

Mother's Day Bouquet

CHICKEN AMANDE

TO PREPARE: 40 MIN.

TO COOK: 45-60 MIN.

- 1 broiler-fryer chicken, about 3 lbs., ready-to-cook weight, cut in serving-size pieces
- 3 tablespoons shortening
- 1 clove garlic (thin, papery outer skin removed), crushed in a garlic press or minced
- ¼ cup chopped onion
- 2 tablespoons flour
- 2 tablespoons tomato paste
- 1½ cups chicken broth (2 chicken bouillon cubes dissolved in 1½ cups hot water)
- 1 teaspoon seasoned salt
- ½ teaspoon black pepper
- ½ teaspoon crushed tarragon
- ¼ cup toasted slivered blanched almonds
- ¾ cup thick sour cream
- 2 tablespoons shredded Parmesan cheese

1. Rinse chicken pieces and dry thoroughly by patting with absorbent paper.
2. Heat shortening in a large skillet over medium

heat. Place chicken pieces skin-side down in skillet. To brown all sides, turn pieces with tongs or two spoons, as necessary. When evenly browned, remove pieces.

3. Add garlic and onion to skillet and cook until onion is transparent, occasionally moving and turning with a spoon.

4. Stir in the flour and tomato paste. Pour in the chicken broth. Cook slowly, stirring constantly, until mixture comes to boiling. Return chicken to skillet. Sprinkle with a mixture of the seasoned salt, pepper, and tarragon; top with ¼ cup of the almonds. Cover and cook over low heat 45 to 60 min., or until tender. Remove chicken pieces to a warm serving dish.

5. Add sour cream gradually to the sauce, stirring constantly. Heat thoroughly (do not boil). Pour over chicken. Sprinkle with the Parmesan cheese and reserved almonds.

About 6 servings

DELECTABLE AVOCADO MOLD

TO PREPARE: 20 MIN.

TO CHILL: 4 HRS.

- 2 pkgs. lemon- or lime-flavored gelatin
- 1½ cups very hot water
- 1½ cups cold water
- 2 tablespoons lemon juice
- 2 tablespoons prepared horse-radish
- 1 tablespoon minced onion
- ½ teaspoon salt
- ½ teaspoon Worcestershire sauce
- 1 large ripe avocado

1. Lightly oil a 1-qt. mold with salad or cooking oil (not olive oil); drain.

2. Empty gelatin into a bowl. Add the hot water and stir until gelatin is completely dissolved. Stir in the cold water, lemon juice, horse-radish, onion, salt, and Worcestershire sauce. Set aside.

3. Rinse avocado; cut lengthwise into halves and remove pit; peel; force through a sieve or food mill into a bowl. Thoroughly blend into the gelatin mixture. Pour into the prepared mold and chill until firm, about 4 hrs.

4. To unmold, run tip of knife around edge of mold to loosen. Invert onto a chilled serving plate. (If necessary, wet a clean towel in hot water and wring it almost dry. Wrap hot towel around mold for a few seconds. If mold does not loosen, repeat.)

About 8 servings

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A symphony of elegance and charm is this Chicken Amande lovingly prepared for Mother on her special day next week.