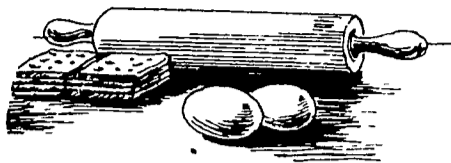


Home on



The Range

Chicken, that versatile low calorie meat, can be prepared in hundreds of delicious taste-tempting ways. Too often, however, homemakers choose to simply cook, roast, or fry it.

This week, "Home on the Range" is offering nine new ways to prepare this meat, including five international recipes. Hope you enjoy them.

And, don't forget to look at the new recipe calendar this week. If you have any contributions you would like to make to this column, send them to Lancaster Farming, "Home on the Range," Box 266, Lititz, Pa. 17543.

xxx



"Roasted Chicken Feast," above, a whole bird roasted with vegetables in the cavity, is typical of British cookery which relies on basic ingredients for flavor.

ROASTED CHICKEN FEAST

- 1 large broiler-fryer chicken, whole
- 1 teaspoon salt
- 1 tablespoon lemon pepper
- 4 small potatoes, quartered
- 4 small onions, quartered

- 4 carrots, quartered
- 4 cups water

Sprinkle outside and inside of chicken with salt and lemon pepper. Stuff vegetables in cavity of chicken, lace or pin cavity shut. Place on rack in roasting pan, breast side down. Pour two cups water in bottom of roaster. (Do not allow water to touch broiler-fryer.) Roast at 325°F. for 45 minutes. Turn breast side up, add 2 cups water to roasting pan and continue to roast for additional 45 minutes. Serves four to six.

xxx

CHICKEN 'N MUFFINS

- 1 broiler-fryer chicken, stewed
- 4 tablespoons butter
- 1 cup onions, chopped
- 2 cups fresh mushrooms, sliced
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (10 ounces) cream of chicken soup
- 6 sour dough English muffins split, buttered and heated
- 3 large tomatoes, sliced (12 slices)
- 1/4 cup Parmesan cheese, grated

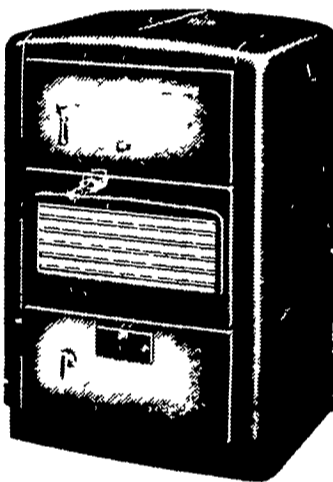
Remove skin and bones from stewed chicken, chop meat (three cups approximately). Melt butter in large skillet. Saute onions and mushrooms. Stir in chopped

(Turn to Page 46)

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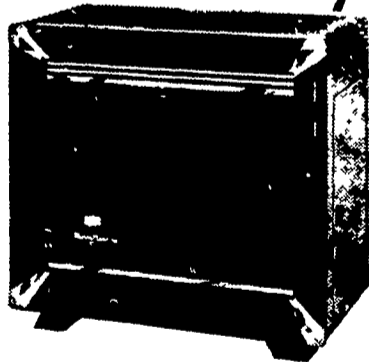
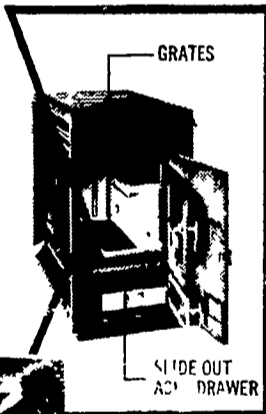


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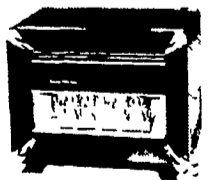
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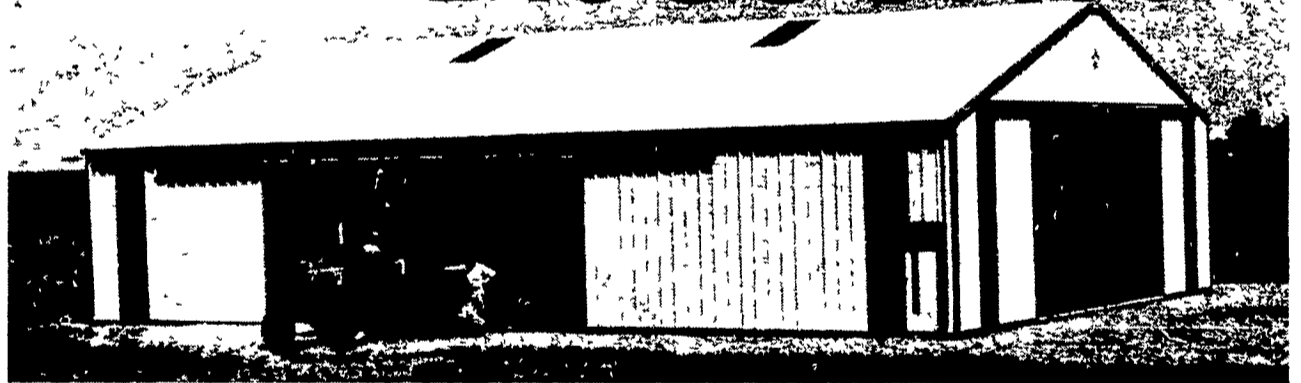
Recipe Theme Calendar

FEBRUARY

4	"Cooking with Soups" Deadline Jan. 28
11	"Cooking with rice" Deadline Feb. 4
18	"Cooking with nuts" Deadline Feb. 11
25	"Cooking with tomato paste" Deadline Feb. 18



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