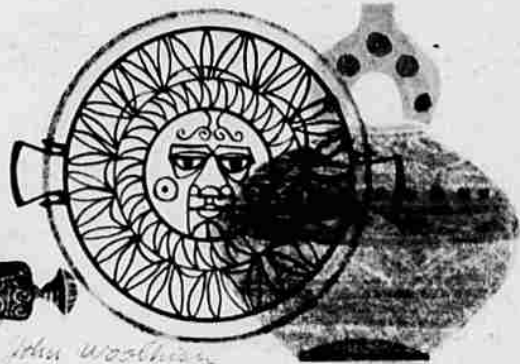
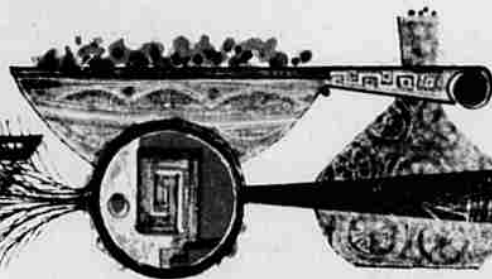




FROM THE GREAT SOUTHWEST...

(Continued)



Pollo y Carne en Salsa

(Chicken and Pork in Sauce)

TO PREPARE: 35 MIN. TO COOK: 1 HR. 20 MIN.

- 1 4½- to 5-lb. stewing chicken, cut in serving-size pieces and rinsed
- 2 cups boiling water
- 1 lb. lean boneless pork (loin), cut in 1-in. cubes
- 3 tablespoons butter
- 3 tablespoons olive oil
- ½ cup flour
- ½ teaspoon salt
- ½ teaspoon black pepper
- ½ cup unblanched almonds
- 1 tablespoon sesame seed
- 1 medium-size onion, chopped
- 1 medium-size green pepper, chopped
- 1 8-oz. can tomato sauce
- 4 cups boiling water
- ¼ cup sugar
- 1½ teaspoons salt
- 1 tablespoon chili powder
- ½ teaspoon ground cinnamon
- 3 whole cloves
- 1 bay leaf
- 1 large sweet potato or yam, washed, pared, and cut in ½-in. cubes
- 1 cooking apple, washed, pared, cored, and cut in ½-in. cubes
- 1 14-oz. can pineapple tidbits, drained

1. Put chicken and 2 cups boiling water into a sauce pot, cover, bring to boiling, and simmer about 30 min. Drain chicken pieces and pat dry with absorbent paper.
2. Heat 1½ tablespoons each of the butter and olive oil in a large, heavy skillet. Add pork and brown pieces on all sides. Using a slotted spoon, remove pork to a large sauce pot or Dutch oven. Set aside.
3. Coat chicken pieces with a mixture of the flour, ½ teaspoon salt, and pepper. Add pieces, skin side down, to skillet and brown on all sides; add some of the remaining butter and olive oil as needed. Remove chicken from skillet to sauce pot with the pork.
4. Add almonds and sesame seed to drippings in skillet and heat about 5 min., stirring frequently. Add onion and green pepper and cook about 5 min., occasionally moving and turning with a spoon. Pour contents of skillet into container of electric blender and blend until smooth.
5. Put blended mixture into a saucepan and mix in the 4 cups boiling water, sugar, salt, chili powder, cinnamon, cloves, and bay leaf. Bring to boiling and cook, uncovered, over low heat about 15 min.
6. Sieve mixture, removing cloves and bay leaf. Add to sauce pot with pork and chicken. Cook, covered, over low heat about 30 min. Add the sweet potato and cook 15 min. longer. Stir in the apple and pineapple; heat thoroughly.
7. Serve immediately in shallow soup bowls. Top each serving with sliced ripe banana, if desired.

About 8 servings

A \$10 PRIZE-WINNING RECIPE FROM A FAMILY WEEKLY READER

Mrs. Grover Bullington/Wichita Falls, Texas

Granny's Texas Bran Bread

TO PREPARE: 20 MIN. TO BAKE: 50-55 MIN.

(allow time for rising)

- 1½ cups boiling water
- 3 tablespoons butter
- 3 tablespoons dark brown sugar
- 2 tablespoons molasses
- 2 teaspoons salt
- 1 cup whole bran
- 1 pkg. active dry yeast
- ½ cup warm water (110°F to 115°F)
- 5 to 5½ cups sifted flour

1. Pour boiling water over butter, sugar, molasses, salt, and bran in a large bowl. Blend well and set aside to cool to lukewarm.
2. Meanwhile, soften yeast in warm water; let stand 5 to 10 min.
3. Beat 1 cup of the flour into the bran mixture. Add softened yeast and beat until smooth. Continue beating while adding about one-half of the remaining flour. Beat in enough remaining flour to make a soft, smooth dough.
4. Turn into greased bowl and lightly grease surface of dough. Cover with waxed paper and towel; let rise in a warm (80°F) place until doubled, about 2 hrs.
5. Turn out onto a lightly floured surface, divide into two portions, and shape dough into loaves. Put into two greased 8½x4½x2½-in. loaf pans. Cover; let rise in warm place until almost doubled.
6. Bake in a 325°F oven (not preheated) 50 to 55 min. Remove from oven and lightly brush tops of loaves with melted butter. 2 loaves bread

Mexican Chocolate

TO PREPARE AND COOK: 40 MIN.

- 4 sq. (4 oz.) unsweetened chocolate, grated
- 1 cup water
- 1 cup milk
- ½ cup firmly packed brown sugar
- 1½ teaspoons vanilla extract
- 1 teaspoon ground cinnamon
- ¼ teaspoon salt
- 3 cups milk

1. Combine the chocolate and water in the top of a double boiler. Heat over simmering water, stirring frequently, for 30 min.
2. Meanwhile, mix together 1 cup milk and the brown sugar. Set aside.
3. When chocolate mixture is cooked, stir in milk mixture together with the extract, cinnamon, and salt. Add the 3 cups milk gradually, stirring well. Continue heating over simmering water until very hot. Beat with rotary beater until frothy.

About 8 servings

Minted Cantaloupe Balls

TO PREPARE: 20 MIN.

- 1 large ripe cantaloupe
- ½ cup sugar
- 1½ teaspoons cornstarch
- Few grains salt
- ¼ cup water
- 12 mint leaves
- 1 tablespoon butter
- 2 drops green food coloring
- Mint sprigs

1. Rinse cantaloupe, cut into halves, and scoop out seedy center. Using a melon-ball cutter, cut out balls (about 3 cups) from melon. Cover and chill in refrigerator.
2. Mix the sugar, cornstarch, and salt together in a saucepan. Blend in the water. Stir in the mint leaves and bruise by pressing with back of a spoon. Stirring constantly, bring rapidly to boiling and cook until mixture is transparent and slightly thickened.
3. Remove from heat and strain. Mix in butter and then food coloring. Chill.
4. To serve, spoon chilled melon balls into chilled serving dishes and spoon sauce over melon. Garnish each serving with a mint sprig.

About 6 servings

A \$10 PRIZE-WINNING RECIPE FROM A FAMILY WEEKLY READER

Mrs. Christine Hodgkinson/Sacramento, Calif.

Kidney Bean-Rice Olympian

TO PREPARE: 30 MIN. TO COOK: 2 HRS.

- 1½ lbs. round steak, cut in 1-in. cubes
- 2 tablespoons olive oil
- 2 cups quick beef broth (2 beef bouillon cubes to 2 cups hot water)
- 2 teaspoons salt
- ¼ teaspoon black pepper
- 2 large cloves garlic, crushed
- 1 1-lb., 4-oz. can tomatoes
- 2 1-lb., 4-oz. cans kidney beans
- 1 cup sliced celery
- 1 large green pepper, diced
- 3 cups hot cooked rice
- 1 large head lettuce, finely shredded
- 3 medium-size onions, coarsely chopped

1. Heat olive oil in large, heavy skillet. Add meat and brown on all sides. Add the beef broth to the skillet; blend in salt, pepper, and garlic. Bring to boiling and simmer, covered, about 1 hr.
2. Stir in tomatoes, beans, and celery; continue simmering 30 min. Add green pepper and cook 30 min. longer.
3. To serve, spoon rice onto each serving plate, cover generously with shredded lettuce, and spoon a generous portion of the bean mixture over lettuce. Top each serving with about 3 tablespoons coarsely chopped onion.

About 8 servings