

The King UnGala: 20 Minute Dinner Ingredient and Equipment List

Tuesday, March 9 at 6:00 p.m.

Fruits and Vegetables

- 5 pounds small red or white potatoes
- 1 small bunch fresh dill (our favorite)
Italian parsley (optional)
- Several sprigs fresh rosemary
- 6 medium (8 small) shallots
- 6-8 cups fresh organic kale, spines removed ahead of time
- 2 cups heirloom or cherry tomatoes
- 1 medium-large red onion
- Pumpkin Seeds (preferably **Trader Joes** lightly roasted and salted)
- 3 ripe pears (we love red crimson, but ripe bosc pears will work too) **OR** crisp apples (fuji, pink lady, honey crisp are great), **OR** both!

Protein and Dairy

- 8 chicken thighs with skin, bone-in (you may also use chicken breast but it is much juicier with dark meat and recommend using thighs)
- 1 stick unsalted butter
- ½ cup whole milk, sour cream or creme fraiche (**optional** but nice addition to the roasted potatoes)

Spices, Seasoning and Condiments

- Fine** Kosher Salt
We recommend Diamond Crystal, in the red and white box
- Black pepper
Preferably coarsely ground

Miscellaneous

- 3-4 teaspoons of your favorite dried herbs (herbs de provence, oregano, thyme, basil, thyme, or rosemary are great choices)
- Sunflower, or canola oil
- 1/4 cup brandy or calvados (**optional**)

- Balsamic Vinegar (½ cup)
- Black or White Truffle Oil (**optional**)
- Extra Virgin Olive Oil (you may use only EVOO if you can't find truffle oil)
- Honey (2 tablespoons)
- 1-2 cups garlic croutons (**optional** but so delicious in salad!)
- 1 crusty French baguette or Italian bread

Equipment

- Medium cutting board
We recommend also having one small cutting board
- Large Knife
- Paring knife
- Measuring cups
- Measuring spoons
- 1-2 wooden spoons
- 1-2 rubber soft spatulas
- 1 metal or wooden spatula
- Whisk
- 1 large pot (6-8 quarts)
- 1 Dutch Oven medium-large or oven proof pot (6-8 quarts)
- Clean dish towel(s)
- One (preferably 2) large bowl
- 3-4 medium size bowls
- Tongs (optional but recommended)
- 12-14-inch skillet or pan, **preferably cast iron** or non-stick (for cast iron chicken)
- 1 medium-large roasting pan (for potatoes) approximately 16 X13 inches or larger
- Parchment, aluminum foil, and plastic wrap
- Ramekins or other small heat proof bowls for prepping (optional)
- Salad Servers or tongs
- Medium to large salad bowl