

FOR THE LADIES...

The KITCHEN BEAT

Receive Rave Reviews With Simple Dishes

In today's Black American home, cooking is no longer the responsibility of one person. Because of busy and varied schedules, usually every member of the family at some time or another has to prepare personal meals or meals for other members of the family. *The Kitchen Beat* is designed to meet some needs of the various cooks in the modern Black family.

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Dependable, easy-to-prepare and economical favorites such as chicken, ribs and fish make frequent appearances at the family dinner table.

But like a tough Broadway critic, family members can be a difficult audience to please when the favorites become as frequent as television reruns.

Simple twists can change familiar dishes and earn rave reviews for the cook. The following easy-to-prepare dishes, courtesy of the *Campbell Soup Company*, are sure to be a hit and also provide simple ways to reduce the amount of fat in your family's diet.

Chicken and Pepper Stew

- 2 broiler-fryers, cut up (2½-3 lbs. each)
- ½ teaspoon salt
- ½ teaspoon pepper
- 3 slices bacon, chopped
- 2 large green peppers, cut into 1-inch pieces
- 1 large sweet red pepper, cut into 1-inch pieces
- 2 cups chopped onions
- 1 cup chopped celery with tops
- 1 teaspoon dried thyme leaves, crushed
- 1 tablespoon all-purpose flour
- 1 can (11 ounces) tomato soup/sauce
- 1½ cups water
- 1-2 teaspoons Louisiana-style hot sauce
- 4 cups hot cooked rice

On rack in large shallow roasting pan, arrange chicken skin-side up. Sprinkle with salt and pepper. Bake at 350°F. for 45 minutes. Remove to paper towels to drain.

Meanwhile, in 8-quart Dutch oven, cook bacon until crisp. Remove to paper towels to drain.

In hot drippings, cook green and red peppers, onions, celery and thyme 20 minutes or until vegetables are tender, stirring occasionally. Add flour; stir until well blended.

Stir in soup, water and hot sauce. Add reserved chicken and bacon. Heat to boiling. Reduce heat to low. Cover; simmer 30 minutes or until chicken is fork-tender.

Serve chicken over rice. Spoon gravy and vegetables over chicken; serve remaining gravy on the side. [Serves 8-10.]

Baked Corn Bread Stuffed Fish

- 2 slices bacon, diced
- 2 cups corn bread stuffing
- 1 can (10¾ ounces) condensed chicken broth
- ¾ cup sliced green onions, divided
- ¼ cup chopped fresh parsley
- ¼ teaspoon pepper
- 2 weak fish, sea trout, red snapper, or sea bass, dressed (1½- to 2 pounds)
- 1 cup sliced mushrooms
- 2 tablespoons lemon juice

In 8-inch skillet over medium heat, cook bacon until crisp. Remove from heat. Stir in stuffing, ½ cup of the broth, ¼ cup of the green onions, parsley and pepper; mix well.

Split each fish along back bone, but not through skin. Remove back bone. With spoon, lightly fill each fish cavity with half of the stuffing. Skewer cavity closed with toothpicks.

Place fish in 12- by 8-inch bakig dish. Sprinkle with remaining green onions, mushrooms, remaining broth and lemon juice. Cover with foil. Bake at 350°F. for 25-30 minutes until fish flakes easily when tested with fork. Baste often with pan juices. Remove toothpicks. Serve pan drippings spooned over fish. Garnish with lemon slices and chopped parsley if desired. [Serves 6.]

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