



FOOD

By REBA MITCHELL

Cold winter weather is a good time for stews and soups. Hog killings, on the family farms down east have been the tradition for many years; however, the popularity of small family farms and hog killings have decreased greatly. Pork stew was very popular during those days.

Some people remember the stews, and there are some that would like to try them.

For the benefit of those that have never cooked pork stew and would like to try, here's a guide line to follow.

Stewed Back Bone

2-3 lb. Back bone cut in serving size pieces.

Place in large heavy sauce pot with enough water to barely cover the meat.

- 2 tsp. salt
- 1/2 tsp. black pepper
- 1/4 tsp. red pepper
- 1/4 tsp. rubbed sage

Cook until meat is tender.

To finish the stew:

Corn Meal Dumplings

2-3 cups corn meal

1/2 tsp. salt

Add enough water to make a soft dough. Roll small balls with hands. Pat thin. Place in pot around meat. Cover and cook 3 to 5 min. If gravy is not thick enough, add 1/4 cup flour and 1/3 cups water mixed well and slowly stir in stew.

Baked sweet potatoes will go great with this stew. Make the meal complete with Lemon Vegetable Salad.

Lemon Vegetable Salad

1 pkg. lemon jello

Dissolve in 1/2 cup water over low heat. Add 1 cup cold water. Let stand in refrigerator until partially jelled. Add 1/4 cup chopped pickles, 1/4 cup finely chopped cabbage. Mix well and refrigerate.

A Zingy New Flavor For Chicken 'N' Rice



Brandy and spices add zest to this chicken dinner.

Chicken, rice, tomatoes, mushrooms . . . just mentioning such foods can bring to mind favorite dishes from traditional Hispanic kitchens.

Here is a recipe that combines those ingredients in a

sauce that's made extra special by the addition of Hennessey's V.S. Cognac, chicken broth and zesty seasonings.

Traditional? Maybe not. Delicious? No question. Here's how:

3 cups hot cooked rice
2 whole chicken breasts, skinned, boned and cut into thin strips (about 1 pound)

1/3 cup cornstarch
1 1/2 teaspoons salt
1/4 teaspoon black pepper
1/2 teaspoon dried thyme
2 tablespoons each vegetable oil and butter or margarine

1 cup sliced green onions with tops

1 can (8 ounces) sliced mushrooms, drained
1/4 cup Hennessey's V.S. Cognac

1 1/2 cups chicken broth
1/2 teaspoon tarragon
3 fresh tomatoes, peeled

and cut in eighths
Combine cornstarch with salt, pepper and thyme. Toss chicken strips in this mixture until well-coated. Heat oil and butter in a large skillet. Add chicken and sauté until brown on all sides. Stir in onions and mushrooms, cook two additional minutes.

Add Hennessey's V.S. Cognac, broth and tarragon. Cover and simmer for 10 minutes. Stir in tomatoes, re-cover and cook for five minutes. Serve over rice and garnish with bright green sprigs of fresh parsley. Serves six, memorably.

TREASURE-FILLED COFFEE RING

3/4 cup sugar
1 tablespoon orange peel
1/4 cup chopped pecans

2 (3-oz.) pkg. cream cheese, softened

2 (10-oz.) cans Hungry Jack refrigerated big flaky biscuits

1/2 cup margarine or butter, melted

Heat oven to 350°F. Using shortening, grease 12-cup fluted tube pan (nonstick finish pan, too.) Combine sugar, orange peel and pecans; set aside. Cut each package cream cheese in half lengthwise, then crosswise into 10 equal pieces. Separate each can of dough into 10 biscuits. Separate each biscuit into 2 layers. Place 1 piece cream cheese between layers; seal edges. Dip each filled biscuit in melted margarine, then in sugar mixture. Stand biscuits on edge, slightly overlapping, around prepared pan. Sprinkle with any remaining sugar mixture; drizzle with any remaining margarine.

Bake at 350°F. for 30 to 35 minutes or until golden brown. Cool in pan one minute; turn onto serving plate. Cool slightly. 10 servings.

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