovenproof skillet. Brown the turkey over medium heat, starting with skin side down. Cook about five minutes, and then flip over and brown the other side. Pour in the chicken broth, and cover the pan with a lid. Place in the oven and bake for 1½ hours, until turkey is tender. Cool, remove the skin, and cut into cubes, and set aside. Makes approximately 4 cups.

### **Make the hash**

*4 tablespoons olive oil*  
*1 red onion, coarsely chopped*  
*1 red bell pepper, seeded and diced*  
*1 green pepper, seeded and diced*  
*1 rib celery, coarsely chopped*  
*2 cloves garlic, finely chopped*  
*1 tablespoon fresh oregano, finely chopped or 1 teaspoon dried*  
*1 tablespoon fresh thyme, finely chopped or 1 teaspoon dried*  
*2 medium sweet potatoes, baked\*, cooled, and cubed,*  
*approximately 4 cups*  
*4 cups turkey thighs, cooked and cubed*  
*Tabasco, to taste*  
*½ teaspoon salt*  
*¼ teaspoon freshly ground pepper*  
*A few scallions and sprigs of fresh cilantro, finely chopped*  
*(optional for garnish)*

Heat olive oil in large sauté pan over medium heat; sauté onions until soft and golden. Add the peppers and celery; cook 3-5 minutes over high heat, stirring frequently. Mix in the garlic and herbs, and continue to cook another few minutes. Stir in the cubed sweet potato and cooked turkey, gently turning to allow the potatoes to crisp on the outside. Season to taste with Tabasco, salt, and pepper. Garnish with chopped scallions and fresh cilantro. Serve warm.

\*To bake sweet potatoes, preheat oven to 450°, trim off ends and prick potatoes several times with a sharp knife. Place on an open pan in the oven. Bake for one hour until tender. Cool and slip off the skins.

Located in downtown Burlington since 1996, **Smokejacks Restaurant** is an art-deco/contemporary café offering a high-quality dining experience—minus the fluff and pretension. Chef Maura O'Sullivan's comfort cuisine features local meats, produce, and cheeses. Visit [www.smokejacks.com](http://www.smokejacks.com) to learn more!

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## Chef Doug Mack's Pesto Chicken Breast with a Creamy Garlic Jus

**Chef Doug Mack, co-owner of the Inn at Baldwin Creek and Mary's Restaurant, in Bristol, Vermont, serves this pesto chicken dish with herbed orzo for a simple yet elegant family meal. Braised in wine and olive oil, the chicken stays moist and tender. The three easy steps make this an ideal recipe to prepare ahead.**

*"I feel good about supporting regional food producers. Misty Knoll Farms' chicken is superior to any on the market, and I feel fortunate to have the farm so close by."*

*Chef-Owner Doug Mack,  
Inn at Baldwin Creek & Mary's Restaurant*

*Prep time: 30 minutes*

*Cook time: 45 minutes*

*Serves: 4*

Preheat oven to 375°

### **Pesto Stuffing**

*2 cups well-packed spinach or basil, stems removed, washed and towel dried*

*½ cup grated Parmesan cheese*

*1 clove garlic, coarsely chopped*

*1/2 cup walnuts*                      *1 tablespoon butter*  
*1 lemon, juiced (1/4 cup)*        *1/4 cup olive oil*

In a blender or food processor combine the spinach or basil, Parmesan cheese, garlic, and walnuts. With the processor or blender running, add the lemon juice, butter, and oil in a slow steady stream. Mix until smooth.

### **Stuffing the Chicken**

*4 six-ounce **Misty Knoll Farms** chicken breasts*  
*8 tablespoons pesto*  
*2 tablespoons butter, cut into 4 pieces*  
*1/2 teaspoon salt*  
*freshly ground pepper to taste*  
*1/4 cup Chardonnay or white wine*  
*1/4 cup olive oil*

Insert a knife between the skin and the meat of the breast and gently separate. Spread with two tablespoons of the pesto and dot with butter. Season with salt and pepper, and place in a lightly oiled baking dish. Pour wine and olive oil to cover chicken evenly and place in a preheated oven. Bake 40 minutes, basting often with the pan juices, until golden brown on top. Remove chicken from oven, and transfer to a heated serving tray. Cover with foil to keep warm.

### **Creamy Garlic Jus**

*2 cloves garlic, finely chopped*  
*1/2 cup heavy cream*  
*1/2 cup Chardonnay or white wine*  
*1 tablespoon each parsley and tarragon, finely chopped*  
*salt and freshly ground black pepper*

Leave the juices in the pan, and stir in the garlic. Cook on the stovetop over medium heat for two minutes, then whisk in the cream, wine, and herbs. Continue to cook, about 10 minutes, scraping the pan to remove any chicken particles, until sauce is slightly thickened and reduced. Season with salt and freshly ground pepper. Pour the sauce over the chicken and serve.

Located in Bristol, Vermont, **The Inn at Baldwin Creek and Mary's Restaurant**, features the innovative country-style cuisine of Chef-owner Doug Mack, a dedicated supporter of local agriculture. He and his wife, Linda Harmon, have been celebrating the comforts of a historic country inn and the seasonal foods of Vermont since 1983. Visit [www.innatbaldwincreek.com](http://www.innatbaldwincreek.com) to learn more!

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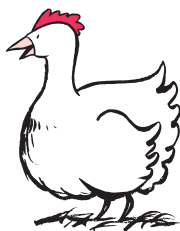
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### Chef David Merrill's Coq au Vin

**David Merrill, executive chef at the Basin Harbor Club, in Vergennes, Vermont, offers this recipe for cooks who love to entertain. Spoon over wide noodles or roasted garlic mashed potatoes. The wine tenderizes the chicken, and the bacon gives a deep flavor. Add a variety of vegetables in season for a great one-pot meal.**

*"I've used Misty Knoll Farms high-quality fresh products at Basin Harbor Club with great success for more than ten seasons now. Guests respond enthusiastically, and several have even toured the farm and taken products home."*

Executive Chef David Merrill, Basin Harbor Club

*Prep time: 30 minutes*

*Cook time: 45 minutes*

*Serves: 4*

*1 (2 1/2 -3 1/2 pound) Misty Knoll Farms chicken*

*1 cup all-purpose flour*

*1 teaspoon salt*

*1/2 teaspoon freshly ground pepper*

*1/2 pound slab bacon, diced*  
*2 tablespoons olive oil*  
*3 cloves garlic, peeled and coarsely chopped*  
*1 pound pearl onions, peeled*  
*1/2 pound button mushrooms, trimmed and halved*  
*4 carrots, peeled and coarsely diced*  
*2 cups Burgundy wine*  
*4 cups chicken stock*  
*6 sprigs fresh thyme*  
*2 bay leaves*

Cut whole chicken into eight pieces with poultry shears or a sharp knife, or use a pre-cut chicken. Place flour in large bowl, add salt and pepper to season. Dredge chicken pieces in seasoned flour and set aside. In a braising pan large enough to hold all the chicken, cook the bacon over medium heat until crisp. Remove cooked bacon with a slotted spoon, and set aside for later. Reheat the pan with the bacon fat, along with 2 tablespoons olive oil. Add the chicken pieces and sauté until golden brown, and remove from pan. Sauté the garlic, onions, mushrooms, and carrots for 5 minutes until lightly browned. Pour in the wine and chicken stock and bring to a boil. Return chicken to the pan and stir in the cooked bacon, thyme, and bay leaves. Cover the pot and bring to a simmer over medium heat for 45 minutes, or until tender.

*A 700-acre resort located on Lake Champlain in Vergennes, Vermont, the **Basin Harbor Club** has been offering accommodations and sumptuous dining in a relaxing, spacious atmosphere for more than 100 years. Visit [www.basinharbor.com](http://www.basinharbor.com) to learn more!*

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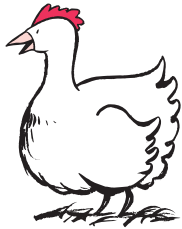
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### **Chef Michael Flanagan's Indo-Chinese Spicy Chicken**

**Chef Michael Flanagan, owner of Michael's Good to Go, in Waitsfield, Vermont, created this spicy chicken, which can be baked in a hot oven or seared on a grill. The fusion of flavors goes well any time of the year. Serve with Jasmine or Basmati rice or mashed potatoes.**

*"Misty Knoll Farms' poultry reminds me every week how lucky I am to be a chef in Vermont—I get to cook with great food raised by good folks!"*

Chef-Owner Michael Flanagan,  
Michael's Good to Go

*Prep time: 15 minutes*

*Cook time: 45 minutes*

*Serves: 4*

*8 Misty Knoll Farms chicken leg quarters, skin on  
1/4 cup Thai fish sauce  
1/4 cup soy sauce*

*1/4 cup brown sugar*

*1/8 cup sesame oil*

*3 limes, juiced*

*3 cloves garlic, finely chopped (about 3 tablespoons)*

*2 fresh Serrano chiles, seeded and finely chopped,  
or 2 tablespoons chile-garlic sauce*

*1/2 teaspoon fresh ground black pepper*

Place chicken in a single layer in an ovenproof dish. Combine rest of the ingredients in a glass bowl and stir to blend. Spoon half the marinade evenly over the chicken, and flip the chicken pieces to coat thoroughly. Cover tightly with plastic wrap and refrigerate for an hour or overnight. Transfer the remaining marinade to a saucepan until ready to cook.

If baking, preheat the oven to 425° degrees. After unwrapping, place the chicken in the oven and bake for 30 minutes. If grilling, cook the chicken over low flame until nearly cooked through. Meanwhile, heat the remaining marinade, adding 1/8 cup water, and simmer until slightly thickened. Brush the chicken with marinade and return to the oven (or grill), turning the chicken and basting with the sauce as the chicken darkens. Cook about 15 more minutes (or until no longer pink inside). Serve hot or cold.

**Michael's Good to Go** offers take-out dinners from a cozy storefront in downtown Waitsfield, Vermont, as well as catering services throughout the area. Chef Michael Flanagan prepares recipes from around the world using foods produced by Vermont farm families.

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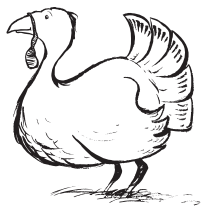
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## Chef Amy Chamberlain's Turkey Cutlets with Lemon-Sage Butter Sauce

**Chef Amy Chamberlain, owner of The Perfect Wife Restaurant & Tavern, in Manchester Center, Vermont, suggests serving these tender turkey cutlets with roasted garlic mashed potatoes and asparagus. The light sauce, seasoned with shallots and sage for an earthy flavor, makes an ideal accompaniment.**

*"I have been using Misty Knoll Farms poultry since I opened in 1996. Their birds are juicy and plump and always fresh. I change my menu every six months, but always incorporate Misty Knoll Farms poultry into it. My customers appreciate that I sell fresh, locally raised poultry. I am proud to offer them Misty Knoll Farms chicken and turkey."*

Chef-Owner Amy Chamberlain,  
The Perfect Wife Restaurant

*Prep time: 30 minutes*

*Cook time: 20 minutes*

*Serves: 4*

*1 pound Misty Knoll Farms turkey cutlets (or turkey or chicken breasts cut into ½" slices)*

2 eggs beaten with  $\frac{1}{4}$  cup water  
 $\frac{1}{2}$  cup flour, seasoned with  $\frac{1}{2}$  teaspoon salt and  
 $\frac{1}{4}$  teaspoon pepper  
1 cup breadcrumbs  
2 tablespoons butter

Place cutlets between waxed paper and gently pound with a meat mallet until  $\frac{1}{4}$ " thick. Place the beaten eggs, flour, and breadcrumbs in three separate bowls. Dredge each cutlet first in the flour, then shake off excess; dip into egg wash; and finally roll to coat with breadcrumbs. Place cutlets on a plate or tray and refrigerate while making the lemon-sage butter sauce. Heat 2 tablespoons butter in a skillet over medium heat. Sauté the cutlets until golden on both sides, about 8-10 minutes or until done. Spoon sauce over the cutlets and serve warm.

### **Lemon-Sage Butter Sauce**

1 shallot, minced (1 tablespoon)  
 $\frac{1}{4}$  pound butter (1 stick), cold and cut into tablespoon-sized pieces  
 $\frac{1}{2}$  lemon, juiced (2 tablespoons)  
2 tablespoons white wine  
 $\frac{1}{3}$  cup heavy cream  
2 teaspoons fresh sage or 1 teaspoon dried and crushed  
 $\frac{1}{2}$  teaspoon salt  
freshly ground white pepper

Simmer the shallots and one tablespoon butter in a stainless steel or other non-reactive saucepan over medium heat for 2 minutes. Do not allow butter to brown. Stir in the lemon juice and white wine, stir, and reduce until almost dry. Pour in the heavy cream and reduce again until cream is thick and saucy, about five minutes. Remove the saucepan from the heat. Add butter by the tablespoon, whisking constantly, until thoroughly incorporated. (If the sauce cools down and the butter is not melting, return pan to heat for a moment.) Season with sage, salt, and white pepper. Keep warm, but do not heat again or the sauce will separate.

**The Perfect Wife Restaurant** in Manchester Center, Vermont, featuring owner Amy Chamberlain's freestyle cuisine, has been a favorite spot for locals and tourists alike since 1996. Visit [www.perfectwife.com](http://www.perfectwife.com) to learn more!

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