

SuperChefs Against Superbugs

Antibiotics are widely overused in food animal production just to compensate for overcrowded and unsanitary conditions, a practice that breeds drug-resistant superbugs that can infect us. You can encourage industrial farms to stop these practices by cooking with meat and poultry raised without antibiotics.



Mom's Broiled Chicken with Potatoes and Onions

[SERVES 4-6]

Active Time = 20-25 minutes/Inactive Time = 25 minutes

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| 3-3½-pound chicken cut into parts | 1½ teaspoons plus 1½ teaspoons kosher salt |
| 1/3 cup extra virgin olive oil | 1½ teaspoons freshly cracked black pepper |
| 2 tablespoons dried oregano | 2 medium-size russet potatoes, unpeeled, and cut into 12 wedges each |
| 1 tablespoon minced garlic | 16 white pearl onions, peeled |
| 1½ teaspoons smoked paprika | 1 teaspoon sea salt (prefer Maldon) |
| 1 lemon, zested and then cut into wedges | |

Preheat oven broiler on high and position oven rack in the middle of the oven (8 inches away from the broiler flame is ideal).

Remove chicken from refrigerator and let it rest at room temperature for a few minutes while completing the next step.

In a small mixing bowl, stir together the olive oil, oregano, garlic, paprika, and lemon zest until it forms a paste.

In a separate large mixing bowl, add the chicken pieces, half of the paste, and 1½ teaspoons salt. Use your hands to rub the paste evenly onto the chicken, then season with pepper, and arrange chicken parts skin-side-up in a large roasting pan.

In the same large mixing bowl, add potato wedges, onions, and remaining paste and salt. Toss to combine and arrange around the chicken pieces in the roasting pan, being careful not to overlap ingredients.

Place roasting pan under the broiler, close the oven door, and broil for 25 minutes.

Slowly open the door (BE CAREFUL—do not put your face near the oven door as the smoke and heat can be intense). Remove roasting pan from oven and check the temperature with a meat thermometer. The chicken is done when temperature registers 160°F and the juices run clear. Let the chicken rest at room temperature for 4-5 minutes before serving.

Arrange chicken on a large platter and place potatoes and onions around. Squeeze lemon wedges over dish and season with sea salt. Serve family style.

RECIPE COURTESY OF MIKE ISABELLA, CRAZY GOOD ITALIAN: BIG FLAVORS, SMALL PLATES

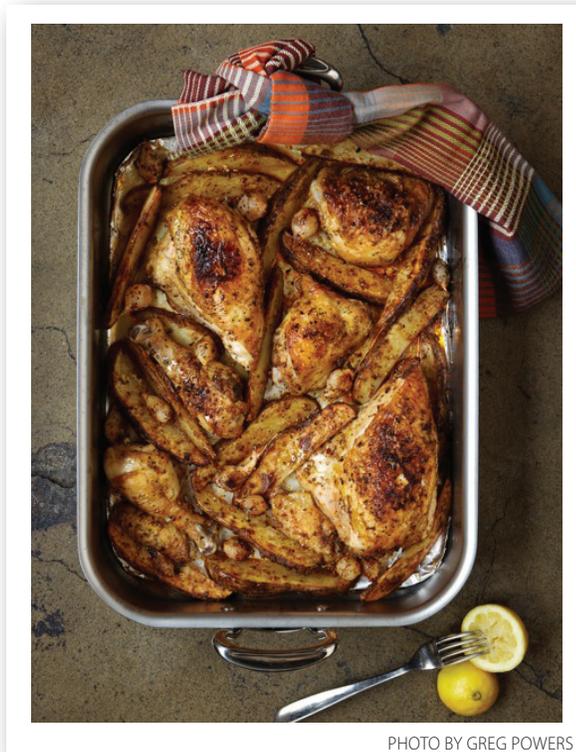
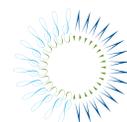


PHOTO BY GREG POWERS

Some people roast their chicken, while others fry it. I like mine broiled—and once you prepare it this way, you're going to wonder why you ever made chicken any other way. You could buy a whole chicken and break it down yourself, or buy a chicken already cut into pieces—breast, legs, thighs, wings—and make it even easier. When my mom made chicken for my sister and me, this is how she did it. This dish always reminds me of home.

SaveAntibiotics.org

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