



To turn an everyday favorite into a gourmet dish, one can try the Chef's Chicken Deluxe, which is seen above.

Chicken-add glamor to an everyday favorite

COLUMBIA, S.C. — In this age of fast foods and eating-on-the-run, there's no more welcome treat than a well-planned meal, lovingly cooked and leisurely served.

Chicken, that any-day favorite in most households, adapts well to gourmet cookery. The National Broiler Council suggests that when one has extra time to spend in the kitchen, she can prepare a special chicken dish and serve it grandly with candlelight and silver.

Actually it often takes very little more time and effort to give chicken an epicurean touch than it does to prepare one of the quick

and easy standbys every cook has at her fingertips. The light, delicate flavor of chicken is compatible with most fruits and vegetables and often the slightest change of seasonings produces an exotic new taste.

Chicken is also a thrifty way to elegant dining. Some of the world's best-known gourmet dishes are made with chicken, that same economical source of complete protein that homemakers turn to to keep their food budgets in line — especially when prices of red meats soar. The low-calorie, low-fat content of chicken is

also appreciated by those who recognize the importance of wholesome, nutritious meals in maintaining good health.

Chicken breasts, usually boned, are most often associated with gourmet chicken dishes. However, in two recipes below developed by the National Broiler Council, quarters and selected chicken parts are used.

"Chef's Chicken Deluxe" is flavored with wine and cheese, so subtly blended that those who taste it will only be aware that the well-browned chicken is tantalizingly different.

"Chicken On A Barley Bed" also has an interesting flavor that will appeal to the most discriminating taste. Either of these recipes will produce a culinary masterpiece a person will be (Turn to Page 109)



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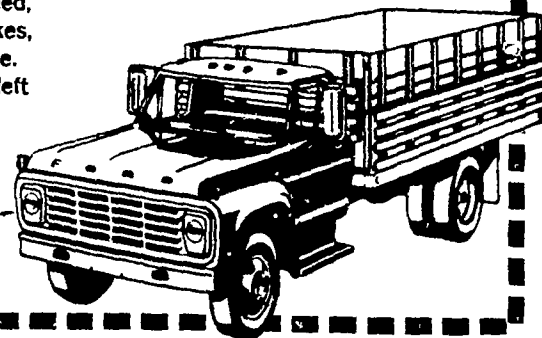
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