



JUNE 30 - AUGUST 4

Chef Lorena Garcia's LATIN CHICKEN MEATBALLS with LEMON PICCATA SAUCE

METHOD

- 1 Place the ground chicken in a colander and set it in a large bowl or in the sink. Let the chicken drain while assembling the ingredients for the meatballs and sauce.
- 2 To make the meatballs, place the breadcrumbs, yogurt, cilantro, parsley, thyme, garlic, shallot, ginger, salt, and pepper in a large bowl and stir to combine. Add the ground chicken and mix well. Scrape the chicken mixture out onto a large sheet of plastic wrap, fold the plastic over the chicken to seal, and refrigerate for 30 minutes.
- 3 Remove the chicken mixture from the refrigerator and divide and shape it into 12 balls. Heat the olive oil in a large skillet over medium-high heat. Add the meatballs and cook on all sides until golden brown, about 7 minutes (they won't be cooked all the way through). Transfer the meatballs to a paper towel-lined plate or rimmed baking sheet and set aside.
- 4 To make the sauce, heat the olive oil in a large pot over medium-high heat. Add the capers, garlic, shallots, sofrito, salt, and pepper and cook, stirring often, until the shallots begin to brown, about 3 minutes. Pour in the chicken stock and lemon juice and bring to a boil. Reduce the heat to medium and simmer until slightly reduced, about 3 minutes.
- 5 Place the arrowroot in a small bowl, add 2 tablespoons of water, and stir until the arrowroot is dissolved. Set aside.
- 6 Place the meatballs in the pot, reduce the heat to medium-low, cover, and cook until the meatballs are cooked through and firm to the touch, about 20 minutes longer. Stir in the butter, and once it is melted, stir in the arrowroot mixture and cook until the sauce has thickened and become glossy, about 3 minutes. Divide the meatballs and their sauce among four bowls and serve with a side of brown rice or over whole-wheat pasta.

FOR THE MEATBALLS

- 1 pound ground chicken
- 1/2 cup dried bread crumbs, preferably made from brioche or challah bread
- 1/4 cup low-fat plain Greek yogurt
- 1/4 cup finely chopped fresh cilantro
- 1/4 cup finely chopped fresh flat-leaf parsley
- 2 tablespoons finely chopped fresh thyme
- 3 garlic cloves, very finely minced
- 1 shallot, very finely minced
- 1/2 teaspoon ground ginger
- 1 1/2 teaspoons kosher salt
- 1 teaspoon freshly ground black pepper
- 2 tablespoons extra-virgin olive oil

FOR THE SAUCE

- 1 tablespoon extra-virgin olive oil
- 1/3 cup plus 1 1/2 tablespoons brine-packed capers, rinsed
- 6 garlic cloves, very finely minced
1 shallot, finely minced
- 3 tablespoons Basic Sofrito (Recipe Follows)
- 1 teaspoon kosher salt
- 1/2 teaspoon freshly ground black pepper
- 2 cups Chicken Stock
- Juice of 2 lemons
- 1 tablespoon ground arrowroot
- 2 tablespoons unsalted butter



JUNE 30 - AUGUST 4

Chef Lorena Garcia's BASIC SOFRITO

METHOD

Heat the olive oil in a large skillet over high heat. Add the onions and garlic and cook until the onions are translucent, stirring often, for about 2 minutes. Stir in the ají dulce, scallions, celery, leeks, and bell peppers and cook, stirring occasionally, until the bell peppers are tender, about 5 minutes. Add the tomatoes and cook, stirring, until the juices evaporate, 2 to 3 minutes. **Use immediately, or cool to room temperature before scraping into an airtight container and refrigerating for up to 4 days, or freezing for up to 3 months.**

Yield about 2 1/2 cups

INGREDIENTS

- 2 tablespoons extra-virgin olive oil
- 2 yellow onions, finely chopped
- 2 garlic cloves, very finely minced
- 4 fresh ají dulce (about 1/2 cup), halved and finely chopped
- 2 scallions, white and light green parts only, finely chopped
- 1 celery stalk (with leaves), finely chopped
- 1 leek, white and light green parts only, finely chopped
- 1 red bell pepper, halved, seeded and finely chopped
- 2 tomatoes, halved, seeded, and finely chopped