

Swing into Fall with an Imaginative Menu

Family Weekly Cookbook • MELANIE DE PROFT, Food Editor

Chicken Pilaf

TO PREPARE: 45 MIN.

TO COOK: 1 HR.

- 2 2-lb. broiler chickens, cut in serving-sized pieces
- 4 1/4 cups chicken stock*
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 1/2 teaspoons Accent
- 1/4 cup butter (use half olive oil, if desired)
- 1 large clove garlic, minced
- 1 teaspoon crushed marjoram
- 6 slices bacon, diced
- 2 medium-sized onions, chopped
- 2 medium-sized green peppers, chopped
- 3 medium-sized ripe tomatoes, cut in eighths
- 1 teaspoon celery salt
- 2 1/2 cups uncooked rice
- 1 1-lb., 14-oz. can sliced pineapple, drained

1. Prepare chicken stock ahead of time.
2. Season chicken breasts, thighs, and drumsticks with a mixture of salt, pepper, and Accent.
3. Heat butter and garlic in a Dutch oven. Add chicken and brown on all sides. Sprinkle with marjoram and add 1/2 cup hot chicken stock. Cover and simmer 20 to 30 min., or until chicken is tender. Transfer chicken and drippings to a large bowl.
4. In same Dutch oven, fry bacon until crisp; remove to bowl with chicken. Measure fat and set aside 1/4 cup. Add enough butter to remaining fat to make 3 tablespoonfuls and return to Dutch oven.
5. Add onion and green pepper to fat and cook 3 min., stirring occasionally. Stir in tomatoes and celery salt; cook only until tomatoes are heated but not soft. Season mixture with 1/4 teaspoon salt and 1/2 teaspoon black pepper; spoon over chicken.
6. Return the 1/4 cup fat to Dutch oven; add rice. Cook slowly, stirring frequently, until rice is golden.
7. Heat remaining 3 3/4 cups chicken stock to boil-



Chicken Pilaf, a hearty one-dish specialty, sets the mood for a gay, informal September dinner.

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ing; add to rice with 2 teaspoons salt and 1/2 teaspoon freshly ground black pepper. Cover closely and cook over low heat until liquid is absorbed, about 25 min. Gently stir in the vegetables and bacon. Spoon chicken (with drippings in bowl) over vegetables and put 3 pineapple slices (cut in wedges) on top. Cover and cook over low heat until mixture is heated through.

8. To serve, pile rice and vegetables onto a large platter; place chicken on top. Surround with remaining pineapple slices, lightly browned in 2 tablespoons butter. *About 8 servings*

*To prepare stock, put chicken backs, necks, wings, and gizzards into a sauce pot. Cover with 6 cups water. Add 1/4 cup chopped onion, celery tops, 2 sprigs parsley, 2 teaspoons salt, 6 whole cloves, and 3 peppercorns. Cover and simmer until broth is richly flavored; cool, strain, and refrigerate.

Chilled Curried Pea-Onion Soup

CONVENIENCE FOOD RECIPE

TO PREPARE: 10 MIN. (allow time for chilling)

- 1 1-lb., 1-oz. can green peas and onions
- 2 teaspoons curry powder
- 1/2 teaspoon Accent
- 1/2 teaspoon salt
- 1 cup whipping cream

Pour contents of can of peas and onions into blender. Add remaining ingredients and blend until creamy and smooth. Chill thoroughly. Garnish servings with chopped chives. *4 to 6 servings*

A \$10.00 Prize-Winning Recipe
from a Family Weekly Reader

Mrs. E. G. Olsson, Jr.

22 Pool Rd., New Haven, Conn.

Skillet-Cooked Stuffed Artichokes

TO PREPARE AND COOK: 30 MIN.

- 2 10-oz. pkgs. frozen artichoke hearts, thawed
- 1/4 cup butter or margarine
- 1 cup fine dry bread crumbs
- Italian salad dressing (about 1/2 cup)
- 1/2 teaspoon basil
- 1/4 teaspoon oregano
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

1. Melt butter in heavy skillet over medium heat; add artichoke hearts and cook about 5 min., turning once. (Do not brown.)
2. Meanwhile, blend enough Italian salad dressing with crumbs to moisten. Stir in a mixture of basil, oregano, salt, and pepper. Form mixture into mounds about 1 in. in diameter.
3. Turn all artichoke hearts cut side up and place a mound of stuffing on each. Press down gently to keep stuffing in place while artichokes are cooking.
4. Add 1 cup boiling water to bottom of skillet, cover, and cook over low heat about 15 min., or until artichokes are just tender. (Do not over-cook.) *About 8 servings*