

# something's cooking



## Curry Sauce Gives Ribs Special Appeal

They won't spare the praise when you serve spareribs with a spicy sweet-sour glaze.

## Brighten Up Winter With Easy Curried Pork Ribs

Do your winter menu plans need a little spicing up? You can do it as easily as one-two-three with Curried Spareribs. Step one, cut spareribs in serving-size pieces and place in baking pan; two, bake the ribs in a moderate oven; three, glaze with a simple curry sauce and continue baking. When the ribs are served, you'll bask in the warmth of the compliments that come your way from enthusiastic diners.

You can be assured that the ribs will be tender and delicious, for during the first cooking step the ribs are actually braised. For the serving-size pieces that are placed on a rack in a baking dish are covered, and are therefore cooked by moist heat.

The glaze that puts these ribs in the extra-special category is a brown sugar-cider vinegar mixture that's robustly seasoned with mustard, garlic powder and curry powder. The amount of curry called for in the recipe is for a moderately spicy glaze. If curry is a new seasoning for your family, you may want to start with a little less. Or if your family is fond of curry, you may want to use a little more. The sauce is brushed on both sides of the ribs, then they continue to bake, this time uncovered.

While the ribs do require a long cooking time for optimum tenderness, they do not require a lot of attention from the cook. Once the ribs are in the oven, they need no watching or turning. After they are brushed with the quick-to-make sauce, they can again bake unattended until serving time.

Spareribs are a good menu choice when you are looking for variety in your pork selections. While prices are expected to increase somewhat this year, pork still represents a good buy at the meat counter. You will find

that by shopping for a variety of pork cuts and by watching for sales, you will be able to continue to stretch your meat dollar with pork. When selecting spareribs, look for ribs that are lean with a thin covering of meat on the outside and between the ribs.

### Curried Spareribs

- 3 pounds pork spareribs, cut into serving-size pieces
- 2 tablespoons brown sugar
- 2 tablespoons prepared mustard
- 2 tablespoons cider vinegar
- 2 tablespoons water
- 1 teaspoon curry powder
- 1/2 teaspoon garlic powder
- Salt

Place ribs on rack in 13 x 9 x 2-inch pan or baking dish. Cover tightly with foil and bake in moderate oven (350°F.) 1 1/2 hours. Combine brown sugar, mustard, vinegar, water, curry powder and garlic powder in small saucepan and cook slowly 3 minutes, stirring occasionally. Remove ribs from oven, season with salt and brush both sides with curry sauce. Return to oven and bake, uncovered, 25 to 30 minutes. 4 servings.

Hot buttered rice will nicely compliment the full-flavored ribs. Complete the menu with a favorite green vegetable and a salad of chilled beets and onion rings served in lettuce cups. Fresh fruit and cheese will make an easy and satisfying dessert.

## Chicken Cooking Contest

When checking the Tarheel Kitchen files for a special recipe requested from a reader an old article was found which was written ten years ago. It referred to one of North Carolina's most popular foods--Chicken "Slick," Pastry or Dumplings--and where the name originated. The response was fascinating but there was no solution about the term "Chicken Slick." One friend opined, "that that's a city dish--like a city slicer."

Regardless of the origin of the name, chicken pastry needs to be rich and "slick" to be good. Traditionally a big fat hen was selected, but a large broiler works well for modern cooks.

North Carolina broilers are plentiful and reasonably priced so a treat of Chicken Pastry will please the family on a cold wintry day. While you are thinking chicken, you may wish to start planning your recipe for the National Chicken Cooking

Contest. Chicken is so versatile that the contest is held to supplement tried-and-true recipes with new ideas.

The National Broiler Council is the sponsor of the outstanding contest which has a top prize of \$10,000. The N.C. Poultry Processors are the sponsors for the North Carolina contest with the N.C. Department of Agriculture and other agencies cooperating. Entries are due by April 1, 1981 and full information may be secured by writing "Chicken Cooking Contest," N.C. Department of Agriculture, Box 27647, Raleigh, N.C. 27611.

There are no age limits for entering and all residents, except previous National winners, are eligible. As many recipes as desired may be entered by April 1, 1981 and sent to National Broiler Council, P.O. Box 28158, Central Station, Washington, D.C. 20005. Be sure to write each recipe, name, address, and phone

number on a separate sheet of paper.

Recipes must include whole or parts of chicken and should be for four servings. Judging is based on simplicity, appeal, taste and appearance. The 1980 judges emphasized the need of remembering the importance of taste.

Create your very best chicken recipe and submit to the National Broiler Council. From the state entries you may be one of the lucky five selected to compete in the N.C. contest to be held in Greensboro on May 29, 1981. At this time the representative will be chosen to represent North Carolina at the finals to be held in Ocean City, Md., on July 29, 1981.

A recipe is given for Chicken Pastry and newer recipes from previous chicken contests.

Chicken "Slick" Or Pastry  
1 fat hen, or large broiler

Salt and pepper to taste

In large Dutch oven or pot, cover chicken with water, add salt and pepper to taste. Boil chicken gently until very tender, and meat falls from bones.

### Pastry

- 3 cups self-rising flour
- 2 tablespoons lard or shortening
- 1 cup or more hot water

Cut lard or shortening into flour. Add enough water, as hot as hand can stand, to flour mixture and work to form a firm dough. This requires some kneading to make smooth. Roll out dough very thin on floured surface. Cut dough into strips approximately 1" x 3". Drop strips of pastry into pot with boiling broth and chicken. It is suggested that only one layer of pastry be put in at the time. Replace hot cooking pastry a

See Page 20

## Message Board

### Fireplace Log Can Be Made of Rolled Paper

If you are short of wood for the fireplace this winter and have bundles of old newspapers stored away, you can solve the first problem with the second one. Make logs from the papers.

Here's one of the ways to do it, as suggested by a U. S. Department of Agriculture source: Roll layers of newspapers tightly around a broomstick. Keep rolling until the log is as thick as you want, then tie off the ends with wire or string. Remove the broomstick.

The log can be burned immediately, but if you want to improve on the artificial fireplace log, take it a step further. Mix a tablespoon of detergent in a tub of water and soak the paper logs overnight. Remove them the next day and knead them with your fingers, making them more

compact for longer burning. The soaked logs must be allowed to dry thoroughly before they will burn, and this will take several weeks. Be patient. When they're dry, you should have a good, long-burning fireplace log that will produce less fly ash than had you burned it without soaking in the detergent water.

A shortage of kindling may be even more of a problem than a shortage of firewood. There are solutions to that, too. Use such throw-aways as wax-coated milk cartons, for example. If you have a pine tree or two in the yard, gather and keep the cones. They make fairly good kindling.

Resist the temptation to speed things up with gasoline or other volatile liquids. This is a dangerous practice and shouldn't be done.

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