

**Ladies,
Have
You
Heard?**

By Doris Thomas,
Extension Home Economist

Doris Thomas

Chicken: Feature of the Month
Chicken is the highlight of the U.S. Department of Agriculture's Plentiful Foods List for May, and prospects are good for a plentiful supply at attractive prices.

And speaking of chicken, fried chicken is always a sell-out at mealtime. To keep the coating on the disjointed pieces throughout cooking, it's best to first roll the pieces in seasoned flour. For each two pounds ready-to-serve chicken, allow ½ cup flour, 1 teaspoon salt, and a dash of pepper. Then dip the pieces in a

mixture of 1 egg and 2 tablespoons water (or milk or sour cream), beaten together until frothy. Next, roll in one of these crumb coatings:

- ...½ cup packaged dry bread crumbs
- ...½ cup bread crumbs and ½ cup grated Parmesan cheese
- ...1 cup crushed cornflakes
- 1 cup crushed cornflakes, one ¼ cup grated cheddar cheese
- ...1 cup crushed soda cracker crumbs, 1 teaspoon poultry seasoning, and ½ teaspoon curry
- ...½ cup cornmeal and ½ cup flour
- ...¾ cup pretzel crumbs (if presalted, eliminate salt in flour).

Then just proceed to fry, either in the oven or in a pan on top of

the stove. To oven-fry, you place the pieces in a single layer on a baking pan and bake in preheated 400 degree F. oven about an hour, turning every 15 minutes. To pan-fry, melt ½ cup butter, margarine, or fat in a deep frying pan and saute pieces until golden on all sides. Reduce heat and cook slowly until uniformly browned and fork-tender, about 30 to 40 minutes.

Here's a recipe for another delicious type of chicken:

Chinese Style Honeyed Chicken
Two 2-½ lb. frying chickens, disjointed

- 2 eggs
- ¼ cup melted butter or margarine
- ¼ cup soy sauce
- ¼ cup lemon juice
- ½ cup honey
- Seasonings, to taste

To Prepare:

Arrange chicken pieces in shallow baking pans. Beat eggs slightly. Add melted butter, soy sauce, lemon juice, honey and seasonings to eggs. Mix well. Pour sauce over chicken, turning pieces to coat. Bake uncovered in slow 300 degrees F. oven for one hour, or until done, turning and basting once. Delicious served hot or cold.

"Red" or "Dark"
Chicken Bones Safe
Because of concern expressed

by many people about the "redness" or "darkness" around bones of cooked poultry, the U.S. Department of Agriculture's Animal and Plant Health Inspection Service offers reassurance to the public that such birds are safe to eat.

The characteristic is simply an indication of a very young, tender bird. Broiler-fryers are now brought to market in about one-

half the time (7-10 weeks) of several years ago. Because the birds are raised quickly, their bones have not matured and are very soft and porous.

When the poultry is cooked, sometimes the pigments from the marrow of the soft bones seep through and cause the meat next to the bones to become dark. This is in no way harmful.

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Farm Women Calendar

Saturday, May 20

12:30 p.m. — Farm Women Society 4, entertain Society 18, Hempfield United Church of Christ.

12:30 p.m. — Farm Women Society 12, entertain Society 26, Farm and Home Center.

2 p.m. — Farm Women Society 8, Musser's Spring House, Mount Joy RD1.

Monday, May 22

Farm Women Society 23 meets.

Thursday, May 25

Noon — Farm Women Society 11, entertain Society 25, Mechanics Grove Church.

7:30 p.m. — Farm Women Society 26, Wenger Clinic, 1516 Lutz Pike.

In the Kitchen

CRAN-APPLE SAUCE

- 2 cups (½ lb.) fresh cranberries
- 1 cup sugar
- 1 cup water
- 2 cups canned applesauce
- 1 tbsp. grated orange rind

Combine berries, sugar and water, cook until sugar dissolves. Bring to a rapid boil and cook about five minutes or until all the berries pop. Remove from heat, stir in applesauce and grated orange rind. Chill until ready to serve. Makes about four cups.

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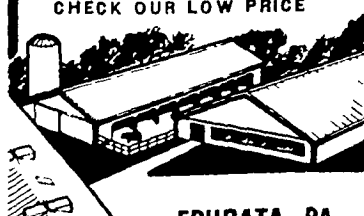
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