



The Edible Garden

Recipe featured at the *Columbus Day Festival Weekend* demonstration,
October 11

Chicken Thighs and Porridge with Apples and Chestnuts

By: Michel Nischan, chef, author, and founder of
The Wholesome Wave Foundation

Ingredients

4 tablespoons grapeseed oil
1/4 cup diced onion
1/2 cup peeled and diced (about 1/4") heirloom squash, such as kabocha, buttercup, or butternut
1 cup peeled and diced (1/4" pieces) roasted chestnuts
1 cup cooked black barley or farro or 1 cup cooked grano or spelt
1 cup rich chicken stock, preferably homemade
1/2 cup fresh apple cider
1/2 cup peeled and diced good-quality baking apple, such as real granny smith or Pippin
1/2 cup crème fraiche or sour cream
Kosher salt and freshly ground black pepper
4 chicken thighs, skin on
2 tablespoons unsalted butter, at room temperature

for the herb salad

2 tablespoons chopped flat-leaf parsley
2 tablespoons chopped fresh tarragon
2 tablespoons chopped fresh chives
2 tablespoons freshly grated lemon zest
1 tablespoon extra-virgin olive oil

Instructions

1. Heat 2 tablespoons of the grapeseed oil in a large skillet over medium heat. When it's hot, add the onion and cook for about 3 minutes, or until softened and lightly browned. Add the squash and chestnuts, cover, and cook for 4 to 6 minutes, stirring occasionally, or until the squash softens a little.
2. Add the cooked grains, stock, cider, and apple. Increase the heat to medium-high and simmer until the grains begin to absorb the liquid and become tender.
3. Stir in the crème fraiche. Season to taste with salt and pepper. Set aside and keep warm.

4. Heat the remaining 2 tablespoons of grapeseed oil in a large, heavy-bottomed skillet over medium-high heat. Add the chicken, skin side down. Transfer to a warm plate lined with a clean kitchen towel to drain.
5. To make the herb salad, mix together the parsley, tarragon, chives, and lemon zest in a small bowl. Toss with the olive oil and season to taste with salt and pepper.