

THE WOMEN'S PAGE

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Tar Heel Kitchen

By Miss York Kiker

North Carolina recently hosted the 25th National Chicken Cooking Contest in Winston-Salem. A representative from each of the fifty states and District of Columbia participated in a cook-off sponsored by the National Broiler Council, Accent and Mazola. The Convention Center was turned into a mammoth kitchen where the fifty-one contestants, who had been state winners, cooked their chicken recipes simultaneously.

Contestants were as varied as their recipes. There were ten men competing. There were doctors, actors, educators, fashion models, writers, and various other occupations and interests represented. Recipes were influenced by world-travel and foreign heritage.

The Silver Anniversary Chicken Cooking Contest was a spectacle long to be remembered. After the grand opening parade of states, each contestant went to work diligently preparing the selected chicken recipe using North Carolina Broilers. Concentration was difficult for there were food editors, news media representatives, and spectators from all over the country interviewing, taking pictures, and asking questions during the cooking process.

Nine nationally known food editors and industry representatives served as judges. The first place prize of \$10,000 was awarded to Mrs. Raymond Lutz from New Mexico for her Hot Chinese Chicken Salad.

Other winners were: 2nd place (\$4,000) - Dr. Harold Tara, New Jersey, "Persian Chicken Kabobs"; 3rd place (\$3,000) - Mrs. Claude Swank, Michigan, "Wine Glazed Chicken and Vegetables"; 4th place (\$2,000) - Miss Cara Berggren, Pennsylvania, "Lindos Chicken"; and 5th place (\$1,000) - Mrs. Charles Evans, Oregon, "Chicken with Shrimp".

The three top recipes follow:

HOT CHINESE CHICKEN SALAD

8 broiler-fryer chicken thighs,

skinned, boned, cut into 1-inch chunks
 1/4 cup corn starch
 1/4 cup Mazola corn oil
 1/2 teaspoon garlic powder
 1 large ripe tomato, cut into chunks
 1 can (4 ounces) water chestnuts, drained, sliced
 1 can (4 ounces) sliced mushrooms, drained
 1 bunch green onions, coarsely chopped
 1 cup sliced celery
 1 teaspoon Accent flavor enhancer
 1/4 cup soy sauce
 2 cups finely shredded iceberg lettuce
 2 cups finely shredded iceberg lettuce

Roll chicken in corn starch. Heat corn oil in fry pan. Add chicken chunks and quickly brown. Sprinkle with garlic powder. Add tomato, water chestnuts, mushrooms, onion and celery. Stir. Sprinkle with flavor enhancer. Add soy sauce. Stir. Cover, reduce heat to simmer and cook 5 minutes. Lightly toss chicken-vegetable mix with lettuce. Serve hot with rice. Makes 4 servings.

PERSIAN CHICKEN KABOBS

4 whole broiler-fryer chicken breasts, halved, boned, skinned cut into skewer pieces
 1 teaspoon Accent flavor enhancer
 2 teaspoons salt, divided
 1/4 cup Mazola corn oil
 1/4 cup tarragon wine vinegar
 1/2 teaspoon dry mint leaves
 1/4 teaspoon dry rosemary
 1 clove garlic, crushed
 1/4 teaspoon hot pepper sauce
 4 medium tomatoes, quartered
 16 small white onions, peeled, cut into skewer pieces
 2 green peppers, seeded, cut into skewer pieces
 16 small to medium fresh mushroom caps

Sprinkle chicken with flavor enhancer and 1 teaspoon of the salt. Stir together corn oil, vinegar, mint, rosemary, garlic and hot pepper sauce. Pour over chicken in flat dish or bowl. Cover; marinate in refrigerator at least 2 hours or overnight, if possible, turning once or twice. Drain marinade from chicken, reserving marinade to use as brushing sauce. Thread chicken on skewers alternating with

vegetables. Brush with marinade; sprinkle with remaining 1 teaspoon salt. Cook on outdoor grill about 6 inches from heat, 30 minutes or until chicken is done. Turn and baste while cooking. Serve with rice pilaf or plain rice. Makes 6 servings.

WINE GLAZED CHICKEN AND VEGETABLES

1 broiler-fryer chicken, quartered
 1 teaspoon Accent flavor enhancer
 1/2 teaspoon salt
 1/4 teaspoon ground pepper
 1/4 cup Mazola corn oil
 2 tablespoons flour
 1/2 teaspoon dry thyme leaves
 1/2 teaspoon dry rosemary
 2 tablespoons lemon juice
 1 can (6 ounces) mushrooms, with liquid
 1/2 cup chicken broth
 1/2 cup red Burgundy wine
 12 small onions, peeled
 1 pound baby carrots
 Parsley

Sprinkle chicken with flavor enhancer, salt and pepper. Heat corn oil in fry pan or Dutch oven over medium heat. Add chicken, brown lightly, turning as needed. Remove chicken. Mix together flour, sugar, thyme and rosemary. Stir in pan drippings to make a smooth paste. Add lemon juice, mushroom liquid, broth; cook stirring until it boils. Add wine, onions, carrots, mushrooms and chicken. Reduce heat; cover and simmer 30 minutes. Remove cover and continue cooking at a higher heat until most liquid is evaporated and chicken and vegetables are coated with thick, rich glaze. Garnish with parsley. Makes 4 servings.

N.C. HOGS

North Carolina farmers, despite an unprofitable spring, are planning to produce more pork the remainder of the year. The Federal-State Crop Reporting Service estimates that Tar Heel producers will farrow 4 per cent more sows in the summer period and possibly as much as 10 per cent more in the fall, compared to the same periods in 1973.

When you think of prescriptions, think of VARNER'S ads

Little Items of Lively Interest About Folks and

Flower GARDENING

By - Mrs. S. R. Harrington

This is a World of Wonders: God made it for you and me. I revel in each glory. And oh, there's so much to see. I found something great today—Something to give God thanks for. . . It was a rock — majestic As a King—on a stream's floor.

I perched upon this huge rock, And pondered its unknown age. . . It's a Wonder, I thought: "God just turned another page." Great Wonders for you and me. . . How many will search and look? How many will really see?

Neva Taylor Harrington

Eggs At Breakfast. The Start of Something Good.

QUICK BREAKFAST PUFF

6 slices day old bread, trimmed and quartered
 4 slices American cheese or 1 cup Grated Cheddar Cheese
 4 eggs, beaten
 1 cup milk
 1/2 teaspoon salt
 Dash pepper
 Preheat oven to 350 degrees. Grease an 8" square baking dish. Line bottom with half of bread squares. Dot with butter. Place cheese evenly over bread. Place remaining bread squares over cheese. Combine eggs, milk, salt and pepper and beat well. Pour evenly over ingredients in baking dish. Bake for 20 minutes until golden brown and bubbly. Serve hot. Serves 4.

I found some "glories" to revel in at the ARTHUR WHITMIRE'S at Calvert. The heavenly blue morning glories greeted me — and they are a glory! The beautiful lake with twenty two Mallard ducks resting serenely beneath trees at lakeside, couldn't be termed anything but glorious.

The glory continues in the flowers all over the place. Such striking colors, in CANNAS, DAHLIAS, HIBISCUS, CALADIUM, TUBEROUS BEGONIAS, and CLEOME. SUNFLOWERS, both midget and mammoth-sized, also the Italian variety—all giving of their glory.

Outstanding are the colorful ACHIMENES, the enormous ELEPHANT'S EARS, the beautiful HARDY WANDERING JEW, the delightfully LACY

DIANTHUS, and the prettiest PORTULACA.

Yes, I found so much beauty today at Arthur and Frances Whitmire's home at Calvert.

GARDENING: August is fast going—and will soon be gone. It is now that we begin thinking about next spring's garden. All of us will have in our hearts forever the remembrance of springtime, with shrubs and bulbs bursting into bloom. It is only in Autumn that we can plant springtime's beauty.

Make selections from flower catalogs, from nurseries and garden stores. Place orders early.

In the meantime, prepare places for the things you want to plant. It's the preparation of soil that is all important to the success of whatever you plant. All roots should be dug out; the soil should be clean and pulverized.

ORDERS FOR DAFFODILS, Hyacinths, tulips, the true garden LILIES, ORIENTAL POPPIES, HOSTA, DAYLILIES, IRIS, BLEEDING HEART PRIMROSES, CANDYTUFT, THRIFT, BLUE BELLS, CROCUS, and PEONIES should go in immediately. I've found that ordering early saves disappointment of stock being sold out. Growers always ship at correct planting time.

All of the above mentioned flowers do not bloom in early spring, but should be planted in fall.

So long, gardeners!

Back-To-School Breakfast Quick, Easy To Prepare

Back to school time means busy-morning time. It takes a while for kids and parents alike to get used to the new schedule. And it's also the time when a good, nourishing breakfast is so essential. To keep the kids alert through a busy morning at school.

Quick Breakfast Puff is a new recipe that can help take care of

both problems. First of all, it's quick and easy to prepare so it cuts down on a lot of the rushing. Secondly, it's full of all the natural nutrition you'll find in any dish that features eggs. Naturally, energy-giving nutrition. There's just not a better way to start a day. Especially during back-to-school time.

FAMILY DOLLAR BUDGET STRETCHING SAVINGS ON SCHOOLTIME NEEDS AS . . .

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