

the THINKING WOMAN

CHICKAHOMINY CHICKEN

Dorothy Johnson's Food Forum

Chicken is one food that knows no season. Good any time of the year, it lends itself to many different kinds of dishes from baked, broiled, or fried, main dishes to salads.

American Indian taught the early colonists how to survive on wild fowl found in the area, so its only fitting that the Chickahominy Chicken pays tribute to the American Indian. The other recipes will make just as big a hit with your family.



BROILED CHICKEN WITH HERBS

- 3 broilers
- 1-1/2 tsp. salt
- 1/2 tsp. pepper
- 1 cup butter, softened
- 1 tbsp. finely chopped parsley
- 1/2 tsp. marjoram
- 1/2 tsp. chives
- 1/2 tsp. sage
- 1 tsp. finely chopped mint
- 1/4 tsp. fennel seeds
- 1/2 tsp. oil of fennel
- 1/4 tsp. ground nutmeg
- 1/2 tsp. ground cinnamon
- 1 cup orange juice

Clean and cut broilers in half, wipe with a damp cloth; season with salt and pepper. Blend butter with herbs and spices; rub over inside and outside of broilers. Broil until golden brown. Place in roaster; add orange juice and juice from broiler pan. Cover and bake at 375 degrees for about 45 minutes, basting frequently.

CHICKEN MANDARIN

- 1/4 lb. butter
- 2/3 cup flour
- 4 cups rice chicken stock
- 1 tbsp. concentrated chicken broth
- 1 tsp. salt
- 1/4 tsp. pepper (to taste)
- 2 cups cooked white meat of chicken cut in bite-size pieces
- 1/2 cup julienne ham
- 2-oz. sliced chestnuts
- 1/4 cup peas
- 1/2 cup cooked sliced mushrooms
- 4-oz. can Mandarin oranges

Melt butter, add flour, and stir until smooth. Add chicken stock, chicken broth, salt and pepper. Cook stirring constantly, until thickened. Add chicken and ham, chestnuts, peas, and mushrooms. Heat in top of double boiler, uncovered, until piping hot. Just before serving, sprinkle the Mandarin orange sections on the top. This can be served over fluffy rice, noodles or chow mein noodles.

- 1 broiler-fryer chicken, cut in serving-size pieces
- 1/4 tsp. pepper
- 2 tsps. salt, divided
- 2 tbsps. butter or margarine
- 3/4 cup sliced scallions (including some of the green tops)
- 1/2 lb. mushrooms, sliced
- 3 large tomatoes, peeled and chopped
- 3 tbsps. fresh dill or dried dill weed

Sprinkle chicken with pepper and 1 tsp. salt. Heat butter in large skillet; add chicken pieces and brown on all sides. Remove browned chicken pieces from skillet. Add scallions and mushrooms to skillet. Cook over medium heat 2 or 3 minutes. Add tomatoes, dill and remaining salt; mix well. Return chicken to skillet. Cover and cook over low heat for about 25 to 30 minutes or until chicken is tender.

DELECTABLE FRIED CHICKEN BREASTS

- 4 whole broiler-fryer chicken breasts, halved, boned, skinned
- 1/4 cup all-purpose flour
- 2 eggs, well beaten
- 1-1/4 cups Italian seasoned bread crumbs
- 1 tsp. Accent
- 3 tbsps. corn oil
- 3 tbsps. corn oil margarine

Pound chicken breast between two pieces of aluminum foil to flatten. Dust lightly with flour. Dip into beaten eggs, then into bread crumbs mixed with Accent. Chill chicken for 30 minutes. Heat oil and margarine in chicken fryer. Add chicken and cook 5 minutes on each side, until golden brown and crisp.

PAPRIKA CHICKEN

- 2 (2-1/2 to 3 lb.) chicken, fryers
- Flour, salt, pepper
- 1/2 lb. butter or margarine
- 2 medium sized onions, peeled and chopped
- 1 tbsp. flour
- 1/2 tsp. salt
- 2 cups sour cream
- Paprika

Have chicken cut in serving pieces; dip in seasoned flour; fry 45 minutes or until golden and cooked through, in 2 large skillets.

Use about half the butter or margarine for this. While chicken cooks, melt the remaining butter or margarine in a saucepan, stir in onions and saute 3 minutes. Stir in flour and seasonings; blend well; add sour cream, stirring continually over low heat until sauce is smooth and slightly thickened. Arrange cooked chicken on warmed platter; pour hot sauce over. Serve with Saffron Rice. Use 2 (5-oz.) packages pre-cooked rice follow directions on package for cooking; Add 3/4 tsp powdered saffron with salt called for in the recipe. Serve hot heaped in mounds around chicken platter.

DEVILED CHICKEN

- 12 chicken legs and thighs
- 2 chicken wings
- 3 cups catsup
- 3/4 cup prepared mild mustard
- 1/3 cup horseradish
- 1 tsp. worcestershire sauce
- 4 cloves garlic

Arrange chicken pieces on 2 shallow, foil lined baking pans. Make deviled sauce by combining catsup, mustard, horseradish, worcestershire sauce and garlic. Brush over chicken generously. Bake in a pre-heated 350 degree oven for 30 minutes. Turn chicken. Brush again with sauce. Bake 15 minutes longer. Serve with parslid potatoes and broiled carrots.



Black beautician reveals beauty secrets

If there's one person qualified to give special beauty advice to Black women, it's Richard Ri Deout, master makeup artist for television and the New York fashion industry.

According to Ri Deout, the important first step for any woman is to work out a beauty schedule and stick to it. "First determine your beauty needs and your maintenance program based on your life style," he suggests. "Organize this by writing down--at least in the beginning--what you must do daily, weekly and monthly.

"It's important to allow some time once a month to experiment and try out new beauty ideas. This is your private time to grow and rediscover yourself. Every woman should learn her individual facial balance and how to accent her best features."

In his travels Ri Deout has found women of all ages ask about skin care. "I firmly believe the first step to all beauty is a clear, healthy skin," he says. He emphasizes attention to skin type, diet, environment and the season of the year. "The things to remember in daily skincare are proper cleansing, purification and skin nourishment with a good moisturizer."

The makeup artist has some special beauty tips for Black women:

1. If you need a makeup base, select a liquid foundation that evens your complexion and apply it with an air foam rubber sponge for smoothness. Avoid red makeup bases that distort the natural skin tone.

2. In applying eyeshadows, know the parts of the eye: the bottom lid, the top lid, the fold and the frontal bone. Master the technique of smooth color blending for an interesting dimensional look. Subtlety is the key for daytime use.

3. Use a lip balm before lipstick to prevent chapping or peeling of the delicate lip skin. The choice of lipstick color is a personal one, but try to get one color that goes with everything.

4. Apply all your makeup in front of a lighted makeup mirror.

Ri Deout believes the woman who has taken the mystery out of makeup really finds it fun and spends less time at it. He claims any woman can do an adequate makeup job in just ten minutes.

"You'll be surprised at how you'll gain speed when you know exactly how to go about your face," he says. "The real secret to being as beautiful as possible is to have a strong sense of self, and sharpen your best features in a whole picture of fashion."

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