

BRAISED CHICKEN WITH ARTICHOKES AND PEAS

SERVES 4

ACTIVE TIME: 25 MIN START TO FINISH: 55 MIN

Chicken thighs are a natural for braising because they stay nice and juicy. Plus, the dark meat is a good counterpoint to the sweetness of peas and the slight acidity of the artichokes.

- ¼ cup all-purpose flour
- 4 large chicken thighs with skin and bone (2 lb total)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 2 tablespoons olive oil
- 1 large onion, chopped
- ½ cup dry white wine
- ½ cup reduced-sodium chicken broth
- 1 (14-oz) can artichoke hearts, rinsed, drained, and halved lengthwise
- 1 cup frozen baby peas (not thawed)
- 1 tablespoon chopped fresh flat-leaf parsley

► Put flour in a shallow bowl. Pat chicken dry and sprinkle with ½ teaspoon salt and ¼ teaspoon pepper, then dredge, 1 piece at a time, in flour, shaking off excess. Transfer to a sheet of wax paper as coated. ► Heat 1 tablespoon oil in a 12-inch heavy

skillet over moderately high heat until hot but not smoking, then sauté chicken, skinned sides down first, turning over once, until deep golden brown, 6 to 8 minutes total. Transfer to a plate (chicken will not be fully cooked). ► Add onion with remaining tablespoon oil to skillet and cook over moderate heat, stirring, until golden brown around edges, about 6 minutes. Add wine and boil, stirring and scraping up any brown bits, 1 minute. Stir in broth, artichokes, and remaining ½ teaspoon salt. Return chicken to skillet along with any juices from plate and bring to a boil over high heat. Cover skillet and reduce heat, then simmer until chicken is tender, about 25 minutes. Stir in peas and simmer, covered, 5 minutes. ► Transfer chicken to a shallow serving dish. Stir parsley and remaining ¼ teaspoon pepper into artichoke mixture, then spoon over chicken.

BLADE STEAKS WITH LEMON HERB SAUCE

SERVES 4

ACTIVE TIME: 20 MIN START TO FINISH: 25 MIN

Rustic, tangy salmoriglio is the Italian equivalent of chimichurri, the popular Argentinean herb sauce.

- 1½ lb top blade beef chuck steaks (½ to 1 inch thick)
- ¾ teaspoon salt
- ½ teaspoon black pepper
- 5 tablespoons extra-virgin olive oil
- 2 tablespoons coarsely chopped fresh oregano
- 2 tablespoons coarsely chopped fresh flat-leaf parsley
- ¼ teaspoon grated fresh lemon zest
- 1 tablespoon fresh lemon juice
- 1 teaspoon chopped garlic (1 clove)

► Pat steaks dry and cut 3 slits (1 inch long and ¼ inch deep) 1 inch apart across center cartilage of each steak (to keep from curling), then sprinkle with ½ teaspoon salt and ¼ teaspoon pepper. ► Heat 1 tablespoon oil in a 12-inch heavy skillet over moderately high heat until hot but not smoking, then cook steaks, turning over once, until meat is just medium-rare, 4 to 7 minutes total. ► While steaks cook, pulse herbs with zest, lemon juice, garlic, and remaining ¼ cup oil, ¼ teaspoon salt, and ¼ teaspoon pepper in a food processor until finely chopped. ► Transfer steaks to a platter and let stand, loosely covered with foil, 5 minutes, then serve with sauce.

For more EVERY DAY recipes, see page 102.

Canned artichoke hearts and frozen baby peas are the secret time-savers in this comforting one-dish dinner.

