

The News-Review

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Chicken Eliminates Diet Dullness! This New Recipe Has Exotic Touch

Chicken is all things to all men. The bird can come to the table, simply broiled or roasted, in the most sedate fashion. Or the bird can combine with a variety of other ingredients and be served forth in an exotic manner. Regardless of your food tastes, chicken is certain to please.

For the dieter, chicken rates special affection. Thanks to the delicate flavor of the meat and its consequent versatility, it always adds zip to the low-calorie menu. Compared with other popular meats, chicken ranks lowest in calorie count. A three-ounce portion of skinless broiled chicken breast has only 115 calories; even with the skin, the count is only 185.

No other meat has a lower fat content. A three-ounce portion of broiled chicken, without bone, contains only nine grams of fat.

Broiler-fryers are far more generous in the matter of nutrients. The protein in chicken is of the highest quality because it contains all the essential amino acids, the chemical units of which protein is made. A minimum portion of three ounces of broiled chicken,

without bone, supplies 23 grams of protein, according to the National Broiler Council.

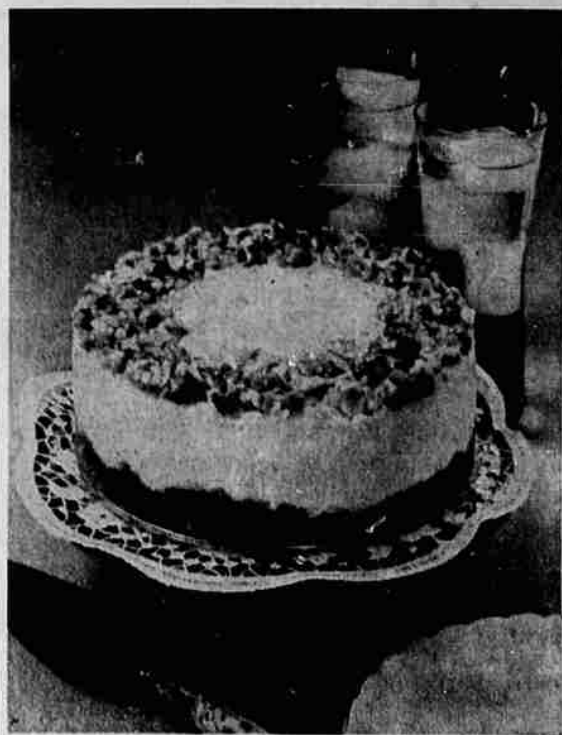
Once you have the virtuous bird in hand, you have your choice of hundreds of ways to prepare it. One of the most sensational is Chicken Algerian, as exotic as its name implies. The broiler-fryer joins forces with onion, tomatoes, garlic, eggplant, and thyme. Brown the chicken in butter, add stock and the other pleasant ingredients, and simmer for about a half hour. The dish is simple enough to make for the family meal, so delicious it will have guests cheering your cooking ability for weeks after the dinner party.

Complement the chicken Algerian with delicate accompaniments — rice or cracked wheat, for instance, and a crisp green salad would be perfection.

For dieters and non-dieters alike, Chicken Algerian is an exotic bird that tastes every bit as good as it looks.

Chicken Algerian
1 broiler-fryer chicken, cut in serving pieces
Paprika
2 teaspoons salt, divided
1/4 teaspoon pepper
2 tablespoons butter
1/2 cup stock
1 clove garlic, stuck with pick
1 medium eggplant, peeled and diced
1 medium onion, chopped
2 tomatoes, peeled and diced
1/4 teaspoon thyme
1 tablespoon chopped parsley

Sprinkle chicken pieces with paprika, 1 teaspoon of the salt and pepper. Melt butter in skillet. Add chicken pieces, skin side down, and cook until lightly browned. Remove from skillet; add stock, scraping brown particles from bottom of skillet. Add garlic, eggplant, onion and tomato. Sprinkle with remaining salt, thyme and parsley. Cover and simmer 30 minutes. Remove garlic.
Yield: 6 servings, 245 calories per serving.



lemon-apple cheese cake

Refreshing Show-Off Beauty Has Special Summertime Appeal

There's no rule limiting this Lemon-Apple Cheese Cake dessert to hot weather meals. Still and all, it does have special summertime charms. First, it's an icy-chill, refreshing, show-off beauty. Second, it's easy to make. No baking is called for which is unusual for a cheese cake. But then this is an unusual cheese cake.

The cheese layer is bright with the light, keen taste of lemon and inviting. Then by way of contrast, the cake base is all rich, brown, buttery cookie crumbs, thickly crunched with chopped walnuts. Nuts also go on top just before the cake is retired to the refrigerator to chill.

In serving, you'll find that the cake cuts down in tender-firm wedges, the cheese layer a delicious spongy foam in texture, the cake base compact. Nice to offer with it is chilled apple juice as a further play-up of the apple tang.

Lemon-Apple Cheese Cake
1 package lemon flavored gelatin
1 envelope unflavored gelatin
1/4 cup boiling water
1 package (8 ounces) cream cheese
1/4 cup sugar
2 cups canned apple sauce
1 teaspoon vanilla
1 2/3 cups (1 tall can) evaporated milk

1 cup graham cracker or ginger-snap crumbs
2 tablespoons brown sugar
1/4 cup butter or margarine, melted
1/2 cup chopped walnuts

Thoroughly mix lemon gelatin and unflavored gelatin; add boiling water and stir until dissolved, then cool. Combine cream cheese and sugar, blend until smooth and creamy; blend in apple sauce, vanilla and cooled gelatin mixture. Chill until mixture is well thickened. At same time, in separate bowl, chill evaporated milk until icy.

Mix crumbs, brown sugar, melted butter or margarine and 1/4 cup chopped nuts. Press crumb mixture firmly into the bottom and about an inch up on the sides of a greased 7 or 8-inch spring form pan.

Whip thickened apple-gelatin mixture while gradually adding chilled milk. When mixtures are blended, continue to whip on high speed until very light and fluffy and about doubled in volume. Turn into prepared pan and sprinkle top with remaining 1/4 cup nuts. Chill until set, at least 5 hours, or overnight. Makes 12 servings.

Variation: For a Florida Apple Cheese Cake, substitute lime flavored gelatin for the lemon.

For breakfast on a summer's morn: Crisp cereal blended with chilled canned apple sauce and circled with whole milk or light cream.



chicken Algerian

Frijoles Go Well With Grilled Meat

Want to take a contribution to the impromptu neighborhood barbecue? This easy-to-do casserole dish goes well with grilled meats, takes only a few minutes to prepare. And it can be heating in the oven while the crowd's outside gathered around the barbecue chef.

Frijoles With Toasted Onions
1 No. 2 can of kidney beans
1 8-ounce can of tomato sauce
1 tablespoon of chili con carne seasoning powder
2 tablespoons of instant toasted onions

1 1/2 cups of grated Monterey Jack cheese
1 cup of crushed corn chips

Combine undrained beans with tomato sauce and chili con carne seasoning. Simmer 10 to 15 minutes. Stir in toasted onions and pour into a large casserole. Sprinkle with grated cheese and corn chips. Bake in a 350 degree F. oven for 20 minutes or until hot and cheese is melted. Makes six servings.

Hawaiian Frank Broil Is Fine Finger-Food

Franks go Hawaiian when stuffed with pineapple spears and topped with shredded cheddar cheese. Mustard butter spread on the bun before broiling eliminates the need for extra utensils at the table. Fresh fruit and cookies are wonderful finger-foods to accompany the sandwiches. Going native with baskets and straw hats for serving dishes cuts down on K.P. afterwards.

Hawaiian Frank Broil
Yield: 10 sandwiches

1 pound frank
10 frank buns
1/4 cup butter, softened (1 1/2 sticks)
2 teaspoons prepared mustard
10 pineapple spears
1/4 cup shredded cheddar cheese
Sift frank and buns lengthwise. Combine softened butter and prepared mustard. Spread butter mixture on cut surfaces of buns. Place buns, cut side up on a baking sheet. Stuff each frank with a pineapple spear. Place on buns and sprinkle each sandwich generously with cheddar cheese. Broil until cheese melts and sandwich is heated through, about 5 minutes. Serve hot.

Place sausage-onion mixture in bowl; add remaining ingredients. Stir lightly until blended. Fill peppers with sausage mixture. Stand peppers up in shallow baking dish; cover bottom of dish with 1/4 inch hot water. Bake in preheated moderate oven (350 degrees F.) 15 to 20 minutes. Serve with tomato sauce or sausage gravy.

TOMATO SAUCE

To your favorite tomato sauce of green pepper, chopped onion, canned tomatoes and seasonings, add 1/4 cup large wedges of ripe olives. It will be one of your favorite sauces for a countless number of foods such as cooked spaghetti, hamburger, frank's, left-over meats, vegetables, etc.

GOOD 'STRETCHER'

Vary the fruit you serve for breakfast by including some cooked dried fruit along with fresh fruit in season for fruit cups. The small economy prunes are a good buy and are a good "stretcher."

Baked Peppers Are Delicious Summer Entree

Summer vegetables just seem to burst with vitamins, vibrant colors and crisp freshness. They add life to the hottest summer evening's supper. How about featuring plump green peppers from your garden or supermarket, stuffed with a hearty and spicy filling? They make for a summer vegetable meal that's quite special!

The filling features corn bread, for the fresh corn flavor and subtle crunchiness of corn meal are just right with the sprightly flavor of garden-fresh vegetables. For the quickest corn bread, begin with a package of easy corn bread mix. You merely add egg and milk to the plastic bag of mix and squeeze to blend! Baked, cooled and crumbled the bread provides a golden base for the stuffing. Spicy cooked pork sausage, onion and seasoning spark the stuffing and the partially cooked peppers are filled brimful. Then they're baked and ready to serve.

Spoon pork sausage gravy or your favorite tomato sauce over the peppers for even juicier and more colorful treats. A summer fruit salad and crisp French fried potatoes might complete your menu. Minimum — when is cooking more rewarding than in middle and late summer?

Stuffed Green Peppers
Makes 6 servings

Corn Bread:
One 10-oz. pkg. easy corn bread mix

1 egg, unbeat
1/4 cup milk

6 Medium-sized green peppers

Filling:
1 lb. bulk pork sausage
1/4 cup chopped onion
3 cups crumbled corn bread
1/4 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon oregano
1/2 cup milk

Heat oven to hot (425 degrees F.) For corn break put egg and milk into bag of mix. Squeeze upper part of bag to force air out. Close top of bag by holding tightly between thumb and index finger. Mix in bag by working vigorously with fingers about 40 seconds. Empty batter into special aluminum foil pan. (Do not grease pan.) Bake in preheated oven (425 degrees F.) about 20 minutes. Cool, crumble 3 cups for filling. (Split and toast remaining corn bread for lunch or breakfast.)

While corn bread is baking wash peppers; cut thin slice from stem ends of peppers; remove seeds and membrane. Cook in boiling salted water about 6 minutes; drain. Cook pork sausage; pour off drippings. Add onion, cooking until transparent.

Place sausage-onion mixture in bowl; add remaining ingredients. Stir lightly until blended. Fill peppers with sausage mixture. Stand peppers up in shallow baking dish; cover bottom of dish with 1/4 inch hot water. Bake in preheated moderate oven (350 degrees F.) 15 to 20 minutes. Serve with tomato sauce or sausage gravy.

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fruit meringue glaze

Fruit Meringue Glaze Is Elegant For Summer

It's a wonderful idea to enjoy dessert in the late dusk of a summer evening after the dinner dishes are done and the small fry tucked in bed. For such leisurely enjoyment it would be hard to find a more enticing dessert than this Fruit Meringue Glaze with its topping of frozen mixed fruit — that aristocrat of frozen fruits.

The meringue is made well ahead of time and with the minimum of heat, since it is baked for an hour at a very low temperature, then allowed to cool in the oven for eight hours or overnight. Just before dinner — or just after if you plan a late dessert — spoon slightly softened cream over the meringue and place in freezer until ready to serve.

For the sauce, Cherry Heering is stirred into the just-thawed fruit, but if you've no liqueur on hand, frozen mixed fruit "as is" makes a delicious sauce.

Fruit Meringue Glaze
3 egg whites
1/4 teaspoon salt
1/4 teaspoon cream of tartar
1/4 cup sugar

1 pint vanilla or other flavor ice cream, slightly softened
2 packages (12 ounces each) frozen mixed fruit
1-3 cup Cherry Heering

Beat egg whites in large bowl until foamy. Add salt and cream of tartar. Beat 5 minutes longer, or until meringue will hold soft peaks. Add sugar 1 tablespoon at a time, beating after each addition until sugar is dissolved. (Total beating time will be about 30 minutes on electric mixer.)

Cover an inverted 8-inch square pan with brown paper. Spoon meringue onto paper; spread in even layer. Bake in a very slow oven (250 degrees F.) 1 hour. Turn off heat and let meringue remain in oven with the door closed until completely dried — 8 hours or overnight. Remove meringue from paper and set on serving plate or tray. Spoon ice cream onto meringue; then spread to edges. Place in freezer until ready to serve.

Meanwhile, thaw fruit. Stir in liqueur. Cut meringue into 8 portions. Serve fruit mixture over meringue. Makes 8 servings.

Pear Cream Pie Attractive Simple-To-Prepare Dessert

"Pear Cream Pie" should make it a family favorite the very first time you serve it. And so easy to prepare, too!

Simply poach fresh Bartlett pear halves in a tangy syrup, chill the fruit and arrange pinwheel-fashion on a creamy pudding spread with apricot jam. Slivered maraschino cherries in the pear halves add a pert touch to this refreshing dessert. Assemble it early in the day if you wish, and refrigerate until serving time. An attractive centerpiece for the table would be a combination of fresh pears and assorted nuts and mints.

If you plan to use fresh pears immediately, buy yellow-skinned fruit. Should you want to keep them a few days at home, look for green-skinned pears and ripen them at room temperature in a loosely closed brown paper bag.

Pear Cream Pie
3 fresh Bartlett pears
2 cups water
1/4 cup sugar
1 tablespoon lemon juice
1 package (3 1/4 oz.) vanilla pudding and pie mix
1 1/4 cups milk
1 graham cracker pie shell (9 inches), baked and cooled
1/4 cup apricot jam

1/4 cup slivered maraschino cherries

Pare, halve and core pears. In a saucepan, combine water, sugar and lemon juice; bring to a boil, stirring until sugar is dissolved. Poach pears in syrup until fork-tender, 5 to 7 minutes. Remove from syrup and drain on paper towels; chill. Meanwhile, prepare pudding mix as package directs, using only 1 1/4 cups milk. Remove from heat; turn into pie shell. Cool filling, then spread with apricot jam. Arrange pear halves cup-sides up over filling "pinwheel-fashion," with stem ends toward center of pie. Fill pear cavities with cherries.

Makes 6 servings.

ENTREE ACCOMPANIMENT

Here's a festive salad to make with large, golden, canned cling peach halves. Combine a small package softened cream cheese with a little mayonnaise, some drained cranberry sauce and chopped raisins. Blend thoroughly and serve in drained canned cling peach halves. This makes an excellent entree accompaniment for a church or PTA gathering, as well as a colorful salad for family or company meals.

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