

FOOD FORUM *

Dorothy Johnson

(Additional recipes to add to suggestions for serving chicken given in last week's Food Forum "Much More Than a Bird".)

CHICKEN ASPIC

It is difficult to find a more delightfully attractive or delightfully tasteful dish than Chicken in Aspic--this summertime cool treat of chicken breast chilled with an easy to do, really delicious consomme glaze.

Soak 1 tbsp. gelatin in 1/4 c. cold water. Dissolve it in 2 c. boiling chicken broth or stock. Add seasonings, if needed. Chill, and when gelatin begins to set, rinse a mold in cold water and fill with 1/2 in. of the jelly. Build up layers of 3 c. cooked, diced chicken and jelly. Ornament the layers with 1 c. canned mushroom caps, 2 hard-cooked eggs, 12 sliced stuffed olives. Chill jelly until firm. Unmold and serve with lettuce and mayonnaise.

CHICKEN SALAD

A traditional "party" dish, chicken salad should taste of chicken; the other ingredients being present only to add variety of texture and to enhance the flavor. So always keep the proportions of at least twice as much chicken as the total of other ingredients.

Dice: 2 c. cooked chicken and 1 c. celery. Mix with 1/4 c. salted almonds and 1 c. mayonnaise. Season salad, as required, with salt and paprika. Serve on lettuce, garnished with pimiento, olives, sliced hard-cooked eggs, and capers. You may stuff avocado's and tomatoes with chicken salad.

ORIENTAL CHICKEN and RICE SALAD

1-1/2 c. diced cooked chicken, tart French dressing, 2 c. cooked rice, 1 c. chutney, mayonnaise, grated coconut.

Marinate chicken in French dressing for an hour or so. Combine with rice and chutney. Chill thoroughly. Heap in mounds on greens and top with fresh grated coconut. Much of the flavor of this salad depends upon the kind of chutney you use. Select one that's really fruity, but not oversweet.

CURRIED CHICKEN SALAD

Whip until stiff, 3/4 c. heavy cream. Blend into the cream, 3/4 c. mayonnaise, 1 tsp. curry powder, salt and pepper to taste. Mix 2 c. diced cooked chicken, 1 c. diced celery, 1 c. diced peeled apple, 2 tbsp. minced onion, 1/2 c. diced, drained cucumber. Add dressing and mix well. Serve on lettuce.

CHICKEN SALAD JOMAR

Simmer 1 large stewing chicken to which is added 3 small onions, 2 stalks celery, 1 bay leaf. When tender, but not falling apart, (about 3 hrs.) remove chicken. Pull off skin and bones and return them to stock pot to boil for another hour or two for use another day.

When chicken meat has cooled, dice it into large pieces--1-1/2 in. square if you have a ruler handy--and refrigerate. Mix up dressing by folding these ingredients together gently:

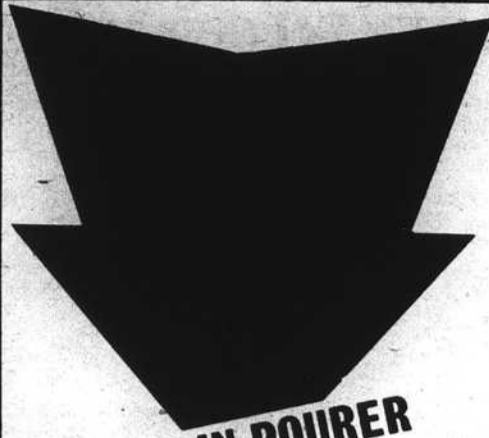
1/2 c. heavy cream, whipped; 1/2 c. mayonnaise, 1 tsp. catsup, 1 tsp. worcestershire sauce, 1 tsp. A-1 sauce, juice of one lemon, 1/2 tsp. Cognac.

All this may be done the day before. Just before serving, add to cold chicken cubes 2 large oranges (sectioned) or 2 drained cans of Mandarin oranges, 2 sliced bananas, slightly green, or at least firm; 1 lb. seedless green grapes. Very gently, so as not to bruise the fruit, fold over the dressing. Spoon into cups of small lettuce leaves.

CHICKEN PICKLE ASPIC

4 tbsp. gelatin, 1 c. cold chicken stock, 5 c. hot chicken stock, 2 c. chopped sweet fresh cucumber pickle, strips of pimiento for garnish.

Soften gelatin in cold chicken stock and dissolve it in the boiling stock. Chill gelatin until it is slightly thickened and syrupy. Fold in



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Lovely Miss Sepia '67 At Home



ALTHEA HALL--Winner of Prometheus Circle's "Miss Sepia '67 Contest" is a student at Clark High School and a veteran award winner... The attractive young miss has earned awards in dancing, singing, and for her efforts as a fund-raiser for crippled children. She was the recipient of a singing trophy from Gamma Phi Delta Sorority. Althea, whose ambition is to become a psychiatrist hopes to finance her education through part-time modeling. Miss Sepia '67 measures 32-24-36 and is working this summer at Lorenzi Park as a life guard. Althea loves travel and has visited Washington, D.C., New York, Mexico, Texas, Colorado, Virginia, New Jersey, Ohio, and Illinois.

Woman Wins Council Seat

JACKSONVILLE, Fla. - (NPI)--Mrs. Mary Singleton has become the first Negro woman in 60 years to be named to the city council, having swamped William E. Thompson, white, 21,370 votes to 16,158, in a Democratic runoff. She has no Republican opposition in the forthcoming general election.

chopped pickles and turn into a 2-quart mold. Chill overnight and unmold on platter of shredded lettuce, garnish with pimiento and strips of pickle.

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