

# Food Forum

**Dorothy Johnson**

A NATION IS AS HEALTHY AS ITS FOOD

WE IN AMERICA are privileged people. . . . We have, in abundance, a greater variety of food at all seasons of the year than any other people in the world. Out of this bounty, the meal-planner must select the right food to build the health and stamina of her family. To do this, she must know what to choose.

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## THE MEAL PLANNER'S CREED

The health of my family is in my care; therefore--I will spare no effort in planning the right amounts.

Spending the food dollar for maximum value is my job; therefore--I will choose from the variously-priced food to save money without sacrificing health.

My family enjoyment of food is my responsibility; therefore--I will increase their pleasure by planning for variety, for flavorful dishes, for attractive color, for appetizing combinations.

My family's health, security, and pleasure depend on my skill in planning meals; therefore --I will treat my job with the respect that is its due.

THERE WAS A TIME when serving chicken marked a special occasion, special guest or Sunday meal. Today, chicken seems to be the most economical buy and can be found on the table almost any day. There are many ways to prepare chicken, and on occasion we like to dress it up some other way other than frying, smothering, or even that tasty, always welcome, pot of chicken and dumplings. Here are a few new ways of preparing the "Gospel bird".

### \*Chicken Paprika\*

- 1 chicken cut up
- 8 slices bacon diced
- 1/4 cup chopped onion
- 1/2 cup flour plus 2 tablespoons
- 2 tablespoons paprika
- 1 cup chicken broth (use 1 cube chicken bouillon)
- 2/3 cup milk
- 1-1/2 cup sour cream (commercial)

Saute onions and bacon until light golden brown. Combine 1/2 cup flour, 1/2 teaspoon paprika and 1-1/2 teaspoons salt. Dredge chicken in flour mixture. Brown chicken in bacon drippings, cover and simmer 15 minutes. Remove chicken, drain all but 2 tablespoons of drippings--add 2 tablespoons flour, broth, milk and 1-1/2 tablespoon paprika. Stir until thickened. Return chicken and simmer until tender. Combine bacon, onions to sour cream--pour over chicken. Heat from 3 to 5 minutes.

### \*Chicken La Bodega\*

- 1 (2-1/2 to 3 lb) chicken--cut up
- 1 teaspoon salt
- 1/3 cup olive oil
- 1 teaspoon paprika
- 4 tablespoons butter or margarine
- 1 cup cooked rice
- 1 cup chicken stock
- 1 cup white wine
- 1/2 cup pitted ripe olives
- 1 pkg. frozen peas--Bayleaf

Brown chicken in olive oil. In another pan, melt butter--add rice and toast rice until golden brown. Stir occasionally for 10 minutes. Add white wine and chicken stock. Simmer covered for 10 minutes. Add rice, chicken and olives. Bake in covered dish for 20 minutes in 350 F. oven. Stir in thawed peas--cover and continue to bake 20 minutes.

### \*Glazed Chicken Wings\*

- 6 pairs chicken wings, salt, pepper, flour
- 1/2 cup margarine
- 1 small can beef broth
- 1 small jar apricot preserves
- 1/3 cup prepared mustard
- 1/4 cup brown sugar

Saute chicken that has been dredged in salted flour. Add broth--continue cooking until tender. Meanwhile stir together apricot preserves, brown sugar and mustard--cook until bubbly. Place chicken on cookie sheet. Brush or com-

The COVE

Free BINGO Starting Mon. Feb. 14

2:30 p.m.

4:30 p.m.

8:30 p.m.

FREE \$50000 COVERALL GAME

## "The Grand" Enjoys West(ern) Hospitality



GRAND EXALTED RULER of the I.B.P.O.E. of the World, Hobson R. Reynolds and his ebullient spouse, Evelyn, were the honored guests of VOICE Publisher Dr. Charles I. West and his "hostess with the mostest" spouse, Friday evening (and Saturday morning).

A grand time was had by "The Grand" and all--The Reynolds who had been making a week's visit to Las Vegas are swingers as are their host and hostess, and other invited guests. The deceivingly demure group photo pictures in front row (l-r) Mrs. Charles "Dottie" West, Dr. West, Clarence Ray, Dr. Roy George DeHay and Dave Hoggard. Back row: Bill Graham, Mrs. Evelyn Reynolds, Mr. and Mrs. Banks, The Grand, Mrs. Ida Mae Crockett, Bob Reid and Mrs. DeHay.

The gay foursome in top left photo are (l-r) The Doctor, The Grand's spouse, Evelyn, "The Grand" and the Doctor's spouse, Dottie.

Girl talk is obviously going on in center left picture while (l-r) Mrs. Avanelle Lewis, Mrs. Myrtle Banks, Mrs. Ida Mae Crockett and Mrs. Thelma Toms are completely oblivious to the all-seeing camera.

Where the action was is shown in lower left photo as Attorney Bob Reid digs the younger West son, Rocci's technique. Rocci so captivated the Reynolds they vowed to take him home with them on their return from Puerto Rico. Rocci now prefers to be called by his new name--"The Baby Grand."

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pletely cover with glaze. Broil--turn over and repeat. Serve with rice.

### \*Calico Chicken with Rice\*

Combine 2 cups dairy sour cream and 1/2 envelope dry onion soup mix. Place 2-1/2 to 3 lb. (cut up) broiler-fryer in dutch oven. Add 2 cups water, 1 cup dry sherry, 1 teaspoon salt, dash pepper and 1/2 teaspoon basil. Cover and cook over low heat until tender. Meanwhile, cook 2 cups long grain rice--remove chicken from broth--cook liquid until reduced to 1-1/2 cups. Blend in 1 can mushroom soup--stir in sour cream mixture, chicken and rice.

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