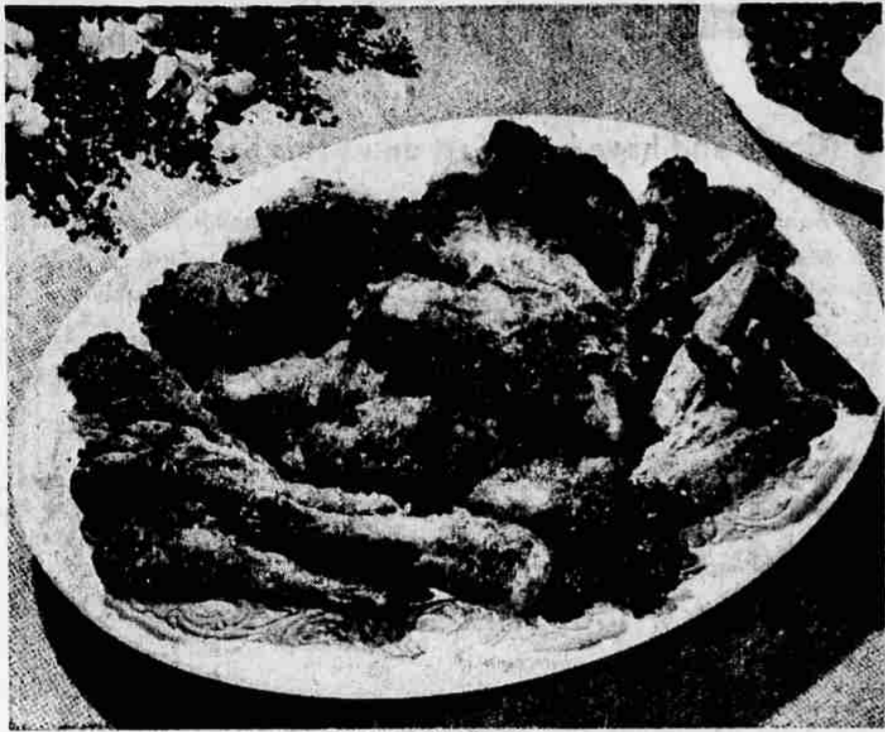


# Connie Baker's FOOD features

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## A Variety Of Good Eating



OVEN-EASY CHICKEN

### Oven-Easy Chicken; Flavor In One Easy Operation

Oven-easy, tender fried chicken is a carefree dish that's tops for springtime entertaining. Completely oven-cooked, the chicken browns and cooks to a juicy tenderness in one easy operation and eliminates constant watching.

For either top of the range or oven cooking, chicken for frying is an economical year-around food. It can be purchased "tailor made" to suit your family, either frozen or fresh, in whole or cut-up styles. Specially grown for flavor and tenderness, top quality chickens are tagged by brand as a buying guide.

Next time chicken tops your menu list, try the convenience of this oven-easy recipe. All the seasonings, including paprika, are added to the flour-coating mixture. Paprika does add a pretty golden color. You may like to add to the coating a hint of garlic salt, a bit of thyme or a herb of your choice. After coating, the chicken browns and cooks to a delicate tenderness in the oven.

Oven-Easy chicken may be served from the baking dish or heaped on a platter. Buttered green peas, mashed potatoes and a colorful spring salad will make the meal complete.

Here's the recipe for a flavorful Oven-Easy Garlic Chicken that browns to perfection while it cooks in a delicious chicken broth. Also good eating is the "Fried Chicken With Golden Gravy" made "top of the range" fashion.

#### Oven-Easy Garlic Chicken

**Yield: 4 servings**  
 1 chicken, cut up for frying  
 1/2 cup flour  
 1/2 teaspoon paprika  
 1/2 teaspoon salt  
 1/4 teaspoon pepper  
 1 cup chicken bouillon or broth  
 Rinse chicken in cold water and dry. Sprinkle garlic salt over each piece. On waxed paper combine flour, paprika, salt and pepper. Dip chicken into the flour mixture. In a shallow baking pan place 1/2 cup chicken broth. Place chicken skin side down in the broth. Bake in a hot oven (400 degrees F.) for 30 minutes. Turn chicken. Add remaining 1/2 cup broth. Bake another 20 minutes, or until tender.

**NOTE:** After chicken is removed

from pan, the pan can be placed on top of the range and gravy can be made by adding milk or water.  
 Chicken broth can be made by cooking the neck, heart and gizzard in 2 cups water with a few celery leaves and 1 small bay leaf and salt. Cook uncovered until tender. Pieces of chicken can be cut up and used in the gravy.

#### Fried Chicken With Golden Gravy

**Yield: 5 to 6 servings**

1 cut up chicken for frying (2 1/2 to 3 pounds)  
 1/4 cup yellow cornmeal  
 1/4 cup flour  
 1 1/2 tablespoons salt  
 1/2 teaspoon pepper  
 6 tablespoons fat  
 About 1/2 cup water  
 3 cups milk

Rinse chicken in cold water. Dry. Combine cornmeal, flour, salt and pepper. Dip chicken pieces into mixture to coat thoroughly. Reserve excess cornmeal-flour mixture for gravy. Brown chicken well in hot fat in a heavy skillet. Add 1/2 cup water. Cover tightly and simmer slowly for 30 to 40 minutes, or until chicken is tender. Add remaining water as needed. Remove chicken and keep it warm while preparing gravy. Combine cornmeal-flour mixture with the drippings in skillet. Brown lightly. Stir in the milk and cook until cornmeal is cooked and gravy thickened. Serve gravy with chicken.

By all means enjoy the roast prime ribs of beef while they're within your budget, but don't put away those good recipes for the cheaper cuts. It's a wise homemaker who recognizes the value of a fine inexpensive meat dish such as this Stuffed Flank Steak.

#### Stuffed Flank Steak

2-pound flank steak of beef  
 2 tablespoons flour  
 2 tablespoons margarine or butter  
 1/2 cup chopped celery  
 1 small onion chopped  
 1 1/2 cups soft enriched yeast-raised bread crumbs  
 Salt and pepper to taste  
 2 tablespoons bacon drippings  
 Wipe steak with a damp paper towel. Sprinkle with flour and pound surface with the edge of a

plate. For the stuffing, melt the margarine or butter in a large heavy frying or baking pan. Add celery and onion and cook until tender. Stir in bread crumbs and season to taste with salt and pepper. Spread the stuffing over the steak. Beginning at one side of the steak, roll it up like a jelly roll, and tie securely in several places with string. Heat bacon drippings in same pan used to make stuffing. Add stuffed steak and turn brown on all sides, turning meat frequently. Slip a rack under the meat, add a small amount of water. Cover pan. Cook in a moderate oven (350 Deg. F.) about 1 1/2 hours. Makes 6 servings.

#### Mushroom Meat Puffs

1 1/2 pounds ground beef  
 1/2 cup soft bread crumbs  
 1/4 cup chopped onion  
 2 eggs, beaten  
 1 1/2 teaspoons salt  
 1/2 teaspoon pepper  
 1 1/2 teaspoons Worcestershire sauce  
 1 can mushroom soup

Mix all the ingredients except the soup and form lightly into balls. Roll in flour and brown well in a little hot fat. Over the balls pour the mushroom soup which has been diluted with 1/2 cup of water. Cover and simmer for 20 minutes. 6 servings.

#### Pizza Hamburger Pie

1 pound ground beef  
 1 1/2 teaspoons salt  
 1/2 teaspoon pepper  
 1 cup well drained canned tomatoes  
 1/2 cup shredded soft cheese  
 2 tablespoons chopped parsley

#### Rib Roast Gravy

The drippings left in the pan for gravy making will not be excessive, especially if the roast has been cooked to the rare stage. All the flavor and goodness will be in the meat and not in the drippings! The procedure for making rib roast gravy is as follows: Spoon most of the fat, blend a little flour with the fat and drippings, then add only a small amount of water. 1/2 to 1 cup. Stir constantly until thickened. Taste gravy and add a little more water if gravy can be diluted. If the flavor is not full-bodied, add a little bouillon or meat extract. Season with salt and pepper to taste.

### Pork Link Sausages, Limas Team For Flavor, Economy

Pork sausage links for supper? A fine idea! Although this ever-popular meat is "a natural" combined with eggs for breakfast, they make fine fare throughout the day. Pork sausage is especially good with vegetables for a wholesome, easy-to-prepare supper.

To enjoy the meaty goodness of pure pork sausage, insist on links that are branded for quality. Freshness is also of primary importance to the flavor of the sausage. The meat should have a pink rather than a gray color, and be used within three days of purchase. Keep it cold at all times.

A pound package of pork sausage links will yield about four ample servings. To prepare a pound or less, place the links in a skillet. Add a small amount of water. Cover and simmer 5 minutes. Drain off any remaining water and cook over low heat, turning the links frequently to brown. This will require about 15 to 20 minutes.

With the hot, flavorful sausages, you may want to serve buttered green lima beans and a crisp apple and walnut salad to round out the supper menu.

#### Beef and Sausage Loaf

1 1/2 pounds ground beef  
 1/2 pound bulk pork sausage  
 1/2 cup finely minced onion  
 2 cups soft bread crumbs  
 1 teaspoon salt  
 1/2 teaspoon pepper  
 2 slightly beaten eggs  
 1/2 cup finely diced celery

#### Meat Pie, New Style

1/2 pound ground beef  
 1 cup soft bread crumbs  
 1/2 cup milk  
 1 egg  
 1 teaspoon salt  
 1 1/2 teaspoons Worcestershire sauce  
 2 tablespoons minced onion

#### Hawaiian Hamburgers

1 1/2 pounds ground beef  
 Small bottle of soy sauce (3 oz.)  
 2 tablespoons brown sugar  
 1/2 teaspoon ginger  
 Shape ground beef into 8 patties. Mix other ingredients in a small bowl and stir until sugar is dissolved. In a heavy skillet, heat some fat. Dip hamburgers into soy sauce mixture, drain, and fry in the fat until brown. Salt is not needed in the meat patties, as the soy sauce provides all the seasoning needed.

#### Veal Tempters

Are you in a rut about the meat dishes to serve your family? Then it's time to prepare a few delicious veal dishes, such as breaded veal cutlets and spicy veal pot roast! Veal is in good supply, so now's the time to include it often in your menus.

### Franks And Cheese Combine With Whole Corn For Rare Dish

Economical is the key word for corn custard topped with sharp cheddar cheese called "hot dogs." While easy on the budget, it's delicious too. If your children are like most kiddies, chances are they beg you to serve frankfurters. The combination of cheese and corn with franks gives them an especially good flavor in this dish. Dad will like corn custard as much as the youngsters do.

#### Cheese 'n Frank Topped Corn Custard

2 eggs  
 1 teaspoon salt  
 1/4 teaspoon pepper  
 2 tablespoons chopped onion  
 1 1/2 cups evaporated milk (1 1/2 can)  
 2 cups whole kernel corn, cooked in a small amount of water  
 4 frankfurters  
 8 wedges sharp cheddar cheese

#### Round Steak Savory

2 pounds round steak, cut 1/2 inch thick  
 Flour, salt, pepper, fat  
 1/2 cup catsup  
 1/2 cup water  
 1/2 teaspoon crushed oregano (or 1/4 teaspoon powdered)  
 1/4 cup chopped onions  
 1/2 cup chopped celery leaves

#### Diet For Ulcers

A generation ago people suffering from ulcers of the stomach and duodenum were put on a low protein diet. Gradually physicians began to realize that what such patients really needed was an excess quantity of protein. Today many ulcer diets include large quantities of chopped, easily digested lean meat. As a result, ulcer patients have a brighter outlook than at any time in the past. Ulcers, instead of persisting for years, now often can be healed in a matter of weeks or months.



PORK AND LIMAS

### Lamb Chops--Orange Mint Sauce; Gourmet's Delight

Lamb is the delight of the gourmet and also a family favorite simply because its meaty but delicate flavor appeals to most everyone. Some think of lamb as strictly a company or occasional dinner feature, but wise homemakers know they can purchase lamb according to their own food budget. Elegant leg of lamb or the loin or rib chops make a wonderful meal, of course. But lamb shoulder chops and steaks have the same unsurpassable flavor and are economical.

When buying lamb, no matter what the cut, choose top quality meat branded by the meat packer as a guide to quality. Allow 2 rib or loin chops per serving and 1 shoulder chop or steak per serving since these are larger cuts. To store, simply remove the chops from the wrapper, lay them flat and wrap loosely in waxed paper. Refrigerate the chops and use within 3 days for full, fresh flavor.

Remember when preparing the rib and loin chops are broiling meats while shoulder chops and steaks are best when braised.

Shoulder cuts naturally need a longer cooking time than the more tender rib or loin cuts, but when prepared the right way, they are every bit as tender and palatable. Just season the 1/2-inch chops, dip in flour if desired, and brown in a small amount of fat. Cover the chops and cook slowly for 30 minutes on top of the range or in a moderate oven (350 degrees F.) in juices from the meat or in a small amount of added liquid. You can add water, or if you prefer, use milk, cream, fruit or tomato juice, or canned condensed cream soup. Then cook until the chops are just tender for a truly wonderful meal.

Favorite seasonings may be used to enhance the delicate flavor of lamb, and it's a good cook who knows when to use seasonings to advantage. Of course, mint is a traditional flavoring often teamed with lamb. You can vary this flavoring, however, by using it alternately in a sauce, jelly or just as dry mint. Shoulder lamb chops are especially delicious when cooked slowly in a barbecue sauce. The resulting flavor will place this high on your list of menu specials.

Here is another idea for preparing shoulder lamb chops for intriguingly different eating. The combination of orange and mint flavors with lamb makes this a real recipe treasure.

#### Lamb Chops 'n Orange Mint Sauce

**Yield: 4 servings**  
 4 shoulder lamb chops  
 2 teaspoons fat  
 Salt and pepper  
 2 cups orange juice  
 2 teaspoons cornstarch  
 2 tablespoons chopped and crushed mint leaves  
 Brown chops in a heavy skillet in hot fat. Season. Gradually stir orange juice into cornstarch. Add mint. Pour sauce over chops. Cover. Cook over moderate heat for 20 minutes. Stir sauce and spoon over chops occasionally.

A good sturdy cream soup, a hot and hearty cheese bread, a plate of crisp relishes, tall tumblers of

cold milk—there's a good stick-to-the-ribs meal.

#### Quick Delicious Soups

1. Pea and Tomato Bisque: Combine 1 can each of condensed green pea soup and tomato soup with 1 cup water. Heat slowly, stirring constantly. Add slowly 1 cup cream and 2 tablespoons worcestershire sauce. Continue to heat. Do not boil. Just before serving, if desired, stir in 1 cup canned shrimp, broken up. Makes 5-6 servings.  
 2. Cream of Chicken Soup: Combine 2 cans condensed cream of chicken soup with 2 cans (using soup can as a measure) of rich milk or light cream. Heat slowly. Turn into tureen and garnish top with coarsely chopped hard cooked egg or very thin slices of avocado. Makes 5-6 servings.

#### Cheese Tea Ring

**6-8 servings**  
 3 cups biscuit mix  
 1/2 cup milk or light cream  
 1 1/2 cups shredded American Cheddar cheese  
 Softened butter  
 Add milk to the biscuit mix, stirring lightly, until it can be shaped up into a ball. Turn out on floured cloth. Knead slightly until smooth. Roll into a 1/2 inch thick rectangle. Spread with softened butter. Sprinkle liberally with the shredded cheese. Carefully roll up like a jelly roll. Bring the two ends together, sealing with a bit of milk, to form a ring.

Place on a buttered cookie sheet. Using sharp scissors, make slanting cuts through the ring almost to the center, making slices 2 inches thick. Turn each section out side down on the sheet, so that the cut sides lie almost flat. Brush lightly with melted butter.

#### Hungarian Goulash

1 1/2 pounds beef stew meat  
 1 clove garlic  
 1 tablespoon paprika  
 1/4 teaspoon pepper  
 1/2 cup tomato puree  
 2 cups meat stock, bouillon or water  
 Cut meat into 1-inch cubes and sear in hot fat. Add finely chopped

#### Deluxe Raisin Pie

Raisins plus orange juice, nuts and spices add up to a delectable springtime dessert when made into a lattice topped pie. Lard, that most economical of shortenings, makes the flakiest, tenderest and best tasting of pie crusts.



CHEESE TEA RING



LAMB SHOULDER CHOPS



CHEESE AND FRANK CORN CUSTARD