



PENNSYLVANIA DUTCH RECIPES

Flash un Kas

A delectable filling hides in these melt-in-the-mouth morsels of flaky cheese pastry.

TO PREPARE: 30 MIN.

TO BAKE: 8-10 MIN.

(allow time for chilling pastry)

1 cup butter, softened

8 oz. cream cheese, softened

2 cups sifted flour

Filling (goose liver paste or ground ham)

1. Cream butter and cream cheese together until

well blended. Add the flour and mix until smooth. Chill thoroughly; overnight is not too long.

2. Using a small portion of pastry at a time, roll pastry about 1/8 in. thick on a lightly floured surface; cut out rounds with a 2-in. cookie cutter.

3. For filling, mix together 2 oz. goose liver paste and 1 teaspoon each Worcestershire sauce and steak sauce, or mix together 2 oz. ground country-style ham and 1 teaspoon each steak sauce and catsup. (Each filling is enough for about 4 1/2 doz. appetizers.)

4. Spoon a rounded one-fourth teaspoonful of filling onto each round. Fold over and press edges together with a fork. Transfer to baking sheets.

5. Bake at 400°F 8 to 10 min., or until lightly browned. Serve hot. About 9 doz. appetizers

Note: These appetizers may be shaped earlier, refrigerated, and baked just before serving. Pastry may be wrapped in moisture-vapor-proof material and stored in refrigerator for several weeks.

Roast Chicken

This chicken, smothered with a sour cream coating which helps to hold in the natural juices, is steamed (not really roasted) to succulent perfection.

TO PREPARE: 30 MIN.

TO "ROAST": 1 1/2-2 HRS.

1 3- to 4-lb. chicken

Bread Stuffing (see recipe)

Salt

Black pepper

Butter, softened

1 cup thick sour cream

1. Rinse the chicken; pat dry with absorbent paper.

Family Weekly Cookbook

MELANIE DE PROFT

Food Editor

Rub the inside of chicken with a mixture of salt and pepper, then generously with butter. Fill with the stuffing; truss.

2. Put chicken into a roasting pan and cover.

3. Place in a 400°F oven. Cook 1 1/2 to 2 hrs., or until chicken is tender; about every 15 min. during cooking, spoon some of the sour cream over the chicken. Remove cover for the last 30 min. of cooking if a darker brown is desired.

4. For a thicker gravy, 1 tablespoon flour may be stirred into the liquid in pan after removing the chicken. Place pan over heat and bring mixture to boiling, stirring constantly; boil 1 min.

4 to 6 servings

Bread Stuffing

Soak 4 slices white bread in cold water and squeeze out all excess moisture. Using a fork, fluff bread and drizzle with 2 tablespoons melted butter. Blend into 1 slightly beaten egg a mixture of 1 teaspoon salt, 1/2 teaspoon black pepper, and 1/4 teaspoon poultry seasoning, then 1 teaspoon chopped parsley and 1 teaspoon grated onion. Add egg mixture to bread mixture and toss lightly until thoroughly mixed. If desired, finely chopped cooked giblets may be added to the stuffing.

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