

Chicken Breasts Menu Delicacy

(Continued From Page 1-B)

prepared stuffing mix. Pour over boiling water; mix well. Fill breast pockets with stuffing; secure with skewers. Place on rack in shallow baking pan. Brush with remaining butter, melted. Bake in moderate oven (350 degrees) one hour. Sprinkle with truffles. Supreme Sauce. Yield: 12 servings.

SUPREME SAUCE

3 tablespoons butter or margarine
3 tablespoons flour
2 chicken bouillon cubes
1 1/2 cups boiling water
1/2 cup heavy cream
2 egg yolks
1/4 cup sherry, optional
1/2 teaspoon paprika

CHICKEN BREASTS AMANDINE

3 large broiler-fryer breasts, boned
1 teaspoon Ac'cent
Salt and pepper
1/2 cup butter or margarine, divided
1 tablespoon finely chopped onion
1-3 cup split, blanched almonds
1 teaspoon tomato paste
1 tablespoon flour

to pamper your cat...



all tuna
liver'n meat
chicken
chopped fish
meaty mix
kidney'n meat

6 Dr. Ross' CAT FOODS

1 chicken bouillon cube
1 1/4 cups water
Pinch dried tarragon

Halve breasts, remove skin. Sprinkle with Ac'cent, salt and pepper. Melt six tablespoons butter in skillet. Add chicken breasts and saute, turning occasionally, until brown and cooked through. Remove chicken. To juices in pan add remaining two tablespoons butter, onion and almonds. Cook over low heat until almonds are brown. Blend in tomato paste, flour and bouillon cube. Gradually add water and cook, stirring constantly, until mixture thickens and comes to a boil. Add cooked chicken breasts and tarragon; cover and simmer 20 minutes. Yield: 6 servings.

GREEN PEAS STIR CHICKEN

2 broiler-fryer chicken breasts, boned
1 1/2 teaspoons Ac'cent, divided
1 teaspoon salt
4 tablespoons salad oil, divided
1/4 pound mushrooms, sliced
1 small onion, thinly sliced
1 tablespoon cornstarch
1/4 teaspoon ginger
1/2 cup water
1 tablespoon soy sauce
1 package (10 ounces) frozen peas, thawed

Cut chicken meat into thin strips; discard skin. Sprinkle with one teaspoon of the Ac'cent and salt. Heat two tablespoons of the oil in skillet. Add mushrooms and stir-fry two minutes. Remove mushrooms. Heat remaining two tablespoons of oil in skillet. Add chicken and onion; stir-fry two minutes. Combine cornstarch, ginger, water and soy sauce. Add to skillet with mushrooms and thawed peas. Cook, stirring, two minutes. Serve with hot cooked rice. Yield: 4 servings.

Red caviar is delicious added to canned maitre and served as dressing for sliced avocado on crisp greens.

"MEAT-LOAFING"

With very little time and work, you can make wonderful meat loaf!

The Secrets:

—A bright bit of seasoning, a combination of meats, a thorough blending of ingredients, and an interesting shape.

ALL ABOUT FOOD

By Tested Recipe Institute

A Meat Loaf Will Come Out Of The Pan Easily if you first line pan with bacon strips.

Bacon flavors loaf, and serves as garnish.



A Surprise Center Of Processed Cheese —Cheddar or Swiss— will melt through loaf as it bakes, adding tang, color and creamy texture.



10-2

Rice Is Versatile, Tasty And Nutritious

The bread-cereal category is one of the essential four food groups recommended in the guide of foods needed daily to help us keep and feel fit. In this "Food for Fitness" guide, prepared by nutritionists of the U.S. Department of Agriculture, it is recommended that everyone have daily four or more servings from this particular food group. These foods are important as sources of energy.

They furnish iron, several of the B-vitamins and protein. Cereal protein is not a complete protein, however, and serves body needs best when coupled with a food which furnishes high quality protein, such as milk.

Breads and cereals are good food buys and are included more frequently and in greater quantity usually in a low-cost diet. Their appearance on the family table, however, need not be in the same dress. Take, for instance, that favorite cereal grain—rice. It is a versatile ingredient, and is equally at home at breakfast, lunch or supper, or dinner. At breakfast, rice may be the cereal, served hot or cold

with evaporated milk and a light sprinkle of brown sugar for extra goodness. For lunch or supper, rice adds substance to a vegetable chowder, as suggested in the recipe here. For dinner, rice and chicken team for a delicious main dish—

RICE AND VEGETABLE CHOWDER

1/4 cup uncooked rice
3 cups water
1 1/2 teaspoons salt
2 cups chopped raw vegetables
1 tall can evaporated milk (12-3 cups)

Boil rice in the water until almost tender. Add salt and chopped vegetables and continue cooking until vegetables are just tender. Add evaporated milk and heat. Makes six servings.

Vegetables can be of your choosing, but any combination of these make a flavorful chowder: onions, turnips, carrots, greens, tomatoes, celery, green beans and peas.

CHICKEN AND RICE

1 small chicken (2 to 2 1/2 pounds), cut up
3 cups water
1 teaspoon salt
1 tall can evaporated milk (12-3 cups)
1 1/2 cups uncooked rice
1 teaspoon salt
1/4 teaspoon pepper

Place chicken pieces in a large kettle. Add water and one teaspoon salt, and bring to a boil. Lower heat, cover kettle and cook chicken slowly until tender. Remove chicken and set aside. Measure broth in kettle. Add sufficient water to broth to make 4 1/2 cups. Return liquid to kettle. Add the one teaspoon salt and pepper. Bring to a boil over medium heat. Add rice gradually. Continue cooking until rice is tender and mixture is thickened, about 30 minutes, stirring often.

Meanwhile, remove chicken from bones and cut into small chunks. When rice mixture is thickened, add chicken and continue cooking five to 10 minutes longer, stirring often. Serve hot. Makes six to eight servings.

RICE AND CHEESE LOAF

1/2 cup uncooked rice
1 cup water
1/2 teaspoon salt
1 cup shredded Cheddar cheese (3/4 pound)
1 tall can evaporated milk (12-3 cups)
2 eggs
1/2 teaspoon salt
1/2 teaspoon grated onion

Mix rice, water and 1/2 teaspoon salt in a heavy saucepan. Place over high heat. When water comes to a boil, turn heat down to medium low. Stir once with a fork. Cover pan tightly and cook slowly 12 to 14 minutes, or until all liquid is absorbed. Meanwhile, place cheese and evaporated milk in a saucepan over very low heat, and stir until cheese is melted and sauce is smooth. Remove from heat to cool. Beat eggs, then add the 1/2 teaspoon salt and onion. Stir in cooled cheese sauce, then rice. Pour into a well greased loaf pan. Bake in a preheated moderate oven (350 degrees) until set, about one hour. Makes six servings.

CREAMY RICE PUDDING

1/2 cup uncooked rice
1 cup water
1/2 teaspoon salt
1 egg
1-3 cup sugar
1/2 teaspoon salt
1 tall can evaporated milk (12-3 cups)
1/2 cup boiling water
1 teaspoon vanilla
1/4 teaspoon nutmeg, if desired
1/2 cup raisins, if desired

Mix rice, the one cup water and 1/2 teaspoon salt in a heavy saucepan. Place over high heat. When

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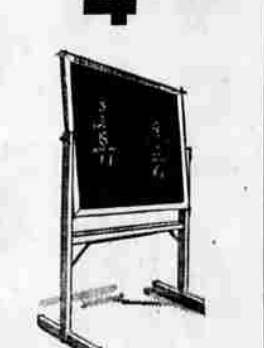
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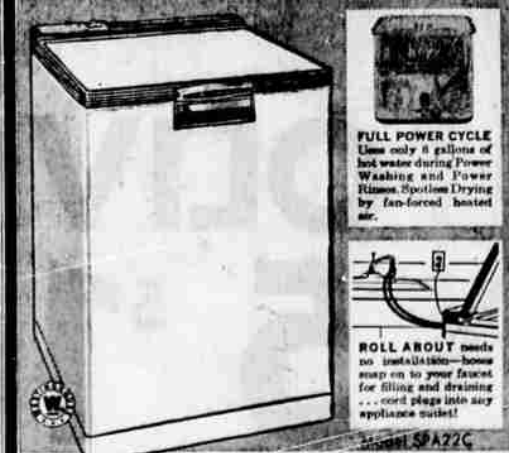


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