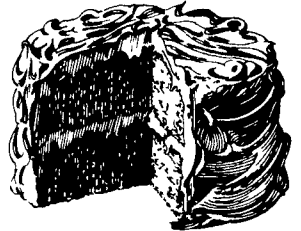


Home On The Range



Chicken:

An International Favorite

In looking through Lancaster Farming's recipe file, it became obvious that the chicken, that small, modest little bird, is an international favorite for cooks.

There are recipes for Chinese chicken dishes, Italian chicken dishes, Hungarian chicken dishes, and of course, many, many American favorites.

This week, why not try one of the recipes that families have been enjoying in other parts of the world?

Also, I received a request to publish the address to which recipes can be sent. Mail all recipes to Home on the Range, Lancaster Farming Newspaper, Box 366, Latitz, Pa. 17543.

DELUXE CHICKEN SUPPER

- 3 strips bacon
- 3/4 cup chopped onion
- 1/2 cup chopped celery
- 1/4 cup chopped green pepper
- 1 (4 oz.) can sliced mushrooms, drained
- 1 (10 1/2 oz.) can cream of chicken soup
- 1 cup dairy sour cream
- 3 cups cubed, cooked chicken
- 1/4 teaspoon salt
- 2 teaspoons Worcestershire sauce
- 1/8 teaspoon pepper
- 2 cups biscuit mix
- 2 eggs, slightly beaten
- 1/2 cup milk
- 1 tablespoon chopped pimentos
- 1 cup shredded cheddar cheese

Fry bacon, remove, and saute onion, celery, green pepper and mushrooms in bacon drippings until tender. Combine soup and sour cream in a bowl. Add chicken, salt, Worcestershire sauce, pepper, 1 tablespoon milk, bacon and sauteed vegetables; mix well. Turn into greased two-quart casserole. Combine biscuit mix, eggs, 1/2 cup milk, pimentos and cheese; mix until just blended. Drop by spoonfuls on top of chicken mixture. Bake at 350 degrees for 45 minutes or until biscuits are golden brown.

Lisa Jackson
Felton R3

CHICKEN AND RICE

- 8 chicken breasts (or thighs and legs)
- 1 stick margarine
- 1 can cream of chicken soup
- 1 can cream of mushroom soup
- 1 can cream of celery soup
- 1 cup water
- 1 1/4 cup raw rice

Melt margarine in 9 X 13 cake pan. Combine soups and water. Spread over bottom of pan containing margarine. Pour half of soup mixture over rice and mix well. Place chicken pieces over rice. Pour remaining soup over chicken. Bake uncovered in 275 degree oven for three hours.

Lois Zechman
Middleburg

HUNGARIAN BAKED CHICKEN AND CABBAGE

- 1 2 1/2 to 3 pound broiler-fryer chicken, cut up
- 3 tablespoons butter, melted
- salt and pepper
- 1 small head cabbage, cut in 1/2-inch slices
- 1/2 cup sliced onions
- 2 apples, cut in 1/2-inch slices
- 1 tablespoon grated lemon peel
- 2 teaspoons caraway seed
- 1 teaspoon sugar
- 2 cups shredded Swiss cheese
- 1/4 cup sliced almonds
- paprika

Preheat oven to 400 degrees. Brush chicken with butter; sprinkle with salt and pepper. Place chicken in 13 X 9-inch baking pan. Bake 45 to 55 minutes, or until chicken is tender. Meanwhile, place cabbage, onions and apples in 13 x 9-inch baking dish. Sprinkle with combined lemon peel, caraway seed and sugar. Cover. Bake at 400 degrees. Place baked chicken on cabbage mixture; add pan drippings from chicken. Sprinkle remaining cheese, almonds and paprika over chicken. Bake until cheese begins to melt. Garnish with chopped parsley, if desired. Salt and pepper to taste.

POLLO ALLA CACCIATORA

- 1 broiler-fryer chicken, cut in parts
- 1 teaspoon salt, divided
- 1/2 teaspoon pepper, divided
- 1/2 cup flour
- 5 tablespoons olive oil
- 2 onions, sliced
- 1 large green pepper, cut in strips
- 1 clove garlic, minced
- 2 cups fresh mushrooms, sliced
- 2 cups Italian tomatoes, peeled, crushed
- 1 teaspoon fresh basil, chopped
- 1 bay leaf
- 1/2 cup dry white wine

On the chicken, sprinkle 1/2 teaspoon of the salt and 1/4 teaspoon of the pepper. Place flour in shallow dish and add chicken, one piece at a time, dredging to coat. In large frypan, place olive oil and heat to medium high temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides. Remove chicken to warm platter. To oil in frypan, add onion, green pepper and garlic; saute over medium heat about five minutes. Add mushrooms and cook, stirring, about three minutes. Add crushed tomatoes, remaining salt and pepper, basil and bay leaf. Simmer, uncovered, on low temperature for five minutes. Return chicken to pan, spooning sauce and vegetables over all. Cover and cook on low for 30 minutes. Add wine, cover and cook 15 minutes more. Serve over vermicelli, cooked according to package directions.



This Chicken-Cabbage Bake recipe combines protein-packed chicken with vitamin-rich vegetables for a completely nutritious meal. Check the recipe in this section.

LOW-CAL CHICKEN CASSEROLE

- 1 broiler-fryer chicken
- 2 cups water
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons chicken broth, reserved
- 1 cup cooked zucchini
- 1 small onion, thinly sliced
- 1/4 teaspoon tarragon
- 1/4 teaspoon dill weed
- 1 cup cottage cheese
- 1 tablespoon fresh lemon juice
- 2 tablespoons grated Parmesan cheese
- 1/2 teaspoon paprika

In large saucepan, place chicken. Add water, salt and pepper and place over medium heat. Cover and cook about 45 minutes or until fork can be inserted in chicken with ease. Remove chicken from pan and cool; reserve broth. Separate meat from bones; discard bones and skin. Cut chicken into bite-size pieces and place in medium bowl; add the two tablespoons reserved chicken broth and stir to mix. In large shallow baking dish, place chicken; top with zucchini, then onion. Sprinkle with tarragon and dill weed. In small bowl, mix together cottage cheese and lemon juice; spread over chicken and vegetables; sprinkle with Parmesan cheese and paprika. Place in 350-degree oven and bake about 40 minutes.

CHILI CHICKEN CASSEROLE

- 1 broiler-fryer chicken, cut in parts
- 1 can (16 ounces) tomatoes
- 1 can (8 ounces) tomato sauce
- 1 tablespoon vinegar
- 2 teaspoons chili powder
- 1 1/2 teaspoon salt, divided
- 1 clove garlic, minced
- 1 can (15 ounces) New Orleans style red kidney beans, undrained
- 1 small onion, sliced
- 1 green pepper, diced

In 3-quart mixing bowl, place chicken and sprinkle with 1/2 teaspoon salt. In another bowl, mix together tomatoes, tomato sauce, vinegar, chili powder, one teaspoon salt and minced garlic; slowly stir in kidney beans, onions



This recipe adds the zest of chili to chicken. Try this Chili Chicken Casserole.

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 degrees oven for

about an hour or until fork can be inserted in chicken with ease. Serve on rice or noodles.

LAZY DAY CHINESE CHICKEN

- 1 whole broiler-fryer chicken

(Turn to Page B8)

Recipe Topics

March

- 17 Dishes with a touch of green celebrate St Patty's Day!
- 24 Cooking with Rice
- 31 Desserts for Spring

Featured Recipe

This week's featured recipe comes from Barbara Emery. Barbara has recently launched a new career in color analysis, wardrobe coordination, natural make-up and visual poise. She spends a great deal of time helping women feel good about themselves, but she also has a family to cook for. This, according to Barbara is a family favorite. Read about Barbara on Page B.

Bran Muffins

- 4 cups Kellogg's All-Bran cereal
- 2 cups Nabisco 100% Bran
- 2 cups boiling water
- 1 quart buttermilk
- 1 cup butter or oleo

- 4 eggs
- 1 teaspoon salt
- 5 cups flour
- 5 teaspoon baking soda
- 3 cups sugar

Pour water over cereal. Add milk and set aside. Cream butter and sugar. Beat egg in one at a time and add to cooled cereal mix. Sift flour, soda and salt. Stir into mixture to dampen. Spoon mixture into muffin tins and bake at 375 degrees for 15 to 20 minutes. According to Barbara, if you want to save some of the batter to make later, just put in covered container and refrigerate.