



Award Winning Chicken Kabisha

## Contest nears deadline

There's still time to enter the 34th National Chicken Cooking Contest, which will take place in Dallas, Texas, at the Loews Anatole Dallas Hotel on August 17, 18, 19. Anyone can enter, but hurry—deadline is April 1st.

The grand prize is \$10,000 and second, third, fourth and fifth place winners will share an added \$10,000.

It's easy to enter, just send in your favorite chicken recipe. Send in as many recipes as you wish, but each recipe must be on a separate sheet of paper, and each must have your name, address and telephone number on the front of it. Entries must be received by April 1, 1982 to:

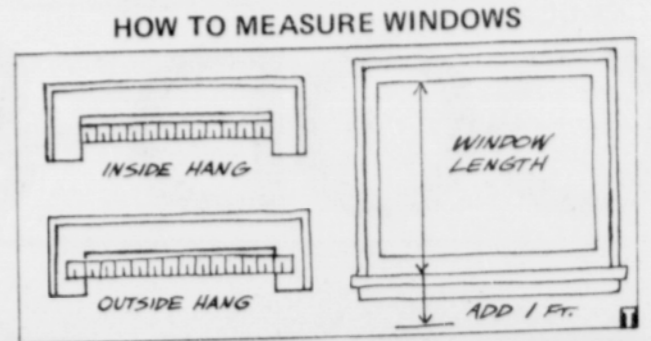
**Chicken Contest**  
 Box 28158, Central Station  
 Washington D.C. 20005

According to the National Broiler Council, contest sponsor, entries will be judged in four areas; taste, appearance, appeal and simplicity. Entries must feature chicken—whole, parts or boned—and recipe should make approximately four servings. All ingredients should be familiar and readily available and measurements must be exact. Instructions should be complete and total preparation time cannot exceed three hours. A panel of national food experts will select the winners. Hurry, deadline for sending in your recipe is April 1st.

**TO ENTER**

Attach Entry Blank to recipe or write name, address and phone number on front page of recipe and mail by April 1 to: **Chicken Contest Box 28158 Central Station Washington D.C. 20005**

NAME (First) (Middle) (Last) \_\_\_\_\_  
 ADDRESS (Street or R.D.) \_\_\_\_\_  
 (City) (State) (Zip Code) \_\_\_\_\_  
 PHONE (Area Code) \_\_\_\_\_  
 RECIPE TITLE \_\_\_\_\_



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## Chicken Kabisha wins honors

Mrs Irene Canady of Baltimore will soon be treating her son, daughter-in-law and 10-year-old grandson to a very special vacation, thanks to her winning recipe in a local Chicken and Rice contest, sponsored by radio station WSID and Uncle Ben's Converted Brand Rice. The Cook-Off was held in the Mondawmin Mall, a shopping center in Baltimore's Black community, on February 27th.

Six top finalists competed for the prize of an all-expenses paid trip for four to Walt Disney World in Orlando, Fla. When the chopping, browning, frying and baking was done—Mrs. Canady's recipe for Chicken Kabisha was awarded top honors by three well-known Baltimore chefs.

This economical recipe is not just a basic chicken and rice dish—this one has lots of pizzazz. The simple, everyday combination of chicken and rice is elevated to gourmet status with its special cooking method. The chicken is marinated overnight in a tangy sauce, baked the next day and served over firm, separate grain rice, which catches the special sauce. The resulting flavor treat serves 4 generously.

Mrs. Canady is a delightful lady, recently widowed and retired after 37 years of working for Social Security and the Army. This is the first recipe she has ever created for a contest and the winner says she named it Chicken Kabisha because it "sounded African." Here's Mrs. Canady's recipe.

### CHICKEN KABISHA

- 1 3-pound broiler-fryer chicken, cut up
- 1 large onion, sliced
- 1 large green pepper, sliced
- 1 garlic clove, minced
- 1 cup water
- ¼ cup vinegar
- ½ teaspoon salt
- ½ cup pancake mix
- ½ cup vegetable oil
- 1 can (8 oz.) tomato sauce
- 1 cup rice

Place chicken in a large bowl. Top with onion, green pepper and garlic. Add water, vinegar and salt to bowl; cover and refrigerate overnight. Next day, remove chicken from marinade; drain well, reserving marinade. Coat chicken with pancake mix. Heat oil in large skillet. Brown chicken in hot oil, about 5 minutes on each side. Remove chicken; drain. Place chicken in 13 x 9-inch baking pan. Pour reserved marinade over chicken. Add tomato sauce. Bake uncovered at 350°F. for two hours. About ½ hour before chicken is done, prepare rice according to package directions. Spread hot cooked rice on a large serving platter. Place chicken over rice; pour sauce from pan over chicken. Serves 4 generously.

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