

the
**Beetlebung
Farm**
cookbook



Chris Fischer
with Catherine Young

Roast Chicken with Mushrooms and Baby Arugula

Serves 4

The chickens I get from the Good Farm—Cornish rock cross hens—are so flavorful you don't have to do anything more than salt them and roast them. But when I have the time I prefer to do the salting the night before, both on and under the skin. I find this makes the roasted bird extra crispy.

Avoid kosher birds, which are pre-salted.

1 chicken, 3½ pounds

4 ounces shiitakes (or other firm mushrooms), stems removed and reserved

Kosher salt

Freshly ground black pepper

About 5 tablespoons extra-virgin olive oil

About 8 cups loosely packed trimmed arugula

Juice of 1 lemon

Bump this up to 5 or 6 ounces

A day before you plan to serve the chicken, separate the skin from the meat by gently running your fingers between the two. Slice 2 of the shiitake to roast with the chicken later. Mix about 1 teaspoon salt and 1 teaspoon pepper together. Using your fingers, rub the salt mixture into the chicken, underneath the skin. Distribute the thinly sliced shiitakes under the skin over each breast. Put the chicken on a plate and season all over and inside the cavity with salt and pepper. Refrigerate, uncovered, overnight.



Remove the chicken from the refrigerator an hour before cooking to allow it to come up to temperature a bit. Heat the oven to 450°F.

Chop the reserved mushroom stems and put them in the chicken's cavity. Heat a skim of oil, about 2 tablespoons, over high heat in an ovenproof skillet big enough to hold the chicken pretty snugly. Put the chicken in the pan, breast-side up. Cook for 30 seconds, then take the chicken off the heat and baste it with the hot pan juices. Put the chicken in the oven and roast, basting every 10 minutes, for 30 minutes.

There may not be a lot of juices at this point. Don't worry—there will be more basting liquid later.

Thickly slice the remaining mushrooms and add them to the roasting pan. Roast together until the chicken juices run clear when the thigh is pricked, about 15 minutes longer, then let the chicken rest in the pan for 15 minutes.

Put the arugula in a bowl, season lightly with salt, and dress with lemon juice and 2 to 3 tablespoons olive oil (it is also nice to add a tablespoon of the pan juices to the salad). Toss thoroughly. Carve the chicken and serve with the roasted mushrooms on top of the arugula salad.

Follow this advice!

Spaghetti with Crab and Zucchini

Serves 4 to 6

Vineyard waters are full of crabs, but few are sold on the island these days because lobsters fetch a better price. That leaves plenty of crabs around for those of us willing to catch and then pick our own. So that is what I advise you to do; or, use whatever type of crab is available locally.

Or up to
3/4 pound

← 1/2 pound picked crabmeat

1 jalapeño, seeded and minced

3 tablespoons extra-virgin olive oil

1/4 cup loosely packed fresh mint leaves

Use one of
each for
more color.

← 2 medium summer squash (yellow squash or zucchini)

1 tablespoon red wine vinegar

1/4 teaspoon minced garlic

Mince 1
small garlic
clove.

← Kosher salt

Freshly ground black pepper

12 ounces thick spaghetti or bucatini

1/3 cup loosely packed fresh basil leaves, cut in slivers

Juice of 1/2 lemon

Bring a large pot of water to a boil over high heat. Combine the crab and jalapeño in a small bowl. Add 1 tablespoon of the olive oil. Chop half the mint and add to the crab. Mix well and set aside.

Sliver the remaining mint and put in a second bowl. Trim the squash, then grate them using a large-holed grater, stopping short of the seedy core (reserve it for another purpose; see page 231). Add the squash to the bowl with the slivered mint. Add the remaining 2 tablespoons of olive oil, the vinegar, and garlic and season with salt and pepper.

When the water boils, add salt and the pasta. Cook until the pasta is al dente, about 7 minutes. Just before the pasta is done, heat a large skillet over medium-high heat. Add the marinated crab, the squash, and the slivered basil.

Drain the pasta, reserving some pasta water. Add the pasta and about 2 tablespoons cooking water to the crab mixture. Heat everything together, tossing to mix well. Season with salt, pepper, and lemon juice and serve.

Heat this just
long enough to
mix everything
together.



Summer Pudding

Serves 6 to 8

This is an old-fashioned English dessert, both simple and refreshing. Mixed berries, whatever looks best, are layered with toasted bread then weighted to form a cake (an English “pudding”). I use Portuguese sweet bread, a grocery-store reminder of the Portuguese whaling men who settled here in numbers beginning in the 1800s. Brioche or challah would work equally well.

- 1 (1-pound) loaf sliced Portuguese sweet bread, crusts trimmed
- 8 cups summer berries, a mixture of raspberries, blueberries, blackberries, and roughly chopped strawberries
- $\frac{3}{4}$ cup sugar
- Juice of 1 lemon

Toast the bread. Heat the oven to 350°F. Put the bread on baking sheets and toast in the oven until golden, about 20 minutes.

Check the bread after 10 minutes and again at 15 minutes—it may not take that long to turn golden.

Cook the berries. Reserve 1 cup of berries and place the remaining in a saucepan with the sugar and lemon juice. Mix well and set aside for 10 minutes.

Place the pan over medium heat and cook the berries until they soften and their juices thicken slightly, about 15 minutes. Allow the cooked berries to cool.

You may have some bread left over.

Assemble the “pudding.” Spoon a layer of cooked berries into a 2-quart high-sided casserole or flat-bottomed bowl. Arrange a layer of toasted bread on top of the berries, trimming the bread to fit. Put about a third of the reserved raw berries on the bread then repeat, layering cooked berries (and their syrup), bread, and fresh berries until you have enough for one last layer. In this final layer, top the cooked berries with the last of the fresh berries, then finish with toasted bread. Cover with plastic wrap, set the casserole or bowl on a plate (to catch wayward juices), and top with a small plate and a heavy weight. Chill the weighted pudding overnight.

Use all the syrup.

Unmold the pudding. Run a knife around the sides, then invert a large plate over the casserole. Flip the casserole and plate, tap the bottom of the casserole and unmold the pudding onto the plate. Slice and serve.

With vanilla
ice cream.

