

The Oriental way: Chicken wings have style

Ethnic dinners are today's answer to stylish entertaining on a shoe-string.

Look to the wisdom of the Orient for a meal that is extravagant in color, texture and flavor, but as economical as—well, a dinner in Chinatown.

Through centuries of contending with a scarcity of farm land and fuel, Oriental cooks have learned to make vegetables and grains substitute for meats, and to prepare foods quickly over high heat. Americans are just now discovering the advantages of such lighter and less expensive eating.

All-American cooks who are intimidated by Chinese cooking because it seems complicated or requires too much dicing or chopping, may relax with these kitchen-tested recipes. All of them conceal shortcuts to success. Two of the dishes have quality assured by condensed soup bases and the third gets its lively flavor from vegetable juice cocktail.

The basic dinner features:

•Oriental Chicken Wings, browned in a skillet and cooked in a sauce of vegetable juice cocktail, soy sauce, Worcestershire, garlic and ginger with a little cornstarch for thickening.

•Wilted Greens, made of romaine that is tender-cooked in sesame oil, then mixed with condensed cream of chicken soup and thin strips of ham.

•Dynasty Rice, simmered in condensed chicken broth and sherry, and combined with delectable additions of fresh mushrooms, sliced celery, green onions and sliced almonds.

Quantities of hot, steaming tea may be served with dinner as well as with the traditional dessert, almond cookies.

The host or hostess who wants to make a party occasion of the dinner may consider some special effects—bamboo mats, delicate Chinese fans and Oriental accessories to decorate the table.

ORIENTAL CHICKEN WINGS

2 tablespoons salad oil
2 pounds chicken wings
2 cans (6 oz. each) vegetable juice cocktail
1 tablespoon soy sauce
1 tablespoon Worcestershire
1 large clove garlic, minced
½ teaspoon ground ginger
1 tablespoon cornstarch
2 tablespoons water

In a 12-inch skillet over medium heat, in hot oil, brown chicken wings; pour off fat. Add vegetable juice cocktail, soy Worcestershire, garlic and ginger.

Cover; reduce heat to low. Simmer about 30 minutes until fork-

tender, stirring occasionally.

Mix cornstarch and water; gradually stir into vegetable juice cocktail mixture. Cook, stirring until thickened. Makes 4 main dish servings.

Fresh ginger root: Substitute 2 teaspoons grated fresh ginger root.

WILTED GREENS

2 tablespoons sesame oil
8 cups romaine torn in 2-inch pieces
1 can (10½ oz.) condensed cream of chicken soup
½ cup cooked ham cut in thin strips
1 tablespoon water

In a large saucepan, in hot oil, cook romaine until just tender. Add remaining ingredients. Heat, stirring occasionally. Makes 4 cups or 4 servings.

DYNASTY RICE

2 tablespoons butter or margarine
½ cup raw regular rice
1 can (10½ oz.) condensed chicken broth
1 tablespoon dry sherry
1 cup quartered fresh mushrooms
½ cup diagonally sliced celery
½ cup green onions cut diagonally in 1-inch pieces
¼ cup sliced almonds

In a saucepan, in hot butter, brown rice. Add broth and sherry. Cover; over high heat, bring to boil. Reduce heat to low; simmer 15 minutes. Add remaining ingredients; simmer about 5 minutes until done, stirring occasionally. Makes 3 cups or 4 servings.



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Fried chicken old favorite

Fried chicken is a favorite dinner for family or company. But the spattered grease from frying chicken can create quite a mess in the kitchen. For the crisp, delicious flavor of fried chicken without the mess, try oven-frying it.

Simply dip chicken into beaten egg and roll in a mixture of instant mashed potatoes, grated Parmesan cheese and seasoning. (The mashed potatoes give it that "fried-chicken crunch.") Bake in a pan with ¼-cup shortening and in one hour you'll have crisp, delicious Oven-fried Chicken.

OVEN-FRIED CHICKEN

¼ cup shortening
1½ cups instant mashed potatoes (dry)
½ cup grated Parmesan cheese
1 teaspoon salt
½ teaspoon pepper
2½- to 3-pound broiler-fryer chicken, cut up
1 egg, beaten

Heat oven to 425°. Heat shortening in rectangular pan, 13×9×2 inches, in oven until melted. Mix potatoes, cheese, salt and pepper. Dip chicken into egg; roll in potato mixture. Place chicken pieces, skin sides up, in pan. Bake uncovered until thickest pieces are done, about 1 hour. 6z servings.

A shoe bag hung on the back of a closet door can also hold stockings, scarves, gloves or rolled-up belts.

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