

the THINKING WOMAN

Dorothy Johnson's Food Forum



Versatile Chicken Recipes

Versatile chicken goes international in these recipes. Sweet and sour chicken is borrowed from Hawaiian and Chinese cuisines. Chicken with a Mexican flair features fruit in a rich thick sauce in Fruit Chicken Acapulco. For an easy version of Italian chicken cacciatore, fry this one made with prepared tomatoe sauce for a middle Eastern flavor, chicken cooked with garbanzo beans and exotic seasonings should add novelty and interest to everyday meals.

SWEET-SOUR CHICKEN LEGS

- 1 (16 oz.) can peach slices
- 6 to 8 chicken legs
- 2 tbsp. butter or margarine
- 1/2 cup white wine vinegar
- 1/4 tsp. hot pepper sauce
- 1/4 cup cherry
- 1 tsp. cornstarch
- 2 tbsp. cold water
- 1 green pepper, cut into rings
- 1 (4 oz.) jar sliced pimiento, drained
- 1 medium onion, cut in rings.



Drain peaches, saving syrup. Brown chicken in butter. Combine vinegar, peach syrup, hot sauce and sherry. Add to butter and chicken in skillet and stir. Cover and continue cooking about 15 minutes. Remove cover and continue cooking about 25 minutes or until chicken is tender. Remove chicken and keep warm. Combine cornstarch with 2 tbsp. cold water and stir into remaining liquid in skillet. Bring to a simmer, add peach slices, green pepoer, pimiento and onion. Cook until onion is transparent. Return chicken legs to skillet and serve at once. Makes 3 to 4 servings.

EASY CHICKEN CACCIATORE

- 6 large pieces frying chicken
- 1/4 cup flour
- 2 tbsp. oil
- 1/4 cup chopped onion
- 1/2 clove garlic, crushed
- 1 tsp. minced parsley
- 1/4 cup minced celery
- 1 (21 oz.) jar Italian tomatoe cooking sauce
- 1/2 cup sherry or dry wine.

Dredge chicken pieces in flour. Brown chicken in large skillet in oil 10 minutes on each side. Set aside. Add more oil if necessary and heat. Add onion, garlic, parsley and celery and saute 5 minutes. Add Italian sauce and bring to a simmer. Add chicken, cover and simmer 35 minutes. Add sherry, cover and simmer 10 minutes longer or until chicken is tender. Makes 6 servings.

FRUITED CHICKEN ACAPULCO

- 6 large pieces chicken
- 2 tbsp. butter or margarine
- 2 tsp. garlic salt
- 1/2 tsp. ginger
- 1 (8 oz.) can pineapple chunks
- 1 tbsp. lemon juice
- 1/2 cup coffee-flavored liquor
- 1 tbsp. cornstarch
- 1/2 cup water
- 1 (11 oz.) can Mandarin oranges, drained
- 1/4 cup chopped green onions.



Saute chicken in butter until golden. Sprinkle with garlic salt and ginger. Drain pineapple, reserving syrup. Add syrup to chicken along with lemon juice and liquor. Cover and simmer 25 minutes. Remove to serving platter and keep hot. Skim off any excess fat from pan liquid. Blend cornstarch into water and stir into pan liquid. Cook and stir until thickened. Add orange sections, pineapple chunks and green onions. Spoon over chicken. Makes 6 servings.

MIDDLE EASTERN CHICKEN

- 1 tbsp. instant minced onion
- 1/4 tsp. instant minced garlic
- 1 tbsp. water
- 1 tbsp. oil
- 2-1/2 to 3 lb. broiler-fryer, cut up
- 1 tomatoe, diced
- 1 tbsp. lemon juice
- 1 tsp. salt
- 1/2 tsp. turmeric
- 1/4 tsp. pepper
- 1 (15 oz.) can garbanzo beans
- 1 tbsp. sesame seed.

Reconstitute onion and garlic in water 10 minutes. Heat oil and add chicken a few pieces at a time and brown on both sides, about 5 minutes on each side. Remove chicken and set aside. Add onion and garlic to skillet and saute 2 minutes. Stir in garbanzo beans, tomatoe, lemon juice, salt, turmeric, pepper and chicken. Bring to a boil, reduce heat and simmer, covered, until chicken is fork tender, about 45 minutes, stirring occasionally. Serve sprinkled with sesame seeds. Makes 6 servings.

CHICKEN CALABRESE

- 1 (3 lb.) broiler - fryer
- 2 tbsp. butter or margarine
- 1 clove garlic, crushed
- dash oregano
- juice of one lemon
- salt and pepper

Cook chicken in butter 20 minutes, turning to brown evenly. Add garlic, oregano, lemon juice and salt and pepper to taste. Cook about 10 minutes longer or until chicken is tender. Makes 4 servings.

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"Women's Night"

The Las Vegas Cultural Services Department, Recreation Division's Doolittle Center will have a Women's Night in the gymnasium each Thursday evening from 7 until 9:45. The Doolittle Center is reserved just for you. There will be an organized volleyball program starting in the month of October. Other activities include badminton, pool, table tennis, and tennis. For further information call the Doolittle Center 386-6374.