

Prize-winning Chicken Recipes To Warm Those Cold Winter Days

By ETHEL MOORE

Have you ever thought of combining chicken with sauerkraut, and topping it with Swiss cheese for a different version of the Reuben sandwich? Well, Marcia Adams of Fort Wayne, Ind. did just that — prepared Baked Chicken Reuben and won the \$10,000 top prize in the 1982 National Chicken Cooking Contest. The 34th annual cook-off, sponsored by the National Broiler Council, was held at the Loews Anatole Hotel in Dallas. Mrs. Adams, a 47-year-old art consultant, says she's been fooling around in the kitchen since she was 4 years old, but this was her first contest entry. She makes the dish a lot for entertaining.

Fifty-one finalists, one from each state and the District of Columbia, prepared their prize-winning recipes in individual mini-kitchens set up in the hotel's Khymer Pavilion. The judging panel of 15 national food experts had to take five hours of tasting to come up with the 5 winners. The panel included our own Camay Murphy of the Afro-American Newspapers and Sarah Rawls, TV's "Down Home Chef."

Placing second and winning \$4,000 for her recipe for Fried Chicken Salad was Phelless Friedenauer of Rockford, Ill. It can be used with left-over fried chicken. Third-place winner was Alice Hisada of Raleigh, who received \$3,000 for Wined and Chived Chicken, fourth place was a \$2,000 recipe for Plum-Luscious Chicken, won by Doris Gibson of Columbia, Ky., and in fifth place was Paul E. Hayes of Georgetown, Del., one of four men in the contest, who won \$1,000 for his Chicken-Stuffed Potato Shells.

Winning recipes follow. Next year's contest will be held in Birmingham, Ala. Entries may be submitted at any time prior to April 1, 1983.

Baked Chicken Reuben

- 4 whole broiler-fryer chicken breasts, halved and boned
- 1/4 teaspoon salt
- 1/8 teaspoon pepper
- 1 can (16 oz.) sauerkraut, drained (press out excess liquid)
- 4 slices (each about 4x6

- inches) natural Swiss cheese
- 1 1/4 cups bottled Thousand Island salad dressing
- 1 tablespoon chopped parsley

In greased baking pan, place chicken. Sprinkle with salt and pepper. Place sauerkraut over chicken; top with Swiss cheese. Pour dressing evenly over cheese. Cover with foil and bake in 325°F. oven for about 1 1/2 hours or until fork can be inserted in chicken with ease. Sprinkle with chopped parsley to serve. *Makes 4 servings.*

Wined And Chived Chicken

- 2 whole broiler-fryer chicken breasts, halved, boned and skinned
- 1/2 lemon
- 1 teaspoon sugar
- 1/4 teaspoon coarsely ground black pepper
- 3 tablespoons butter, divided
- 1 cup sliced fresh mushrooms
- 1 garlic clove, minced
- 2 tablespoons flour
- 1 cup chicken broth
- 1/2 cup Moselle wine
- 1 tablespoon dried chives
- 1/2 cup heavy cream
- 1/4 teaspoon paprika
- 1/4 teaspoon salt
- 4 large slices buttered French bread, toasted

Place chicken in single layer on one end of a large sheet of wax paper. Gently squeeze lemon half and rub juice completely over chicken. Mix sugar and pepper; sprinkle on chicken. Fold wax paper over chicken; press chicken lightly, making sure sugar-pepper mixture adheres to surface of chicken. In frypan, place 1 tablespoon of the butter and melt over medium high heat. Add chicken and cook, turning, about 3 minutes or until brown. Remove chicken and set aside. In same frypan, place remaining 2 tablespoons butter; melt over medium low heat. Add mushrooms and garlic; saute for 2 minutes. Add flour; stir until smooth. Add chicken broth, wine and chives; cook, stirring, about 3 minutes or until sauce thickens. Return chicken to sauce in frypan and simmer, uncovered, over low heat about 18 minutes; turn occasionally. Chicken is done when fork can be inserted with ease. Stir in cream, paprika and salt; heat 2 minutes more.

Place one piece of chicken on each slice of toasted bread and spoon sauce over chicken. *Makes 4 servings.*

Fried Chicken Salad

- 2 whole broiler-fryer chicken breasts, halved, boned, skinned and cut in 1/2-inch strips
- 1/2 cups prepared biscuit mix, divided
- 1/2 teaspoon salt
- 1/2 cup milk
- 1/2 cup cooking oil
- 4 cups torn pieces fresh

- spinach
- 1 cup Mandarin oranges, drained
- 1 cup cauliflower flowerettes
- 1/2 cup sliced celery
- 1/2 cup walnuts, coarsely chopped
- 1/2 teaspoon seasoned salt

- 1/2 cup bottled vinegar and oil dressing
- In small shallow bowl, mix 1/4 cup of the biscuit mix and salt. Add chicken, a few pieces at a time, dredging to coat. In small bowl, make batter by mix-

ing the remaining 1/2 cup of the biscuit mix and milk. Dip chicken pieces in batter to coat. In frypan, place oil and heat to medium temperature. Add chicken and cook, turning, about 10 minutes or until brown and fork can be inserted in

chicken with ease. Drain chicken. In large bowl, place spinach, oranges, cauliflower, celery, walnuts, seasoned salt and the drained chicken strips; mix together. Add vinegar and oil dressing; toss lightly. *Makes 4 servings.*



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them in a chef's salad and serve with a cup of instant soup and a roll for a tasty meal.

•It's easy to serve yeast breads piping hot, even if they aren't fresh-baked. Simply put them in a brown paper bag or wrap in foil, sprinkle with a little water and heat 10 to 15 minutes in a 325° oven.

•Broiling fish? Be creative and sprinkle with a little dill, oregano or curry powder for an interesting flavor.

•Spice up your rice by mixing an envelope of instant onion soup mix into the water for 2 servings of rice.

•Preparing spaghetti squash? Give it a "pasta" flavor by adding a dash of oregano or basil.

•If you are basting meat with a glaze containing sugar, only use it the last half of the cooking time. You'll avoid burning.

•Making mashed potatoes? Blend in a hearty

flavor by adding a package of instant cream of chicken soup mix in with the milk and potatoes.

•Whenever possible, save washing dishes by mixing and serving a recipe in the same dish.

•For a quick dessert, top a graham cracker with a piece of chocolate and a couple of marshmallows. Broil in a toaster oven or broiler. Enjoy!

•No need for vegetables to be ho-hum. Sauce them up with mushroom sauce made by combining instant cream of mushroom soup mix and 1/2 cup boiling water. Top with buttered bread crumbs for an added texture treat!

•When fixing a punch, make sure all the ingredients are well chilled before combining. Also, add any carbonated beverage at the last minute so as to preserve the fizz.

•Parsley is handy to use for seasoning or decoration. Simply dry a bunch, put it through a coarse sieve and store in a glass jar.