

# Cook's Question

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**ANSWER** — Linda Murphy requested a recipe for Popeye's red beans and rice. Thanks to Anne Altman, Pitman, for sending a recipe that her family enjoys.

## Red Beans And Rice

40-ounce can red kidney beans  
1 clove garlic, chopped  
1 medium onion, chopped  
1 rib celery, chopped  
1 large bay leaf, crushed  
1 pound ring bologna

In slow cooker, add first five ingredients. Cook on low for 5 to 6 hours. Take potato masher or big spoon and mash beans a little. Cook another hour. Cut ring bologna in 1/4 -inch slices and brown in frying pan. Drain. Add to beans. Cook 1 hour. Serve over rice. Serves 6.

**ANSWER** — Mrs. A. Sherman, Horse Valley, requested a recipe for chicken and dumplings. She also would like to know where to buy farm animal cookie cutters. Thanks to Arlene Martin, New Holland; Eva Southard, Glen Rock, and to a Silver Spring, Md., reader for sending a recipe and for writing that the animal cookie cutters may be purchased from H.Roth & Son, Importers, 1577 First Avenue, New York, N.Y. 10028 (212) 734-1110.

## Stewed Chicken & Dumplings

1 large hen, dressed, cleaned and cut into serving pieces

Water  
4-ounces butter  
Salt to season

Place ingredients in large enough saucepot and cover chicken with water. Cook on medium heat until chicken is tender. Remove chicken pieces to large platter. Leave enough broth in saucepot to simmer dumplings. If you do not have enough broth, add canned chicken broth or mix instant chicken granules in water to make enough.

Dumplings:

2 eggs  
2 cups flour  
1/4 teaspoon salt  
3/4 cup milk  
2 teaspoons baking powder

## Nutrition Classes Offered

**WEST CHESTER** (Chester Co.) — Penn State Cooperative Extension, in cooperation with School Night, will present "Food for Folks Over 55" on Wednesday, October 30, and "Nutrition and You" on Friday, November 4. Both classes are from 7 p.m.-9 p.m. at East High School, 450 Ellis Lane, West Chester.

Sift together flour, salt, and baking powder. Beat eggs lightly, add dry ingredients and beat well. Let stand 15 minutes. Heat chicken broth to just below simmer. Dip a spoon into broth and then use the spoon to drop batter into the hot broth. The batter will expand, so do not crowd the surface of the broth. Do not stir or boil broth. When batter floats to the surface, cover the pot with a tight fitting glass pie plate or lid to retain steam. Do not remove cover until done. When dumplings appear fluffy, remove lid and test by toothpick stuck into middle of a dumpling, remove toothpick and if it is clean, they are done. Repeat cooking of dumplings if more are needed. Serve chicken, dumplings and broth hot.

**ANSWER** — Lou Ann Price requested a recipe for shepherd's pie. Thanks to Joan Milliken, Honey Grove, for sending a recipe.

## Shepherd's Pie

2 cups cubed cooked beef  
1 cup mixed vegetables, canned  
1 bay leaf  
1/4 cup light cream  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 cup finely cut parsley  
1 egg  
Melted butter  
2 cups mashed potatoes  
Paprika

Heat oven to 400 degrees. Grease 1 1/2 -quart casserole. Pour beef into casserole. Drain vegetables and add to beef. Crumble bay leaf and add to vegetables. Mix cream, salt, pepper, and parsley into mashed potatoes. Beat egg until light. Fold into potatoes. Spread potato mixture over meat and vegetables. Brush top with the melted butter. Sprinkle on paprika. Bake 20 minutes or until browned.

"Food for Folks Over 55" will address nutrition issues for people over the age of 55 and will include discussions on supermarket shopping strategies, meal planning for one or two, food fads and facts, and diet and chronic disease.

Samples of low-calorie, low-fat snacks will be provided as well as educational materials with recipes. The registration fee is \$15 and is due before the deadline of October 15.

The registration fee is \$20 and is due before the deadline of October 21.

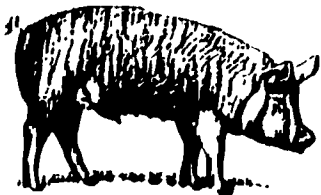
Marlene O. Nash, R.D., extension agent/nutrition and health, will be the instructor for both classes. The registration fee(s) should be made payable to and mailed before the deadline date to School Night, P.O. Box 2535, West Chester, PA 19380.

## Breads

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Divide dough in half. On lightly floured surface, roll half of dough to 12x10-inch rectangle. Spread dough with half of vegetable mixture to within 1/2 -inch of edges. Starting with longer side, roll up tightly; seal edges. Place on greased cookie sheet. Repeat with remaining half of dough and vegetable mixture. With sharp knife, make seven deep horizontal slashes on top of loaves. Cover and let rise in a warm place for 30 minutes.

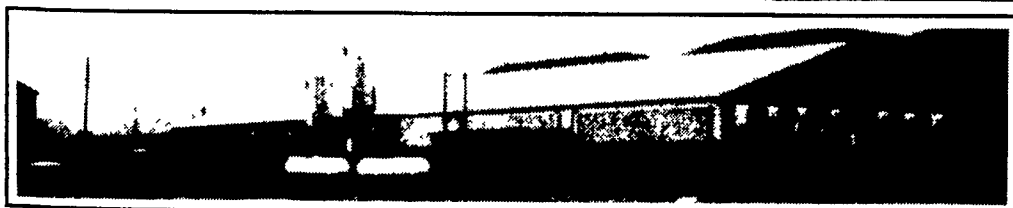
Heat oven to 375 degrees. Uncover dough. Brush each loaf with beaten egg. Sprinkle with sesame seed. Bake at 375 degrees for 20 to 25 minutes or until golden brown. Serve warm. Store leftovers in refrigerator.



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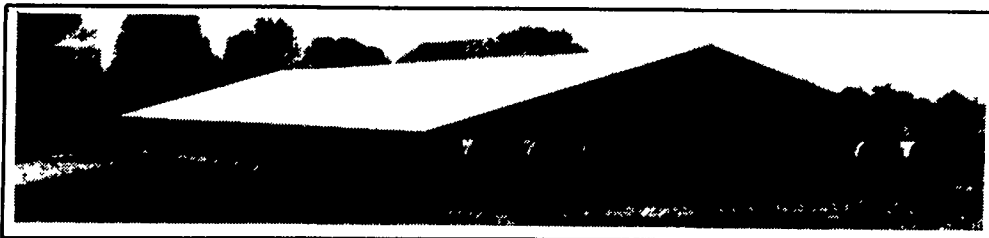


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