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In The
**EARLY
AMERICAN
TRADITION**

■ Nostalgic as the butter churn—authentic as an old spinning wheel—are these treasured, generation-to-generation recipes



This apple pie, with its attractive golden crunchy topping, combines the best of many old-time recipes.

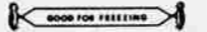
Apple-Cheese Crumble Pie

- TO PREPARE: 40 MIN. TO BAKE: ABOUT 40 MIN.
- 1/2 to 3/4 cup sugar
 - 1/2 cup firmly packed brown sugar
 - 1 teaspoon ground cinnamon
 - 1 pkg. pie-crust mix
 - 3 tablespoons butter
 - 2 cups shredded Cheddar cheese
 - 3 tablespoons cold water
 - 2 lbs. (6 to 7 medium size) tart apples, washed, quartered, cored, pared, and sliced (about 6 cups, sliced)
 - 1 tablespoon flour
 - 1/2 teaspoon ground nutmeg
 - 1/4 teaspoon ground mace
 - 1/2 cup coarsely chopped pecans

1. Blend the sugars and cinnamon with 1 cup of the pie-crust mix in a bowl. Cut in the butter and set aside for pie topping.
2. Mix 1 cup of the shredded cheese into remaining 1 cup pie-crust mix. Add water and mix lightly. Roll out dough on lightly floured surface about 1 in. larger than over-all size of 9-in. pie pan. Fit pastry into pie pan; flute or press edges with a fork.
3. Spoon the apples into pastry shell; sprinkle with a mixture of flour, nutmeg, and mace, and then the nuts. Cover with one-half the topping mixture and remaining cup of cheese. Complete with remaining topping mixture.
4. Bake at 375°F about 40 min. One 9-in. pie (Continued)

Family Weekly Cookbook / MELANIE DE PROFT, Food Editor

Chicken Fricassee



TO PREPARE: 15 MIN. TO COOK: 2 TO 3 HRS.

- | | |
|--|-------------------------|
| 1 stewing chicken, 4 to 5 lbs., ready-to-cook weight | 1 bay leaf |
| 1 large onion, quartered | 2 teaspoons salt |
| 6 stalks celery with leaves, cut in pieces | 3 peppercorns |
| 1/2 bunch parsley | 1/4 cup flour |
| | 1 cup cream |
| | 2 teaspoons lemon juice |

1. Disjoint chicken and cut into serving-size pieces. Rinse chicken pieces and giblets. Pat liver dry with absorbent paper and refrigerate. Put chicken, gizzard, heart, and neck into a kettle. (If desired, brown chicken pieces in a skillet with hot fat; pieces may be coated with seasoned flour before frying.) Add hot water to barely cover. Add onion, celery, parsley, bay leaf, salt, and peppercorns. Bring water to boiling; remove foam. Cover kettle tightly, reduce heat and simmer 2 to 3 hrs., or until thickest pieces of chicken are tender when pierced with a fork. During last 15 min. of cooking, add the liver. Remove chicken and giblets from broth. Strain broth and cool slightly; skim off fat.
2. Heat 4 tablespoons of the chicken fat in the kettle; blend in flour. Heat until mixture bubbles, stirring constantly. Remove from heat. Continue stirring and gradually add 2 cups of the chicken broth and the cream. Bring mixture rapidly to boiling; cook 1 to 2 min. longer. Blend in the lemon juice. Add chicken pieces and heat thoroughly.
3. Serve chicken and gravy in a warm serving dish; garnish with parsley. 4 to 6 servings

Note: For additional flavor, add 1 1/2 teaspoons Accent and 1 chicken bouillon cube to cooking liquid.

Chicken and Dumplings

Follow recipe for *Chicken Fricassee*. Prepare dumplings about 30 min. before chicken is tender. Add liver and dumplings to kettle. Cover tightly and continue cooking over medium heat 20 min. without removing cover. Remove dumplings and chicken to a warm serving dish; keep warm. Prepare gravy and spoon over chicken and dumplings.

For Dumplings—Sift together into a bowl 2 cups sifted flour, 4 teaspoons baking powder, and 1 teaspoon salt. Cut in 1 tablespoon shortening with a pastry blender or two knives until mixture resembles rice kernels. Quickly stir in 3/4 cup milk with a fork until just blended. Bring cooking liquid to boiling. Drop batter by spoonfuls on top of chicken. Dumplings should rest on chicken; if they settle down into liquid, they may become soggy. If necessary, before adding batter, pour off excess liquid to prevent this. Cover kettle tightly and proceed as directed.

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