

All-time

FAVORITES



chicken • turkey



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Remember when chicken was confined to "Sunday or company treats"—when broilers came only in the spring, fryers in the summer and roasters in the fall? Then turkey was just Thanksgiving and Christmas fare.

Now research and modern production and marketing practices have made fine, meaty birds available for use year around. Every family can have a chicken or a turkey ready to prepare in a number of taste-tempting ways. Chicken and turkey can be purchased whole or quartered, fresh or frozen, or canned and frozen with other foods at reasonable prices. This enables the homemaker to please individual preferences and prepare small or large quantities.

A variety of herbs, spices, sauces and other condiments can make chicken and turkey fit any menu, whether American or foreign, whether for a family meal or an elegant dinner.

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Always a Good Buy

Modern chickens and turkeys are raised scientifically, making them literally "new" birds. They come in many sizes. Their diet is designed to make them the meatiest, tenderest and most flavorful meat.

Chicken and turkey are the best buys because of the relatively low cost per pound and the high yield of tender meat. Poultry dishes are favored, for a variety of recipes can make them plain or gourmet food.

A good food buy also is one that provides the greatest amount of nutrition for the money. Again, poultry meets the test.

Food for Fitness—A Daily Guide, a leaflet developed by the Agricultural Research Division of the United States Department of Agriculture, helps individuals select food that provides nutrients to keep their bodies functioning efficiently. This leaflet recommends that everyone eat at least two servings from the meat group each day. This group includes poultry, eggs, fish, pork, beef, lamb, veal and variety meats.

Chicken and turkey are lower in fat content and calories than most other meats. An average serving, $3\frac{1}{2}$ ounces, of roasted chicken has only 136 calories; the same size serving of turkey has 190 calories. Equal quantities of poultry are higher in protein than other meats because of their low fat content.

A caution to weight watchers! Poultry is a low-calorie meat; but the preparation can add many calories. Fats in frying, roasting and broiling add calories. For broiling, use low-calorie sauces, such as Brown Barbecue Sauce, Curry Sauce and Lemon Barbecue Sauce, pages 18, 19. Brush the meat with just enough sauce to keep it moist and add no more when eating. Plain lemon juice with a variety of spices and herbs keeps broiled chicken low in calories. Omit the gravy and dressing with roasted chicken and use a minimum of fat for basting. Limit your consumption of fried chicken, and do not fry it in batter.

Protein in poultry contains all essential amino acids in good balance. These nutrients build and repair body tissues. The vitamin, riboflavin, is necessary for body growth, health of the eyes, skin, tongue and lips, and it promotes normal nerve structure. Poultry is an excellent source of this nutrient, as well as iron, thiamine, niacin, all

needed by the body for the development and nourishment of cells and tissues.

Selecting Chicken and Turkey

Today chicken and turkey are among our safest, most carefully controlled foods. Virtually all birds must pass a rigid processing plant inspection by USDA officials. Employees who handle poultry undergo vigorous inspection. The birds we buy in our markets today are the most protected in the world.

Choose your market for cleanliness is the rule to apply when buying chicken or turkey. A good market is one that keeps fresh birds refrigerated and frozen birds frozen at all times.

Identifying Poultry in the Market

"Kind" refers to different species of poultry, such as chickens, turkeys, ducks, geese, guineas and pigeons. Poultry is divided into "classes" of the same physical characteristics associated with sex and age.

Chickens have the following classes:

Rock Cornish Game Hen or Cornish Game Hen. Young immature chicken (usually 5 to 7 weeks old) weighing no more than 2 pounds ready-to-cook. It is a pure bred Cornish chicken or the offspring of a Cornish chicken and another breed. Recommended for roasting whole, stewing or frying.

Broiler or fryer. Young chicken of either sex (usually 9 to 12 weeks old). It is tender-meated with soft skin and flexible breastbone cartilage. Recommended for frying, roasting or stewing.

Roaster. Young chicken of either sex (usually 3 to 5 months old). It has tender meat, pliable skin and breastbone cartilage, which may be less flexible than that of a broiler or fryer. Recommended for roasting or stewing.

Capon. Surgically unsexed male chicken (usually under 8 months old) with tender meat and smooth-textured skin. Recommended for roasting.

Stag. Male chicken (usually under 10 months old) with coarse skin, tough, dark flesh and hard breastbone cartilage. Stags show fleshing and maturity which is intermediate between that of a roaster and a cock. Recommended for roasting or stewing.

Hen, stewing chicken or fowl. Mature female chicken (usually more than 10 months old) with meat less tender than a roaster's and a nonflexible breastbone tip. Recommended for roasting or stewing.

Cock or rooster. Mature male chicken with coarse skin, tough, dark meat, and hardened breastbone tip. Recommended for pressure cooking and stewing.

The following are the classes of turkeys:

Fryer-roaster turkey. Young immature turkey of either sex (usually under 16 weeks old) with tender meat, smooth-textured skin and flexible breastbone cartilage. Recommended for frying, roasting or stewing.

Young hen turkey. Young female turkey (usually 5 to 7 months old) that has tender meat with soft skin and breastbone cartilage that is less flexible than in a fryer-roaster turkey. Recommended for roasting.

Young tom turkey. Young male turkey (usually 5 to 7 months old) is tender-meated with pliable skin and breastbone cartilage less flexible than in a fryer-roaster turkey. Recommended for roasting.

Yearling hen turkey. Fully matured female turkey (under 15 months old) is reasonably tender-meated and has fairly smooth-textured skin. Recommended for roasting.

Yearling tom turkey. Fully matured male turkey (under 15 months old) is reasonably tender-meated and has fairly soft skin. Recommended for roasting.

Mature turkey or old turkey. Old hen or tom (usually more than 15 months old) with coarse skin and tough flesh. Seldom offered in the market. Recommended for roasting.

(For labeling, designation of sex within the class name is optional, and the three classes of young turkeys may be grouped and designated as "young turkeys.")

In selecting poultry, the consumer should consider the following points:

- How the poultry is to be prepared
- Eye appeal of the poultry after preparation
- Yield of meat
- Value
- Convenience

To insure maximum eye appeal, proper use, good yield, highest value and convenience, consider the following tips.

For frying, broiling and barbecuing, use only the younger birds. USDA grade marks can help you determine this.

Look for the government inspection mark on

wing tags, outer wrappers, boxes or giblet wrappers. Check with your retailer if you do not see this mark.



Wing Tags



Inspection Mark



Grade Mark



Metal Wing Clips



All classes of chickens and turkeys may be utilized for roasting and stewing. However, difference in required cooking time may be considerable. Generally, the older or heavier the bird, the longer the cooking time required.

In selecting whole turkeys or chickens, pay particular attention to body conformation and fleshing to insure maximum yield of meat to bone. Select birds with the greatest width of breast carrying the entire length of the breastbone. Also, select birds having greatest depth of body and bulging thighs and drumsticks. The breast of a ready-to-cook turkey averages 31 percent of the ready-to-

cook weight and 29 percent for chickens. Drumsticks and thighs on a turkey amount to about 27 percent of the total ready-to-cook weight and on chickens 32 percent. Birds with the heaviest fleshing over the breast, thighs and drumsticks and having wide, long, deep bodies give the highest ratio of meat to bone. Such birds also have maximum eye appeal.

Poultry parts have become increasingly popular since some people prefer all white meat and others, all dark. Parts are popular for specialty dishes. The additional labor and packaging materials increase the cost of parts by several cents per pound over the ready-to-cook, whole carcass bird.

How Much to Buy

Amount to buy depends on the appetite of those eating. The following figures are amounts per serving, not per person to be served.

Chicken

- Broiling or barbecuing
- Frying
- Roasting
- Stewing

Amount per serving

- 1/4 to 1/2 of one 2 1/2-to-3 pound broiler
- 3/4 pound
- 3/4 pound
- 3/4 pound

Turkey

- Roasted
- Roasted, quarter or half
- Thighs or drumsticks, braised
- Boneless, rolled turkey

- 3/4 to 1 pound for birds 12 pounds or less
- 1/2 to 3/4 pound for birds 12 pounds and over
- 1/2 to 3/4 pound for birds 12 pounds and over
- 1/2 to 3/4 pound for birds 12 pounds and over
- 1/4 pound

If you plan to offer second servings, figure how many servings you need, not how many people to be fed.

Storing Methods

Fresh Poultry

Sometimes fresh, ready-to-cook poultry, whole or in parts, is available in plastic wrapping. If so, remove both film and paperboard tray. Place meat on a plate, cover loosely with waxed paper or foil and refrigerate until time for preparation. It will keep this way for several days. Often, however, the local butcher offers whole birds that are not wrapped in butcher's paper until the time of purchase. Remove this wrapping and rewrap loosely in waxed paper, plastic wrap or foil and keep the meat refrigerated until used. Use within a few days.

Frozen Poultry

Place frozen, wrapped poultry in freezer immediately after purchase and hold at 0 degrees F. until time to thaw for cooking. Chicken should remain frozen until 24 hours before cooking. Then

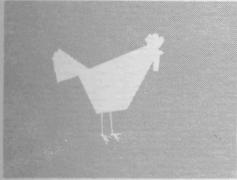
unwrap and leave in the refrigerator overnight. For quick defrosting, unwrap and thaw in running cold water one to two hours.

Unstuffed frozen turkeys and turkey parts, except boneless steaks, should be thawed until pliable before cooking. Do not thaw commercially frozen, stuffed birds before cooking.

Thaw whole birds and large parts in original wrappers in the refrigerator. Unwrap small parts and separate them so air can reach each piece.

To shorten the time, turkeys sealed in water-tight wrappers may be thawed in *cold* water. Change the water often and allow 2 to 6 hours, depending on size of the bird. Frozen turkeys and turkey parts need to be cooked soon after thawing.

Time Guide for Thawing Turkey in Refrigerator



Large whole bird.....	2 to 3 days
Small whole bird.....	1 to 2 days
Parts from large bird (half, quarter, half breast).....	1 to 2 days
"Cut-ups" (leg, thigh, wing).....	3 to 9 hours
Individual cross-cut steaks.....	6 to 8 hours
Commercially stuffed turkey, boneless steaks.....	Do not thaw

Cooked Turkey or Chicken, Stuffing, Broth, Gravy

After the meal, remove any stuffing left in chicken or turkey. Cover stuffing and bird loosely or strip off meat and break up bones for broth. Refrigerate meat and bones promptly.

Meal-sized portions of meat may be frozen. Properly packaged, they keep well for a month.

Cool broth and gravy quickly. Refrigerate them at once.

Prepare to Cook

Ready-to-cook chicken and turkey of top quality should need little cleaning. Remove pinfeathers and wash the bird and giblets in cold water. Then dry with a clean cloth or paper towels. Clean halves and selected pieces in the same way.

Preparation of Whole Bird

Start with a cleaned, ready-to-cook bird. Salt body cavity. Stuff neck cavity loosely; stuffing expands during cooking. Pull neck skin to back over stuffing and fasten with skewer or a few stitches. Use clean white wrapping cord and a large needle. Lift one of the wings up and out, forcing tip back until it rests flat against neck skin; repeat with other wing. This holds the wings under back of bird without skewers, while providing a platform for the bird.

Next, stuff body cavity loosely to allow for expansion. Now truss body cavity. If band of skin is left at tail, tuck legs under it to close opening. If not, with four or five poultry pins or wooden picks, draw bird together at regular intervals along body opening. With long twine, lace cavity shut. Tie a knot, leaving long ends on twine. Cross ends of twine on bird, wind around leg ends; tighten; bring down around tailpiece; then up again; tie.

Let's Roast It!

Many turkeys now come with a thermometer already inserted. Follow processor's directions for

roasting these birds. However, for many birds, the homemaker must determine doneness.

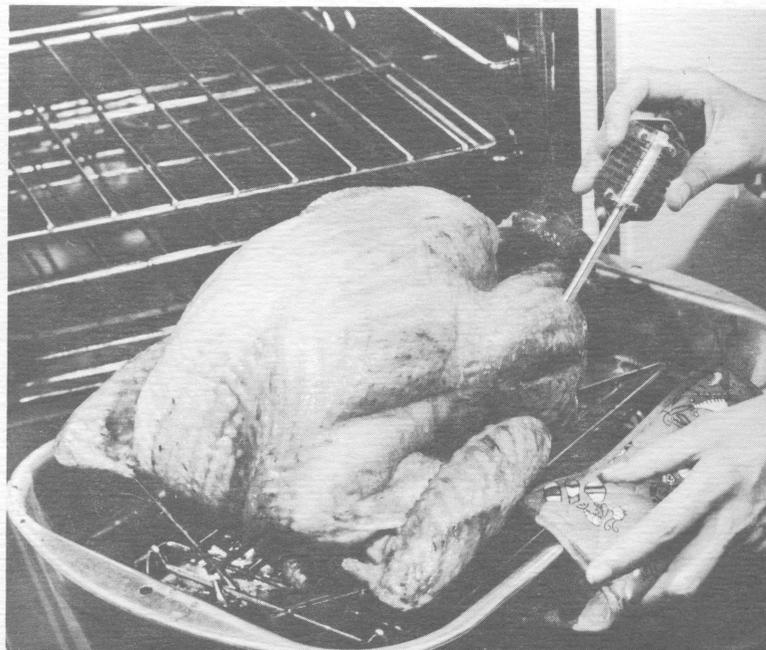
Dry Heat Roasting

Grease skin of bird with softened fat. Place breast up on rack in shallow pan. Do not add water and do not cover. Place in preheated oven set at proper temperature on timetable. Baste with fat from bottom of pan during baking or cover the top and sides of bird with a loosely woven cloth which has been moistened in fat. Moisten cloth with fat from bottom of pan if cloth dries during cooking.

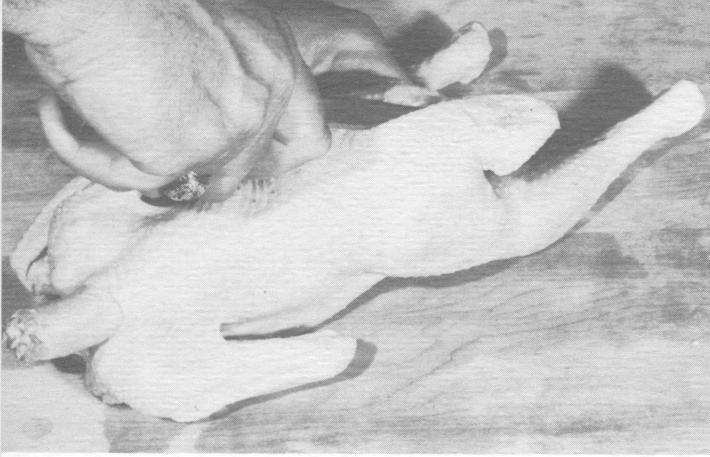
Half Turkey

Tie tail and leg of half turkey together. Place bird cut side up. Sew loose skin at neck to form a pocket. Fill loosely with stuffing. Rub body cavity with salt and then stuff. Cut heavy paper or aluminum foil and lay over stuffing. Lace across, catching skin on each side. Or mound stuffing on heavy paper or aluminum foil on rack and place bird over stuffing. Rub skin with fat. Roast at 300 degrees F. as for whole turkey.

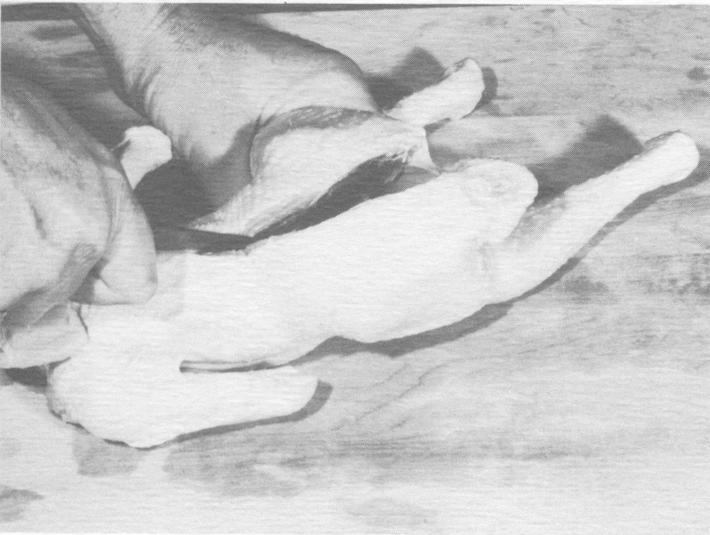
Photograph courtesy of National Turkey Federation Mt. Morris, Ill.



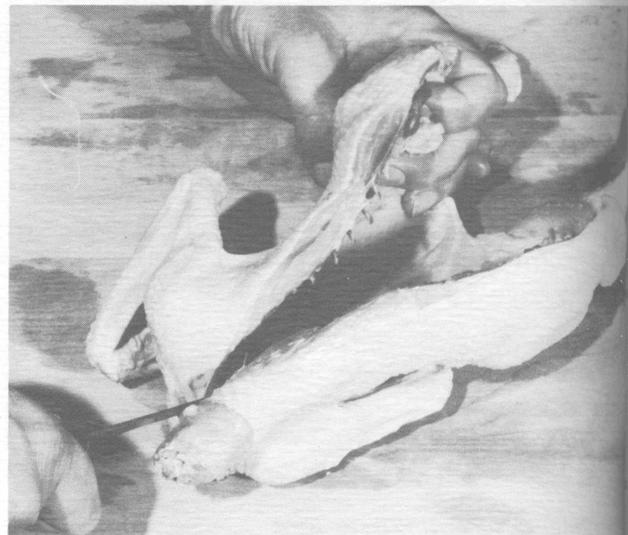
Preparation



1. Lay bird on cutting board—breast down. Grip leg firmly. Lay knife blade close to tail head and start cut.



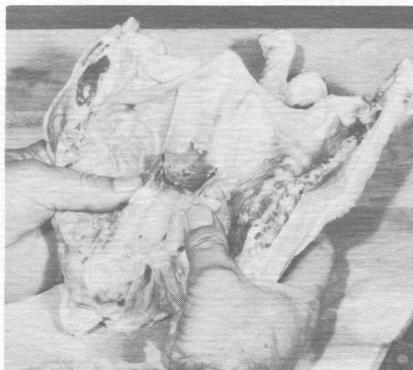
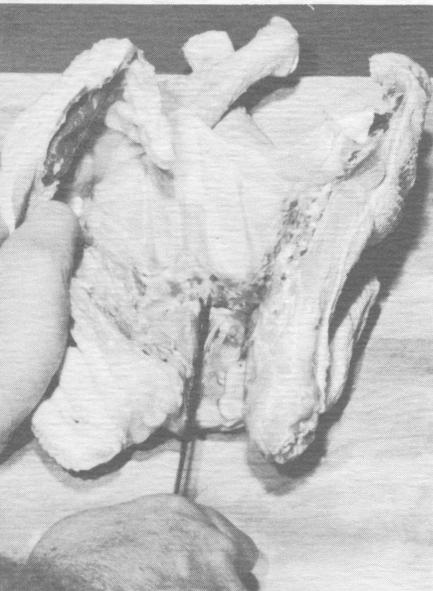
2. Continue cut through thick bone structure of back and into the rib section. Stay close to backbone.



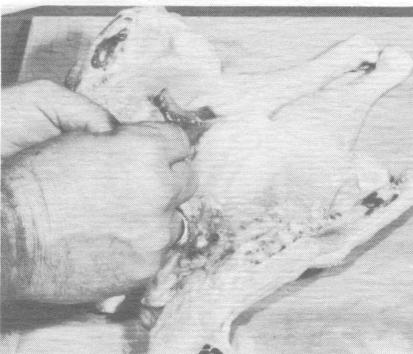
3. Finally cut completely through the rib cage, finishing next to the neck.

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4. Open bird by pulling outward slightly on each side. Line knife blade with center of breastbone. Cut through center of pulley bone and into front end of breastbone.



5. With finger tips under front end of breastbone, push upward with finger tips and downward with thumb, pulling the wrists outward. This will pop front end of breastbone loose from connecting tissue.



6. Separate meat from sides of breastbone using finger as a wedge. With twisting, tugging and pulling applied to front of keel bone, separate it from skin and tom picture).



7. Strip breastbone out along the length of the breast.

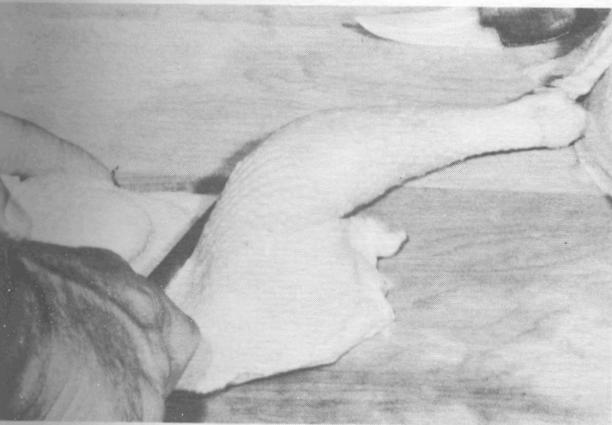
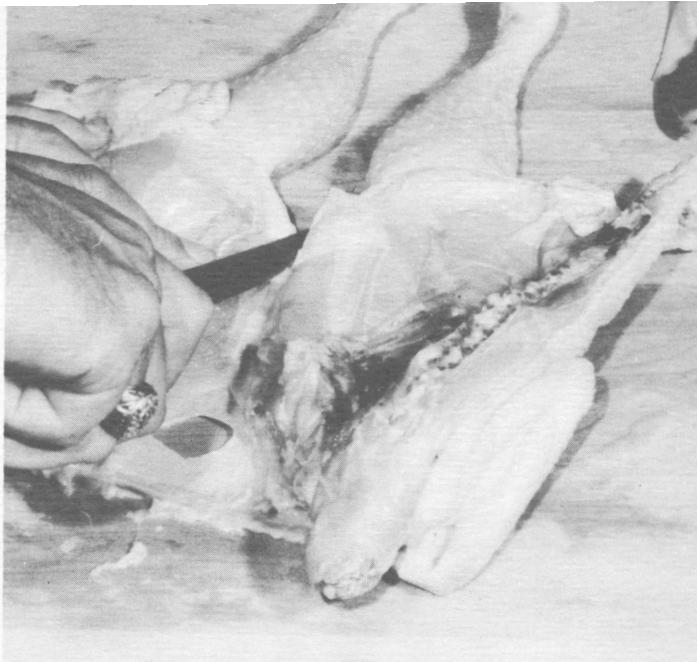
Halves and Quarters

breastbone; then apply pressure with thumbs on each side of breastbone. Slip keel bone out from under cartilage; cut bird in half by cutting along either side of breastbone.

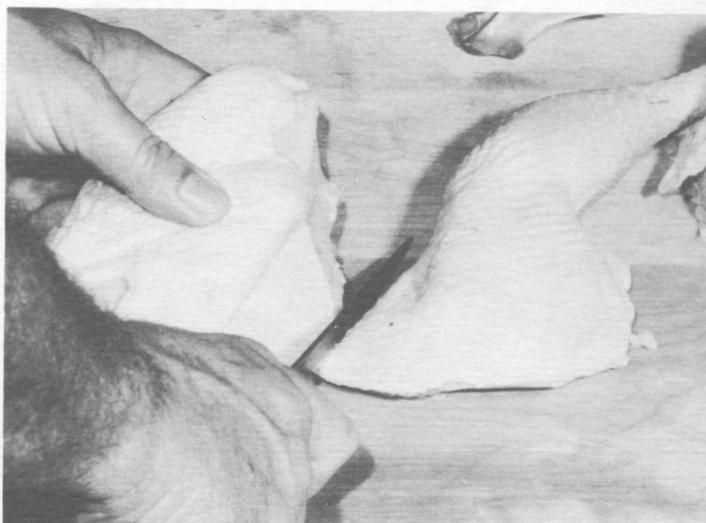
To quarter: Divide each half into two parts by cutting between hip bone and last rib.

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8. Using line left by removal of breastbone, cut broiler into halves.



9. For quarters, put flesh side down. Place knife next to leg so it will miss end of breast and make cut.



10. When quartering, leave equal amounts of skin on each part so meat will cook more uniformly.

Timetable for Roasting Whole Birds

Ready-to-cook, lb.	Oven temperature, °F.	Hr.
Rock Cornish hens	400	1 ¼
Chicken		
1 ½ to 2 ½	325	1 ¼ to 2
2 ½ to 3 ½	325	2 to 3
3 ½ to 4 ¾	325	3 to 3 ½
4 ¾ to 6	325	3 ½ to 4
Turkey		
5 to 7	325	2 ½ to 3
8 to 11	300	3 ½ to 4 ½
12 to 15	275	5 to 6
16 to 20	250 - 275	6 ½ to 7 ½
21 to 25	250	8 to 9

How to Tell When Poultry Is Done

To test doneness, a roast meat thermometer placed in the center of the inside thigh muscle or thickest part of the breast muscle should register approximately 185 degrees F. If stuffing is used, it should register 165 degrees F. at the same time. Poultry is done when thickest part of drumstick feels very soft when pressed between protected fingers.

Foil Roasting

The distinct advantage of foil roasting is the shortened cooking time. However, the meat has a more steamed flavor than when roasted by dry heat.

Select heavy-duty foil. Place bird in center of foil strip 12 inches longer than bird. Splice two pieces of foil with a double fold pressed flat, if one 18-inch width is not enough. Fasten ends of foil tightly over breast of bird, using drug-store fold. Bring sides of foil up high enough to prevent drippings from escaping into the pan. Package should not be air tight. Place bird, breast side up, in the bottom of a shallow pan; not on a rack. Roast in 450 degrees F. oven according to following time: Chicken — 20 minutes per pound, or about one hour for a 3-pound bird. Open foil the last 15 minutes so chicken will brown.

Turkey Timetable for Foil Roasting

Purchased ready-to cook, lb.	Interior temperature, °F	Guide to total roasting time, hr.
6 to 8	185	1½ to 2
8 to 12	185	2 to 2½
12 to 16	185	2½ to 3
16 to 20	185	3 to 3½
20 to 24	185	3½ to 4

Thirty minutes before end of roasting time, carefully open foil and fold away from the turkey to the edges of the pan. Insert meat thermometer in center of inside thigh muscle or thickest part of breast. Continue cooking until done.

Boneless Turkey Roasts

The newest turkey product on the market, boneless turkey roasts are designed for today's homemaker. They are available in four forms: 40 percent dark meat and 60 percent light meat either raw and ready to roast, or precooked and ready to serve; and all-white meat either raw and ready to roast, or cooked and easy to slice. Cooked roasts may be served hot or cold, and there is little waste because they are all meat. If you prefer to serve yours warm, put it in a 350-degree oven long enough to heat it thoroughly.

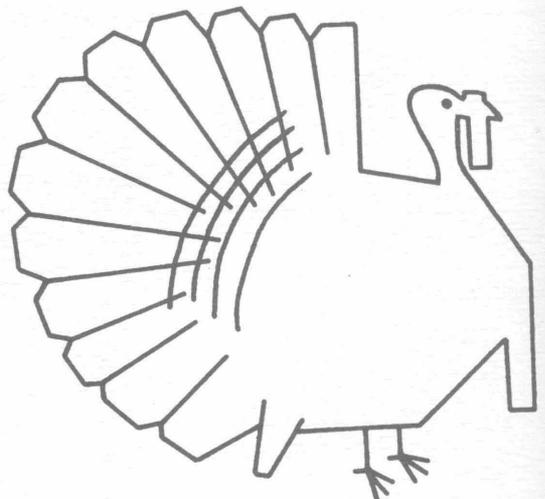
To cook raw roasts, leave them in the original wrapper and thaw in refrigerator 1 to 2 days or under cold, running water. Remove wrapper and leave string in place.

Rinse roast with cold water, drain and pat dry. If roast is not preseasoned, rub lightly with salt and pepper.

Place on rack in shallow baking pan. Brush entire roast with melted butter or margarine. Place in 350 degree oven. Baste occasionally with melted

butter or margarine or pan drippings. If roast becomes too brown during roasting, cover with a loose tent of foil.

Continue roasting until done. A roast meat thermometer inserted in center of roast should register 170 to 175 degrees F. Pan drippings may be used for making gravy.



Stuffing and Gravy

CORNBREAD STUFFING

9 cups cornbread crumbs	1/2 teaspoon pepper
1 cup fat	2 teaspoons poultry seasoning
1 cup chopped onion	1 1/2 to 2 cups broth, milk or water
4 cups chopped celery	4 eggs, beaten
7 cups bread cubes	
1 tablespoon salt	

Use 2-to-4 day old light bread for bread cubes, or dry out bread in the oven. Cut into cubes. Cook onion and celery in fat over low heat until onion is soft but not browned, stirring occasionally. Meanwhile, blend seasonings with bread crumbs and cubes. Add the onion, celery and fat. Pour liquid and eggs gradually over the surface, stirring lightly. Add more seasonings as desired. Stuffing for a 14-18 pound turkey.

Variations:

1. The proportion of cornbread and light bread may vary to suit taste. Light bread and biscuit or cornbread and biscuit may be combined.

2. Giblet stuffing: Simmer giblets until tender. Chop and brown in the fat before adding onion and celery.

3. Parsley stuffing: Add 1/2 cup finely chopped parsley to bread with seasonings.

4. Oyster stuffing: Cook 1 to 2 pints of oysters in oyster liquid until edges curl. Add to bread with seasonings. Include oyster liquid as part of liquid in stuffing. Chop oysters if they are large.

5. Pecan stuffing: Add 2 cups pecans to bread and seasonings.

6. Mushroom stuffing: Add two 6-ounce cans broiled sliced mushrooms, drained.

7. Chestnut stuffing: Add one cup sliced roasted chestnuts or 1/2 pound boiled chestnuts, coarsely sieved.

GIBLET GRAVY

Chopped giblets	Salt and pepper
3 tablespoons pan drippings	Sliced hard cooked eggs, if desired
3 tablespoons flour	
2 cups water, broth or milk	

Cover giblets with water and simmer in a covered saucepan until tender. Drain the giblets and chop. Pour the pan drippings into a bowl leaving the brown residue in the roasting pan. Let fat rise to the top and skim off. The meat juice under the fat should be used as part of the liquid.

Place 3 tablespoons of the fat back in the roasting pan. Add flour and blend well. If desired, brown the fat and flour slightly giving additional color and flavor. Add all liquid at once. Cook, stirring constantly until uniformly thickened. Season to taste. Add chopped giblets and sliced hard-cooked eggs.

RICE STUFFING

2 cups cooked rice	1 No. 2 can tomatoes
2 tablespoons butter or margarine	1 teaspoon salt
3/4 cup chopped celery	1 teaspoon monosodium glutamate
1/2 cup chopped onion	1/4 teaspoon curry powder
1/2 cup chopped green pepper	1/4 teaspoon pepper
2 chicken livers, diced	1 egg, well beaten

Mix rice lightly with butter or margarine; add celery, onion, green pepper, chicken livers and tomato broken into pieces with a fork. Combine seasonings; add to mixture. Mix in egg, lightly. Spoon stuffing lightly into chicken. Makes enough for 5 pound chicken.

CRANBERRY STUFFING

3 cups fresh cranberries, 3/4 pound	1 1/2 cups raisins
3/4 cup sugar	1 tablespoon salt
3/4 cup butter or margarine, melted	3/4 teaspoon cinnamon
3 quarts small bread cubes	Grated rind of 2 lemons
	3/4 cup broth or water

Chop cranberries and blend in the sugar. Blend butter or margarine and bread cubes. Combine the two mixtures with the remaining ingredients. Mix well. Makes enough for a 10-to-12 pound turkey. Note: 1 1/2 cans of whole cranberry sauce and 1/3 cup sugar may be substituted for the fresh cranberries and 3/4 cup of sugar. Break up cranberry sauce with fork; add sugar and proceed as above.

SHRIMP STUFFING

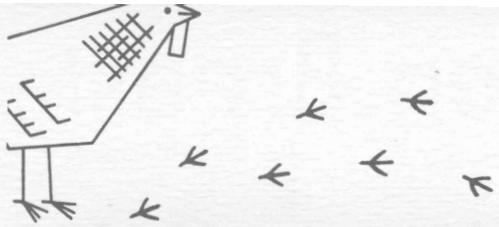
1/2 pound shrimp, fresh or frozen	1 egg, beaten
1/4 cup chopped onion	2 tablespoons milk
2 tablespoons chopped parsley	1/2 teaspoon thyme
3 tablespoons butter or margarine, melted	1 teaspoon salt
	Dash pepper
	3 cups soft bread cubes

Peel shrimp and remove sand veins. Wash and cut into small pieces. Cook onion, parsley and shrimp in butter or margarine until tender. Combine egg, milk and seasonings. Mix all ingredients together including bread crumbs until well moistened. Makes enough for a 4-pound bird.

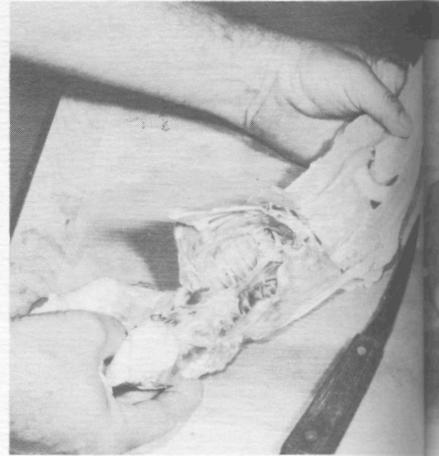
Boned chicken breasts are a gourmet's delight. Whether stuffed with a favorite dressing or prepared with a rich, succulent sauce, they are an entree to serve the most discriminating guests or family members. The plump, all white meat pieces are easy to prepare and give a festive, special occasion flair to any meal.

The method of cutting and preparing described here makes use of the chicken breast and the pulley bone. Other parts can be disjointed and frozen for use later. Your butcher can bone out the breasts for you; however, extra labor adds to the cost.

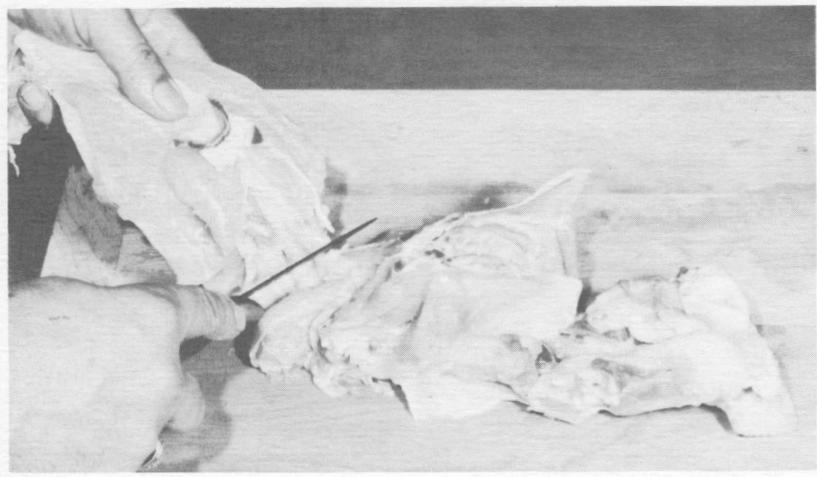
Use a good cutting board, and be sure the knife is sharp.



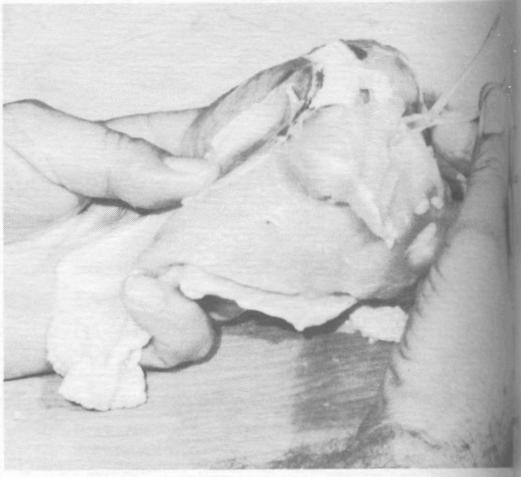
1. Drumsticks, thighs and wings have been removed. Carcass is placed with front end of breast resting on cutting board. Grip back firmly, holding it directly in front of you, leaving the breast farthest away. Notice two long, narrow bones just above breastbone and nearest you. Insert knife (sharp) between long, narrow bones and breastbone. Cut straight downward to front of breastbone. Break breastbone away from cartilage by exerting moderate outward pressure with your hand.



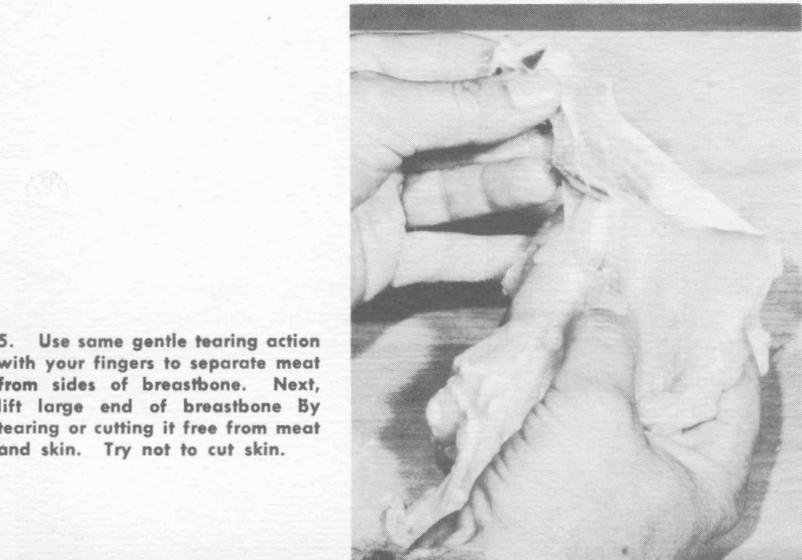
2. After breaking breastbone free, continue turning the blade slightly inward and cutting to skin. This removes meat of the pulley bone. Breastbone, pulley bone, nearly all breast meat and skin covering breast are still together.



3. Separate joined breast and pulley bone from rest of bird. Cut through remaining connective tissue and skin. Leave plenty of skin on piece being removed. You will need it to complete boneless breast roll.

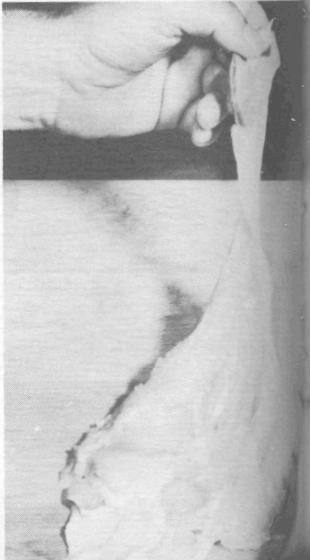


4. Remove pulley bone first. Work slowly. Separate from bone, starting at wide ends of the pulley bone. Use fingers to gently start the tearing, twisting action. Use knife if you wish.

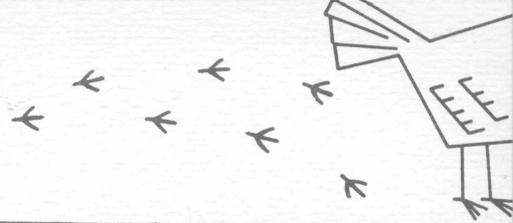


5. Use same gentle tearing action with your fingers to separate meat from sides of breastbone. Next, lift large end of breastbone. By tearing or cutting it free from meat and skin. Try not to cut skin.

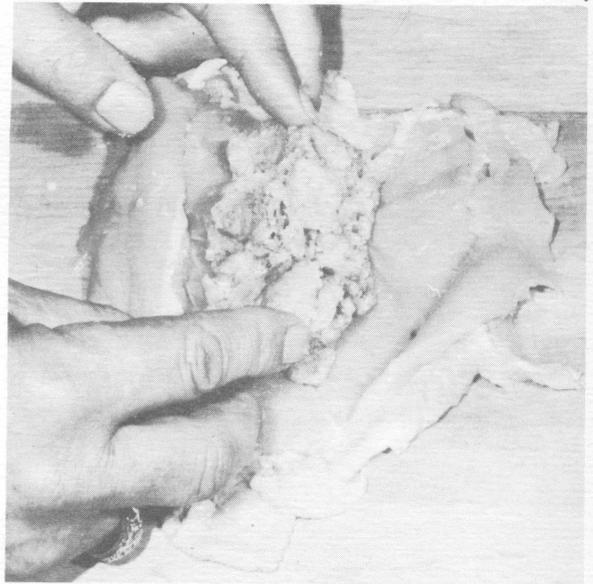
6. Pull bone away from skin by stripping it toward small end of bone. Bone may break completely free where it joins cartilage. If this happens, simply remove remaining cartilage and bone in same manner.



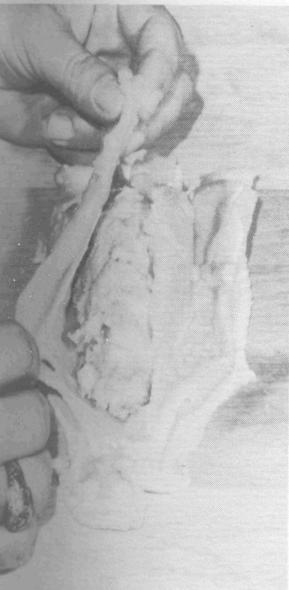
Whole Chicken Breast



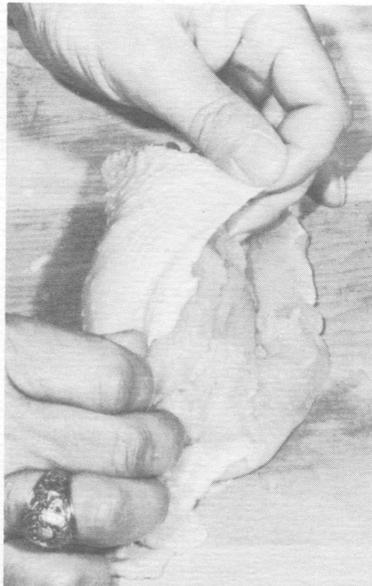
7. Meat of breast and skin are now free of bone. You may roll breast meat with or without stuffing. There are several good brands of stuffing available. That shown here was made from a one-pound package of dry poultry stuffing from a retail store. Rice, wild or domestic, also makes an excellent stuffing. See page 11 for other suggestions.



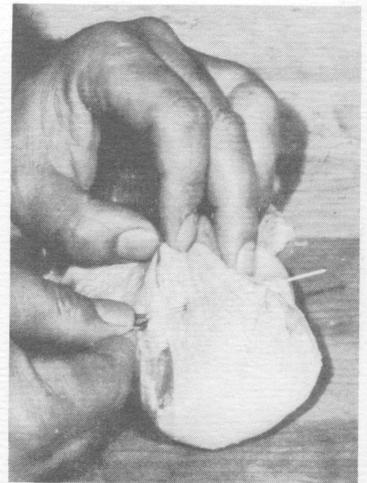
8. Place stuffing in cavity left by breast-bone. Use maximum amount to permit easy folding of meat and skin.



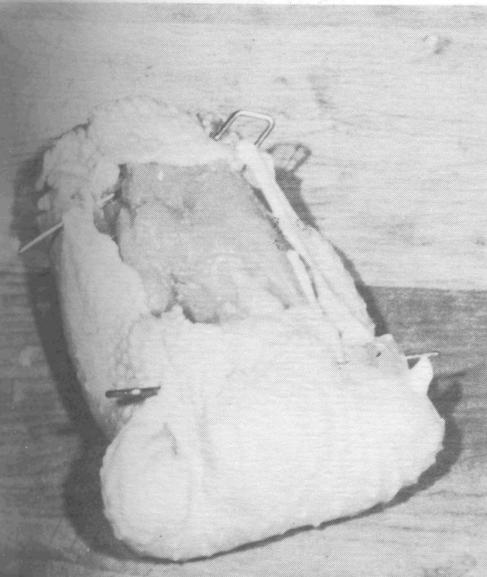
9. Fold breast meat completely over stuffing. Firm stuffing so that none protrudes.



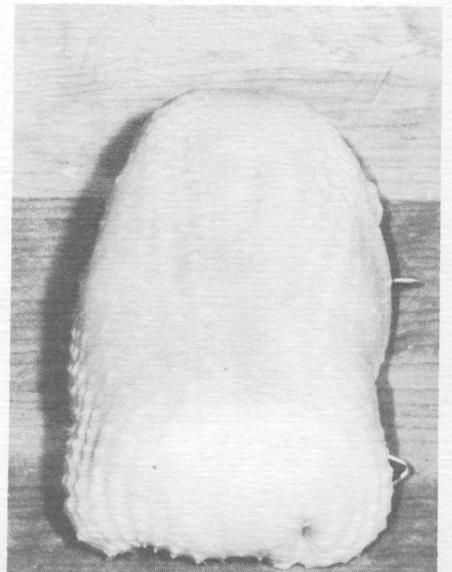
10. Using both hands, grasp skin and roll breast away from you so it may be shaped for skewering.



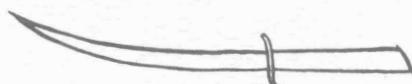
11. Draw skin on each side together. Now pull skin on end of roll over side skin, and join all together with skewer. Good quality toothpicks may be used as skewers.



12. Reverse roll and draw side and end skin together as before. Boneless breast roll is now complete.



13. Turn breast roll over and shape into final form. Cooked roll will have more eye appeal if shaped with parallel sides and ends.



How to Carve



One thing the “good ole days” and modern living have in common is the enjoyment of family meals. Make a real ceremony out of this time. Place a whole chicken or turkey, roasted golden brown, on the table. Ask the man of the house to carve the bird.

Here are a few rules that will make carving easy:

- Plan cooking time so that the bird is out of the oven 15 to 30 minutes before it is to be carved to allow the meat juices to be absorbed.

- Use a large enough platter to allow ample space for the sliced meat.

- Provide a plate to which garnishes can be transferred before carving the meat unless they are very simple and not in the way.

- See that the person to carve has a two-tined fork, a knife with a long flexible and very sharp blade and a spoon for the dressing.

Now to carve:

Tip bird on its side with the breast toward the table.

Remove the wing tip and first joint. Grasp the wing tip firmly with fingers, lift up and sever between the first and second joints. Place the wing tip and first joint portion on the side of the platter. This part is not customarily served. Leave the second joint attached to the bird.





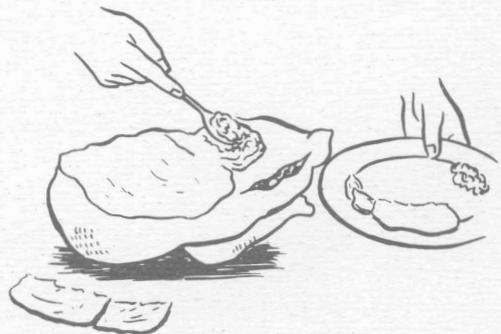
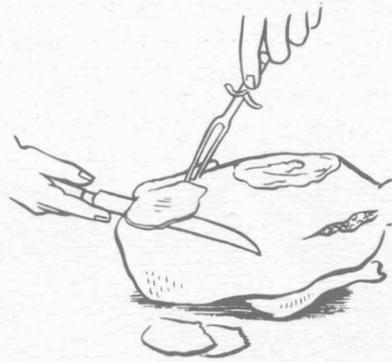
Remove the drumstick. Grasp the end of the drumstick and lift it up and away from the body, disjointing it from the thigh or second joint of the leg. The latter is left attached to the bird. Place the drumstick on the side platter for slicing the meat. Hold drumstick upright at a convenient angle and cut down toward the plate, parallel with the bone, turning the drumstick to make uniform slices.

A variation is to grasp the end of the drumstick to steady the leg. Then cut thin slices across the entire length of leg until the bone of drumstick and thigh and the joint connecting them are exposed. Disjoint drumstick as suggested and finish slicing remaining meat. Proceed with following step, "Run the point, etc."

Remove the thigh bone. Anchoring the fork to steady the bird, cut slices of thigh meat parallel to the body to the bone. Run the point of the knife around the thigh bone, lift up with fork and use fork or fingers to remove the bone. Then slice the remaining thigh meat. The choice dark meat above the thigh in the spoon-shaped section of the backbone is called the "oyster," which should be lifted out with the point of the knife.

How to slice white meat. Begin at the front end of the turkey and slice until the wing socket is exposed. Remove the second joint of the wing. Continue slicing white meat until enough slices have been provided, or until the breastbone is reached.

Removing stuffing. Slit the thin tissue on the thigh region with the tip of the knife and make an opening large enough for a serving spoon. The stuffing in the breast end may be served by laying the skin back onto the platter.



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Ways with Chicken

Whole Chicken

Roast whole chicken or Rock Cornish hens with any of the dressings, page 11.

GOURMET ROAST CHICKEN

2½ to 3-pound broiler	10 to 15 tiny whole onions
6 tablespoons butter or margarine	with holes punched through center
2 6-ounce cans mushrooms, drained	Chicken liver
2 tablespoons butter or margarine	2 teaspoons salt
½ pound smoked ham, cubed	¼ teaspoon pepper
	¾ cup broth
	Snipped parsley

Truss broiler. Heat butter or margarine until it bubbles in skillet. Holding chicken by legs, brown well on all sides. Transfer to Dutch oven or ovenware skillet; pour on remaining butter or margarine. In first skillet, quickly saute mushrooms in 2 tablespoons butter or margarine until brown; arrange around chicken with ham, onions and cut-up uncooked chicken liver. Sprinkle with salt and pepper; then pour in broth. Cover tightly. Bake at 350° F. 1 hour or until tender. Sprinkle with parsley. Serves 4.

CHICKEN EL DORADO

¼ cup butter or margarine	5 cups corn flakes or
¼ cup finely chopped onions	1¼ cups corn flake crumbs
½ cup finely chopped celery	2½ to 3-pound broiler
¼ teaspoon salt	1 No. 303 can peach halves,
½ teaspoon poultry seasoning	drained reserving liquid
½ cup stock or water	

Melt butter or margarine in saucepan, add onions, celery and cook until almost tender. Stir in seasonings and stock. Remove from heat. Add corn flake crumbs, tossing lightly. (If corn flakes are used, crush into crumbs.) Stuff and truss chicken, place in center of 24-inch length of heavy-duty foil. Brush with syrup drained from peaches. Make double fold with foil ends over chicken and double fold on either end. Place in roasting pan. Roast at 450° F. 1 hour. Open foil, flatten in pan. Place drained peaches on foil around chicken and baste with drippings. Roast about 20 minutes longer and serve with peach halves as garnish. Serves 4.

CRANBERRY-BLEU CHEESE CHICKEN

3 tablespoons sugar	¼ cup crumbled Bleu cheese
1 cup coarsely chopped raw cranberries	½ teaspoon pepper
1½ quarts soft bread cut in ½-inch cubes	6 tablespoons melted butter or margarine
	5 to 6-pound hen

Sprinkle sugar over cranberries and let stand while preparing stuffing. Toast bread cubes until

slightly crisp. Add cheese, pepper, butter and cranberries to bread cubes. Toss lightly with two forks until blended. Stuff, truss and roast chicken at 325° F. 3½ to 4 hours. Serves 6 to 8.

HAWAIIAN BAKED CHICKEN

2½ to 3-pound broiler	3 tablespoons melted butter or margarine
½ teaspoon poultry seasoning	½ cup water
¼ teaspoon salt	

Hawaiian Stuffing:

1½ cups soft bread crumbs	1 tablespoon grated orange peel
⅓ cup flaked coconut	2 tablespoons melted butter or margarine
¼ cup finely chopped celery	
¼ cup drained, crushed pineapple	

Golden Pineapple Glaze:

¼ cup pineapple syrup	1 tablespoon melted butter or margarine
¼ cup orange juice	
2 tablespoons bottled meat sauce	

Prepare chicken for cooking. Rub inside cavity with the poultry seasoning and salt. Combine stuffing ingredients; toss lightly to blend. Stuff chicken, truss and brush with 3 tablespoons melted butter or margarine. Place chicken on rack in roasting pan; add the water and cover. Bake at 375° F. about 1 hour. Brush chicken with the glaze. Continue cooking, uncovered, brushing frequently with glaze, ½ to 1 hour longer or until tender. Makes 4 to 5 servings.

ROCK CORNISH HENS WITH WILD RICE STUFFING

¾ cup wild rice	1 teaspoon seasoned salt
Water	¼ cup chicken broth or water
1½ cups chicken stock	6 Rock Cornish hens
3 tablespoons butter or margarine	¼ cup butter or margarine, melted
1½ cups chopped celery	1 teaspoon seasoned salt
½ cup chopped onion	

Wash the wild rice well; place in a bowl and add the water to cover. Let the rice soak for 2 hours. Drain the rice; place in a 2-quart saucepan. Add the chicken stock and 1 tablespoon butter or margarine. Bring to a boil, reduce heat, cover and simmer gently for about 30 minutes or until the rice is tender. Meanwhile, melt the remaining 2 tablespoons butter or margarine. Add the chopped celery and onion and saute until crisp-tender. Add the vegetables, seasoned salt, and broth or water to the cooked rice, mixing lightly to combine. Wash and dry the Cornish hens thoroughly. Stuff each hen lightly with about ½ cup of the rice stuffing; then truss. Blend the melted butter or margarine and seasoned salt. Brush each hen with the seasoned butter. Roast at 350° F. for 1 to 1½ hours. Serves 6.

Halves and Quarters

OVEN CHICKEN PILAFF

Two 1½ to 2½-pound broilers, halved or quartered	¼ cup minced onion
Melted butter or margarine	1 tablespoon minced parsley
Salt	1 teaspoon salt
Pepper	¼ teaspoon pepper
1½ cups rice	2 chicken-bouillon cubes
¼ cup butter or margarine	2¼ cups boiling water
1 cup minced celery	1 cup sour cream
	Paprika

Preheat broiler. Brush chickens lightly with a little melted butter or margarine; sprinkle with salt and pepper. Broil slowly, first with skin sides down, then with skin sides up until lightly browned, but not done. In skillet, heat rice in ¼ cup butter or margarine 10 to 15 minutes or until golden; place in 3-quart casserole. Add celery, onion, parsley, 1 teaspoon salt and ¼ teaspoon pepper. Dissolve bouillon cubes in water; pour over rice. Arrange chickens with skin sides up, on rice, pressing down slightly. Cover; bake at 325° F. 1 to 1½ hours. About 15 minutes before chickens are done, spoon sour cream over them and rice. Sprinkle with paprika. Return to oven. Serves 6 to 8.

Photograph courtesy of National Turkey Federation, Mt. Morris, Ill.



CHARCOAL-GRILLED CHICKEN

Three 2 to 2½ pound broilers, halved and quartered

1. Light fire about 1 hour ahead to have a deep bed of glowing coals. Packaged hickory discs may be added to coals for hickory-flavored chicken.

2. Take chicken out of refrigerator 30 minutes before grilling.

3. Prepare chicken following directions on pages 8 and 9.

4. Brush with one of the sauces below.

5. When coals are glowing, arrange birds, with cut sides down, on greased grill or in folding wire broiler; grill slowly 25 minutes, or until tender, turning with tongs and basting often. Serves 6 to 12.

Sauces for Charcoal Grilled and Broiled Chicken

Barbecue sauce 1. Saute ¼ cup minced onion in ¼ cup salad oil, stirring frequently, about 10 minutes. Add 1 tablespoon Worcestershire sauce, 2 tablespoons brown sugar, ½ teaspoon salt, ¼ teaspoon paprika, ¼ cup lemon juice, ½ cup water and 1 cup chili sauce. Simmer 15 minutes, stirring occasionally. Makes 2 cups.

Barbecue sauce 2. Blend 1 teaspoon salt, ¼ teaspoon pepper, 1 tablespoon paprika and 1 tablespoon sugar. Add ½ clove garlic or ½ teaspoon garlic salt, 1 cup catsup, 1 medium onion, chopped, and ½ cup water. Heat to boiling. Remove from heat. Add ½ cup lemon juice or vinegar, 1 tablespoon Worcestershire sauce and ¼ cup butter or margarine. Makes 2½ cups.

Brown barbecue sauce. Combine ¼ cup prepared mustard and ¼ cup molasses. Stir in ¼ cup lemon juice, 2 tablespoons salad oil, 2 tablespoons Worcestershire sauce, ½ teaspoon Tabasco sauce and ½ teaspoon salt. Makes 1 cup.

Curry sauce. Combine 1 cup chopped onion, 1 cup catsup, ¾ cup water, 3 tablespoons lemon juice, 1 teaspoon salt, 1 teaspoon curry powder, 1 teaspoon brown sugar and ¼ teaspoon ground ginger. Cover and simmer 30 minutes. Makes 2 cups.

Piquant sauce. Mash 1 clove garlic with 4 teaspoons salt. Add ⅔ cup salad or olive oil, ½ cup wine vinegar, ⅛ teaspoon marjoram, ⅛ teaspoon thyme, ⅛ teaspoon pepper and ⅛ teaspoon crushed rosemary leaves. Makes 1 cup.

Lemon-herb sauce. Blend ½ cup cooking oil, ½ cup melted butter or margarine, ¼ cup lemon juice, 2 teaspoons salt, 2 teaspoons paprika, ¼ tea-

spoon pepper, $\frac{1}{8}$ teaspoon thyme and $\frac{1}{8}$ teaspoon garlic salt. Makes $1\frac{1}{4}$ cups.

Lemon-barbecue sauce. Mash 2 small garlic cloves with 1 teaspoon salt. Add $\frac{1}{2}$ cup salad oil, 1 cup lemon juice, 4 tablespoons finely chopped onion, 1 teaspoon freshly ground black pepper and 1 teaspoon thyme. Makes $1\frac{1}{2}$ cups.

Oahu sauce. Melt $\frac{1}{2}$ cup butter or margarine. Add 1 teaspoon shredded lemon peel, 3 tablespoons lemon juice, $\frac{1}{3}$ cup pineapple juice, $\frac{1}{4}$ teaspoon salt, $\frac{1}{4}$ teaspoon thyme, 2 teaspoons brown sugar, 2 tablespoons finely chopped onion and 1 teaspoon cornstarch. Cook 5 minutes. Makes 1 cup.

Cheese sauce. Combine 1 cup grated cheddar cheese, 1 cup soft bread crumbs, $\frac{1}{2}$ teaspoon poultry seasoning, $\frac{1}{2}$ teaspoon paprika, 1 cup milk until mixture is of spreading consistency. Spoon over broiled halves or quarters and continue broiling until lightly browned.

BROILED CHICKEN

Two $2\frac{1}{2}$ -pound broilers, halved or quartered

1. Preheat broiler as manufacturer directs.
2. Prepare chicken following directions on pages 8 and 9.
3. Place chicken, skin side down, on broiler.
4. Sprinkle with salt and pepper.
5. Brush with one of the above sauces or melted butter or margarine.
6. Place in broiler so surface of chicken is 7 to 9 inches from heat or according to manufacturer's directions. Broil slowly; turn every 15 minutes and baste often with sauce or melted butter or margarine. Broil 45 to 60 minutes or until tender. Serves 4 to 8.

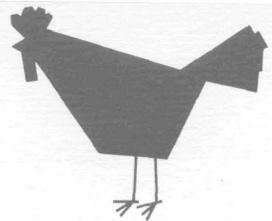
CHICKEN QUARTERS SUPREME

$2\frac{1}{2}$ to 3-pound broiler, quartered	2 tablespoons water
$\frac{1}{4}$ cup flour	1 egg, beaten
1 teaspoon salt	$\frac{1}{2}$ cup fine dry bread crumbs
$\frac{1}{8}$ teaspoon pepper	$\frac{1}{2}$ cup Parmesan cheese
1 teaspoon paprika	$\frac{1}{2}$ cup butter or margarine

Combine flour, salt, pepper and paprika. Coat chicken. Dip into combined water and egg; then roll in bread crumbs and cheese. Cook in hot butter or margarine in large skillet until golden brown. Lower heat; cook, turning 30 to 45 minutes or until tender and brown. Serves 4.

Variations:

Crunchy style: For bread crumbs, substitute 1



cup crushed corn flakes combined with $\frac{1}{2}$ cup flour.

Curry style: Omit Parmesan cheese. To bread crumbs add $\frac{1}{2}$ teaspoon curry and 1 teaspoon poultry seasoning.

Deviled style: To egg, add 1 tablespoon prepared mustard and 1 teaspoon vinegar. Omit Parmesan cheese; add $\frac{1}{2}$ teaspoon paprika to bread crumbs.

OVEN BARBECUED CHICKEN

Two 2 to $2\frac{1}{2}$ -pound broilers, halved 1 recipe barbecue sauce, page 18.

Arrange chicken in baking dish. Brush with sauce. Cover and bake at 350° F. 1 hour. Uncover and continue baking 30 minutes basting frequently with sauce. Serves 4.

GOLDEN NUGGET CHICKEN

Three 2-pound broilers, quartered	1 teaspoon soy sauce
$\frac{1}{2}$ cup butter or margarine	Syrup from can peach halves
1 tablespoon instant minced onion	One 1-pound 14-ounce can peach halves, drained
	2 tablespoons chopped parsley

Arrange chicken pieces in single layers, without touching, in one or two shallow baking pans.

Melt butter or margarine in small saucepan; stir in onion, soy sauce and $\frac{1}{2}$ cup syrup from canned peaches; heat to broiling; brush generously over chicken.

Bake at 400° F., brushing often with sauce, 1 hour, or until tender and glazed a rich golden brown.

Place drained peach halves around chicken during last 10 minutes' baking to heat through; arrange on heated serving platter; sprinkle with chopped parsley.

FRIED ROCK CORNISH HEN

1 Rock Cornish hen, split in half lengthwise	1 teaspoon paprika
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ teaspoon pepper
1 teaspoon salt	$\frac{1}{3}$ cup butter or margarine
	1 tablespoon water

Shake chicken in a bag containing the flour and seasonings. Heat butter or margarine to moderately hot, add chicken and brown slowly 15 to 20 minutes, turning as necessary. When chicken is browned, reduce heat, add water, cover tightly and cook slowly until tender about 20 minutes. Uncover during last 5 minutes to crisp skin. Serves 2.

BROILED ROCK CORNISH HEN

Place bird, split in half lengthwise, in broiler pan — not on rack. Bring wing tips onto back to expose breast meat to heat. Brush with butter or margarine. Season with salt and pepper and flatten skin-side down. Place pan so that bird is 7 to 9 inches from heat. Broil slowly, turning after 15 minutes. Baste frequently. Turn skin side up and broil an additional 15 minutes or until drumstick twists easily out of thigh joint. Serves 2.

CHICKEN A LA ROMANO

2½ to 3-pound broiler, halved	½ cup snipped parsley
1 teaspoon salt	1 clove garlic, minced
½ teaspoon pepper	1 1-pound can whole tomatoes
Dash of red pepper	¼ cup grated Romano cheese
¼ teaspoon oregano	¼ cup olive oil

Place chicken, skin side down, in shallow baking pan. Bake at 350° F. 20 minutes. Turn chicken skin side up. Combine salt, pepper and red pepper, oregano, parsley and garlic and sprinkle over chicken. Pour tomatoes over all. Sprinkle with the cheese. Drizzle with olive oil. Continue baking, uncovered for about 1 hour or until drumstick twists easily out of thigh joint. Serves 2 to 4.

CURRENT-CHERRY CHICKEN

Two 2½-pound broilers, quartered	½ cup frozen orange juice concentrate, undiluted
¾ cup Italian dressing	1 1-pound can pitted black Bing cherries, drained
½ cup red currant jelly	

Marinate chicken quarters in Italian dressing 2 to 4 hours at room temperature. Drain chicken, reserving marinade. Place chicken in shallow baking dish, skin side up. Bake uncovered at 350° F. 1¼ hours. Baste occasionally during baking with the marinade. Melt currant jelly in saucepan over low heat; blend in orange juice and cherries. Pour sauce over chicken and continue baking 15 minutes longer. Serves 6 to 8.

CHICKEN BALIHAI

Two 2 to 3-pound broilers, quartered	1 1¼-ounce package slivered almonds
1½ cups flour	2½ cups water
2 tablespoons salt	1 cup brown rice
1 teaspoon pepper	2 quarts boiling water
2 cups cooking oil	1 tablespoon salt
Giblets, chopped	1 small bunch of parsley
1 8-ounce can green grapes	

Dredge chicken in mixture of flour, salt and pepper; brown lightly in oil. Place in large baking pan. Add 4 tablespoons of the seasoned flour to cooking oil, brown lightly. Drain excess oil, saute giblets, add grapes with liquid, almonds and water; simmer until smooth and pour over chicken. Cover

closely and bake at 350° F. 45 minutes. Cook brown rice in salted boiling water until done, about 40 minutes, drain and rinse in hot water. Place rice in center of large bowl, arrange chicken around sides and garnish with parsley. Serve with gravy. Serves 6.

SPECIAL CHICKEN DINNER

Three 2½-pound broilers, halved	18 strips carrots
6 slices onion	12 pieces celery
12 slices potato	Salt
6 slices tomato	Pepper
	1¼ sticks margarine

Place 1 chicken half in the center of a square of heavy duty foil. Add a slice of onion on top; then 2 potato slices. Next add 1 slice of tomato and place 3 carrot sticks and 2 pieces of celery to sides. Season to taste with salt and pepper; top with 2 tablespoons butter or margarine. Close the foil, making a tight package. Repeat process with other 5 halves. Place on a cookie sheet and bake at 350° F. 1 hour and 30 minutes. Pour juices over dinners before serving. Serves 6.

Cut-up and Selected Pieces

INTERNATIONAL DATE-LINE CHICKEN

¼ cup butter or margarine	1 11-ounce can Mandarin oranges
3 large chicken breasts, split in half	2 tablespoons corn starch
1 14-ounce can chicken broth	1 teaspoon lemon juice
1 tablespoon minced onion	1 cup thinly sliced green pepper
1 teaspoon salt	1 cup pitted dates, cut in half
½ teaspoon curry powder	
⅓ teaspoon pepper	

Melt butter or margarine in large skillet; cook chicken slowly to a deep golden brown, turning to brown evenly. Combine broth, onion, salt, curry powder and pepper; pour over chicken. Cover and simmer 45 minutes, or until chicken is fork-tender. Remove chicken to warm serving platter and keep warm. Drain oranges, reserving syrup. Combine syrup, corn starch and lemon juice. Stir into brown pan juices; cook, stirring constantly, until thickened and clear. Add green pepper and dates; simmer 3 to 4 minutes. Add orange sections. Serve hot over chicken breasts. Serves 6.

CHICKEN CURRY WITH INDIA RICE RING

2 cups chopped onion	4 tablespoons flour
1 cup chopped green pepper	1 tablespoon curry powder
3 cloves garlic, minced	1 tablespoon salt
1 cup butter, margarine or cooking oil	½ cup lemon juice
Two 2 to 2½-pound broilers, cut in serving pieces	2 8-ounce cans tomato sauce
	1 cup water

Cook onion, green pepper and garlic in the butter, margarine or oil in a large skillet or Dutch oven until tender, but not brown. Remove vegetables and set aside. Then brown chicken in remaining fat in pan, turning pieces frequently to brown evenly, about 15 minutes. Remove chicken. Mix flour, curry powder and salt; blend in lemon juice, tomato sauce and water until smooth. Stir tomato mixture into fat in skillet and cook, stirring constantly, until mixture boils and is uniformly thickened. Return chicken and vegetables to sauce; cover and simmer until thickest chicken pieces are fork-tender, about 1 hour. Serve with India Rice Ring. Serves 8.

India Rice Ring:

1/2 cup sliced onion	1/2 cup raisins
1/4 cup slivered almonds	1/8 teaspoon curry powder
1/2 cup butter or margarine	6 cups hot cooked rice

Cook onion and almonds in butter or margarine until onions are tender, but not brown. Add raisins and curry; heat through until raisins puff. Add mixture to rice; mix lightly. Pack rice in 1 1/2-quart ring mold. Unmold on platter.

MARGARET'S FAVORITE BREAST OF CHICKEN WITH RICE DRESSING

6 boned chicken breasts	2 cups cooked rice
1 teaspoon salt	2 hard-cooked eggs, chopped
1/4 teaspoon pepper	1/4 cup milk or chicken broth
4 tablespoons butter or margarine	Salt
1/2 cup chopped celery	Pepper
4 tablespoons chopped parsley	1 can cream of mushroom soup
1 tablespoon finely chopped onion	1 soup can milk or chicken broth

Salt and pepper chicken breast. Saute celery, parsley and onion in butter or margarine. Add rice and eggs. Add about 1/4 cup milk or broth to the dressing, using just enough to moisten the ingredients so they will hold together. Salt and pepper to taste. Fill each breast with as much dressing as possible. Place in a greased baking dish, skin side up. Arrange rest of dressing around breasts. Dilute soup with milk or broth and pour over dressing and breasts. Cover and bake at 350° F. 30 minutes. Remove cover and bake at 400° F. 10 to 15 minutes or until breasts are golden brown. Serves 6.

MARINATED CHICKEN WINGS

2 pounds chicken wings	1 teaspoon meat sauce
1/2 cup melted butter or margarine	1 teaspoon grated onion
1/4 cup lemon juice	1 teaspoon salt
2 tablespoons chili sauce	2 teaspoons prepared mustard
	1/2 teaspoon curry powder

Place wings in large bowl. Combine remaining ingredients, mixing well, and pour over chicken

wings. Stir wings gently to coat them thoroughly with sauce. Let marinate half an hour, then place in shallow baking pan large enough to hold wings in a single layer. Bake at 350° F. until wings are tender, about 45 minutes. Turn pieces about every 15 minutes. Serves 4.

POLLO CON ARROZ (Chicken with Rice)

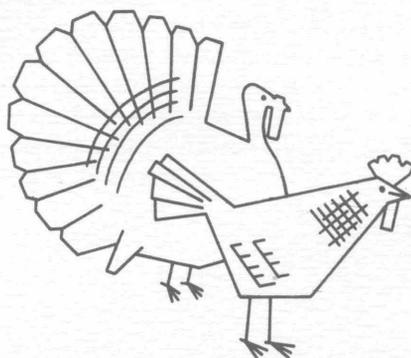
2 tablespoons fat	1/2 cup sliced stuffed olives
1/2 cup finely diced onion	3 ounce can chopped broiled mushrooms
1/2 cup finely diced green pepper	1/2 cup tomato sauce
1 finely chopped clove garlic	2 cups water
1 1/2 teaspoons salt	1 3-pound broiler cut in serving pieces
1/4 teaspoon pepper	1 cup rice
1/2 teaspoon paprika	

Melt fat in Dutch oven over moderate heat. Add onions, green peppers and garlic. Cook about 5 minutes, stirring frequently. Sprinkle with seasonings. Add olives and mushrooms. Blend together and add tomato sauce and water. Mix well and bring to boil. Arrange chicken in liquid, skin side down. Cover and cook slowly for 15 minutes. Remove chicken pieces. Stir in rice. Replace chicken, skin side up. Cover and continue cooking slowly until rice is just tender, about 20 minutes longer. Serves 4.

CHICKEN PAPRIKA

3 pounds broiler thighs and legs	1 tablespoon paprika
1/2 cup flour	2 or 3 tablespoons hot water
1/8 teaspoon pepper	2 tablespoons flour
1 teaspoon salt	2 cups sour cream
1/4 cup fat	Grated rind of 1 lemon
1/2 cup finely chopped onion	1 tablespoon lemon juice

Mix the flour, salt and pepper and rub into the chicken. Brown the chicken in hot fat and set the pieces aside. Cook onion in fat until transparent. Replace the chicken and sprinkle with paprika and remaining flour. Add hot water, cover tightly and cook over low heat until the chicken is tender, 45 to 60 minutes. If necessary, add more water in tablespoon quantities to prevent sticking. Remove chicken and keep hot. Add the two tablespoons of flour to the juices in the pan and blend thoroughly. Cook over low heat until the mixture bubbles. Add sour cream and cook, stirring constantly, until thickened. Simmer, covered, about 5 minutes. Add lemon juice and rind and season well to taste. Replace chicken and reheat to serving temperature. Serves 6 to 8.



STUFFED CHICKEN BREASTS

3 broiler breasts, boned	$\frac{1}{4}$ cup blanched, slivered almonds
$\frac{1}{3}$ cup finely chopped mushrooms	2 teaspoons lemon juice
1 tablespoon finely chopped celery	$\frac{1}{4}$ teaspoon salt
1 tablespoon finely chopped onion	$\frac{1}{8}$ teaspoon pepper
2 tablespoons butter or margarine, melted	$\frac{1}{4}$ cup butter or margarine, melted
	$\frac{3}{4}$ cup crushed potato chips
	3 slices bacon

Garnishes: Paprika, toasted slivered almonds

Make a lengthwise slit in each of the 3 chicken breasts. Cook mushrooms, celery and onion in the 2 tablespoons butter or margarine until tender, but not brown. Remove from heat and blend in almonds, lemon juice, salt and pepper. Divide in 3 parts and fill each slit in chicken breasts.

Roll each breast in the $\frac{1}{4}$ cup melted butter or margarine. Coat each one well with crushed potato chips. Place in greased, shallow baking dish. Cover each slit with a slice of bacon. Bake at 350° F. 1 hour or until fork-tender. Sprinkle with paprika and toasted almonds to garnish. Serves 3.

CHICKEN ITALIAN

3-pound broiler, cut in serving pieces	$\frac{1}{2}$ cup fine bread or cracker crumbs
1 $\frac{1}{2}$ teaspoons seasoned salt	$\frac{1}{4}$ to $\frac{1}{3}$ cup shortening
$\frac{1}{4}$ teaspoon pepper	$\frac{1}{2}$ cup water
1 package spaghetti sauce mix	

Sprinkle chicken pieces with seasoned salt and pepper. Blend spaghetti sauce mix and crumbs. Roll pieces of chicken in crumb mixture carefully. Fry a golden brown in medium-hot fat in skillet. Add water. Cover and simmer about 45 minutes until tender. Serve with remaining juices as sauce. Serves 4.

TEXAS FRIED CHICKEN

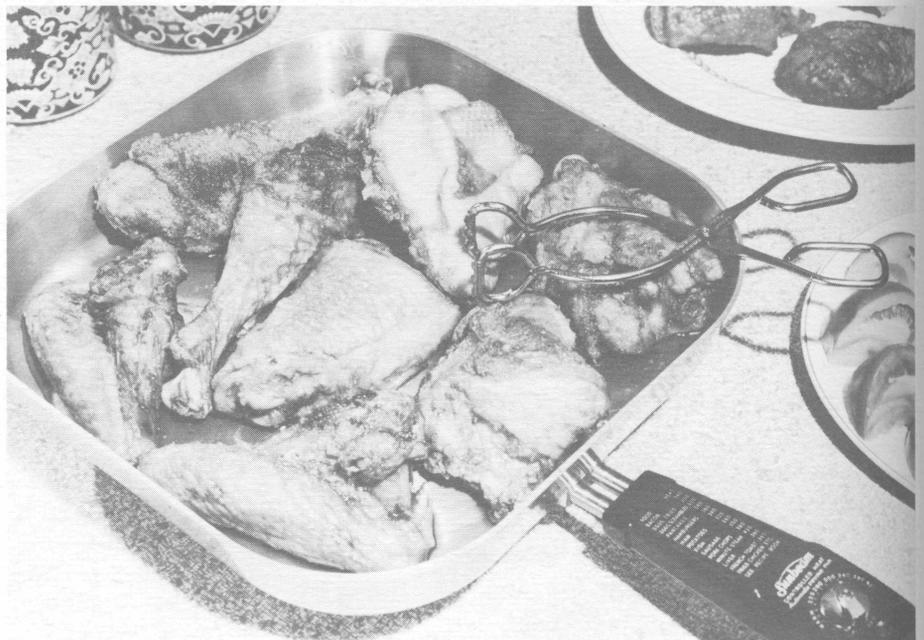
2 $\frac{1}{2}$ to 3 $\frac{1}{2}$ -pound broiler, cut in serving pieces	2 teaspoons salt
$\frac{1}{2}$ cup flour	$\frac{1}{4}$ teaspoon pepper
	Cooking oil

Coat chicken pieces evenly with combined flour, salt and pepper. Heat $\frac{1}{2}$ inch of cooking oil or shortening in heavy skillet. Add chicken to hot fat and fry until lightly browned, turning several times. Cover, reduce heat to medium and continue cooking until tender, about 30 minutes. Remove cover and continue cooking 5 to 10 minutes to crisp chicken. Serves 4.

Variation: Batter fried chicken: Sift 1 cup flour, 1 teaspoon baking powder and 1 teaspoon salt into bowl. Make well in center and stir in 1 egg and $\frac{3}{4}$ cup milk. Beat with beater until smooth. Coat chicken with batter before frying.

DEEP-FAT FRIED CHICKEN

2 $\frac{1}{2}$ to 3 $\frac{1}{2}$ -pound broiler, cut in serving pieces	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ cup flour	2 quarts oil or melted shortening
2 teaspoons salt	



Photograph courtesy of National Turkey Federation Mt. Morris, Ill.

Goat chicken pieces evenly with combined flour, salt and pepper. Heat oil in deep kettle or fryer to 365° F. Slowly lower pieces of chicken into the fat. Fry 15 to 20 minutes, or until well browned and crusty. Dark meat should show no sign of pink. Serves 4.

Variation: Prepare batter as given for fried chicken, page 22. Dip chicken in batter and fry as above.

CRISP OVEN FRIED CHICKEN

2½ to 3-pound broiler, cut in serving pieces	1 cup corn flakes or dry bread crumbs or flour
¼ cup butter or margarine, melted in shallow baking pan	2 teaspoons salt
	¼ teaspoon pepper
	2 teaspoons paprika

Dip chicken in melted butter or margarine, then in crumbs or flour combined with seasonings; return pieces to pan of melted fat. Sprinkle remaining crumb mixture over chicken and bake at 350° F. for 1 hour. Chicken should be golden brown and need not be turned. Serves 4.

SESAME OVEN FRIED CHICKEN

2½ to 3½-pound broiler, cut in serving pieces	2 teaspoons salt
1 egg, beaten	2 teaspoons paprika
½ cup milk	¼ teaspoon pepper
1 cup flour	2 tablespoons sesame seeds
1 teaspoon baking powder	½ cup butter or margarine

Dip chicken into mixture of egg and milk. Combine flour, baking powder, salt, paprika, pepper and sesame seed; coat chicken in this mixture. Melt butter or margarine in a shallow baking pan in 400° F. oven. Remove baking pan from oven. As pieces of chicken are placed in pan, turn to coat with fat, then bake in single layer, skin-side down at 400° F. 30 minutes. Turn. Bake 30 minutes or until tender. Serves 4.

CHICKEN AND POLENTA.

¼ cup salad oil	¼ teaspoon rosemary
½ cup butter or margarine	1 1-pound 13-ounce can tomatoes
1 4 to 5-pound hen, cut in serving pieces	1 8-ounce can tomato sauce
2 teaspoons salt	1 teaspoon salt
½ teaspoon pepper	Polenta:
1 cup minced onions	4 teaspoons salt
1 clove garlic, minced	2½ quarts boiling water
2 tablespoons snipped parsley	3¾ cups yellow corn meal
½ teaspoon sage	

Heat oil and butter or margarine in Dutch oven or kettle until bubbling. Sprinkle chicken with salt and pepper; brown well in fat, removing pieces as they brown. To remaining fat, add onions and garlic; cook, stirring, 8 to 10 minutes or until

golden brown. Add next 6 ingredients and chicken. Simmer, covered, 3 hours until chicken is very tender. Sauce should be thin and should almost cover chicken; add boiling water if necessary.

Polenta: During last hour chicken is cooking, add salt to rapidly boiling water. Gradually add corn meal, stirring to keep smooth. Cook 10 minutes, stirring constantly. Place over hot water; cover; cook 30 minutes, stirring occasionally. To serve in traditional way: Turn out onto large board; pour chicken over all. Serves 8 to 10.

BREAST OF CHICKEN SAUTE BRAZILIAN

¾ cup rice or	½ cup chopped cooked ham
1⅓ cups precooked rice	1 tablespoon flour
6 chicken breasts	1 cup chicken broth
½ teaspoon salt	¾ cup water
⅛ teaspoon pepper	1 tablespoon chili powder
⅔ cup olive or salad oil	½ teaspoon salt
3 shallots or small onions, chopped	⅛ teaspoon pepper
2 quartered medium tomatoes	¼ teaspoon paprika
¼ cup snipped parsley	Diced pimento
	Shredded coconut

Cook rice as package directs; keep hot. Season chicken breasts with salt and pepper. Place in hot oil in large skillet; cover; saute 12 minutes. Add shallots, tomatoes, parsley and ham. Cover and simmer 6 minutes. Mix flour with ¼ cup of broth to form smooth paste; add to skillet with rest of broth, water and chili powder, remaining ½ teaspoon salt and ⅛ teaspoon pepper and paprika. Simmer 10 minutes. Serve chicken on rice, garnished with pimento and coconut. Pass sauce. Serves 4.

CHICKEN COUNTRY CAPTAIN

3-pound broiler, cut in serving pieces or	Dash pepper
6 whole chicken breasts	2 teaspoons curry powder
⅓ cup flour	½ teaspoon thyme
2 teaspoons salt	1½ teaspoons garlic salt
¼ teaspoon pepper	1 teaspoon chopped parsley
½ cup shortening	4 cups tomatoes
1 cup chopped onions	3 cups cooked rice
1 cup chopped green pepper	¼ cup currants
½ teaspoon salt	½ cup slivered almonds

Remove skin from chicken. Roll in flour combined with the 2 teaspoons salt and ¼ teaspoon pepper. Brown in hot fat, remove and keep warm. Add onions and green pepper to fat and cook until tender. Add remaining salt and pepper, curry, thyme, garlic salt, parsley and tomatoes, mix thoroughly. Replace chicken in sauce. Add water if liquid does not cover chicken. Cover and simmer 45 minutes. Serve in rice ring; add currants to sauce and pour over rice. Sprinkle almonds over chicken. Serves 6.

CHICKEN WITH ORANGE-RICE

4 boned chicken breasts, split in half	1/4 cup shortening
1/4 cup flour	2 10 1/2-ounce cans cream of chicken soup, diluted as can directs
1 teaspoon salt	
1/4 teaspoon pepper	1 4-ounce can mushrooms
1 teaspoon paprika	

Dredge chicken in flour seasoned with salt, pepper and paprika. Brown in shortening, pour soup over chicken and simmer 45 minutes, or until tender. Add mushrooms to gravy.

Orange-rice:

1/2 cup chopped onion	Grated rind of 1 orange
1 cup chopped celery	1 cup orange juice
2 tablespoons butter or margarine	1 1/2 cups water
1 cup rice	1/2 teaspoon salt
	1/8 teaspoon thyme, optional

Saute onion and celery in butter or margarine until clear and golden but not brown. Add rice, rind, liquid, salt and thyme. Cook over low heat 25 minutes.

GOURMET CHICKEN

3 drumsticks	1/4 cup chili sauce
3 thighs	1/4 cup soy sauce
3 whole chicken breasts, split	1 tablespoon Worcestershire sauce
1-pound can whole purple plums	1 teaspoon ginger
Juice of 1 lemon	2 teaspoons prepared mustard
Medium onion, chopped	2 drops tabasco

Arrange chicken in single layer in 9 x 13 x 2 inch baking dish. Seed and puree plums; add remaining ingredients and pour over chicken. Bake at 350° F. 1 1/4 hours. Serves 6.

SUPREME CHICKEN AND DUMPLINGS

2 1/2 to 3-pound broiler, cut up	2 tablespoons chopped green pepper
Water	2 chicken bouillon cubes
2 teaspoons salt	1 tablespoon chopped pimento
1/4 teaspoon pepper	4 tablespoons butter or margarine
1 large onion, minced	1 teaspoon parsley flakes
1/4 cup finely chopped celery	

Cover chicken with water; add salt and pepper and cook about 40 minutes or until tender. Add the onion, celery, green pepper, bouillon, pimento, butter or margarine and parsley. Cook 10 minutes longer. Serves 4.

Dumplings:

2 tablespoons butter or margarine	1 teaspoon salt
1 1/2 cups flour	3/4 cup boiling water

Melt butter or margarine and add to the combined flour and salt. Pour hot water over the dry ingredients and stir with a fork. More water may

be needed to make dough consistency of biscuit dough. Turn out on lightly floured cloth and roll dough 1/4 inch thick. Cut in 1 inch squares and pop into boiling gravy. Cover and simmer 10 minutes without raising lid.

GRANDMOTHER'S CHICKEN AND DUMPLINGS

3-pound broiler	2 carrots
1 quart water	1 stalk celery
1 tablespoon salt	3 tablespoons flour
1/2 teaspoon black pepper	1/2 teaspoon paprika

Boil chicken gently with water, salt, pepper, carrots and celery until tender. Remove small amount of broth and mix with flour. Combine with paprika; blend well. Add to remaining broth and stir until slightly thickened.

Rolled dumplings:

2 cups flour	2 tablespoons chicken fat
2 1/2 teaspoons baking powder	2/3 cup milk
1 teaspoon salt	

Sift flour, baking powder and salt together. Blend in fat. Add milk and stir until mixture clings to fork. Turn out on lightly floured cloth. Roll thin, cut into strips and let stand about 15 minutes to dry. Add above to chicken pot of thickened broth and chicken; cover and simmer for 15 minutes, without removing lid. Serves 4.

Drop dumplings:

3/4 cup flour	1 egg
2 1/2 teaspoons baking powder	1/3 cup milk
1/2 teaspoon salt	

Sift flour, baking powder and salt together. Beat egg. Add milk and mix with dry ingredients. Drop by small spoonfuls on boiling gravy. Cover and cook 15 minutes. Do not remove cover while cooking.

For Tasty Turkey

BROILED TURKEY

4-pound turkey, halved or quartered	1/4 teaspoon pepper
1/2 cup melted butter or margarine	2 teaspoons salt

Snap the two joints in the legs and wings to keep bird flat during broiling. Skewer leg to body and fold wing tip under wing. Place turkey in broiler pan, not on rack. Brush with butter or margarine, season with salt and pepper and place skin side down. Regulate heat on pan position so that turkey broils slowly and just begins to brown lightly in 15 minutes. Broil 10 minutes. Turn 2 or 3

times during broiling — brushing with drippings each time. Broil until meaty parts are tender, about 60 minutes. Serves 6.

To add a gourmet touch: Sprinkle with one of the following during broiling: chopped chives or parsley, powder rosemary, thyme, ginger, mace or poultry seasonings.

Variation: Brush with any of sauces on pages 18 and 19.

OUTDOOR BARBECUING ON THE SPIT

Light fire 30 to 40 minutes before cooking. An even bed of glowing coals 2 to 3 inches deep is best. It may be necessary to replenish the coals during the spit-cooking of a turkey.

Truss bird. Do not stuff a rotisserie-cooked bird.

Insert spit rod through center of bird from tail end toward front. Insert skewers firmly in place in bird and fasten screws tightly. Test balance. Turkey must balance on the spit to rotate smoothly throughout cooking.

Arrange hot charcoal briquets on back of fire box. Place a foil drip pan in front of briquets. Place spit in rotisserie and start motor as barbecue manufacturer directs.

Brush turkey with melted butter or margarine at beginning of cooking. Brush with the barbecue sauce, page 18, during last 30 to 40 minutes of cooking. To test doneness, a roast meat thermometer placed in center of inside thigh muscle or thickest part of breast should register approximately 185° F. Turkey is done when thickest part of drumstick feels very soft when pressed between protected fingers.

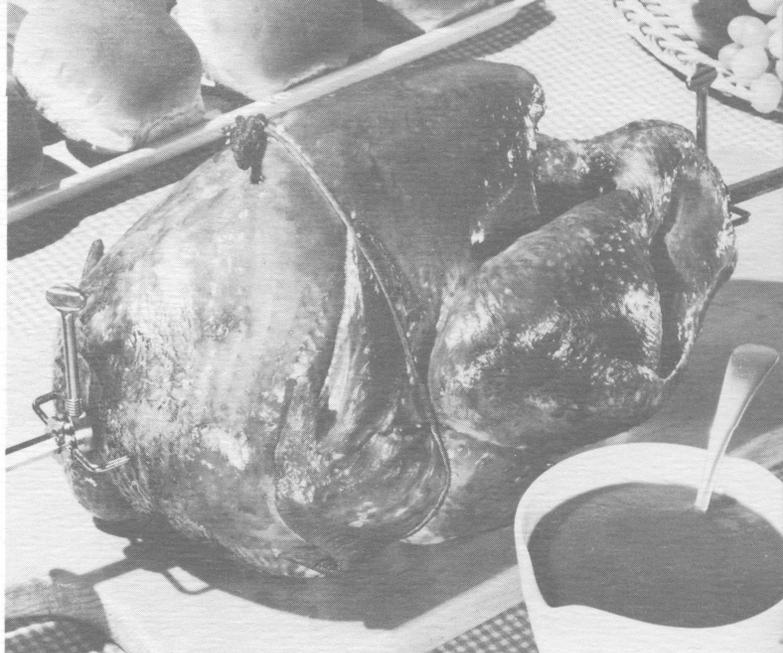
Timetable for Whole Turkey—Rotisserie

Purchased ready-to-cook	Internal temperature	Guide to total roasting time
Lb.	°F.	Hr.
6 to 8	185	2½ to 3
8 to 12	185	3 to 4½
12 to 13	185	4 to 5

BARBECUED ON THE GRILL

The 6 to 7-pound turkey is best for grilling. Have meat dealer cut turkey into quarters.

Marinate in one of sauces on pages 18 and 19 about 2 hours at room temperature or overnight in refrigerator. If not using a sauce as a marinade, season with salt, pepper and poultry seasoning and brush generously with melted butter or margarine.



Photograph courtesy of Poultry and Egg National Board, Chicago, Ill.

Place turkey pieces on grill 6 to 8 inches above hot glowing coals. Cook about 1½ hours, turning occasionally. Baste with sauce during last 30 minutes of cooking.

To test doneness, cut into drumstick with very sharp knife. Turkey is done when there is no pinkness near bone.

TURKEY WINGS FRICASSEE

- | | |
|----------------------------------|---------------------|
| 4 turkey wings | ¼ teaspoon salt |
| 3 tablespoons cooking fat or oil | Pepper |
| 2½ cups water | 2 tablespoons flour |

Brown the wings in the fat or oil. Add water, salt and pepper. Cover. Simmer until the wings are tender, about 2 hours, turning once. Add more water if needed.

Blend flour with a little cold water and add to cooking water for thickening. Cook about 15 minutes longer. Serves 4.

TURKEY WINGS CREOLE

- | | |
|---------------------|----------------------------|
| 6 turkey wings | ½ cup chopped green pepper |
| ¼ cup flour | 2 teaspoons salt |
| ½ teaspoon salt | 1 bay leaf |
| ⅛ teaspoon pepper | Cayenne pepper |
| ¼ cup fat | 1 clove garlic, sliced |
| 1 cup chopped onion | 1 quart cooked tomatoes |

Coat wings with mixture of flour, ½ teaspoon salt and pepper, brown in hot fat in large frying pan for about 20 minutes. Add onion and green pepper and cook in fat a few minutes. Add other ingredients; cover pan. Simmer about 2 hours or until wings are tender; add a little water, if needed, to prevent sticking. Serves 6.

BRAISED TURKEY

¼ cup flour	4½ to 7-pound turkey,
1 teaspoon paprika	quartered
¾ teaspoon salt	½ cup fat
⅛ teaspoon pepper	½ cup water or tomato juice

Blend flour and seasonings; rub thoroughly into turkey. Save any left over flour for gravy. Brown turkey in fat; add liquid, cover and simmer 2½ to 3 hours, or until tender. More liquid may need to be added during cooking. Make gravy from drippings. Serves 6 to 8.

TASTY OVEN TURKEY

3 cups water	¼ cup flour
¼ cup butter or margarine	½ teaspoon salt
1 package onion soup mix	⅛ teaspoon pepper
4½ to 7-pound turkey, quartered and halved	1 teaspoon paprika

Boil water and fat together. Remove from heat and add soup mix. Cover; let stand 15 minutes. Tie turkey leg to tail and rub bird with flour combined with seasoning. Place in baking pan, cover with soup mixture and bake at 325° F. about 3 hours, or until tender. Serves 6 to 8.

TROPICAL TURKEY

¼ cup flour	1 cup orange juice
¼ teaspoon pepper	2 tablespoons brown sugar
1 teaspoon salt	2 tablespoons vinegar
½ cup shortening	1 teaspoon nutmeg
4½ to 7-pound turkey, quartered or halved	1 teaspoon basil
½ teaspoon paprika	12 small potatoes
1 teaspoon salt	1 large can peaches

Rub flour combined with 1 teaspoon salt, pepper and paprika into turkey. Brown in hot fat. Sprinkle with remaining teaspoon salt. Combine orange juice, brown sugar, vinegar, nutmeg and basil; pour over turkey. Bake covered at 325° F. 2 hours and 15 minutes. Place well-scrubbed potatoes around turkey and bake 45 minutes longer. Then add peaches and leave in oven 5 minutes. Serves 6 to 8.

TURKEY PE QUE

4½ to 7-pound turkey, quartered and halved	2 tablespoons prepared mustard
½ cup shortening	2 cans tomato paste
2 large onions, chopped	10 or more paste cans of water
2 cloves garlic, minced	1 pound smoked sausage, cut in pieces
1 cup chopped celery	Salt and pepper to taste
1 cup chopped green pepper	
¼ cup flour	

Brown turkey in fat. Take out and add onion, garlic, celery and pepper. Fry until slightly brown; then add flour, mustard, tomato paste, water, turkey and sausage. Season. Simmer 2½ to 3 hours,

adding water as needed. Serve with rice. Serves 8 to 10.

BAKED TURKEY WITH SAUCE

4-pound turkey, quartered	2 teaspoons salt
½ cup water	⅛ teaspoon pepper
2 cans cream of chicken soup	2 tablespoons lemon juice
½ cup milk	2 tablespoons Worcestershire sauce
¼ cup chopped green pepper	¼ cup butter or margarine
¼ cup chopped celery	
1 medium onion, chopped	

Place turkey in casserole with water. Cover and bake at 325° F. 1½ hours. Combine remaining ingredients; pour over turkey, cover and bake 1 hour. Serves 4 to 6.

Main Dishes, Salads and Sandwiches

Poultry products can help you make good use of your time and energy. When baking chicken or turkey, buy a larger bird than you will need for one day's meals. Refrigerate or freeze any not eaten and use it later in preparing dishes for family or company meals. Planned-over poultry can be made into easy, simple dishes.

Any of the following dishes can be made from baked, canned or stewed chicken.

STEWING CHICKEN AND TURKEY

3½ to 5-pound ready-to-cook hen or small turkey cut in serving pieces
½ teaspoon salt per pound of bird
½ cup water per pound of bird

Put bird in a large kettle with cover. Add salt and hot water. Cover and cook slowly for 2½ to 4 hours or until meat comes easily off the bone. Remove bird with forks to a shallow pan and let cool until easy to handle. Remove meat from bones to use in dishes. Cool broth quickly by setting the kettle in cold water and stirring occasionally. When the broth is cool, refrigerate to use in recipes, for soups, gravies and sauces.

Variation for flavor:

1 carrot	1 whole clove
1 onion	2 whole black peppercorns
1 stalk celery	

Add at beginning of cooking time; remove from broth and discard when bird is done.

Main Dishes

CRANBERRY-POULTRY MOLD

Cranberry layer:

1 envelope gelatin	1 medium apple, diced
½ cup cold water	2 tablespoons lemon juice
1 can whole cranberry sauce	

Sprinkle gelatin on water to soften. Place over low heat and stir until gelatin is dissolved. Combine cranberry sauce, apple and lemon juice. Add dissolved gelatin and stir until blended. Turn into a 9 x 4 inch loaf pan and chill until almost firm.

Turkey layer:

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|--|-----------------------|
| 1 envelope gelatin | ¼ cup chopped parsley |
| ½ cup cold water | ½ teaspoon salt |
| 2 cups finely diced cooked turkey or chicken | ⅛ teaspoon pepper |
| | 1 cup salad dressing |
| 1 cup finely diced celery | ½ cup light cream |

Sprinkle gelatin on water to soften. Place over low heat and stir until gelatin is dissolved. Combine remaining ingredients. Add dissolved gelatin and stir until well blended. Turn into loaf pan on top of first layer and chill until firm. Unmold on serving platter and garnish with parsley and olives. Serves 8.

CHICKEN OR TURKEY SPAGHETTI

- | | |
|---------------------------|-------------------------------------|
| 5-pound chicken or turkey | 1 pound spaghetti |
| 5 cups water | 1 tablespoon Worcestershire sauce |
| 3 bay leaves | |
| Salt and pepper to taste | 1 cup canned tomatoes |
| ½ cup chicken fat | ⅓ cup chopped ripe olives, optional |
| 1 large onion, chopped | 1 can green peas, optional |
| 1 pod of garlic, chopped | 1 can mushrooms |
| 1 green pepper, chopped | 1 cup grated cheese |
| 1 cup celery, chopped | |

Simmer bird in water with bay leaves; salt and pepper and cook until tender. Pull meat off bone and dice. Save broth; skim off fat. Melt fat in skillet and add chopped vegetables. Cook until tender. Add meat and cook ten minutes. Drop spaghetti into boiling water and cook eight minutes. Drain and rinse spaghetti. Drain peas. Put all ingredients into large casserole or roaster. Add enough broth to make mixture moist. Bake at 350° F. for 30 minutes. Top with cheese when served. Serves 10 to 12.

BAKED LOAF WITH MUSHROOM SAUCE

Poultry loaf:

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|--|-----------------------|
| 3 cups cooked chicken or turkey, chopped | 2 teaspoons salt |
| | 2 cups broth |
| 1 cup cooked rice | 4 eggs, beaten |
| 2 cups soft bread crumbs | ¼ cup chopped pimento |

Mushroom sauce:

- | | |
|-------------------------------|------------------------|
| ½ cup chicken broth | ½ teaspoon lemon juice |
| 1 can condensed mushroom soup | ⅛ teaspoon paprika |
| | Chopped parsley |
| 4-ounce can mushrooms | |

Combine chicken with rice, crumbs, salt and broth. Add eggs; stir in pimento. Pour into greased 9-inch baking dish. Bake at 350° F. one hour, or until firm. Cut in squares; serve with mushroom sauce. Serves 6 to 8.

Add chicken broth to soup and mushrooms. Cook until heated. Add more broth if thinner sauce is desired. Add lemon juice, paprika and parsley.

POULTRY NEWBURG

- | | |
|---------------------------------------|--|
| 6 tablespoons butter or margarine | 3 cups light cream |
| 1 medium onion, chopped | 8-ounce package process cheese, shredded |
| 4-ounce can sliced mushrooms, drained | 4 cups diced cooked chicken or turkey |
| 3 tablespoons flour | |

Melt butter or margarine in large skillet or brazier pan of chafing dish over low heat. Add onions and mushrooms; saute until onions are tender. Blend in flour. Add cream and cheese. Cook over low heat or place brazier pan over hot water. Cook, stirring constantly until cheese is melted and mixture thickens slightly. Add chicken or turkey. Cover and cook until meat is thoroughly heated, about 10 minutes. Serve over toasted waffles, cornbread, toast or biscuits. Serves 8.

MEAT AND STUFFING CROQUETTES

- | | |
|---|---|
| 2 tablespoons butter or margarine | 1 tablespoon chopped parsley |
| 2 tablespoons flour | ¾ cup leftover seasoned bread stuffing or packaged bread stuffing mix |
| 1 cup turkey or chicken broth or bouillon | ½ teaspoon salt |
| 1 cup cooked, chopped turkey or chicken | ½ teaspoon ginger |
| ½ cup drained, chopped water chestnuts | 1 egg, slightly beaten |
| | 1 cup fine, dry bread crumbs |

Melt butter or margarine and blend in flour. Gradually add turkey broth, stirring constantly. Continue cooking and stirring until mixture is thickened. Add meat, water chestnuts, parsley, stuffing, salt and half the ginger. Divide into 8 portions, using ¼ cup of mixture for each croquette. Shape portions into croquettes. Chill in refrigerator for an hour or more. Combine remaining ginger with dry bread crumbs. Roll croquettes in bread crumb mixture, then in beaten egg, and again in dry bread crumbs. Fry in deep, hot fat 375° F. until nicely browned or about 3 to 4 minutes. Makes 8.

SUPPER-IN-A-DISH

- | | |
|---------------------------------------|---|
| 1 to 1½ cups leftover stuffing | ¼ cup cold water |
| 2 cups cubed cooked turkey or chicken | 1 package frozen chopped broccoli, cooked and drained |
| 2 chicken bouillon cubes | ¼ cup sour cream |
| 1¼ cups hot water | 4 slices cheddar cheese |
| 2 tablespoons flour | |

Spoon stuffing into bottom of oiled shallow casserole. Top with meat. Add bouillon cubes to hot water and heat to boiling. Blend flour into

cold water and stir into hot liquid. Cook over low heat, stirring constantly, until thickened. Add broccoli and sour cream and pour mixture over meat in casserole. Bake at 350° F. for 15 minutes, top with triangles of cheese and return to oven for 5 to 6 minutes, until cheese begins to melt. Serves 6.

COMPANY CURRY

4 cups cubed cooked turkey or chicken	3 chicken bouillon cubes
½ cup butter or margarine	2 cups hot water
½ cup chopped green onion, part tops	½ large green pepper, cut in strips
1 cup chopped celery	2 teaspoons curry powder
½ cup flour	⅛ teaspoon ground ginger
2 cups light cream	Dash of freshly ground pepper

Cook onion and celery in melted butter or margarine until onion is clear. Blend in flour, add cream and bouillon cubes dissolved in hot water and cook over low heat, stirring constantly, until sauce is thickened. Add seasonings and meat and continue cooking until mixture is heated through. Serve in ring of fluffy rice, with almonds, coconut and sieved hard-cooked egg yolk as accompaniment. Serves 6 to 8.

CHOW MEIN

2½ cups diced, cooked turkey or chicken	2 tablespoons cornstarch
3 tablespoons soy sauce	¼ cup water
1 cup water	2½ cups bean sprouts, drained
1 bunch celery, cut in ½ inch pieces	2-ounce can mushrooms
1 small onion, chopped	Salt and pepper

Combine meat, soy sauce, one cup water, celery and onion. Simmer ½ hour or until vegetables are crisp-tender. Blend cornstarch and water. Stir into mixture. Add bean sprouts and mushrooms. Heat through. Season with salt and pepper. Serve over cooked rice, sprinkle with chow mein noodles or in heated fried noodle baskets. Serves 6.

MAIN DISH MOUSSE

4 envelopes unflavored gelatin	1 pimento, chopped
1 cup cold broth	1 cup mayonnaise or salad dressing
1½ cups boiling turkey or chicken broth	¾ teaspoon salt
2 cups finely chopped or ground cooked turkey or chicken	¼ teaspoon white pepper
1 cup finely diced celery	Dash of cayenne
¼ cup finely diced sweet pickle	2 to 3 tablespoons lemon juice
¼ cup finely diced green pepper	1 cup heavy cream, whipped
	Parsley or celery leaves
	Deviled egg halves

Soften gelatin in the cold broth. Dissolve thoroughly in boiling broth. Chill until jelly-like. Combine meat, celery, pickles, pepper and pimento. Add mayonnaise, seasoning and lemon juice. Add

thickened gelatin mixture. Fold in the whipped cream. Taste and add more seasoning if necessary. Pour into a 1½ to 2-quart mold. Chill. Unmold. Garnish with the greens and deviled eggs. Serves 10 to 12. Increase gelatin to 5 envelopes in warm weather.

CREOLE A LA LOUISIANNE

1 tablespoon fat	2-ounce can mushrooms
1 tablespoon flour	Salt and pepper
2 small onions	2 cups diced, cooked turkey or chicken
1 small clove garlic, minced	2 teaspoons Worcestershire sauce
1 green pepper, chopped	Chow mein noodles
2 teaspoons chopped parsley	
2 cups tomatoes	
¾ cup chopped celery	

Heat shortening, flour, onions, garlic, green pepper and parsley until onions are brown. Add tomatoes, celery and mushrooms. Season with salt and pepper. Add meat and Worcestershire sauce; cover and cook slowly for one hour. Serve over cooked rice and sprinkle with chow mein noodles. Serves 6.

TURKEY ROLLS WITH PARSLEY SAUCE

3-ounce can chopped broiled mushrooms	3 tablespoons butter or margarine
2 cups diced cooked turkey	1 teaspoon minced onion
½ cup turkey gravy	3 tablespoons flour
⅛ teaspoon rosemary	1 cup milk
2 cups biscuit mix	½ teaspoon salt
⅓ cup milk	⅛ teaspoon pepper
	¼ cup minced parsley

Drain mushrooms, reserving broth for later use. Combine mushrooms, turkey, turkey gravy and rosemary. Combine biscuit mix and milk according to directions on package. Roll out in rectangle about 8 x 12 inches. Spread turkey mixture almost to edge of dough. Roll up like jelly roll. Cut in 6 slices. Place slices cut side down in greased baking dish, 10 x 6 x 2 inches. Bake at 400° F. oven until biscuit is brown and done, about 25 minutes. Melt butter or margarine and add onion; cook about 1 minute. Stir in flour. Add milk, mushroom broth and seasonings. Bring to boil, stirring constantly. Add parsley. Serve sauce over hot rolls. Serves 4 to 6.

CHICKEN TETRAZZINI

4-pound stewed chicken	1 egg yolk, slightly beaten
¼ cup chicken fat	3 tablespoons light cream
2 tablespoons flour	1 cup fine noodles
½ teaspoon salt	2 tablespoons grated Pame- san cheese
Dash cayenne	1 teaspoon butter or margarine
Chicken broth	
8-ounce can mushrooms, drained	

Remove skin, bones from chicken; cut meat into strips. Melt 2 tablespoons of the chicken fat in

double boiler; stir in flour, salt, cayenne and 1 cup of broth; cook, stirring until thickened. Saute mushrooms in remaining 2 tablespoons chicken fat. Into sauce, slowly add egg yolk and cream combined. Add chicken and mushrooms and heat. Cook noodles in remaining chicken broth (add water if necessary) 10 minutes or until tender; drain. Arrange noodles in shallow baking dish; pour on chicken; sprinkle with cheese and dot with butter or margarine. Brown under broiler. Serves 4 to 5.

EASY DIVAN

6 slices cooked chicken or turkey	1 can cream of chicken soup, undiluted
1 pound hot cooked broccoli	½ cup grated processed American Cheddar cheese
1 tablespoon butter or margarine, melted	

Place meat in 12 x 8 x 2 inch baking dish; top with broccoli and butter or margarine. Combine soup with cheese; pour over broccoli. Brown lightly under broiler. Serves 4.

BARBARA'S CASSEROLE SUPREME

3 cups stock	6 cups cooked turkey or chicken, cut in bite-size pieces
6 cups cooked rice	
6 tablespoons poultry fat	1 cup buttered soft bread crumbs
6 tablespoons flour	Salt and pepper
1 cup light cream	
6-ounce can sliced mushrooms	
4-ounce can pimento, diced	
5-ounce can slivered, toasted almonds	

Strain stock; chill and skim off fat to use later. Pour 1 cup of stock over rice. Melt chicken fat, adding butter or margarine if needed to make 6 tablespoons. Blend in flour; remove from heat and stir in remaining 2 cups stock. Cook over low heat stirring constantly, until sauce thickens and boils 1 minute; remove from heat; gradually stir in cream, mushrooms with liquid, pimentos, almonds and meat. Season to taste with salt and pepper. Make alternate layers of chicken mixture and rice in buttered 3-quart casserole; sprinkle crumbs around edge. Bake at 350° F. 50 to 60 minutes or until sauce bubbles around edge and crumbs are golden brown. Serves 8 to 12.

CHICKEN OR TURKEY TACO PIE

3 to 4 cups diced chicken or turkey	½ teaspoon garlic salt
1 can enchilada sauce	Dash pepper
1 can mushroom soup	11-ounce package corn chips
1 large onion, chopped	1 cup grated cheese
	1 cup chicken broth

Combine chicken, enchilada sauce, mushroom soup, onion, garlic salt and pepper. Grease a 2-quart baking dish and line with corn chips. Add chicken mixture, sprinkle with grated cheese and

cover with corn chips. Pour 1 cup chicken broth over mixture. Bake at 350° F. for 30 minutes. Serves 6. This dish freezes well. If frozen, bake at 350° F. for 1½ hours.

PRESSED CHICKEN

3-pound chicken	Salt and pepper
4 hard-cooked eggs	½ cup finely chopped parsley
Concentrated stock	

Cover chicken with water and cook until very tender. Chill immediately. Remove bones and skin. Separate light and dark meat. Separate egg yolks and whites and chop each finely. Chop light and dark meats finely. Moisten eggs and meat with chicken stock and season to taste. Concentrate stock to 1 cup by boiling rapidly. Arrange dark meat, yolks, parsley, light meat and whites in layers in 4 or 5-cup pan. Pour over all 1 cup of stock. Cover, weight, and let the mixture stand in the refrigerator overnight. Serve sliced or cut in pieces for salad. Serves 6 to 8.

CHICKEN BISCUIT PIE

¼ cup butter, margarine or chicken fat	3-ounce can sliced mushrooms, drained
3 tablespoons flour	3 tablespoons sliced stuffed green olives
2 cups chicken broth	2 tablespoons chopped pimento
1 teaspoon salt	1 cup packaged biscuit mix
3 cups cooked chicken, cut in pieces	

Melt butter; blend in flour. Gradually add broth. Cook and stir until thick. Add remaining ingredients except the mix; heat. Pour into 8 x 1½-inch round baking dish. Prepare biscuit mix according to package directions, rolling to a little less than ½ inch. Cut in 1½-inch rounds; place on hot chicken. Bake at 450° F. 12 to 15 minutes or until biscuits are done. Serves 5.

VEGETABLE-POULTRY PIE

12 small onions	1 cup light cream
7 tablespoons butter, margarine, or chicken fat, melted	2 cups chicken or turkey broth
7 tablespoons flour	1 cup cooked sliced carrots
Pepper	1 cup cooked English peas
Dash mace, optional	4 cups cooked chicken or turkey, cut in bite-size pieces
½ teaspoon Worcestershire sauce	Pastry for 1 crust pie or biscuit dough
Pinch dried tarragon	

Cook onions in water until tender; drain. Combine flour, pepper, mace, Worcestershire sauce, tarragon and cream; stir into fat. Add broth; cook over medium heat, stirring until thickened. Arrange meat, onions, carrots and peas in 2-quart casserole; pour sauce over all. Top with pastry rolled to ⅛ inch thickness making circle 1 inch larger than size of casserole. Cut crust with design to allow air to escape. Biscuit dough should be

rolled $\frac{1}{4}$ inch thick and cut to fit about $\frac{1}{2}$ inch inside edge of casserole.

CASHEW CASSEROLE

1 large can chow mein noodles	$\frac{1}{4}$ pound whole cashew nuts
1 can mushroom soup	1 cup diced celery
$\frac{1}{2}$ cup water	$\frac{1}{4}$ cup minced onion
2 cups cooked turkey or chicken, cut in bite-size pieces	1 large can pitted ripe olives
	$\frac{1}{8}$ teaspoon pepper
	$\frac{1}{2}$ teaspoon salt

Mix ingredients in casserole. Save some noodles for top. Bake at 325 degrees 40 minutes. Serves 4.

Salads

SALAD WITH ALMONDS

2 cups cooked chicken or turkey, well chilled	2 tablespoons chopped ripe olives
2 tablespoons chopped green olives	2 tablespoons chopped mixed pickle
$\frac{3}{4}$ cup chopped celery	2 hard-cooked eggs, sliced
$\frac{1}{2}$ cup toasted almonds, slivered	$\frac{3}{4}$ cup mayonnaise

Combine ingredients; toss lightly. Serve on lettuce. Serves 6.

HOT SALAD

2 cups cubed cooked turkey or chicken	1 tablespoon lemon juice
$\frac{3}{4}$ cup chopped celery	$\frac{1}{2}$ teaspoon prepared mustard
$\frac{1}{4}$ cup finely chopped green pepper	$\frac{1}{2}$ teaspoon salt
1 tablespoon minced onion	Dash of pepper
$\frac{1}{2}$ cup salad dressing	$\frac{1}{2}$ cup shredded cheddar cheese
	$\frac{1}{2}$ cup crushed potato chips

Combine meat, celery, green pepper and onion. Blend salad dressing, lemon juice, mustard and seasonings; add to meat mixture; toss lightly to blend. Divide mixture among four oiled shallow individual casseroles or 1 quart casserole, top with cheese and potato chips. Bake at 375° F. about 20 minutes, until mixture is thoroughly heated. Serves 4.

MARJORIE'S CHICKEN SALAD

$\frac{1}{2}$ cup finely chopped celery	2 cups chopped chicken
$\frac{1}{2}$ cup finely chopped water chestnuts or pecans	$\frac{1}{2}$ cup sour cream dressing
$\frac{1}{4}$ cup chopped stuffed olives	Salt and pepper to taste
2 hard-cooked eggs, chopped	2 tablespoons lemon juice or red wine vinegar

Combine ingredients and chill for about an hour before serving on lettuce leaf. Serves 4.

SALAD LOUIS

Lettuce	Dressing Louis
$\frac{1}{2}$ cup chopped celery	4 hard-cooked eggs
$\frac{1}{4}$ cup chopped ripe olives	2 tomatoes, quartered
2 cups cubed, cooked turkey or chicken	

Arrange mound of shredded lettuce on four lettuce lined salad plates or bowls. For each salad, top lettuce with 2 tablespoons celery, 1 tablespoon ripe olives and $\frac{1}{2}$ cup turkey or chicken meat. Spoon on generous amount of dressing. Garnish with quarters of hard-cooked egg and wedges of tomatoes. If desired, top with a whole ripe olive. Serves 4.

Dressing Louis: Line up ingredients: $\frac{1}{2}$ cup mayonnaise, $\frac{1}{3}$ cup chili sauce, $\frac{1}{3}$ cup French dressing, 1 teaspoon Worcestershire sauce, 1 tablespoon lemon juice, 2 tablespoons finely chopped onion, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper. Combine ingredients. Store unused portion of dressing in refrigerator.

LADIES SALAD

1 package lemon-flavored gelatin	1 cup cooked peas
2 cups hot water	2 tablespoons chopped pimento
2 tablespoons vinegar	$\frac{1}{2}$ cup mayonnaise
$\frac{1}{2}$ teaspoon salt	Salad greens
1 cup cut-up cooked turkey or chicken	

Dissolve gelatin in hot water; add vinegar and salt; chill. When slightly thickened, stir in other ingredients. Turn into salad mold and chill until firm. Unmold on salad greens and garnish with mayonnaise. Serves 6 to 8.

Sandwiches

TURKEY ORIENTALE

$\frac{3}{4}$ cup sliced onions	1 medium-sized green pepper cut into strips
1 $\frac{1}{2}$ cups sliced celery	4-ounce can mushrooms, drained
1 $\frac{1}{2}$ cups pineapple tidbits, undrained	1 cup cooked turkey or chicken, chopped
Liquid from 4-ounce can mushrooms	8 sandwich bun halves, toasted*
1 teaspoon salt	2 tablespoons slivered almonds, toasted
Dash of pepper	2 tablespoons coconut, toasted
1 tablespoon brown sugar	
1 chicken bouillon cube	
2 tablespoons cornstarch	
$\frac{1}{4}$ cup soy sauce	

Combine onion, celery, pineapple, liquid from mushrooms, salt, pepper and brown sugar. Cover and bring to boil. Remove lid. Dissolve bouillon cube in hot liquid. Dissolve cornstarch in soy sauce and stir into vegetable mixture. Simmer until vegetables are tender. Add green pepper, mushrooms and chicken to vegetable mixture. Cook until chicken is heated through, or about 5 minutes longer. Spoon about $\frac{1}{2}$ cup vegetable mixture

*A 1-pound loaf of French bread or 6 rolls may be split, hollowed out, buttered and toasted, and used in place of sandwich bun halves. They are crunchier and give a pleasing flavor combination.

over each toasted bun half. Sprinkle toasted slivered almonds and coconut over each serving. Serves 8.

COLUMBUS DISCOVERY

12 slices rye bread, toasted	1/3 cup grated Parmesan cheese
Butter or margarine	
1 1/4 cups diced cooked ham	1/4 cup mayonnaise
1 1/4 cups diced turkey or chicken	2 teaspoons prepared mustard
1 tablespoon finely chopped chives	1/2 teaspoon Worcestershire sauce

Spread toast with butter or margarine. Combine ham, turkey or chicken, chives, Parmesan cheese, mayonnaise, mustard and Worcestershire sauce. Spread poultry mixture evenly over 6 toast slices. Place sandwiches under broiler until poultry mixture is lightly browned and bubbly. Cut remaining toast slices diagonally into halves. For each serving, arrange 1 whole sandwich with toast halves on opposite sides. Garnish toast with lettuce topped with sliced tomato and pickle. Pierce through tomato with frilled toothpick. Serves 6.

GOURMET INDIVIDUAL SANDWICH LOAVES

4 hard-cooked eggs	Salt and pepper
1 cup finely chopped cooked turkey or chicken	12 slices white bread
1/4 cup chopped sweet pickle or pickle relish	1/4 cup soft butter or margarine
10 1/2-ounce can condensed cream of mushroom soup	1/4 cup milk

Chop 2 of the eggs. Combine with turkey or chicken, pickles and half of soup. Season to taste with salt and pepper. Cut bread slices in half to make 24 slices. Place 6 pieces of bread close together on baking sheets; spread with meat mixture; top with layer of bread; repeat until there are 3 layers of turkey and 4 layers of bread. Brush tops with softened butter. Bake at 375° F. for 15 minutes or until lightly browned. Blend milk with remaining can of soup. Heat to boiling. Add remaining eggs, chopped. Serve over hot individual sandwiches. Makes 6.

SANDWICH GRILL

1 cup chopped cooked turkey or chicken	Salt and pepper
1 cup finely diced celery	12 slices buttered toast
1 tablespoon sweet pickle relish	1 cup, 1/4-pound grated cheddar cheese
6 tablespoons mayonnaise or salad dressing	2 tablespoons chili sauce
	Parsley

Combine meat, celery, pickle relish and mayonnaise. Season to taste with salt and pepper. Spread mixture on toast, allowing 1/3 cup mixture for each

sandwich. Sprinkle grated cheese over each. Bake at 425° F. or under hot broiler for 2 to 5 minutes, or until cheese melts. Serve with a teaspoon of chili sauce and sprig of parsley on center of each sandwich. Makes 6.

COUNTRY CLUB SANDWICH

8 slices bread	1/4 teaspoon salt
1 cup diced cooked turkey or chicken	2 tablespoons salad dressing
1/3 cup finely chopped celery	8 pineapple slices, well drained
1/3 cup finely chopped green pepper	8 slices process cheddar cheese

Cut 4 toast slices diagonally into halves. Place whole toast slices on baking sheet with 2 halves on opposite sides. Combine meat, celery, green pepper, salt and salad dressing. Spread salad evenly over toast. Cut 4 pineapple slices into halves. Arrange whole pineapple slice over salad on whole toast and the pineapple halves on the half pieces of toast. Place cheese slice over each whole pineapple slice. Cut remaining 4 cheese slices diagonally into halves. Place over pineapple halves. Bake at 350° F. about 10 minutes, or until cheese is melted and sandwich is heated through. Makes 4 sandwiches.

ATLAS SANDWICH

1 1/2 cups cottage cheese	Butter or margarine
1/4 cup chopped pecans	8 slices turkey or chicken
1/4 cup chopped dates	Lettuce leaves
12 slices bread, toasted	8 slices smoked beef tongue

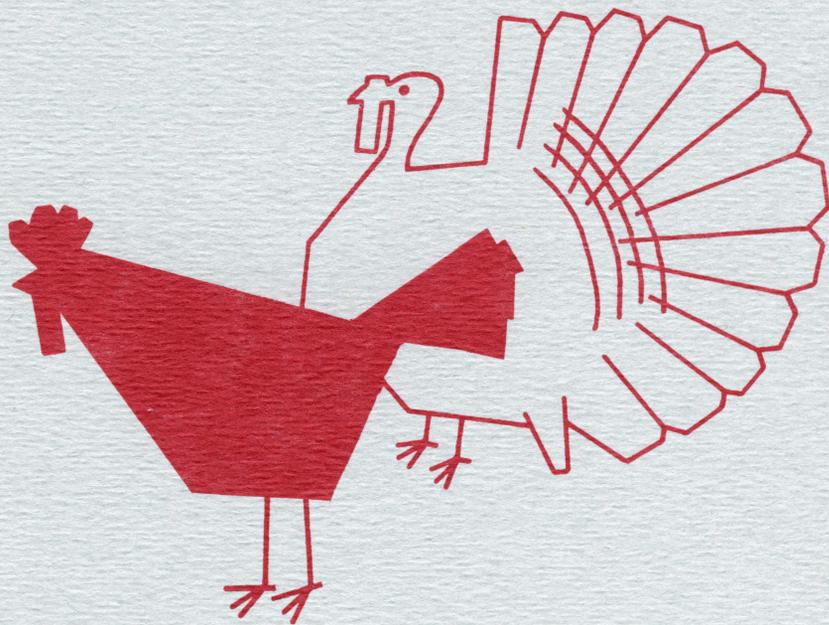
Mix cottage cheese, pecans and dates. Spread on 4 toast slices. Top with 4 more slices of toast spread with butter or margarine. Top each with 2 turkey or chicken slices, lettuce, 2 tongue slices and more lettuce. Spread remaining toast with butter or margarine and close the sandwiches. Secure with picks and cut into quarters. Makes 4 sandwiches.

DELMONICO TURKEY SANDWICHES

4 tablespoons butter or margarine	2 cups grated process American cheese
4 tablespoons flour	4 toast slices
3/4 teaspoon salt	8 medium slices cooked turkey
1/4 teaspoon prepared mustard	Dash paprika
Dash cayenne pepper	4 crisp bacon slices
2 cups milk	2 slices medium tomatoes

In saucepan over low heat, melt butter or margarine. Stir in flour, salt, mustard and cayenne until blended. Stir in milk; cook and stir until thick and smooth. Remove from heat. Stir in cheese until melted. Arrange toast in shallow baking dish 10 x 6 inches, top with turkey and pour cheese sauce over turkey. Sprinkle with paprika and bake at 450° F. for 10 minutes. Garnish with bacon and tomato slices. Makes 4 servings.





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