



## For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

### New "Look" For Chicken . . .



SPENCE

Chicken is the mainstay of many a family menu, thanks to its fine flavor, low cost and versatility. All around the world you'll find chicken on menus. It's been a favorite in many lands for centuries; in fact, people have been raising domestic fowl at least 2000 years.

If chicken is cooked properly it is juicy and delicately flavored. In America fried chicken seems to be the most popular way of eating it; oven frying is, however, becoming more popular every year. It's the easiest way to fry crusty chicken without spattering the range and the cook.

Try a new coating, a new flavor, with delicious dairy sour cream. Just prepare a

mixture of dairy sour cream with lemon juice, Worcestershire sauce, salt and pepper, celery salt, paprika and a little garlic. Dip chicken in this creamy coating, then roll it in bread crumbs and arrange in a baking dish. That's all! Simply bake it uncovered. Don't turn or baste it; it cooks itself to golden crisp perfection.

#### CRISPY

##### OVEN-FRIED CHICKEN

- 2 broiler-fivers (2½ to 3 pounds each) cut up
- 1½ cups dairy sour cream
- 2 tablespoons lemon juice
- 1 teaspoon Worcestershire sauce
- 2 teaspoons celery salt
- 1 teaspoon salt
- ¾ teaspoon pepper
- ½ teaspoon paprika
- 2 cloves minced garlic
- 1 cup packaged dry bread crumbs

Wash chicken and dry on absorbent toweling. In medium bowl combine sour cream with lemon juice, Worcestershire sauce, celery salt, salt, pepper, paprika and

##### CHICKEN VEGARONI

- 4 pounds stewing chicken, cut up
- 6 cups water
- 2 tablespoons butter or margarine
- ½ cup chopped onions
- 1 package (10 oz.) frozen mixed vegetables
- 8 ounces medium shell macaroni
- 3 eggs
- ½ cup nonfat dry milk
- 1½ teaspoons salt
- ¼ teaspoon poultry seasoning
- ½ teaspoon pepper

In large covered saucepan cook chicken in 6 cups water until tender about 2 hours; reserve stock. Cook chicken

enough to remove meat from bones and coarsely chop to make 3 cups; reserve. Set out 9-inch square baking pan. Preheat oven to 350 degrees. Set large pan of water in oven. In large saucepan melt butter or margarine. Add onions and mixed vegetables and cook until onions are transparent. Meanwhile, cook macaroni in boiling salted water 8 minutes; drain. Blend together 2 cups reserved stock (skim fat, if necessary), eggs nonfat dry milk, salt, poultry seasoning and pepper; stir into vegetables. Stir in chicken and macaroni. Turn into baking pan, spreading evenly. Place in oven in pan of hot water. Bake 30 minutes. Cover with 8 crackers. Cover with or until knife inserted ¾ of way to center comes out clean. To serve, cut into 6 portions.

Chicken and stock may be refrigerated and remainder of recipe completed on day of meal, if desired.

Here are two ways to use left-over cooked chicken: **CHICKEN RY-KRISP** 16 seasoned ry-krisp chicken 1½ cups cooked cubed chicken 4 eggs 2¼ cups and 3 tablespoons milk ½ teaspoon salt ½ teaspoon ground oregano ¼ teaspoon white pepper 3 cups (10 oz.) shredded process American cheese cup (2 oz. can) mushroom pieces and stems, drained ¼ cup finely chopped onions

Heat oven to slow (325 degrees). Butter 9-inch square pan. Line bottom of pan with 8 crackers. Cover with 16 pieces of chicken. Beat eggs until thick and lemon colored. Add 2¼ cups milk. Mix well. Add seasonings, cheese, mushrooms and green onions. Mix well. Pour over chicken. Top with 8 more crackers and sprinkle with remaining 3

tablespoons milk. Bake 50 minutes or until sauce is smooth and thick but not firm. Remove from oven and let stand 5 minutes. Cut into squares. Makes 6-8 servings.

\*Substitute liquid from mushrooms for part of milk.

**SAUCY CHICKEN** 1 (10½ oz.) can cream of mushroom soup ½ cup milk

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