

BRAISED CHICKEN WITH ARTICHOKE 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.

1/4 cup all-purpose flour
4 large chicken thighs with skin and bone (2 lb total)
1 teaspoon salt
1/2 teaspoon black pepper
2 tablespoons olive oil
1 large onion, chopped
1/2 cup dry white wine
1/2 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 $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ 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 $\frac{1}{2}$ 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 $\frac{1}{4}$ 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.

1 1/2 lb top blade beef chuck steaks (1/2 to 1 inch thick)
3/4 teaspoon salt
1/2 teaspoon black pepper
5 tablespoons extra-virgin olive oil
2 tablespoons coarsely chopped fresh oregano
2 tablespoons coarsely chopped fresh flat-leaf parsley
1/4 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 $\frac{1}{4}$ inch deep) 1 inch apart across center cartilage of each steak (to keep from curling), then sprinkle with $\frac{1}{2}$ teaspoon salt and $\frac{1}{4}$ 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 $\frac{1}{4}$ cup oil, $\frac{1}{4}$ teaspoon salt, and $\frac{1}{4}$ 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.

