



Food & Public History

Hearth Cooked Dinner by Chef Denzell Washington

Menu for March 6, 2021:

Pan-Roasted Apple Cider Glazed Chicken

Tri-Color Carrots & Parsnips

Angel Biscuits with Maple Brown Butter

Roasted Pears with Walnuts, Honey, & Whipped Mascarpone

Chef's Notes for Enjoying Your Meal at Home:

Chicken: Place chicken on a non-stick surface and reheat for 4 - 5 minutes in a 350* oven. Once out the oven, drizzle with the remaining sauce.

Carrots & Parsnips: In a small pot melt a little butter and gently toss the vegetables until warmed through. Adjust seasoning with salt or a seasoning of your choice.

Angel Biscuits: Place on a small non-stick surface and heat until warmed through. Brush maple butter over biscuits, before or after reheating, your choice.

Wine Pairings:

Visit our neighbors at Good Wine across 5th Avenue for 15 % off select bottles to complement your meal.

Connect with them online at www.goodwine.nyc and @GoodWineNYC.



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March 6, 2021:

A special Sunday night chicken dinner often signified the start of Spring. Glazed with apple cider made from the fall harvest, this allowed for multi-seasonal use of the fruit.

As winter turned to spring, carrots and parsnips from the root cellar are made more delicious through roasting so their sugars caramelize. Herbs, grown in the OSH gardens, reflect elements that were an important part of colonial cuisine.

Early (enslaved and later emancipated) American Black women throughout the South were the great bakers. Over time their skills, techniques and recipes came to define a uniquely American style of baking (pies, cakes, biscuits, etc.) in homes and businesses over the centuries. Northerners were often eating the same kinds of food as Southerners, as the migration north (particularly of skilled Negro cooks) was happening as early as 1799. Compared to European hardtack, the biscuit was like a buttered cloud, evolving from the African tradition of dumpling making for stews or to accompany meals (e.g. for dipping into sauces).

Angel Biscuits are rumored to have originated in the test kitchens of the White Lily Flour company, founded in 1883 in Tennessee. Maple Brown Butter utilizes maple syrup — a natural sweetener from the sap of North American maple trees that European colonists were introduced to by Native Americans.



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