

# FOOD & WINE<sup>®</sup>

## THE **RESTAURANT** ISSUE

→ **MEET AMERICA'S BEST NEW CHEFS** P. 99

F&W BEST NEW  
CHEF AMANDA  
SHULMAN SERVES  
UP A SOUR CHERRY  
GELATIN PARFAIT  
AT HER PLACE IN  
PHILADELPHIA  
P. 102

+  
**VISIT THE  
RESTAURANT  
OF THE  
YEAR**

P. 19



# HANDBOOK

CHEF-INSPIRED

**Friends and Family** We asked 15 of our favorite chefs for their go-to recipes to keep on constant rotation this fall.

Juicy shrimp and blue crab simmer in a richly flavored stew in this Seafood Gumbo (recipe p. 40).

FOOD STYLING: MARGARET MONROE DICKEY; PROP STYLING: CHRISTINA DALEY





## SPATCHCOCK YOUR WAY TO A JUICIER BIRD

ZACHARY ENGEL, GALIT, CHICAGO

“**SPATCHCOCKING** is the way to roast a whole chicken at home. By removing the backbone, the chicken lies flat in the oven, which helps it cook evenly and keeps the meat just as moist as if you left it whole. This recipe takes a little bit of effort, but once you make it a couple of times, it becomes second nature and an easy layup when you need a great meal without too much active cooking.”

### Za'atar Chicken

ACTIVE 30 MIN; TOTAL 1 HR 45 MIN; SERVES 4

*This juicy roast chicken with golden brown skin is finished with herbaceous and citrusy za'atar, a fragrant Middle Eastern spice blend. While the chicken is ultra-tasty on its own, when paired with tangy sumac-pickled onions and savory black garlic tahini, it's sure to become a staple.*

#### SUMAC ONIONS

- 1 medium-size red onion, thinly sliced
- $\frac{1}{4}$  cup red wine vinegar
- 1 Tbsp. ground sumac
- $\frac{1}{2}$  tsp. kosher salt

#### ZA'ATAR CHICKEN

- 1 (4-lb.) whole chicken
- 2 Tbsp. kosher salt
- $1\frac{1}{2}$  Tbsp. za'atar

#### Black Garlic Tahini (recipe follows)

1. **Make the sumac onions:** Toss together onion, vinegar, sumac, and salt in a large bowl until onions are well coated. Set aside until ready to serve.
2. **Make the za'atar chicken:** Preheat oven to 450°F, and line a large baking sheet with heavy-duty aluminum foil. Place chicken, backbone side up, on baking sheet. Using kitchen shears, cut along each side of backbone; remove and discard backbone. Flip chicken breast side up, and push down on breast to flatten. Season both sides of chicken evenly with salt. Roast chicken, breast side up, in preheated oven until a thermometer inserted in thickest portion registers 140°F, 40 to 45 minutes, rotating pan after 20 minutes.
3. Remove chicken from oven. (Do not turn oven off.) Tilt pan slightly to collect rendered juices into a baster or large spoon. Baste chicken skin with drippings, and sprinkle with za'atar. Return chicken to oven, and roast at 450°F until a thermometer inserted in thickest portion of chicken registers 155°F, 5 to 10 minutes. Let chicken rest 15 minutes before carving. Serve with sumac onions and black garlic tahini. —ZACHARY ENGEL, GALIT, CHICAGO

**MAKE AHEAD** Sumac onions can be stored in an airtight container in refrigerator up to 1 week.

**WINE** Lightly earthy Mediterranean rosé: 2022 Moulin de Gassac Guilhem

### Black Garlic Tahini

ACTIVE 25 MIN; TOTAL 35 MIN  
MAKES  $1\frac{2}{3}$  CUPS

*Earthy, sesame-forward tahini gets a boost from a double dose of garlic—both pungent fresh garlic and sweet, tangy black garlic—in this silky-smooth condiment.*

- $\frac{1}{4}$  cup fresh lemon juice
- 2 medium garlic cloves, grated
- 3 peeled black garlic cloves (such as CalPAC) (see Note)
- $\frac{3}{4}$  tsp. kosher salt
- $\frac{3}{4}$  cup tahini (such as Soom)
- $\frac{3}{4}$  cup ice water

1. Combine lemon juice and grated garlic in a blender; let stand 15 minutes. Using flat side of a knife, smash black garlic cloves on a cutting board, and scrape to form a paste. Add black garlic paste and salt to blender; puree until mostly smooth and black garlic is very finely chopped, 2 to 3 minutes.
2. Place tahini in the bowl of a stand mixer fitted with the whisk attachment. Beat on high speed until smooth and creamy, 4 to 5 minutes. Decrease speed to medium, and slowly drizzle in black garlic mixture. (Mixture will thicken but will smooth out again after adding water.) With mixer running, slowly drizzle in  $\frac{3}{4}$  cup cold water until fully incorporated. Increase speed to high, and beat until mixture is smooth, glossy, and fluffy, about 5 minutes. —ZACHARY ENGEL, GALIT, CHICAGO

**MAKE AHEAD** Black garlic tahini can be stored in an airtight container in refrigerator up to 2 days.

**NOTE** Black garlic has a mild tang and sweet-savory flavor. Find it at specialty grocery stores or online at [thepicureantrader.com](http://thepicureantrader.com).

