

Feeding the Family

By ZOLA VINCENT
Food Editor

PLENTIFUL BROILER-FRYER FAVORITES FRIED, BAKED, BROILED, BARBECUED

Pleasant, wonderful - tasting chicken, tender and plump, will be the favorite food of many families and friends over the holiday . . . and continuing throughout the summer. Fresh or quick-frozen, whole or cut-up - disjointed, quartered or halved. Weight 1 1/4 to 3 1/2 pounds, ways of cooking the bird are beyond numbering. Reasonable in cost, too. Our area grows and eats its share, indoors, outdoors, hot and cold with equal relish.

Lemon Broiled Chicken

Use 1 1/4 to 2 pounds halved broilers figuring a half per person. Bring wing tips onto back to expose thick breast meat to heat. Rub entire surface of chicken liberally with two cut lemons. Coat with melted butter and sprinkle with mixture of 4 teaspoons each of salt and sugar, 1 teaspoon paprika and 1/2 teaspoon pepper. Flatten halves, skin side down; place on broiler pan, not on rack, 7 to 9 inches from heat, regulating distance of heat so that chicken just begins to brown after 15 minutes. Broil slowly, turning after 30 minutes. Baste frequently from drippings. Broil skin side up for 20 minutes or so until drumstick twists easily out of thigh joint.

Chicken Cacciatore

A very popular recipe, pronounced "catcha-tory". Cook one 2 1/2 pound cut-up broiler in 1/2 cup olive oil until browned, turning to brown evenly. Add 1 onion, sliced and cook until onion is transparent and golden. Add 3 1/2 cups cooked tomatoes, 1 clove garlic, 1 1/2 teaspoons salt, 1/4 teaspoon ground pepper. Cover and simmer until chicken is fork-tender and tomatoes are reduced to a thick sauce, 20 to 25 minutes. Add 1/2 cup white wine last 5 minutes of cooking. Remove garlic clove. Four servings.

Rotisserie Barbecue

If you've one of the increasingly popular rotisseries, you'll probably be doing 2 fryers at one time and fixing them like this to make 4 to 6 servings.

Rub salt into chicken cavities of 2 whole broiler-fryers weighing 2 pounds or more each, and using 1 teaspoon salt. Place spit through cavities of the birds with drumsticks at both ends. Truss birds on spit by wrapping cord around them as with a rolled roast. This holds wings against breasts and makes easy turning. Baste birds and cord generously with fat or oil. Chickens will take about 45 minutes to brown; then baste with red sauce (recipe below) every 15 minutes or so until done which will take 1 1/2 to 2 hours.

When rotisserie barbecuing chicken halves, insert spit into and out of halves lengthwise like a needle and allow 30 minutes per pound for cooking. A pan underneath chicken will catch sauce so that it can be used again in basting or for service as sauce with the chicken.

Red Sauce: Combine 1 tablespoon onion salt, 1 tablespoon dry mustard, 3/4 teaspoon pepper, 1 teaspoon tabasco, 1/2 bottle worcestershire, 2 cups tomato paste, 1 cup water, 1 cup vinegar, 1/3 cup butter or salad oil in saucepan and heat to boiling. Keep hot for basting chicken. Makes 5 cups or enough to barbecue and serve with 3 or 4 chickens.

Pungent Fried Chicken

A brand new recipe certain to prove a favorite with folks who like more zest in their food. Using a 2 1/2 pound cut-up broiler-fryer, place chicken in a layer in a shallow dish. Combine 4 teaspoons grated orange rind, 2/3 cup orange juice, 1/2 teaspoon salt, 1/2 teaspoon dry mustard, 1/8 teaspoon pepper and several drops of tabasco. Pour over chicken. Marinate 1 to 3 hours, covered, in refrigerator. Drain, reserving marinade mixture. Coat chicken by shaking in the bag containing the usual flour, salt, paprika and pepper. Save leftover flour mixture for making gravy.

Brown chicken slowly in medium hot fat turning as necessary. When chicken is lightly browned, 15 to 20 minutes, reduce heat, add 1 tablespoon water, cover tightly and cook slowly until fork tender, 20 to 25 minutes. Remove chicken to warm platter and prepare gravy like this:

Pour off all pan drippings but 2 tablespoons fat and brown remainder. Blend in 2 tablespoons flour; cook, stirring constantly until frothy. Add enough milk to the remaining marinade mixture to make 2 cups; add all at once, continuing to stir until uniformly thickened. Add 1/4 teaspoon ground ginger and a dash of allspice. Season to taste. Simmer 5 minutes. Serve from gravy boat.

Gourmet Roast Chicken

Very good when you're planning 8 to 10 servings. Take 2 broiler-fryers, 2 1/2 to 3 pounds each. Cook chicken livers in 2 tablespoons butter about 5 minutes. Chop and add to following stuffing ingredients: Combine 2 cups cooked rice, 1 1/2 cups drained tomatoes, 1/2 cup chopped green pepper, 1/2 cup chopped celery, 1/2 teaspoon ground sage, 1/4 teaspoon salt, 1/4 teaspoon pepper. Loosely stuff both body and wishbone cavities and truss.

Place birds, breast up on rack in shallow open roasting pan. Arrange four bacon strips across each breast. Make sauce by combining 1/2 cup melted butter, juice of 2 lemons, 1 teaspoon salt, 1/2 teaspoon pepper; pour over chickens. Roast in moderate oven, 325 degrees 2 to 2 1/2 hours, basting with sauce occasionally.



COUNTRY FRIED IN THE PAN. barbecued in that fancy new rotisserie or whatever way in-between, broiler-fryer chickens will please more people over the 4th of July than any other food with possible exception of potato salad. Many ways with plentiful chicken in our columns today.

When done, drumstick meat will be soft to finger pressure.

Ham-Potato Scallop

A holiday treasure recipe; one of those casserole dishes that can be made any time, served any time, anywhere. Satisfying with plenty of sour or dill pickles handy. Alternate layers made of 2 cups of diced cooked ham, 1/2 cup diced celery, 2 cups diced cooked potatoes in a baking dish that has been rubbed with fat. Sprinkle with salt and pepper. Make 2 cups thin white sauce; add 2 tablespoons peanut butter and pour over casserole layers. Sprinkle with crumbs; bake at 350 degrees, 35 minutes. Four servings. Make several of these.

Picnic Check List

For easy handling, pack salads, deviled eggs, pickles or other moist food in empty ice cream or cottage cheese containers.

Have plenty of paper napkins, plates, dishes, cups and towels handy for obvious reasons.

Vegetables for salads can be cleaned the day before and kept in refrigerator; potatoes cooked and eggs hard-cooked and refrigerated.

For dessert, plan a loaf cake that can be baked and carried right in the pan.

Vital items are salt, pepper, paper products, mustard, mayonnaise, matches, paring knife, sugar and cream if coffee is taken, eating utensils . . . and oh! yes, the food!

Potato Salad Hot

Potato Salad Cold

Hot or cold, there's certain to be at least one big generous satisfying bowl of potato salad made and consumed in your family "over the holiday." The chefs may argue as to whether the potato salad be hot or cold, the potatoes be sliced or cubed, the dressing boiled or a mayonnaise mixture, but all will agree that plentiful long white potatoes are ideal for potato salad making. We plan to fix them like this:

Hot Potato Salad

Boil unpeeled spuds. When just puncturable with a fork, drain, peel and chill; dice or slice. For each four medium-size potatoes, four generous servings.

Snip 4 to 6 fresh flavorful slices of bacon into 1/2 inch strips

and fry with 2 small onions or 8 green onions, cut up, tops and all, until light brown, stirring often. Stir in 1 tablespoon flour, 1 tablespoon sugar, 1 teaspoon salt and 1 teaspoon paprika. Set pan off heat and stir while adding 1/2 cup vinegar mixed with 1 cup water. Now stir and cook until mixture bubbles and flour is well cooked. About two minutes is enough.

Add cooked potatoes, diced or thin-sliced. Keep heat low and stir gently to coat every bit of potato with zesty dressing but don't break up those potato pieces. Ten minutes will do the trick although this may be kept hot in chafing dish or slow oven for several minutes. Garnish with hard-cooked eggs, chopped parsley or green onion tops, dash of paprika.

Cold Potato Salad

We combine sour cream and mayonnaise for a superb cold potato salad to serve eight. Combine 4 cups diced cooked potatoes, 1/2 cup diced cucumber, 1 tablespoon minced onion, 3/4-teaspoon celery seed, 1 1/2 teaspoons salt, 1/2 teaspoon pepper; toss together lightly. Hard-cook 3 eggs, separate yolks from whites. Dice egg whites and add to potato mixture. Mash yolks and combine with 1 1/2 cups sour cream, 1/2 cup mayonnaise or salad dressing, 1/4 cup vinegar and 1 teaspoon prepared mustard. Add to potatoes and toss all together lightly. Allow to stand 15 minutes before serving. Garnish with crisp salad greens.

Dead line Sunday Classified is at noon Saturday; 1 a.m. Monday for Monday; other days 5:30 previous day

Thursday, June 30, 1955

MEDFORD (OREGON) MAIL TRIBUNE—THREE

Radio Newsman Tells Of Red Membership

Washington—(U.P.)—CBS news correspondent Winston Burdett testified yesterday he was a member of the Communist Party from 1937 to 1942 and engaged in espionage abroad for the Communists.

Burdett told the Senate Internal Security Subcommittee he joined the party when he was an editorial worker on the Brooklyn (N.Y.) Daily Eagle in 1937. He named 12 other employees of the now defunct Eagle who, he said, also were members of the Communist unit on the newspaper. The newspaper ceased publication this year.

Milwaukie, Ore.—(U.P.)—Earl S. Burdick, Milwaukie, takes over July 1 as the new city manager here.

Dead line Sunday Classified is at noon Saturday; 10 a.m. Monday for Monday; other days 5:30 previous day.



PLEADS GUILTY — Army Cpl. Harold M. Dunn, 26, of New York arrives at Governors Island for his general courtmartial on charges of aiding and collaborating with the Communist while a POW in Korea. He pleaded guilty 22 minutes after trial got underway. He faces a maximum sentence of life imprisonment and dishonorable discharge.



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