

# FOOD SECTION

## Capon, gibleet gravy reflect southern influence



Ol' Southern Style Capon is based on a recipe created by Ophelia Mahone of Atlanta. Its traditional preparation and popular flavor makes it just right for family gatherings and festive occasions.

For the perfect complement, serve Golden Vegetable Medley, a variety of favorite vegetables in a creamy cheese sauce.

### OL' SOUTHERN STYLE CAPON

- Margarine
- 2 teaspoons poultry seasoning
- 1 teaspoon salt
- ½ teaspoon pepper
- 1 cup chopped onion
- 1 cup chopped celery
- 3 cups crumbled cornbread
- 3 cups dry bread cubes or plain croutons
- 2 eggs, beaten
- ¼ cup milk
- 1 6 to 8-lb. capon
- 1 cup hot water
- Gibleet gravy (see below)

Combine ½ cup margarine and seasonings. Saute onion and celery in ¼ cup margarine mixture. Add cornbread, bread cubes, eggs and milk; mix lightly. Stuff capon neck and body cavities; secure openings with skewers and string. Place capon, breast-side up, on rack in baking pan. Spread remaining margarine mixture over capon. Add water to baking pan. Cover; bake at 350°, 2 hours. Uncover, roast at 400°, 45

to 60 minutes or until tender, brushing occasionally with melted margarine. Cover; let stand 15 minutes before carving. Garnish with celery leaves and spice flavored crab apples, if desired. Serve with Gibleet Gravy.

### GIBLEET GRAVY

- Giblets
- 2 cups water
- ½ cup carrot slices
- ¼ cup onion slices
- 1 teaspoon salt
- ¼ teaspoon pepper
- ¼ cup flour

Combine giblets, water, carrot, onion, salt and pepper in saucepan. Cover; simmer 1 hour or until giblets are tender. Strain broth; chop giblets. Drain fat from baking pan, reserver ¼ cup. Stir in flour; cook 3 minutes, scraping drippings from bottom of pan. Gradually add broth; cook until thickened. Stir in giblets. Makes 2 cups.

### GOLDEN VEGETABLE MEDLEY

- 1 10-oz. pkg. frozen broccoli, thawed
- 1 10-oz. pkg. frozen peas, thawed
- 1 16-oz. can bean sprouts, well-drained
- 1 can condensed cream of mushroom soup
- ½ lb. pasteurized process cheese spread, cubed
- 1 2-oz. jar chopped pimiento, drained
- 1 cup canned French fried onions

Cut broccoli into 1-inch pieces; combine with peas, sprouts, soup, process cheese spread and pimiento; mix well. Spoon into 10 x 6-inch baking dish. Bake at 350°F for 20 minutes. Top with onions; continue baking 20 minutes. Let stand 10 minutes before serving.

6 to 8 servings.  
**Microwave:** Microwave on High 13 to 15 minutes, stirring every 5 minutes. Top with onions; microwave 2½-3 minutes. Let stand 10 minutes before serving.

## Make ready for Chinese New Year

### VEGETARIAN EGG ROLLS (Makes 16 egg rolls)

- Peanut oil
- 2 cups sliced celery
- 1 cup shredded cabbage
- 1 cup chopped onion
- 2 cans (8 oz. each) bamboo shoots, drained
- ½ pound fresh bean sprouts
- 1 cup grated carrots
- ½ cup chopped green onions
- 3 tablespoons soy sauce
- 1 tablespoon finely minced ginger root
- 1 teaspoon sugar
- 1 teaspoon crushed fresh garlic
- 16 egg roll skins
- 1 egg, beaten

Heat 3 tablespoons peanut oil in a wok or large skillet over high heat. Add celery, cabbage and onion; stir-fry 1½ minutes. Add bamboo shoots, bean sprouts, carrots, mushrooms and green onions. Continue to stir-fry until all vegetables are tender crisp, about 2 minutes. Stir in soy sauce, ginger root, sugar and garlic. Stir-fry an additional minute,

or until soy sauce has evaporated. Remove from heat and cool.

Position each egg roll skin so that corners are at the top, bottom, left and right. Place ½ cup filling on the lower section of the skin. Tuck bottom corner around filling and roll firmly about ½ way up skin. Moisten the remaining 3 corners with beaten egg. Fold the left and right corners toward the center and complete rolling.

Heat a 1½ depth of peanut oil in an electric skillet or fry pan to 375°F. Fry egg rolls, a few at a time, for 2 to 3 minutes, turning once, until golden brown. Drain on paper towels. Serve hot.

You don't have to be Chinese to enjoy delicate Vegetarian Egg Rolls, a delightful but economical dish.



Made with peanut oil, the frying oil traditionally preferred by Chinese cooks for its light flavor, these egg rolls make wonderful hors d'oeuvres or can accompany any meal.

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