

### Plump Stewing Hens Appear In Menu Plans

Plump stewing chicken is an oldtime favorite that plays an exciting role in the modern home-maker's menu plans. Serve it in salads, creamed, with dumplings, or in delightful foreign cookery. Any way you eat it, the tender goodness of a slowly cooked stewing chicken will win shouts of praise.

Three to six pound stewing chickens are now on the market fresh frozen and branded. Look for a well known brand on the package so you'll know you're buying a plump chicken that will be tender and flavorful when served. Plan on 1/4 to 3/4 pound of ready-to-cook stewing chicken per serving.

If you're buying ahead, keep the chicken frozen until time for cooking. Thaw the chicken in the refrigerator or under cold running water if you're planning to brown the meat. When water cooking, thaw the bird while cooking.

When preparing a meal that features stewing chicken, remember that long, slow cooking is essential for characteristic tenderness. Added seasonings are important, too, to complement the natural chicken flavor. Use a deep kettle with a tightly fitting cover and simmer until the thigh meat is tender.

Stewing chicken is usually thought of as a strictly homey American dish. However, it also lends itself readily to exotic foreign dishes which are a part of every good cook's "repertoire." Here are two such recipes, fit for the gourmet or for family feasting.

#### CHICKEN CACCIATORE

- 1 1/4 to 6 pound stewing chicken
- 1/2 cup flour
- 1 1/2 tablespoons salt
- 2 tablespoons fat
- 3 1/2 cups cooked tomatoes
- 1/2 cup chopped onion
- 1/2 cup chopped celery
- 1 clove garlic, cut fine
- 1 tablespoon sugar
- 1 tablespoon Worcestershire Sauce

Cut chicken into serving portions. Rinse in cold water and dry. Combine flour and salt in a paper bag. Shake pieces of chicken in bag with flour. Heat fat in a large skillet. Brown floured chicken in fat. Add tomatoes, green pepper, onion, celery, garlic, sugar and Worcestershire sauce. Cover and simmer about 3 hours or until chicken is fork-tender. Stir occasionally. Makes 6 to 8 servings.

#### CHICKEN CURRY

- 1 1/4 to 6 pound stewing chicken
  - 1/4 pound (1/2 cup) butter
  - 2 cups finely diced onions
  - 2 tablespoons flour
  - 1 clove garlic
  - 1 teaspoon salt
  - 2 tablespoons curry powder
  - 1 cup top milk
  - 1 cup chicken broth
- Place in kettle and cover with water. Season with 2 teaspoons salt. Cover. Simmer until tender (about 2 1/2 hours). Remove from broth. Melt butter in heavy skillet. Add onions and garlic. Cook until lightly browned. Remove garlic. Add flour, salt and curry powder. Stir to blend. Add milk. When mixture thickens, add chicken broth. Add chicken and cook over low heat about 30 minutes. Serve with cooked rice or noodles.

#### Fruit Cocktail Gets Additions

Combination fruit cocktail remains one of the universal favorites for appetizers. Addition of cubes of avocado is inspirational in flavor. Amounts of fruits used can be varied, an excellent way to use left overs from desserts or salads. The avocado fruit cocktail is best made long enough ahead so that the flavors can blend. Serve icy-cold.

#### AVOCADO FRUIT COCKTAIL

- 1 medium sized avocado
  - 1/2 cup canned peach slices
  - 1/2 cup cubed canned pear
  - 1/2 cup diced orange
  - 1/2 cup diced apple
  - 1/2 cup honey
  - 1/4 cup lemon juice
  - 1/2 teaspoon grated lemon rind
- Cut avocados into halves, remove seed and skin, and cut into cubes. Dice peaches. Combine avocado and peaches with remaining fruits and arrange in fruit cups. Blend honey, lemon juice, orange juice and rind, and pour over fruits. Serve very cold. Serves 6.

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