

FOOD FORUM

DOROTHY JOHNSON

FRIED CHICKEN

Fried chicken used to be a favorite Sunday dinner, for picnic's and when traveling. Today, its use is more than special occasions, because meat prices have soared sky high and it is a budget stretcher. Chicken is a favorite all over the world. Distinctive native dishes have been created by cooks everywhere, but, fried chicken is synonymous with America.

It may be fried in fat, sauteed in butter, or oven fried, dipped in butter, simmered in champagne, or smother with sauce, the possibilities are boundless.

CRISP FRIED CHICKEN

Cut 2 frying chickens, each weighing about 2-1/2 lbs., into serving pieces, remove and reserve back bones, and the trimmings. Make a chicken stock: Put the back bones, trimmings and giblets in a saucepan with 1 stalk of celery, 1 garlic clove, 1 onion, sliced, a sprig of parsley and salt to taste; add water to cover and simmer stock until it is strong and flavorful. In a shallow dish mix 1 cup of flour with salt and paprika. Rinse the chicken pieces under running water and without drying, roll them in the flour mixture. In a large or 2 medium heavy cast iron skillets saute' the chicken in 3 tbsp. each of butter and shortening until it is golden brown on all sides. Remove the pans from the heat. Add 1/4 cup of chicken broth to each one. Put the pans in a moderate oven (350 degrees) and bake chicken for 50 minutes, or until it is crisp and done. Remove chickens to a heated serving platter reserving 1/4 cup of the drippings in one of the skillets. Make a sauce: To reserved drippings add 1/4 cup of flour and cook the roux stirring constantly, until it is brown. Stir in enough of the chicken stock to make a medium sauce and season with salt and pepper to taste. Serve the sauce in a heated sauceboat.

FRIED CHICKEN VIENNA

Wash and dry 3 frying chickens, each weighing about 2 pounds, and cut them into quarters. On a large flat plate spread 3 cups of sifted flour with 2 tsp. salt. On another plate spread 3 cups dried bread crumbs. Dredge the chicken pieces in the flour, coating them on all sides, dip them into 4 eggs, lightly beaten, and dip them into the bread crumbs. The chicken should be heavily and evenly coated. Let the chicken stand for at least 15 minutes to set the coating. In a large skillet heat to 350 degrees enough vegetable shortening to measure 2 inches. Add the larger chicken pieces and fry them, turning them only once and handling them as little as possible, for 25 to 30 minutes. Transfer the pieces to a roasting pan, pour 1 stick or 1/2 cup of melted butter over them and put the pan in a moderate oven (350 degrees). Fry the remaining chicken pieces for 20 to 25 minutes add put them in roasting pan. Bake the chicken for 10 minutes more. Arrange the chicken on a heated platter, or serve it cold if desired.

CHAMPAGNE FRIED CHICKEN

Remove and discard wing tips from 3 frying chickens, each weighing about 2 pounds. Put the chickens in a kettle with 2 cups of champagne, a bunch of parsley, 2 garlic cloves, a bay leaf, a sprig of thyme, salt and coarsley ground pepper. Simmer the chickens, covered, for about 30 minutes, or until they are just tender—do not over cook. Let them cool a little, halve them, and remove the breast bones. Spread each half with Dijon-style mustard and brush them with 2 eggs beaten with 2 tbsp. oil and a little salt and pepper. Dip them in bread crumbs, then in warm melted butter and dip in bread crumbs again. In a skillet fry the chickens in hot deep fat (360 degrees) or in 1 stick of butter over moderate heat until they are golden brown. Serve them with a sauce boat of Re'moulade sauce for chicken.

RE'MOULADE SAUCE FOR CHICKEN

Press the moisture from 1/2 cup finely chopped sour pickles and 2 tbsp. finely chopped capers. In a bowl combine the pickles and capers with 2 cups mayonnaise, 1 tsp. Dijon-style mustard, and 1/2 tsp. crushed garlic. Stir in 1 tbsp. mixed chopped fresh parsley, tarragon, and chervil.

RUBY DUNCAN CANDIDATE FOR ASSEMBLY #17



Ruby Duncan, who McCall's magazine listed as first among women making the most significant contribution to our nation in 1971, has announced her candidacy for the Nevada State Assembly representing District 17.

Mrs. Duncan is a mother of seven children and has been a resident of Clark County for 18 years. Although she is widely known for her activities with the Clark County Welfare Rights Organization, for which she has served as President for four years, Mrs. Duncan has been active in many other community organizations covering a broad spectrum of concerns.

As a member of the policy making board of the Economic Opportunity Board of Clark County she serves on committees for Community Planning, Emergency Food, Family Planning, and the Concentrated Employment Program. She is a member of the Board of Directors of Nevada Health Care Corporation, and the Clark County Legal Services Program. She has served on the Executive Board for the NAACP and is Vice-Chairman for the Neighborhood Council, of which she has been a member for six years. She is a member of the Teacher Corps. Steering Committee for the University of Nevada, Las Vegas, and is a member of the Area Manpower Planning Council for Greater Las Vegas. Mrs. Duncan is a member of the Executive Board of the Clark County Democratic Central Committee.

Mrs. Duncan will campaign on a platform she calls "people before politics." She feels that low-income and poor people deserve a spokesman in State government, where she believes their needs have been neglected. She supports a state minimum wage reflecting the new federal proposals of \$2.20 per hour with coverage expanded to wage-earners not now protected.

Mrs. Duncan will call for an investigation of the policies and procedures of the Nevada Industrial Commission because she feels they currently favor the interests of its business-man contributors over the needs of the injured workingman it is supposed to help.

She will also work to establish a program to aid the permanently and totally disabled because Nevada now is the only state in the nation without such a program even though it is financed 80% by federal funds.

Mason Challenges Harmon's Residency

Leonard Mason challenges George Harmon's ethical right to run as a candidate to the Nevada State Assembly District #6.

George Harmon has a dual residency, Mesquite, Nevada, where he presently holds an elective post on the Overton Power District Board, which requires residency; and also owns a local tavern in Mesquite.

In a district court suit Judge Mendoza ruled Harmon met the residency requirement for a seat on the Overton Power District Board. If his residency has changed I charge him with retiring from the Assembly race #6.

Upon further legal advise Mason will file suit challenging Harmon's right to dual elective posts and dual residency.

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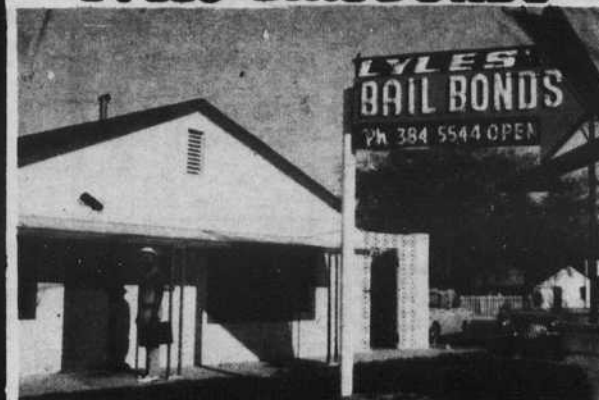
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