



FOR THE  
FARM  
WIFE  
AND  
FAMILY

**CHICKEN A LA DELICIOUS**  
By Mrs. Richard C. Spence

There are as many ways to serve chicken as there are days of the year. Chicken can be served alone with a special flavor accent or it can be combined with most any food to provide a tasty casserole or nourishing one-dish meal. Fruits as well as vegetables go well with chicken. If you are in the mood for something with a tropical accent, serve "Chicken Hawaiian." It combines the flavors of coconut, curry and a special marinade of pineapple orange juice.

**CHICKEN HAWAIIAN**

- 3 pounds frying chicken pieces
- 1 teaspoon salt
- 1 egg, slightly beaten
- 1/4 cup frozen pineapple-orange juice concentrate, thawed
- 1 cup corn flake crumbs
- 1/2 cup shredded coconut
- 1/2 teaspoon curry powder
- 1/4 cup regular margarine or butter, melted

Arrange chicken in shallow pan, sprinkle with salt. Combine egg with juice and pour over chicken pieces, let stand 1 hour in refrigerator, turning chicken once. Mix corn flake crumbs with coconut and curry in shallow dish or pie pan. Dip chicken pieces in crumbs mixture. Place skin side up in a foil-lined shallow baking pan. Dizzle with margarine. Bake in moderate oven (350 degrees) about 1 hour or until chicken is fork tender. Serve on heated plates garnished with pineapple ring which has been dipped in coconut and twisted on endive or parsley. 6-8 servings.

**SCALLOPED CHICKEN**

- 1 stewing hen (4 to 7 pounds)
  - 2/3 stick (1/2 cup) butter
  - 2 tablespoons chopped onion
  - 1/3 cup flour
  - 1 teaspoon salt
  - 1 1/2 cups chicken broth
  - 2 eggs, separated
  - 1 cup milk
  - 1 cup bread crumbs
- SAUCE:**
- 1 cup sliced mushrooms
  - 1/4 cup sliced pimiento olives
  - 1/2 stick (1/4 cup) butter

Cook chicken until tender. Remove chicken from broth. Cool and remove from bones. Strain fat from broth. (After preparing this recipe, use what is left of cooked chicken in salads or casseroles, the broth in soup or sauces.)

Melt 2/3 stick butter in saucepan. Add onion and saute until

tender. Stir in flour and salt to form paste. Add broth gradually. Cook mixture over moderate heat, stirring constantly until thickened and smooth. Beat egg yolks in medium-sized mixing bowl. Add milk and thickened broth to egg yolks. Stir in bread crumbs. Beat egg whites until stiff but not dry. Fold into broth mixture. Place 3 cups cooked chicken in shallow casserole. Pour mixture over chicken. Sprinkle top with pulled bread crumbs, if desired. Sprinkle with paprika. Bake in moderate oven (350 degrees) for 50 minutes.

Prepare sauce by sauteing mushrooms and olives in 1/2 stick melted butter about 10 minutes. Cut casserole into serving portions and top with mushroom olive sauce. 6 servings.

**CHICKEN AND BROCCOLI**

- 6 chicken thighs
- 1 cup water
- 1 teaspoon salt
- 2 pounds fresh broccoli or 2 packages (10 ounces each) frozen broccoli spears
- 3/4 cup water
- 1/2 teaspoon salt
- 1/4 to 1/2 pound process cheddar cheese, finely diced
- 1/4 cup whole or skim milk
- 1 tablespoon lemon juice
- 1 teaspoon Worcestershire sauce
- 1/2 cup shredded wheat, ready-to-eat cereal, crushed
- 1/4 teaspoon oregano

Simmer chicken in salted water until tender, about 3/4 to 1 hour. Preheat oven to 350 degrees. Cook broccoli in salted water until almost tender, about 6 minutes. Drain. Place broccoli in a 1 1/2 quart casserole. Arrange chicken pieces on top of broccoli. Melt cheese in milk in a pan over boiling water. Add lemon juice and Worcestershire; stir until smooth. Pour over chicken and broccoli. Top with crushed shredded wheat mixed with oregano. Bake 15 minutes or until browned. Makes 6 servings of 3/4 cup each.

Calories per serving: About 315 if made with 1/2 pound cheese, 240 if made with 1/4 pound cheese.

**BRUNSWICK STEW**

- 1 chicken (about 3 pounds)
- 1 medium onion
- 3 cups liquid (water or vegetable juices and water)

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- 1 1/2 teaspoons salt
  - 2 cups cooked or canned tomatoes (1 pound can)
  - 2 cups cooked or canned lima beans
  - 2 cups cooked or canned whole kernel corn
  - Salt and pepper to taste
- Cut up chicken. Slice onion. Put chicken, onion, liquid and salt into pan. Cover and cook slowly until chicken is tender, about 2 to 2 1/2 hours. Add tomatoes, lima beans, corn, salt and pepper. Heat. Makes 6 servings, about 1 1/2 cups each.

**CHICKEN SHORTCAKE**

- 1 cup chicken fat, margarine or butter
- 1/3 cup flour
- 1 1/2 cups chicken broth or chicken bouillon
- 1 1/2 cups milk
- 1/2 to 1 teaspoon salt, as desired
- 1 teaspoon pepper
- 1/2 teaspoon poultry seasoning, if you like
- 2 cups chicken or turkey, cooked, diced
- 2 eggs, hard-cooked
- 6 slices toast, or 12 hot biscuits

Melt fat; blend in flour. Stir in liquids, seasonings, and chicken or turkey. Cook stirring as needed, until thickened. Serve on

toast or hot biscuits. Garnish top with egg slices. Makes 6 servings, 2 1/2 cups each.

**CHICKEN-KIDNEY BEAN SALAD**

- 2 stalks celery
- 1/2 small onion
- 1 cup cut-up chicken, cooked
- 1 1/2 cups drained kidney beans
- 1/2 cup sweet pickle relish
- 1/4 cup mayonnaise or salad dressing

1 teaspoon prepared mustard  
Salt and pepper to taste  
Chop celery and onion. Mix all ingredients. Chill before serving. Makes 6 servings, about 1/2 cup each.

**BAKED CHICKEN AND POTATO AMERICANO**

Place a layer of frozen French fries in a baking pan, then a layer of diced cooked chicken, then sprinkle with grated cheese. Pour white sauce over all. Sprinkle with chopped onion. Bake at 375 degrees for 40 minutes.

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