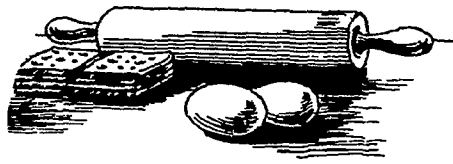


# Home on



# The Range



Some like it hot; some like it cold. Chicken is delicious either way and a good suggestion is to take advantage of this by preparing two meals at the same time. Serve one hot now and refrigerate the other for a cold treat the next day.

Two recipes below are made with chicken thighs. For many chicken lovers, thighs are the choice part of the bird. They average about four ounces each and two make a hearty serving. Each provides more than the recommended daily adult requirement of protein and niacin plus generous amounts of riboflavin, phosphorus, Vitamin A, thiamine, iron, and calcium.

Two of the other recipes in this week's "Home on the Range" include chicken livers. These chicken parts are especially rich in Vitamin A which is necessary for growth, skin health, vision, and resistance to infection. One four-ounce serving provides 274.5 per cent of the recommended daily adult allowance of Vitamin A.

They are, of course, an excellent source of iron, and contribute significant amounts of protein, thiamine, riboflavin, niacin, calcium, and phosphorus to the daily diet. Yet, four ounces contains just 146.2 calories.

The first two recipes in this week's column, however, are replies to the request by a hungry husband for "slippery" dumplings. These sound like what he had in mind.

And, don't forget that in two weeks "Home on the Range" will be featuring "Easy Suppers." Send all your ideas to us by October 23. There was an error in last week's paper. All recipes should be sent to Lancaster Farming Newspaper Box 266, Lititz, Pa., and should be marked "recipe Exchange."

**Chicken Liver Kabobs**  
8 ounces broiler-fryer chicken livers  
¼ cup butter  
1 teaspoon Worcestershire sauce  
½ teaspoon seasoned salt  
½ teaspoon salt



Broiled Chicken Liver Kabobs can be cooked over charcoal or cooked in the oven. They are highly nutritious and delicious as an appetiser or a main meal.

one-eighth teaspoon pepper  
2 tablespoons onion, minced  
1 tablespoon lemon juice  
½ pound small mushrooms, fresh, whole  
8 ounce can water chestnuts, drained  
¼ cup Parmesan cheese  
Wash and pat livers dry. Melt butter in small skillet, add Worcestershire sauce, salts, pepper, onion, and lemon juice. Saute until onion is transparent. Remove from heat. Brush livers, mushrooms, and water chestnuts with butter sauce. Then roll livers in cheese. Place livers, mushrooms, and water chestnuts on skewers. Broil in oven or over charcoal three to five minutes per side, turning to brown evenly. Serves four.

Above four recipes courtesy of:  
National Broiler Council  
XXX  
**Chicken Spinach Souffle**  
1 broiler-fryer chicken, cut in parts  
1-½ teaspoons salt, divided  
½ cup corn oil  
1 package (8 ounces) mild

Cheddar cheese, shredded  
¼ pound butter  
2 tablespoons snipped chives  
1-½ cups warmed buttermilk  
¼ cup hot water  
2 chicken bouillon cubes, crushed  
1 teaspoon flavor enhancer  
¼ teaspoon garlic salt  
one-eighth teaspoon cayenne pepper  
1 cup frozen chopped spinach, thawed, pressed dry  
4 eggs, slightly beaten  
8 regular slices day-old bread, crusts removed, cut in ½-inch cubes  
Sprinkle chicken with one teaspoon of the salt. Heat corn oil in fry pan over medium heat. Add chicken and cook about 30 minutes or until fork can be inserted with ease. Cool, cut in cubes. There should be two cups. In double boiler over boiling water, melt cheese and butter. Add chives, buttermilk, hot water, chicken bouillon cubes, flavor enhancer, garlic salt, remaining ½ teaspoon salt, cayenne pepper, spinach and

eggs. Stir to blend. Place bread cubes and chicken in medium size greased casserole. Pour on sauce mixture and mix lightly. Refrigerate several hours or overnight. Bake in 350 degree oven, in pan of water, uncovered, about 1-¼ hours. Makes six servings.

Ms. Lauralee Fugazzi  
Denver, Colo.

XXX

**Pickled Pepper Chicken**  
1 broiler-fryer chicken, cut in parts  
1 teaspoon flavor enhancer  
one-third cup flour  
¼ cup corn oil  
1 bottle (12 ounces) chili sauce  
1 jar (16 ounces) sweet cherry peppers, drained, liquid reserved  
½ cup liquid from peppers  
½ cup sherry  
Sprinkle chicken with flavor enhancer. Coat with flour.

Mrs. Kermit Schlegel  
Fleetwood, Pa.

Heat corn oil in fry pan over medium heat. Add chicken and brown on all sides. Add chili sauce, liquid from peppers, and sherry. Cover; simmer 45 minutes or until fork can be inserted with ease. Remove chicken to serving dish. Distribute peppers attractively over and around chicken. Reheat sauce and pour over chicken. Makes four servings.

Mrs. Ella Malloy  
Vancouver, Wash.  
XXX

Chicken Pot Pie Dumplings

Chicken or beef  
1 small onion  
Salt and pepper to taste  
3 medium potatoes, diced  
2 tablespoons chopped parsley  
2 cups flour  
3 teaspoons baking powder  
½ teaspoon salt  
1 tablespoon butter  
1 egg, beaten  
About ½ cup milk  
Stew meat with onion until almost done. Add salt and pepper, potatoes, and parsley. Boil 10 minutes, drop in dumplings, cover and boil 15 minutes.

To make dumplings, sift together flour, baking powder and salt. Rub in butter. Add egg and milk to make a soft dough. Roll out on floured board, spread with butter and pepper. Roll up like jelly roll and cut in rounds.

Mrs. Kermit Schlegel  
Fleetwood, Pa.

XXX  
**Stewed Chicken with Dumplings**

Cut a four pound chicken into individual servings. Roll in flour sifted with salt and pepper. Brown over low heat in one-half cup fat in chicken fryer. Add three-fourth cup hot water. Cover and steam about one hour, until the chicken is very tender. Serve with steamed dumplings. Serves six.

**Stew Dumplings:**  
1 cup sifted flour  
½ teaspoon salt  
2 teaspoons baking powder  
2 tablespoons shortening  
½ cup milk  
Mix all together until it is like sticky dough, then add the milk. Mix. Pat to one-half inch thickness. Cut with biscuit cutter and place over stew. Cover and steam 12 to 15 minutes. Do not raise cover while dumplings are steaming. Makes 12 dumplings.

XXX

**Chicken Ala King**

4 tablespoons fat  
3 tablespoons flour  
2 tablespoons pimiento, chopped  
½ teaspoon salt  
1 cup mushrooms, sliced  
2 cups milk  
1 egg yolk  
2-½ cups cooked chicken, diced  
Melt the fat in the top of double boiler. Add the flour, pimiento, salt and mushrooms. Add milk, stirring constantly, and cook

(Continued on Page 53)

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