

# CHICKEN BUFFET

Summer or winter, for family or guests, in candlelight or daytime informality . . . fried chicken is sure to be a popular feature of even the most lavish buffet

## Family Weekly Cookbook

MELANIE DE PROFT, Food Editor

### Herb-Fried Chicken

- 2 broiler-fryer chickens (about 2 lbs. each), cut into quarters
- 2 large cloves garlic, crushed in a garlic press or minced
- ½ cup butter
- 2 tablespoons finely chopped chives
- ½ teaspoon salt
- ½ teaspoon Accent
- ¼ teaspoon freshly ground black pepper
- 1 teaspoon crushed tarragon
- ½ teaspoon thyme

1. Rub chicken pieces with the garlic; set aside.
2. Heat butter in a large, heavy skillet. Blend in the chopped chives and then a mixture of the remaining ingredients.
3. Add chicken pieces to skillet and cook over low heat 40 to 50 min., or until the thickest pieces are tender, turning occasionally.
4. Transfer to a hot serving platter and garnish with sprigs of parsley. *6 to 8 servings*

### Banana Fritters

These golden morsels with creamy banana centers are a delectable accent for fried chicken.

- 1 cup sifted flour
- ¼ cup sugar
- 2 teaspoons baking powder
- 1½ teaspoons salt
- 1 egg, well beaten
- ½ cup milk
- 2 teaspoons shortening, melted
- 1 teaspoon vanilla extract
- Hydrogenated vegetable shortening, all-purpose shortening, or lard
- 3 medium-sized firm ripe bananas, cut diagonally into fourths
- 2 tablespoons flour

1. Blend 1 cup flour, sugar, baking powder, and salt together. Mix the egg, milk, melted shortening, and extract until well blended. Add to dry ingredients and mix until smooth.
2. Fill a large, heavy skillet with shortening to a depth of 1½ to 2 in.; heat to 375°F.
3. Roll banana pieces in remaining flour; dip into batter, completely coating the banana.
4. Fry in heated fat about 5 min., or until well browned, turning frequently. Drain. Temperature of fat should be maintained at 375°F.
5. Serve hot with the Herb-Fried Chicken. *12 fritters*

### Browned Rice with Peas

- 2 tablespoons butter
- ¾ cup uncooked rice
- 2 4-oz. cans sliced mushrooms, drained (reserve liquid)
- 1 chicken bouillon cube
- 2 tablespoons butter
- ¼ cup chopped onion
- 1 10-oz. pkg. frozen green peas, partially thawed
- 1 tablespoon soy sauce

1. Heat 2 tablespoons butter in a large, heavy skillet. Add rice and cook until golden brown, stirring occasionally.
2. Add enough water to reserved mushroom liquid to yield 1¾ cups. Stir the liquid and bouillon cube into the rice in skillet; cover and simmer 15 min.
3. Mix in the peas, cover, bring to boiling, and simmer about 10 min., or until the peas and rice are tender.
4. Meanwhile, heat remaining butter in a small skillet; add the mushrooms and onion and cook until lightly browned, stirring occasionally. Add with soy sauce to rice; toss lightly to mix.
5. Serve immediately. *6 to 8 servings*

### Spicy Fruit Salad Mold

- 1 13-oz. can frozen grapefruit sections, drained (reserve ½ cup sirup)
- 1 3-in. cinnamon stick
- 6 whole cloves
- ¼ teaspoon salt
- ¼ cup cider vinegar
- 2 tablespoons sugar
- 1 6-oz. pkg. orange-flavored gelatin
- 2½ cups boiling water
- 1 8-oz. pkg. cream cheese, softened
- 1 tablespoon cream
- 2 teaspoons grated onion
- ¼ cup finely chopped pecans
- 1 cup unpared diced apple
- ½ cup diced celery

1. Combine reserved grapefruit sirup, cinnamon, cloves, and salt in a saucepan; cover and simmer 10 min. Remove from heat; let stand 5 min. Remove spices; stir in vinegar and sugar.
2. Meanwhile, pour boiling water over gelatin

- and stir until completely dissolved. Mix in spiced grapefruit sirup and set aside to cool.
3. Blend cream cheese, cream, and onion together until thoroughly mixed; add 1 cup of the gelatin to the cheese mixture gradually, blending thoroughly. Stir in the nuts.
4. Chill remaining gelatin until slightly thicker than the consistency of thick, unbeaten egg white; stir occasionally.
5. Fold in grapefruit sections, apple, and celery. Turn into a 1½-qt. fancy mold, which has been rinsed with cold water. Chill the layer until set, but not firm.
6. Spoon cheese mixture into mold over first layer. Chill until firm, about 3 hrs.
7. Unmold onto a chilled serving plate lined with crisp greens. *About 6 servings*



### Pound Cake Ring

- 2 cups sifted cake flour
- 1½ teaspoons baking powder
- ½ teaspoon salt
- 1 cup butter
- 1½ teaspoons vanilla extract
- 1¼ cups sugar
- 4 eggs, beaten until thick and piled softly
- ½ cup milk

1. Butter bottom of a 3-qt. ring mold; set aside.
2. Blend the cake flour, baking powder, and salt together; set aside.
3. Cream butter and extract. Add sugar gradually, creaming until fluffy. Add eggs in thirds, beating thoroughly after each addition.
4. Beating only until smooth after each addition, alternately add dry ingredients in fourths and milk in thirds. Turn into mold.
5. Bake at 325°F for 40 min., or until cake tester inserted in center of cake comes out clean. Cool 10 min. in mold on cooling rack; remove from mold and cool completely.
6. Cut into slices and serve topped with Pistachio Cream Topping. *One ring-shaped cake*

### Pistachio Cream Topping

- 2 eggs, well beaten
- ½ cup light corn sirup
- 2 tablespoons sugar
- ¼ teaspoon salt
- 1 tablespoon lemon juice
- 1 cup chilled whipping cream
- 1 teaspoon vanilla extract
- ½ teaspoon almond extract
- 5 drops green food coloring
- ¼ cup pistachio nuts, chopped

1. Mix the eggs, corn sirup, sugar, salt, and lemon juice together in top of double boiler. Cook over simmering water until mixture is smooth and slightly thickened, about 10 min., stirring constantly.
2. Remove from heat and set aside to cool; chill thoroughly.
3. When ready to serve, beat cream until of medium consistency (piles softly). With final few strokes, blend in the extracts and food coloring until evenly mixed.
4. Gently fold the chilled egg mixture into the whipped cream until just blended. Then fold in the pistachio nuts.
5. Serve on slices of Pound Cake Ring. *¾ cups sauce*

Buffet fare—Herb-Fried Chicken, Browned Rice and Peas, and a ring of pound cake. Serve with tingling glasses of iced coffee.

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