

# For the Farm Wife and Family

By Mrs. Richard C. Spence, Food Editor

## Gala Chicken Recipes



SPENCE

Looking for some new ways to serve chicken so that you won't tire of it now that it's especially thrifty? Here are some new recipes developed to give chicken a lift!

If you feel thrifty when you use one plentiful food you'll feel more thrifty when you make this salad using three plentifuls — chicken, kidney beans and eggs. As a main dish salad it's more important to adjust the size of the servings to the heartiness of appetites. Men who are active will probably start with a double serving. Be prepared for calls for seconds because it's good. This recipe yields 6 servings of 1/2 cup each.

- CHICKEN KIDNEY BEAN SALAD**
- 1 cup chicken, cooked, coarsely chopped
  - 1 1/4 cups kidney beans, cooked or canned, drained
  - 3/4 cup pickle, sweet, coarsely chopped
  - 3/8 cup celery, coarsely chopped
  - 1 tablespoon onion, finely chopped
  - 2 eggs, hard-cooked, diced
  - 1 teaspoon salt
  - 3 tablespoons mayonnaise
  - 1 teaspoon mustard, prepared
  - 1 teaspoon pickle liquid, sweet
- Combine all ingredients. Toss lightly. Chill at least 1 hour to blend flavors. Calories per serving: about 205.
- Menu suggestion: Serve with carrot sticks, tomato wedge.

and potato chips. Have tapioca pudding for dessert.

Chicken puff, as the name implies, is a fluffy, light main dish designed to please those who are fastidious about their food. The secret of success — apply heat gently, as described in the directions.

### CHICKEN PUFF

- 1 can (10 1/2-oz.) cream of chicken soup
  - 2 cups chicken, cooked, finely diced or ground
  - 1/4 teaspoon poultry seasoning
  - 6 egg yolks, beaten
  - 1/4 cup parsley, chopped
  - 6 egg whites, stiffly beaten
- Preheat oven to 350 degrees. Grease a 2-quart casserole. Combine soup, chicken, and poultry seasoning; heat. Stir the hot mixture slowly into well beaten egg yolks. Fold the chicken mixture and parsley into egg whites. Pour into casserole. Set in a pan of hot water. Bake 35 to 45 minutes. Calories per serving: (based on 6 servings of 3/4 cup each) about 200.

Menu suggestion: serve with asparagus and lettuce wedges. Have a fruit Bavarian cream for dessert.

### CRISPY OVEN FRIED LEMON CHICKEN

- 1 broiler-fryer, 2 1/2 to 3 pounds, cut into serving pieces
  - 1/2 teaspoon salt
  - 1/2 teaspoon onion salt
  - 1/2 teaspoon thyme, crushed
  - 1/2 teaspoon marjoram, crushed
  - 2 teaspoons grated lemon peel
  - 1/4 cup lemon juice
  - 1/2 cup water
  - Lemon quarters
  - Paprika
  - Finely snipped parsley
- Sprinkle chicken pieces with salt, rubbing well into flesh. Place chicken in shallow bak-

ing pan,\* skin side down. Combine seasonings, lemon peel and juice and water; pour over chicken. Bake, uncovered, at 400 degrees about 40 minutes. Turn chicken and continue baking basting with pan drippings once or twice, until chicken is done and skin is crispy, about 35 minutes. Dust one cut side of each lemon quarter with paprika; sprinkle other cut side with finely snipped parsley. Garnish serving platter with colorful lemon quarters so guests can squeeze them over chicken for additional flavor. This recipe may be doubled to serve 8.

\*For easy cleaning, line baking pan or dish with piece of aluminum foil.

### CRISP NOODLE CHICKEN

- 1 broiler-fryer chicken, cut up
  - 1 can (10 1/2-oz.) cream of mushroom soup
  - 1 cup dairy sour cream
  - 3 tablespoons (1/2 pkg.) onion soup mix
  - 1/4 teaspoon pepper
  - 1 can (3-oz.) chow mein noodles
- Place chicken in single layer in a 1 1/2 quart casserole in a bowl combine soup, sour cream, soup mix and pepper; blend thoroughly. Spread over chicken, sprinkle with noodles. Bake in a preheated 375 degree oven 1 hour or until chicken is tender. Makes 4 servings.

### DUTCH OPEN-FACED SANDWICHES

- 1 teaspoon unflavored gelatine
- 3/4 cup fresh or canned chicken broth
- 6 Holland Rusk
- Butter or margarine
- 6 large lettuce leaves or lettuce cups
- Cooked, sliced chicken
- 2 hard-cooked eggs, sliced

2 tablespoons chopped, ripe olives

2 tablespoons pimiento slices

Soften gelatine in 1/4 cup chicken broth. Bring remaining broth to boil; stir in gelatine until dissolved. Refrigerate until consistency of unbeaten egg whites. Meanwhile, spread Holland Rusk with butter or margarine. Top with lettuce leaves, then with chicken and egg slices. Spoon gelatine mixture over it. Refrigerate until set. Garnish with olives and pimiento slices. Makes 6 servings.

### SWEET-SOUR CHICKEN

- 1/4 cup brown sugar, packed
- 2 tablespoons cornstarch
- 1/2 teaspoon salt
- 3/4 cup liquid drained from canned pineapple
- 1/4 cup vinegar
- 1 tablespoon soy sauce
- 3 cups cooked, sliced chicken
- 1/4 cup onion thin half slices
- 1 cup drained canned pineapple chunks
- 1/2 cup celery strips, very thin, 1-inch long
- 1/2 cup green pepper rings, thin quartered
- 2 tablespoons diced pimiento
- 1 3-oz. can chow mein noodles or 2 cups cooked rice
- 1/4 cup slivered, toasted almonds, if desired

Combine brown sugar, cornstarch, and salt. Stir into pineapple liquid. Add vinegar and soy sauce. Bring to a boil over high heat; reduce heat and cook until thick, stirring constantly. Remove from heat. Add chicken, onion, pineapple, celery, and green pepper. Cook 5 minutes. Add pimiento and cook 1 minute longer. Serve over chow mein noodles or rice. Top with almonds, if desired.

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