

FOOD

The mission of the 'Food Section' is to provide our readers with great tasting healthy recipes and useful household information. The Portland Observer respectfully requests all comments and/or family recipes you would like to share with us. Address emails to foods@portlandobserver.com



"This recipe is originally from Alabama and has been passed down for generations."

Southern Fried Chicken

Ingredients

- 1 (3 pound) whole chicken, cut into pieces
- 1 cup all-purpose flour salt to taste
- ground black pepper to taste
- 1 teaspoon paprika
- 1 quart vegetable oil for frying

Directions

1. Season chicken pieces with salt, pepper and paprika. Roll in flour.
2. Add 1/2 to 3/4 inch oil to a large, heavy skillet.
3. Heat to approximately 365 degrees F (185 degrees C).
4. Place chicken pieces in hot oil.
5. Cover and fry until golden, turning once, 15 to 20 minutes.
6. Drain on paper towels.

Five Minute Ice Cream

"This is a fast and easy delicious ice cream recipe that the kids will love to make. Use any frozen fruit in place of the strawberries. This is a quick recipe to 'wow' unexpected guests."



Ingredients

- 1 (10 ounce) package frozen sliced strawberries
- 1/2-cup sugar
- 2/3-cup heavy cream

Directions

Combine the frozen strawberries and sugar in a food processor or blender. Process until the fruit is roughly chopped. With the processor running, slowly pour in the heavy cream until fully incorporated. Serve immediately, or freeze for up to one week.

Roasted New Potatoes



"This simple recipe is anything but plain. The flavors of garlic and herbs combine to add extra zip to tender new potatoes. This side dish goes hand in hand with the delicate taste of fish."

INGREDIENTS

- 1 1/2 pounds new potatoes, quartered
- 2 tablespoons olive oil or vegetable oil
- 2 garlic cloves, minced
- 1/2 teaspoon dried rosemary
- 1/2 teaspoon dried thyme
- 1/2 teaspoon salt
- 1/8 teaspoon pepper

DIRECTIONS

Combine all ingredients in a plastic bag; toss to coat. Pour into an ungreased 13-in. x 9-in. x 2-in. baking pan. Bake uncovered at 450 degrees F for 35 minutes or until potatoes are tender. Remove from the oven and cover with foil to keep warm while broiling the fish.

Strawberry Yogurt Pie

"An easy, refreshing freezer pie. Great for hot summer months."



INGREDIENTS

- 2 (8 ounce) containers of strawberry flavored yogurt
- 1 (12 ounce) container frozen whipped topping, thawed
- 1 cup strawberries, finely chopped
- 1 (9 inch) prepared graham cracker crust

DIRECTIONS

1. Mix yogurt with 3 and 1/2 cups of the dessert topping until blended. Sweeten the strawberries, if necessary. Mix in strawberries and spoon into crust.
2. Freeze for at least 3 hours or overnight, if possible, until it's firm. Remove from freezer and top with remainder of dessert topping. Store in freezer.

Ingredients

- 1/4 cup cider vinegar
- 1 teaspoon white sugar
- 1/2 teaspoon salt
- 1/2 teaspoon chopped fresh dill weed
- 1/4 teaspoon ground black pepper
- 2 tablespoons vegetable oil
- 2 cucumbers, sliced
- 1 cup sliced red onion
- 2 ripe tomatoes, cut into wedges

Crispy Cucumbers and Tomatoes in Dill Dressing

"Crispy cucumbers, fresh tomatoes and onion add spark to this simple summer salad."

Directions

In a large bowl, mix the vinegar, sugar, salt, dill, pepper, and oil. Add cucumbers, onion, and tomatoes. Toss, and let stand at least 15 minutes before serving.



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