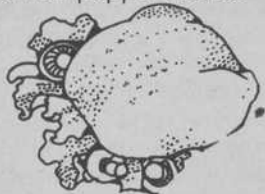


FOR THE LADIES...

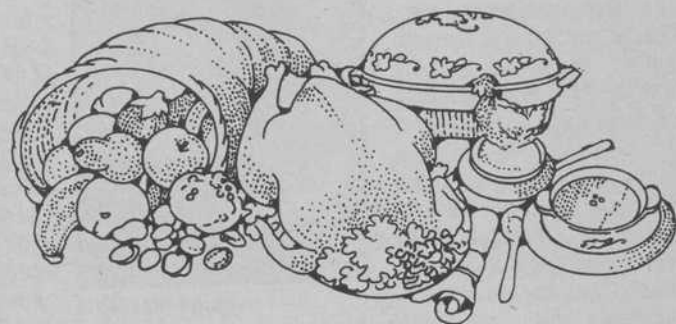
Dishin It Out *By Nona*

Creative Chicken Cookery

We understand that chicken is more acceptable in healthful diets than red meat, but after roasting, frying, broiling and boiling, what is there? Show off your culinary creativity with these tasteful variations on a chicken theme. Try my potpie, made special with shiitake mushrooms, or brochettes served with a lemon-pepper sauce.



Nona Carroll



Braised Chicken With Vegetables

1 can (10¾ oz) condensed chicken broth
1 c. dry white wine or vermouth
1 tbsp dillseed
1 tsp dried thyme leaves
3½-to-4-lb. broiler-fryer, quartered
4 medium red potatoes, halved (1 lb.)
1 lb. carrots, pared, cut crosswise in half
1 pkg (16 oz) frozen whole small onions
1½-lb head of cabbage, quartered through core

HORSERADISH SAUCE

3 tbsp butter or margarine
3 tbsp all-purpose flour
1 c. milk
½ c. drained, prepared white horseradish
1/8 tsp ground red pepper
1/8 tsp coarsely ground black pepper

1. In 12-quart stockpot, combine chicken broth and white wine. Place dillseed and the dried thyme leaves in triple-thick, square cheesecloth; tie with kitchen string. Add to broth mixture. Set aside.

2. Sprinkle chicken pieces with ½ teaspoon salt, dividing evenly. In large skillet, heat ¼ cup salad oil over medium heat until hot. Add chicken; cook until browned on all sides. Place in broth mixture; add potato halves, carrot pieces and frozen onions. Bring to boiling; simmer, covered, 15 minutes. Add cabbage and ½ teaspoon salt. Cover; simmer until vegetables are tender-crisp, about 45 minutes.

3. Meanwhile, make horseradish sauce: In medium saucepan, over low heat, melt butter. Remove pan from heat; stir in flour until smooth. Gradually stir in milk until smooth. Remove about 1 cup broth mixture from stockpot; pass through sieve into small glass measure. Spoon off fat. Stir ¾ cup defatted broth into sauce mixture until blended; return remaining broth to stockpot. Over medium-high heat, cook sauce mixture, stirring constantly, until boiling. Simmer until thickened, about 1 minute. Stir in horseradish, ¼ teaspoon salt, ground red pepper and ground black pepper.

4. With slotted spoon, remove chicken and vegetables to large serving platter. Pass sauce separately.
Makes 4 servings.

Drumsticks Scampi

¼ c. butter or margarine
2 medium onions, quartered
1 green pepper, cut into 2-inch pieces
1/3 c. chopped Italian parsley
4 medium cloves garlic, crushed
½ tsp dried basil leaves, crushed
2 tbsp lemon juice
8 chicken drumsticks
2 tbsp grated Parmesan cheese
4 c. bite-size pieces of rinsed assorted greens
¼ c. thinly sliced, drained, sun-dried tomatoes in oil
2 tbsp balsamic vinegar

1. Preheat oven to 400° F. Place butter in roasting pan; heat in oven until butter melts. Remove pan from oven; stir in onions, pepper pieces, parsley, garlic, basil, 1 teaspoon salt, 1/8 teaspoon pepper and the lemon juice until mixed. Arrange drumsticks in pan around vegetable mixture; sprinkle drumsticks with Parmesan cheese. Bake 30 minutes, or until chicken and vegetables are tender, stirring occasionally.

2. In large bowl, toss greens with tomatoes and vinegar; arrange on serving platter. Top with drumsticks and vegetable mixture.
Makes 4 servings.

Chicken Brochettes

½ c. olive oil
1 small green pepper, cut into 1½-inch pieces
1 tbsp ground coriander
1 tsp dried thyme leaves, crushed
1 large clove garlic, minced
1 lb. boneless chicken breasts, skinned, cut in 1-inch-wide strips
½ lb. jumbo shrimp, peeled and deveined, with tails intact

12 large cherry tomatoes
2 large onions, quartered lengthwise
12 bay leaves (see NOTE)

LEMON-PEPPER SAUCE

¾ tsp cracked pepper
¾ c. fresh lemon juice, strained
½ tsp Dijon-style mustard
½ c. olive oil

1 pkg (4 oz) chicken-flavored rice mix with pasta and almonds

1. In 3-quart saucepan, heat ½ cup olive oil over medium-high heat. Add green pepper; saute 1 minute. Remove pan from heat; cool peppers in pan to room temperature. Stir in coriander, thyme, 1 teaspoon salt and the garlic. Add chicken, shrimp, tomatoes and onions. Toss gently until coated. Transfer mixture to large bowl. Cover; refrigerate at least 2 hours or overnight.

2. Meanwhile, place bay leaves in small bowl. Add 1 cup boiling water. Let soak 2 hours or overnight.

3. Make lemon-pepper sauce: In jar with tight-fitting lid, combine cracked pepper, 1 teaspoon salt, the lemon juice and mustard. Shake until blended. Add olive oil; shake until blended. Set aside.

4. Prepare rice mix as package label directs. Meanwhile, on each of four 14-inch skewers, alternately arrange chicken, shrimp, green pepper, onions, tomatoes and bay leaves, threading chicken strips around shrimp and vegetables. Reserve marinade. Broil brochettes 6 inches from heat, turning once and basting with reserved marinade, until chicken is cooked, about 8 minutes. Serve brochettes with prepared rice and the sauce.

Makes 4 servings.
Note: Do not eat bay leaves.

Subscribe Now!!

Get your copy of the
SENTINEL-VOICE weekly

MAILED DIRECT TO YOU

NEVADA'S ONLY BLACK NEWSPAPER

Published Weekly By
Brown Publishing Company

Editorial & Business Offices at
1201 South Eastern Avenue
Las Vegas, Nevada 89104
Phone 702/383-4030

SUBSCRIPTION RATES

6 months — \$15.00
1 year — \$25.00

ALL SUBSCRIPTIONS PAYABLE IN ADVANCE

Betty Brown

President & Publisher

Serving Las Vegas, North Las Vegas, Reno,
Carson City, Sparks, Hawthorne,
Henderson, Tonopah

SUBSCRIPTION FORM

Second Class Postage Paid at Las Vegas

POSTMASTER: Send address changes to Brown Publishing Co.,
1201 So. Eastern Ave., Las Vegas, Nevada 89104.

SENTINEL-VOICE

Nevada's Only Black Newspaper

Published Every Thursday
1201 South Eastern Avenue
Las Vegas, Nevada 89104
Telephone 702/383-4030

Name.....

Street.....

City.....

State..... Zip.....

Start my subscription as soon as possible, please.

1 year — \$25.00
6 months — \$15.00