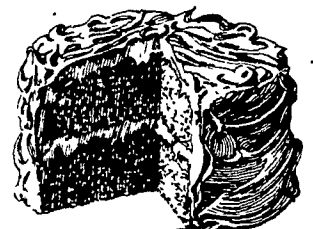


Home On The Range



Make a fast Farm Show supper with chicken

With leisurely days of winter soon to give way to the accelerated pace of Farm Show, short-cuts in the kitchen become more important than ever for those planning to attend the big event.

Chicken is the meat many cooks depend on for tasty, nutritious meals-in-a-hurry.

Today's busy lifestyles emphasize the importance of physical well-being. That's why so many depend on the high protein, low calorie and low fat benefits of chicken to help keep active bodies operating at peak efficiency.

Your favorite pick of the recipes this week may well be "Hot and Tangy Chicken Risotto," an easy dish to make which saves time in clean-up because it can be cooked and served in the same pan.

Whatever your favorite, you're sure to enjoy at least one of the fast and easy recipes listed below.

HOT AND TANGY CHICKEN RISOTTO

- 8 broiler-fryer chicken thighs
- 2 T. butter
- 3 T. wine vinegar
- 2 t. salt
- 1/2 t. pepper
- 4 c. chopped cabbage
- 2 c. cooked rice
- 1/2 t. paprika

Make sauce by melting butter in small saucepan over medium heat. Add wine vinegar, 1 t. of the salt and 1/4 t. of the pepper; stir sauce until well mixed. Place chicken in large shallow dish; pour hot sauce over chicken, turning to coat; let

stand for 10 minutes. Place chicken thighs skin side up on broiler pan, reserving sauce. Set temperature control at broil or 450 degrees. Arrange oven rack so chicken is about 8 inches from heat. Broil chicken for 15 minutes, turn, brush with sauce; broil for 15 minutes or until fork can be inserted with ease. Remove chicken to a warming tray. In large frypan (which is suitable as serving dish), pour drippings from broiler pan; add reserved sauce to drippings and heat over medium-high temperature, stirring constantly. Add remaining 1 t. salt and remaining 1/4 t. pepper and the chopped cabbage; stir fry about 15 minutes or until cabbage is tender. Add cooked rice to cabbage and cook for 5 minutes or until most of the liquid is absorbed. Arrange warm chicken thighs on top of rice-cabbage mixture; sprinkle with paprika.

CHILI CHICKEN CASSEROLE

- 1 broiler-fryer chicken, cut
- 16 oz. tomatoes
- 8 oz. tomato sauce
- 1 T. vinegar
- 2 t. chili powder
- 1 1/2 t. salt
- 1 clove garlic, minced
- 15 oz. red kidney beans, undrained
- 1 small onion, sliced
- 1 green pepper, diced

In 3-quart mixing bowl, place chicken and sprinkle with 1/2 t. salt. In another bowl, mix together tomatoes, tomato sauce, vinegar,

chili powder, 1 t. salt and minced garlic; slowly stir in kidney beans, onions and green pepper. Pour mixture over chicken; cover and marinate overnight in refrigerator. When ready to cook, place chicken, skin side up, in single layer in large shallow baking pan and bake, uncovered in 350 degree oven for about an hour. Serve on rice.

CHICKEN BREASTS ON RICE

- Blend:
- 1 can mushroom soup, undiluted
 - 2/3 c. milk
 - 3/4 c. long grain rice, uncooked
 - 14-oz. can undrained mushrooms
 - 1 envelope dried onion soup mix
- Pour into 2-quart baking dish. Arrange 2 split chicken breasts on top. Sprinkle with little paprika. Cover. Bake at 325 degrees for 1 hour. Uncover and bake 15 minutes longer.

To make full oven, baked carrots and chicken dinner, pare 1 pound carrots and cut them in half. Place in 1 quart buttered casserole dish. Dot with oleo. Cover and bake at 325 degrees for 1 1/4 hours.

Donna Lencoski, Latrobe

BROILED CHICKEN DELUXE

- 1 broiler-fryer chicken, halved
- 1/2 lemon
- 2 t. salt
- 1/4 t. pepper
- 1/2 t. paprika
- 1/4 lb. butter, melted
- 2 t. sugar

In broiler pan without rack, place chicken, skin side up. Rub entire surface with lemon, squeezing out some juice. In small bowl, mix together salt, pepper and paprika. Sprinkle mixture on chicken. Brush half of the butter on the chicken; then sprinkle sugar on chicken. Place broiler pan as far from heat as possible and cook at 450 degrees about 10 minutes, allowing seasonings to penetrate. Raise broiler pan so that chicken is 3 to 6 inches from heat in gas range or 6 to 9 inches in electric range. Broil, basting occasionally with remaining butter and turning to insure even browning, for about 35 minutes.

CURRIED CHICKEN AND RICE CASSEROLE

- 1 c. cooked broiler-fryer chicken, cut
- 2 T. margarine
- 1 T. grated onion
- 1 c. cooked rice
- 1/4 t. curry powder
- 1/4 t. celery salt
- 1/16 t. pepper
- 3 T. chicken broth
- 1 T. plain yogurt
- 1/4 c. raisins
- 2 T. chopped salted peanuts

In small frypan, melt margarine over medium heat. Add onion and stir-fry until light brown. Stir in rice and then add curry powder, celery salt and pepper. In small bowl, mix together broth and yogurt; stir into rice mixture. Add chicken and pour into small greased baking dish. Bake in 350-degree oven until hot throughout, about 15 minutes.



Chili chicken casserole is another easy-to-make dish your family will enjoy on a warm night inside as the wind blows unmercifully outside.

AMISH-STYLE CHICKEN CASSEROLE

- 8 oz pkg. egg noodles
- 1/2 c. butter
- 1 c. thinly sliced mushrooms
- 1/2 c. flour
- 2 c. chicken broth
- 1 c. milk
- 2 t. salt
- 1/2 t. pepper
- 2 c. cut-up chicken, cooked
- 1/2 c. grated parmesan cheese

Preheat oven to 350 degrees. Cook noodles according to package directions; drain. In large skillet, melt butter and cook mushrooms until tender. Blend in flour; gradually add broth, milk, salt and pepper, stirring constantly until sauce is thickened. In greased 2 1/2 quart casserole, combine noodles, chicken and sauce. Top with cheese. Bake 20 minutes.

Donna Godshall, Harleysville

CHICKEN PATTIES

- 3 c. cooked rice
 - 3 c. chicken, chopped
 - 1/2 c. chopped celery
 - 1/2 c. chopped onion
 - 3 eggs beaten
 - 1 t. poultry seasoning
 - 1 c. cheese
- Mix ingredients. Chill. Form into patties. Then roll in 1/2 c. butter melted and 1 cup corn flake crumbs. Bake 30 minutes or till golden.

Irene Burkholder, Bowers

LAZY CHINESE CHICKEN

- 1 whole broiler-fryer chicken
- 1 T. cooking oil
- 1/4 c. sherry
- 3/4 c. soy sauce
- 1/4 c. water
- 1/4 c. chopped green onion
- 3 cloves garlic
- 1 T. sugar
- 1 t. minced ginger

In Dutch oven, place oil and heat to high temperature. Add chicken and cook, turning, about 10 minutes, or until brown on all sides. Pour sherry over chicken. In medium bowl, mix together soy sauce, water, onion, garlic, sugar

and ginger; pour mixture over chicken. Cover and simmer 25 minutes. Turn chicken and simmer about 10 minutes longer or until leg moves freely when lifted or twisted. Serve whole, sliced or chopped with juices.

Following are two recipes for egg dressing to be used on lettuce as requested by Pat Hood of Mt. Airy. Enjoy, Pat!

EGG DRESSING

- 1 c. sugar
- 1/2 c. vinegar
- 1 whole egg
- 1 T. flour
- 1/2 T. butter
- 1 t. salt

Beat egg slightly and combine with other ingredients. Cook and moderate heat stirring constantly until thick. Store covered in refrigerator. Add cream, milk, or evaporated milk to thin when ready to use.

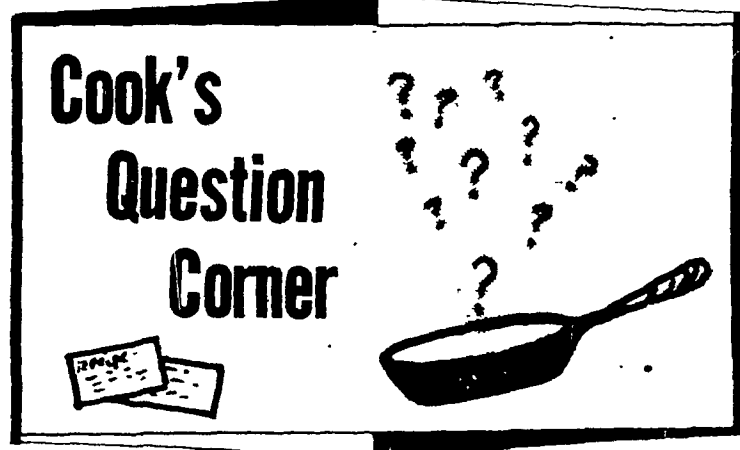
Charlotte Stratton, Chambersburg

LETTUCE DRESSING

- 1 T. flour
- 5 T. sugar
- 1 t. salt
- 1 egg
- 1/4 c. vinegar to 3/4 c. water

Put flour, sugar and salt into pan. Add egg and beat one minute. Add vinegar and water and beat 1 minute more. Cook on stove until mixture boils and becomes thick. Remove from heat and cool ten minutes. Pour over lettuce, endive or shredded cabbage.

Mrs. Leroy Fritts



QUESTION — I would be grateful for any recipes for baked doughnuts. Can any readers help me?

H.J. Kress, Center Valley

QUESTION — Do any of your readers have a recipe for Hot Cabbage Slaw? It is a hot dressing served over steamed or fried cabbage. It has a yellow color which probably would include eggs or mustard, etc. I have looked through all my cookbooks for it and to no avail. Please help.

Mrs. Fillmore Reimensnyder, Milton

QUESTION — Does anyone have a recipe for making dessert whipped topping, something like Cool Whip?

Mrs. Leon Martin, New Providence

ANSWER — Mrs. Hood of Mt. Airy, MD, can find two recipes she requested at the end of the recipe section above.

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If you're the lucky owner of a cast iron pot or dutch oven, don't throw it out... use it! The available iron in food can increase up to 400 percent when iron cookware is used.