

RECIPES FROM AMERICA'S  
BEST NEW RESTAURANTS

# bon appetit

SEPTEMBER 2009

## TOP 10\* CHICKEN RECIPES

CHEFS'  
SECRETS  
TO CRISPY,  
JUICY  
PERFECTION



HERB-ROASTED  
CHICKEN  
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EXPERT ADVICE FROM

## the trailblazing chef

ANNE-SOPHIE PIC / Chef, Pic;  
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Anne-Sophie Pic is a rebel. Her father—and his father before him—earned three Michelin stars for Pic restaurant, but for years she chose not to follow in their footsteps. When she finally did, Anne-Sophie won three Michelin stars as well. Here, she takes time out from her new restaurant in the Beau-Rivage Palace hotel in Lausanne, Switzerland, to share some simple culinary smarts for the home cook. EMILY FLEISCHAKER

**What is your essential kitchen tool?**

In the restaurant, a spoon to taste sauces. It is very important to verify that a dish is in balance, fully realized, and perfect for every service. At home, it's a grater for Parmesan cheese.

**What is your favorite dish?**

I keep it very simple: boiled white asparagus, served with a drizzle of olive oil and flakes of sea salt from Wales.

**What are the staples of your refrigerator and pantry?**

The fruit and vegetable of the moment—right now, those are black figs and porcini mushrooms—and sausage, ravioli, butter, orange juice, milk, eggs, olive oil, and gherkins.

**How do you get your three-year-old to eat veggies?**

Barely. He likes peas, but they have to be green, not overcooked and grey, or he doesn't recognize them. So recently I cooked them briefly in a pan with onions and a little chicken stock. And he ate them! Sometimes I think cooking for him is harder than cooking in my restaurants. ■

