

BBQ Chicken with Cornbread and Cabbage-Apple Slaw

Recipe adapted from A School Food Revolution, Alice Waters' forthcoming school food manifesto

Celebrating traditional food combinations: *Cultures around the world have individually, over eons, created and perfected their cuisines which includes how dishes, ingredients, and foods are combined. Foods that have evolved from specific geographic areas naturally go together and also tell a story of cultural traditions. When cooking a dish or a menu from a specific tradition, it is important to celebrate these food combinations not only because they will taste great together, but you will be respecting the traditions from which they arose.*

BBQ Chicken with corn bread and honey, and cabbage-apple slaw
(Makes 10 servings)

Chicken

Ingredients

10 chicken drumsticks (seasoned 4 hours ahead with $\frac{1}{4}$ - $\frac{1}{2}$ teaspoon salt per leg)

Kosher salt

$1\frac{1}{2}$ cups Barbeque Sauce (see recipe below)

Directions

1. Preheat the oven to 400°F.
2. Put the seasoned chicken in a bowl and toss with $1\frac{1}{2}$ cups barbeque sauce and let marinate for 20 to 30 minutes.
3. Put the legs on a foil lined sheet tray and place in the oven.
4. Roast for 20 minutes and then turn the legs over and continue roasting another 30 to 40 minutes or until browned and the internal temperature reads 165°F. Y
5. Swab the legs with more sauce as they cook and brown.

Barbeque Sauce

(Makes 3 cups)

Barbecue sauce can be used in many ways—as a marinade for meats, a dipping sauce, or condiment. It is smoky, tangy, and sweet and surprisingly simple to make.

Ingredients

1/2 onion
1 garlic clove
2 teaspoons kosher salt
1/4 cup olive oil
1½ cups water
1 tablespoon smoked paprika
1 tablespoon sweet paprika
1 teaspoon ground dried mustard
1 teaspoon ground cumin
1/4 cup cider vinegar
2 tablespoons molasses
1 tablespoon honey
3/4 cup tomato paste

Directions

1. Peel and dice the onion and garlic. Add to a saucepan with the salt, olive oil and ½ cup water. Simmer until the water reduces away and the onions are soft and translucent.
2. Stir in all the remaining ingredients and continue to gently simmer for 25 to 30 minutes.
3. Transfer the sauce to a blender and purée. It should be the consistency of a thick puréed soup. If it is a little thin, return to the pot and reduce, stirring often, until it thickens. Allow to cool completely.

Corn Bread

(Makes 12 servings)

Ingredients

2 1/2 cups cornmeal
2 1/2 cups all-purpose flour
2 1/2 tablespoons baking powder
2 1/2 teaspoons kosher salt
1 cup vegetable oil
3 eggs
1/4 cup honey
2 1/2 cups milk
2 tablespoons butter

Directions

1. Preheat the oven to 375 °F. Line a 10- by 12-inch half hotel pan with parchment paper.
2. Combine all the dry ingredients in a large bowl and mix well.
3. In a separate bowl, whisk together the oil, eggs, honey, and milk. Gently stir the wet ingredients into the dry ingredients until the batter just comes together. Pour the batter into the pan and use a spatula to spread the mixture evenly into all the corners.
4. Place in the middle rack of the oven and bake for 25 to 35 minutes until cooked through. Rotate the cornbread once or twice during the baking for even coloring. If you like, when the cornbread is still warm from the oven, rub butter over the surface.
5. Serve with honey and butter.

Cabbage and Apple Slaw

Makes 1½ quarts

Ingredients

1 small head red cabbage
1/2 small head green cabbage
1 small red onion

2 apples

Kosher salt

2 tablespoons cider vinegar

Fresh-ground black pepper

½ cup olive oil

Directions

1. Remove and discard any tough outer leaves of cabbage. Cut the cabbages in quarters and remove the cores. Turn cut side down and slice crosswise into thin ribbons.
2. Peel the onion, cut in half, and slice the halves as thin as possible. Combine the cabbage and onion in a bowl and season with salt.
3. Cut the apples in quarters and remove the cores. Cut the quarters into thin slices and add to the cabbage and onions.
4. Combine the vinegar, salt, and pepper to taste, and whisk to dissolve the salt. Add the olive oil. Taste for acid and salt balance and adjust as necessary.
5. Pour the dressing over the cabbage, onions and apples and mix well.