

Cookbook

Southwesterners like chicken hot, spicy

In the Southwest, as in other parts of the country, there are many varied cultural backgrounds and lifestyles, but in the region's cookery, two ethnic flavors predominate, Cajun and Mexican. And chicken is an important part of each tradition.

The National Broiler Council found that residents of the Southwest joined the rest of the nation in their preference for fried and barbecued chicken. But even those two all-American favorites are most often served hot and spicy, frequently seasoned with red pepper or hot pepper sauce. Chicken casseroles also reflect this regional trait.

Chicken Jambalaya is a favorite in Louisiana, the Mardi Gras state. It is an early Cajun-Creole derivative of Spanish settlers' paella. Below is a mild-flavored version but those whose palate tolerates even hotter foods may easily increase the cayenne pepper and chili powder.

Tex-Mex Chicken Casserole is a variation of the popular King Ranch Casserole, served throughout the Southwest. This dish, too, can become pungent by using a hot picante sauce and a larger amount of chili powder.

CHICKEN JAMBALAYA

4 broiler-fryer chicken thighs
4 broiler-fryer chicken drumsticks
6 slices bacon
½ c. plus 2 T. flour
1½ t. chili powder, divided
½ t. cayenne pepper
1½ t. salt, divided
¼ t. black pepper
1 c. finely chopped onion
1 c. finely chopped celery
1 c. chopped green pepper
2 cloves garlic, minced
1 can (28 oz.) tomatoes
2 c. chicken broth
1 c. water
1 c. uncooked rice
1 T. Worcestershire sauce
½ bay leaf

In large Dutch oven, cook bacon over medium low heat until crisp, about 10 minutes. Remove bacon from pan and set aside. Mix together flour, ½ teaspoon of chili powder and cayenne pepper. Sprinkle chicken with ½ teaspoon of the salt and black pepper; dredge in flour mixture to coat. (Reserve remaining flour mixture.) Place chicken in Dutch oven over medium temperature and cook, turning, about 15 minutes or until brown on all sides; remove from pan and keep warm. Reduce temperatures to low, drain off all but 4 tablespoons of drippings; add 4 tablespoons of reserved flour mixture, stirring until dark brown to make a roux, about 8 minutes. Add onion, celery, green pepper and garlic, continue to stir for about 5 minutes (vegetables will remain slightly crisp).

Measure liquid from tomatoes and add enough water to make 1 cup. Chop tomatoes and add to mixture in Dutch oven. Slowly stir in chicken broth, tomato liquid, 1 cup of water and rice. Return chicken to pan and add Worcestershire sauce and bay leaf. Bring to a boil, reduce heat to lowest setting, cover and simmer about 45 minutes or until rice is done. Sprinkle with crumbled bacon when ready to serve. Makes 4 servings.

TEX-MEX CHICKEN CASSEROLE

1 broiler-fryer chicken, cooked, skinned, boned and cut in cubes



SPICY

Chicken Jambalaya, a Cajun-inspired dish from the Mardi Gras state, is a Southwest contribution to American cuisine.

½ t. salt
1 t. chili powder
2 T. cooking oil
1 c. chopped onion
¾ c. chopped green pepper
½ t. cumin
1 t. parsley
1 can (15 oz.) Spanish-style tomato sauce
1 pkg. (1¼ oz.) taco seasoning mix
1 can (16 oz.) refried beans
¼ c. picante sauce
2 c. shredded Monterey Jack cheese, divided
½ c. sour cream
1 pkg. (10 count) taco shells, crushed, divided
1 avocado, sliced thin

Sprinkle freshly cooked, warm chicken cubes with salt and chili powder. In frypan, place oil and heat over medium temperature. Add onion and green pepper, stirring until done, about 5 minutes. Add cumin and parsley, then tomato sauce. Stir in taco seasoning mix and cook about 3 minutes. In small bowl, mix together refried beans and picante sauce. In another small bowl, mix together 1 cup of shredded cheese and sour cream. In 375 degree oven heat crushed taco shells about 5 minutes. In greased 2-quart shallow baking dish, place half of crushed taco shells; top with half of chicken cubes.

Spoon half of tomato sauce mixture over chicken. Cover chicken with all of refried bean mixture and spread sour cream-cheese mixture over beans. Arrange avocado slices over cheese mixture, add remaining chicken and top with remaining tomato sauce mixture. Place in 375 degree oven for about 25 minutes; remove from oven and sprinkle with remaining crushed taco shells and remaining cheese. Return to oven for about 10 minutes more until cheese melts and casserole is bubbling. Makes 6 servings.

Broccoli salad takes first place in contest

"Crunchy Broccoli Chef's Salad," a tasty combination of fresh broccoli and other fresh vegetables in an easy to prepare recipe, earned Marianne B. Stevens of Bellefonte, Centre County, first place and \$100 in the Pennsylvania Vegetable Recipe Contest held recently at Ag Progress Days.

The contest was sponsored by the Pennsylvania Vegetable Growers Association, the Pennsylvania Department of Agriculture and The Pennsylvania State University.

The winning recipe follows:

CRUNCHY BROCCOLI CHEF'S SALAD

2 pounds fresh broccoli
½ cup cooked ham, diced
¼ cup scallions, thinly sliced
1 cup fresh sliced mushrooms
3 ounces shredded Swiss cheese
¼ cup crumbled Feta cheese
½ cup toasted, slivered almonds

Separate flowerets; cut stems into bite-size pieces and peel. Steam vegetables until crims-tender and cool. Place all ingredients in a gallon jar with a leak-proof lid. Pour dressing over salad. Gently turn jar until all ingredients are mixed. Place on side in refrigerator for at least four hours to chill thoroughly; rotate jar about every hour to circulate marinade.

Dressing:
5 tbs. fresh squeezed lemon juice
½ cup sunflower oil
2 cloves garlic, minced (optional)
1 tbs. wine vinegar
¾ tsp. salt
½ tsp. fresh ground black pepper
¾ tsp. Dijon mustard
¼ cup fresh chopped parsley
Mix dressing together well before pouring over salad.

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Dr. Roberta Day-Klein (formerly a hospital dietician, instructor of clinical nutrition at Wilkes College and King's College, a nutritionist for the Rural Health Corporation, in private practice since 1978.)

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Free, reduced meal plan criteria changes

The Dallas School District announces a change in the 1985-86 Free and Reduced Price Meal.

School officials have adopted the family size and income criteria shown in the chart below as established by the Secretary of the United States Department of Agriculture for determining eligibility.

Children of parents and guardians who are unemployed, or become unemployed, are eligible for free and reduced price meals during the period of unemployment, provided that the period of unemployment causes the family income to fall within the eligibility criteria.

In certain cases foster children are also eligible for those benefits. If families have such children and wish to apply for such meals and

milk, they should contact the school. They may do so by completing the application forms sent home in a letter to parents. Additional copies are available from the school.

Applications may be submitted any time during the school year. The form requests information that officials need to determine economic need based on the income and number of persons in the family.

Required information includes: social security numbers of household members over 21 years of age, the signature of the adult responsible for completing the application, the names of all household members and the income of all household members.

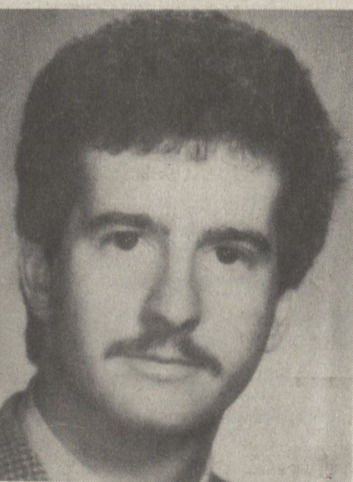
If the household income increases

or decreases by more than \$50 per month (\$600 per year) or when the household size changes the school must be notified in order to determine a change in eligibility. The information provided on the application is confidential and will be used only for the determining of eligibility. Neither the names or the incomes will be released.

Children who receive free or reduced price meal benefits are treated the same as children who pay for meals. In the operation of child nutrition programs, no child will be discriminated against because of race, sex, color, national origin, age or handicap. If you believe you have been discriminated

against, write immediately to the Secretary of Agriculture, Washington, D.C. 20250.

NEWMAN JOINS OCHREITER PODIATRY GROUP



DR. MICHAEL E. NEWMAN

Dr. Michael E. Newman has recently joined Dr. Jay and Dr. Joan Ochreiter, 480 Pierce St., Kingston and the Dallas Corners Building, Dallas, as an associate specializing in general podiatry and foot surgery.

A 1980 graduate of Ursinus College, Collegeville, Dr. Newman received a bachelor of science degree in biology. He continued his education at the Pennsylvania College of Podiatric Medicine in Philadelphia where he earned his degree as Doctor of Podiatric Medicine in 1985.

While attending the Pennsylvania College of Podiatric Medicine, Dr. Newman served as president of his class and was actively involved in several campus organizations including the college's Advisory Committee, the Clinic Services Evaluation Committee and the Pennsylvania Podiatric Medical Students Association. He was also a member of the Outstanding Young Men of America.

Dr. Newman gained research experience while working toward his degree in podiatric medicine as a research assistant at the University of Pennsylvania Medical School, the University of Pennsylvania Dental School and at Temple University's Health Science Center.

A member of various organizations, Dr. Newman is affiliated with the American Podiatric Medical Association and the Pennsylvania Podiatric Medical Association.

Dr. Newman resides with his wife, Megan, in Kingston.

FAMILY SIZE INCOME ELIGIBILITY SCALE FOR FREE AND REDUCED PRICE MEALS

Family Size	Free Meals and Free Milk	Reduced Price Meals
One	\$0 to \$ 6,825	\$ 6,826 to \$ 9,713
Two	\$0 to \$ 9,165	\$ 9,166 to \$13,043
Three	\$0 to \$11,505	\$11,506 to \$16,373
Four	\$0 to \$13,845	\$13,846 to \$19,703
Five	\$0 to \$16,185	\$16,186 to \$23,033
Six	\$0 to \$18,525	\$18,526 to \$26,363
Seven	\$0 to \$20,865	\$20,866 to \$29,693
Eight	\$0 to \$23,205	\$23,206 to \$33,023
Each Additional Family Member; Add:	\$2,340	\$3,330

Wandalls plan reunion

The descendants of Garret (Gary) Wandall family, (1851-1938) whose children were Martha, Stella, Aron, Elisha, George, Walter, and William, will hold their third reunion at Hanson's, Harveys Lake, Sept. 8.

Those attending are asked to bring a basket lunch to be served at 1 p.m.

For further information call Doris

Kitchen (717) 675-2358 or Leona Hunter (717) 675-3174.

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Dr. P. Joseph Perrotti Joins Dental Practice

Dr. Ronald R. Kresge D.M.D. and Dr. Stephen M. Lawrence D.M.D. has announced their association with Dr. P. Joseph Perrotti D.M.D. in the practice of Family Dentistry with emphasis in Preventative and Cosmetic Dentistry.

Dr. Perrotti was recently awarded the Degree Doctor of Dental Medicine by Temple University School of Dentistry. He was also a member of the Oral Surgery Honor Society, the Periodontal Honor Society, the Endodontology Honor Society and the St. George Oral Cancer Society. He is an active member of the American Dental Association, the Academy of General Dentistry and the Pennsylvania Dental Society.

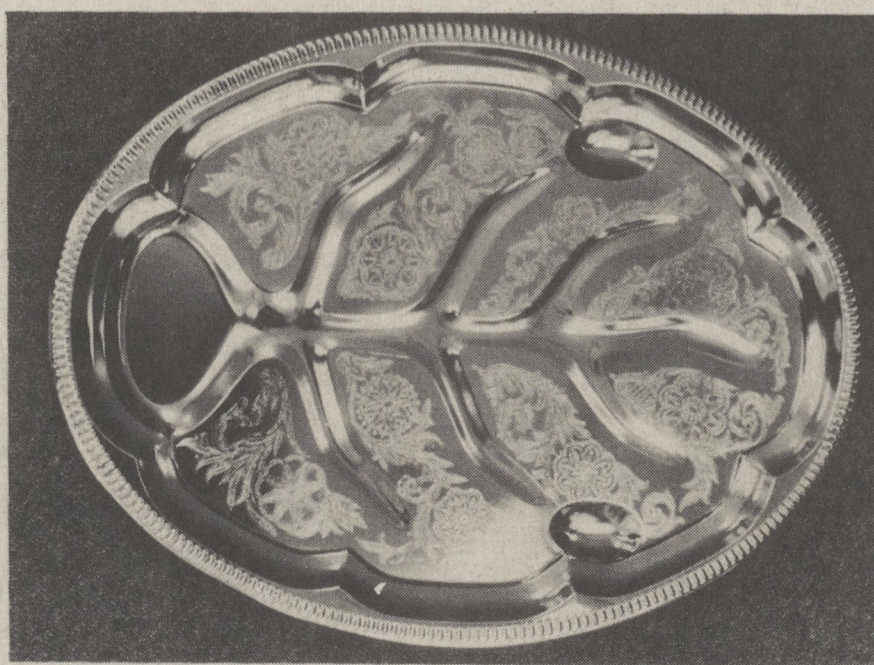
The Academy of General Dentistry along with the faculty of Temple University awarded to Dr. Perrotti the award of Outstanding Achievement in Operative Dentistry, an award recognizing the senior who displays the greatest interest and excellence in operative dentistry. He was also appointed a part-time faculty position at Temple, in the Operative Department.

Dr. Perrotti, a 1976 graduate of West Scranton High School, received a Bachelor of Science Degree in Biology from Bloomsburg State University and also studied at Palmer College in Davenport, Iowa. He is the son of Theresa and Joseph Perrotti, 1122 Division St., Scranton.

Dr. Perrotti's office is located at 1500 Wyoming Ave., Forty Fort. For appointments please call 287-1191. The office is accepting new patients and is participating with major insurances.



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