

VERSATILE CHICKEN

■ Today's tender, flavorsome, full-breasted chickens cost even less than they did 30 years ago. Scientific selection, feeding, and growing methods have improved the breed and make it easier than ever to fill your pot, roaster, casserole, skillet, or barbecue with chicken-as-you-like-it. And millions of American families do! Now, when chickens are so plentiful, so economical, and so delicious, these FAMILY WEEKLY recipes should tempt you to enjoy this most versatile food.



Golden brown chicken and creamy spaghetti make a luxurious entree worthy of a special family or company meal.

Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

Lemon-Flavored Chicken

See recipe for *Potato-Coated Chicken*. Dip unseasoned chicken pieces into Lemon Butter (see recipe), then coat with corn meal, seasoned flour, or crumbs (bread or cereal). Omit butter; proceed as directed.

Lemon Butter—Blend together $\frac{1}{4}$ cup melted butter or margarine, $\frac{1}{4}$ cup cooking oil, 3 tablespoons lemon juice, $\frac{1}{4}$ teaspoon seasoned salt, and $\frac{1}{4}$ teaspoon Tabasco.

Honey-Glazed Chicken

See recipe for *Potato-Coated Chicken*. Dip unseasoned chicken pieces into Honey Glaze (see recipe), then coat with corn meal, flour, or crumbs (bread or cereal). Omit butter; proceed as directed.

Honey Glaze—Blend together $\frac{1}{2}$ cup honey, $\frac{1}{3}$ cup soy sauce, 6 tablespoons lemon juice, 2 teaspoons dry mustard, and 2 cloves garlic, minced.

Flavor-Full Broiled Chicken

Spread chicken pieces generously with an herb butter, Lemon Butter, or Honey Glaze (see recipes), spreading some of the butter between the skin and meat. Place, skin-side down, in a shallow pan or broiler pan without rack. Broil about 9 in. from heat source for 25 to 30 min., brush-

ing occasionally with the butter or glaze. Turn and broil, continuing to brush, for an additional 20 min., or until tender. *About 4 servings*

Herb Butters

Rosemary Butter—Blend together $\frac{1}{2}$ cup butter or margarine, softened, $1\frac{1}{2}$ teaspoons rosemary leaves, crushed, and 2 tablespoons snipped chives.

Tarragon Butter—Blend together $\frac{1}{2}$ cup butter or margarine, softened, and $1\frac{1}{2}$ teaspoons tarragon leaves, crushed.

Herb-Garlic Butter—Blend together $\frac{1}{2}$ cup butter or margarine, softened, 1 clove garlic, minced, $\frac{3}{4}$ teaspoon thyme, and $\frac{1}{4}$ teaspoon curry powder.

Gourmet Baked Chicken

Fill a skillet with butter or margarine to $\frac{1}{4}$ -in. depth. Heat until a drop of water sputters. Add broiler-fryer chicken pieces and brown evenly. Cover and cook over low heat until tender, about 15 min. Transfer to a shallow baking pan; sprinkle with salt, pepper, and paprika. Pour $1\frac{1}{2}$ cups heavy cream over chicken. Bake at 300°F for 30 to 45 min., or until cream thickens; baste occasionally. *About 4 servings*

Chicken Kumquat

- 1 broiler-fryer chicken, cut up
- $\frac{1}{2}$ cup flour
- 1 teaspoon salt
- $\frac{1}{4}$ teaspoon black pepper
- $\frac{1}{2}$ teaspoon rosemary leaves, crushed
- $\frac{1}{2}$ cup butter or margarine
- 1 8-oz. jar kumquats and sirup
- 3 tablespoons coarsely chopped crystallized ginger
- 1 cup chicken broth
- Sliced almonds, toasted

1. Coat chicken pieces evenly with a mixture of flour, salt, pepper, and rosemary.
2. Heat butter or margarine in a skillet. Add chicken pieces and brown evenly over medium heat (about 15 min.). When chicken is browned, place pieces in a shallow baking pan.
3. Put kumquats and sirup in blender container; blend until smooth. Mix kumquat purée, ginger, and chicken broth with drippings in skillet. Heat to boiling. Pour sauce over chicken.
4. Bake at 350°F about 45 min., or until tender, basting several times. Garnish with almonds.

About 4 servings

From the Family Weekly Fact File on Poultry

1. Rinse chicken with cold water (do not soak) and pat dry with absorbent paper before coating and/or cooking.
2. Use tongs for ease in handling and turning chicken while cooking.
3. Begin with the skin-side down to pan-fry, oven-fry, and broil chicken. Arrange pieces one layer deep. Chicken should fill the pan without crowding the pieces.
4. Adjust cooking time according to weight of chickens; time given in recipes is approximate. Chicken is done when the thickest pieces can be easily pierced with a fork.
5. Use the following recently developed method for batter-frying chicken. Fry the chicken until tender and drain on absorbent paper, then dip the pieces in batter and fry in shallow ($\frac{1}{2}$ to 1 in.) or deep fat just long enough to brown the coating. We recommend this method to insure adherence of the batter during frying.



Good Morning!

Here's a cookbook with an eye-opening array of breakfast breads, eggs in the grand manner, attractive servings of poultry, fish, and breakfast meats for party meals in the late morning.

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