



by Marcie Rothman, The \$5 Chef

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Sample Recipes

Roast Chicken

Easy Rice

Pumpkin Custard

All recipes excerpted from

"The \$5 Chef: How to Save Cash & Cook Fast"

by Marcie Rothman

Available at: www.5dollarchef.com

Email Marcie for TV appearances & speaking engagements at:

marcie@5dollarchef.com



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ROAST CHICKEN

Serves 4

Roast chicken is one of the most satisfying dishes to eat, especially during the cooler winter months. It's also easy to make. I like to use the Spanek Vertical Roaster, (available at www.spanek.com) which makes the best and juiciest chickens.

- 1 whole fryer, at least 3 pounds
- Salt and pepper, to taste
- 1 whole orange or lemon, pricked with a fork
- 1/4 onion
- Small handful fresh parsley, optional

1. Remove giblets and liver from chicken cavity. Rub cavity and skin with salt and pepper as desired. Place orange, onion and parsley (if used) in cavity

2. Roast breast-side-down in a preheated 375 degree oven for 50 to 60 minutes, or until juices run clear when leg joint is pricked with a fork. If a crisp skin is desired, turn chicken breast up half way through cooking.

NOTE: For a quick chutney to serve with the chicken, remove orange, parsley and onion and process in food processor with some of the pan juices for flavor. Or make a simple gravy with the pan juices.

Pan Gravy

1. Pour juices into a large measuring cup or bowl. Skim off fat.
2. Return liquid to roasting pan and place over medium high heat. Scrape up bits of brown on bottom and cook until reduced by one-half.

Mushroom Gravy

- 2 tablespoons degreased pan drippings
- 1/2 pound mushrooms, thinly sliced
- 1 to 1-1/2 cups water, chicken stock, wine or a mixture
- Salt and pepper, to taste

Use the chicken pan for the sauce. Pour off grease; leave about 2 tablespoons of drippings. Add water to loosen the bits off bottom. Add mushrooms and cook for 8 to 10 minutes, medium heat. Correct seasoning with salt and pepper.



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EASY RICE

Serves 4

Rice is one of the most versatile and inexpensive foods in the cupboard. Raw rice that is, not the prepackaged kind with seasonings already added. It takes the same 20 minutes to cook raw rice as it does to make the boxed version. And raw rice can be flavored to taste. The back of the rice package also has cooking suggestions. Make this dish plain as the base for a salad or flavored with any dried herb seasonings such as Italian, Mexican or even curry to go with grilled meats or vegetables.

- 1 Tablespoon olive or vegetable oil
- 1/2 onion, finely diced
- 1/2 teaspoon herb seasoning, as desired, to taste
- 1/2 teaspoon salt, to taste
- 1 cup raw rice
- 2 cups water or chicken stock

1. Heat oil in a large saucepan and add onion. Cook until it begins to soften, about 1 minute.
2. Add herbs, salt and rice. Stir until the grains are coated.
3. Add water, bring to a boil, cover, turn heat down to simmer and cook 20 minutes or until all liquid is absorbed.
4. Remove from heat and let rest a few minutes with the lid on. Makes 3 cups.



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PUMPKIN CUSTARD

Serves 8

Perfect for Thanksgiving, this custard is an easy alternative to the usual pumpkin pie.

3 eggs, lightly beaten

2 cups milk, low fat makes lighter custard

1 cup pumpkin puree

3 tablespoons honey

1-teaspoon pumpkin pie spice or a mixture of cinnamon, cloves and nutmeg

Dash salt

1. Combine all ingredients and beat with a fork until smooth.
2. Pour into 8 buttered custard cups. Place cups in a pan and fill with enough hot water to reach 1 inch up the sides of the cups.
3. Bake in a preheated 325-degree oven for 20 to 25 minutes or until custard is set and a knife inserted in the center comes out clean. Remove from water, cool slightly and refrigerate.
4. Serve with a dollop of whipped cream.