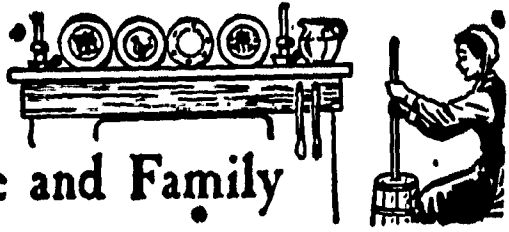


For the Farm Wife and Family



By Mrs. Richard C. Spence, Food Editor

Add A Dash of Lemon For A Lively Flavor

Add the zippy flavor of lemon to many foods and see how it enhances their flavor. We think of lemon and seafood together but it can be used just as well with many other meats such as chicken and steaks.

CRUSTY LEMON-PARMESAN BAKED CHICKEN

- 1 broiler-fryer, 1½ to 2½ pounds, cut in half
- 1 teaspoon grated lemon peel
- ¾ cup fresh lemon juice
- 2 tablespoons water
- 1 tablespoon salad oil
- 1 teaspoon oregano leaves, crushed
- 1 teaspoon garlic salt
- ½ teaspoon salt

- ¼ teaspoon pepper
- 1 teaspoon Worcestershire sauce
- ¼ cup grated Parmesan cheese

Dry chicken halves and place cavity side up in shallow glass dish. Combine rest of ingredients, except Parmesan cheese; pour over chicken. Marinate at room temperature, turning once. Line a shallow baking pan with aluminum foil. Place drained chicken halves, cavity side up in pan; pour over half the marinade and sprinkle with half the Parmesan cheese. Bake, uncovered, at 400 degrees for 30 minutes. Turn chicken; pour over remaining marinade and sprinkle with remaining cheese. Bake an additional 30 minutes, or until well browned and tender. 2 servings

SCALLOPS SAUTE WITH LEMON

- 1 pound scallops, fresh or frozen

- 1 egg, well beaten
 - ¼ teaspoon salt
 - 3 tablespoons sesame seeds
 - ½ cup minced parsley
 - 1 tablespoon grated lemon peel
 - 2 tablespoons lemon juice
- Lemon wedges**
Rinse scallops thoroughly in cold running water; drain and pat dry with paper towels. Saute bacon in frying pan; drain and reserve drippings. Combine beaten egg and salt. Dip scallops into eggs, then roll in sesame seeds. Fry scallops in bacon fat, about 5 to 7 minutes just until tender, turning frequently to brown evenly. Add parsley, lemon juice and peel; toss lightly and cook for 2 minutes. Serve hot, with lemon wedges. Makes 3 to 4 servings.

LEMON BARBECUED ECONOMY STEAK

- 1 chuck steak, cut 1½ inches thick (about 4 to 4½ lbs.)
- 1 teaspoon grated lemon peel
- ¾ cup lemon juice
- ¼ cup salad oil
- 2 teaspoons monosodium glutamate
- 1½ teaspoons salt
- ¼ teaspoon coarse grind pepper
- 1 teaspoon prepared mustard
- 1 teaspoon Worcestershire sauce
- 2 green onion tops, cut into 3-inch pieces

Wipe steak with paper towel; score fat around edges. Place in a shallow glass dish. Combine remaining ingredients and pour over steak. Marinate for 3 hours at room temperature or 6 hours in the refrigerator,

ready to cook, remove steak from marinade and wipe partially dry. Place on grill about 3 inches from hot coals or over high heat on indoor barbecue. Cook about 12 minutes on each side for rare, or about 15 minutes on each side for medium doneness. To serve, cut meat across grain in thin slices. Meat should be charred on outside and red or pink and juicy inside. 4 to 6 servings.

HIGH COUNTRY FRIED TROUT

- 8 trout, fresh or frozen (4 to 6 ounces each)
- ¼ cup lemon juice
- 6 slices bacon
- ¾ cup dry bread crumbs
- 2 tablespoons grated lemon peel
- 1½ teaspoons salt
- ½ teaspoon pepper
- ¼ cup chopped green onion tops
- 2 tablespoons chopped pimiento

Wash and dry trout, (thaw if frozen); dip in lemon juice and let stand 10 minutes. Saute bacon until crisp; drain and reserve drippings. Combine bread crumbs, lemon peel, salt and pepper. Roll trout in seasoned bread crumbs and fry in bacon drippings just until brown and crisp and fish flakes easily with fork, turning once. Crumble bacon and combine with chopped green onion and pimiento. Arrange trout on serving platter, sprinkle with bacon mixture and garnish with lemon quarters. 4 servings.

LEMON LELANI BAKED CHICKEN

- 1 broiler-fryer (2½ to 3 lbs.) cut into serving pieces
- Salt and pepper
- 2 to 3 tablespoons salad oil
- 1 medium onion, chopped
- ½ cup chopped celery
- 1 (8½ ounce) can crushed pineapple, well drained

(Continued on Page 15)

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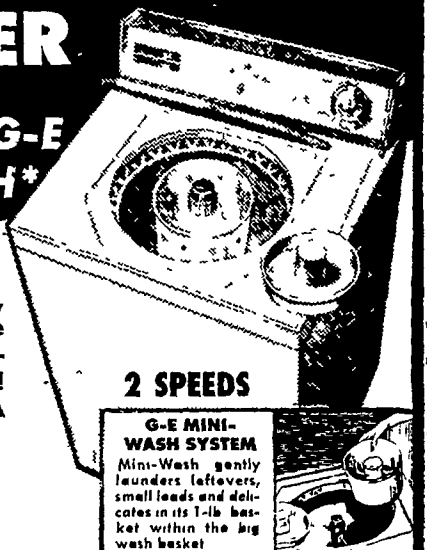
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