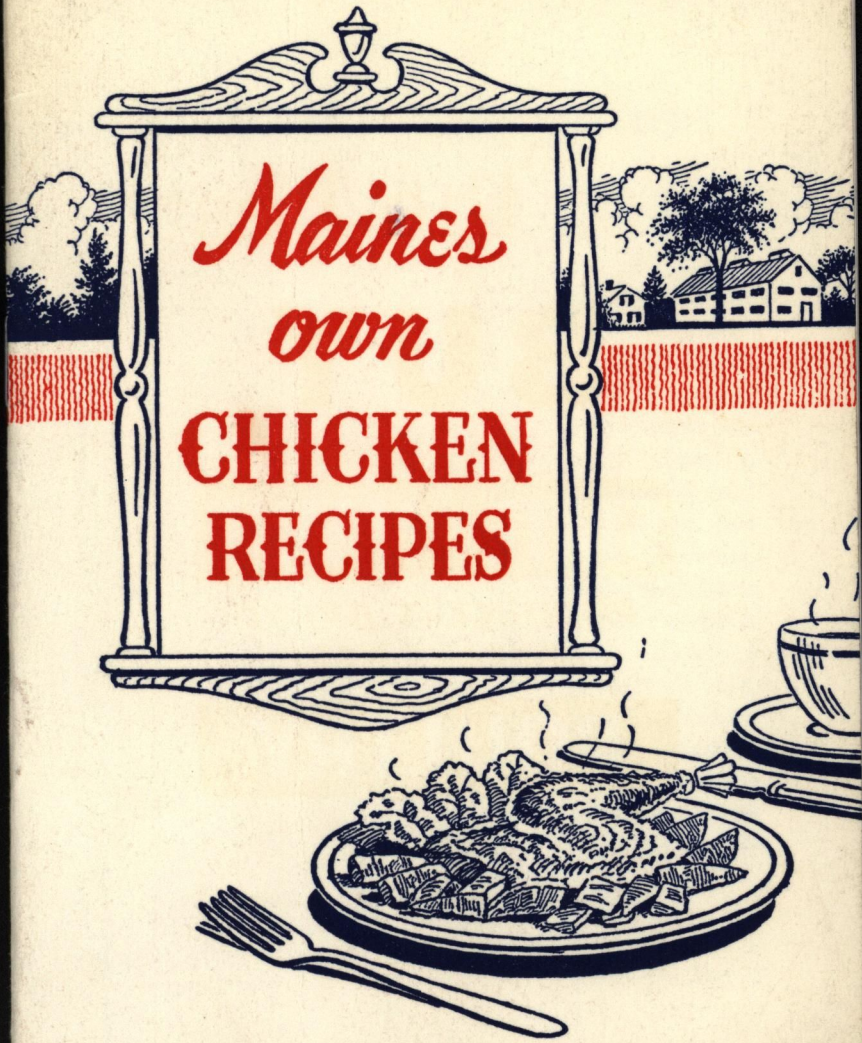
Maines own CHICKEN RECIPES



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AUTHOR Schrumpf, Mildred Brown, and Stanley L. Painter

PUBLISHER Maine Dept. of Ag.

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MAINE'S OWN CHICKEN RECIPES

By MILDRED BROWN SCHRUMPF,

and STANLEY L. PAINTER

Fresh, frozen, or canned chicken offer the homemaker a wide choice for menu planning. Broiler-fryers, fresh or frozen, are small tender birds weighing 1½ to 3 pounds ready-to-cook weight whether whole, cut up, or in parts. Roasters are tender birds weighing up to 5 pounds. Stewing chicken is a mature bird (once called fowl), and is less tender; it weighs 2½ to 5 pounds and has more fat. Capons are unsexed male chickens, weighing 4 pounds or more, very tender, and have a large amount of white meat. Ready-to-cook chickens come quick-frozen or fresh. Parts of chicken may also be purchased separately as legs, breasts, wings, and the like. Canned chicken comes ready to heat and serve – whole roasted, half, fricassee, boned, or specialty packs. Frozen chicken dishes in the market, especially frozen chicken pies, make home, church, or lodge meals easy to prepare.

Chicken should be refrigerated as soon as it is cooked if it is for later use. Never stuff poultry a

day ahead, but stuff the bird just before roasting. The stuffing ingredients may be prepared and refrigerated; combine just before the bird is stuffed. After the meal, remove the stuffing from the bird and refrigerate. Left-over chicken should be refrigerated.

When chicken is to be used for salad, creamed chicken, and the like, cook the bird until tender in a small amount of water to which has been added an onion, a carrot, a stalk of celery, and chopped parsley for flavor, in addition to other seasonings. Ac'cent, or any of the monosodium glutamate products, brings out the chicken flavor. When the bird is cooked, lift it to a wire rack. Cool the kettle of broth quickly by placing the kettle in a pan of cold water. Refrigerate the cooled bird and broth at once.

The amount of meat from a bird varies with the size, weight, age, and fat. Figure the 3-pound fryer as cutting 10 pieces — 2 legs, 2 thighs, 2 wings, and 4 cuts from the breast. A 5½-pound fowl, ready-to-cook weight, will yield 4½ to 5 cups of cooked, cubed meat, approximately 1¼ pounds of meat.

Poultry may be frozen whole, split in half, or cut in serving pieces. If the chicken is to be used for fricassee, salad, or sandwiches, the whole bird

cooks to better advantage for removing the meat. Thawing will not be necessary when the chicken is cooked for this use. We recommend that frying or broiling chicken be thawed before cooking, but once thawed, it should be cooked immediately. For freezing, prepare the chicken as for table use (uncooked), pack in moisture-vapor-proof paper, using the drugstore wrap. Seal, label as to kind, use, number of servings, and date packed. Freeze at once. If several birds are being frozen at one time, freeze the livers together in a separate package, and package the hearts and gizzards together for a meal.

The following recipes are all tested for good eating.

Andy's Chicken and Rice Casserole

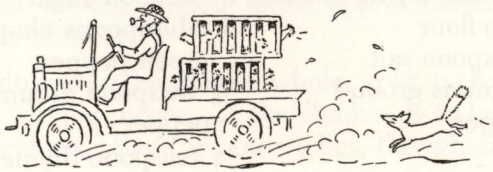
1 cup rice
2 tablespoons cooking oil
1 clove garlic, chopped
¼ cup chopped onion
1 3-pound frying chicken
¼ cup flour
½ teaspoon salt
Few grains ground pepper
3 tablespoons cooking oil
1¾ cups milk
1 teaspoon salt
1 teaspoon sugar
3 tablespoons chopped green pepper
⅛ teaspoon ground pepper
¼ teaspoon thyme

Brown the rice in the 2 tablespoons of cooking oil to which the garlic has been added; stir the rice well. Add the onions and cook until soft. Place the browned rice in a 3-quart casserole. Cut the chicken into serving pieces; roll each piece in the flour to which salt and pepper have been added. Brown the chicken in 3 tablespoons of cooking oil. Place the browned chicken on the rice. Mix together the milk, salt, sugar, green pepper, ground pepper, and thyme, and pour the mixture over the contents of the casserole. Cook in a moderate oven, 350°F., until the chicken is tender. More milk may be added as the rice cooks and swells. This recipe makes 4 servings.

Chicken Salad in Cranberry Ring

2 cups cooked cubed chicken
1 cup diced celery
1 cup frozen or canned pineapple chunks
French dressing

Combine the chicken, celery, and pineapple. Add French dressing to moisten and allow the salad to marinate an hour or more before using.



Cranberry Ring

2 envelopes (2 tablespoons unflavored gelatin)
½ cup cold water
2 1-pound cans jellied cranberry sauce
½ cup lemon juice
2 teaspoons grated lemon rind

Sprinkle the gelatin over the cold water; allow to stand for 2 minutes. Place the cup in a pan of boiling water until the gelatin dissolves. Crush the cranberry sauce with a fork; add the lemon juice and rind; then add the dissolved gelatin. Pour the mixture into a ring mold and chill until firm. Unmold the ring on a lettuce-lined platter. Spoon the chicken salad into the center of the molded salad and serve. Mayonnaise may be added to the marinated salad, if you desire.

Mary Donnini's Chicken Cacciatore

1 3-pound frying chicken
¼ pound salt pork, cut in slivers
2 cloves garlic, finely chopped
2 teaspoons leaf sage
1 teaspoon salt
¼ teaspoon pepper
1 No. 2 can tomatoes

Place the salt pork in a cold frying pan; place the cut up chicken on the pork; add the garlic, sage, salt, and pepper. Start the cooking on low heat. As the pork tries out and the chicken browns, turn the chicken with tongs or with two spoons. After the fat from the pork has cooked away, add the tomatoes slowly, a half cup at a time. Turn the heat to simmer. As the tomatoes cook into the chicken, add more. If you desire, a small amount of water may replace some of the tomato. Cook with the cover-on, cover-off method until the chicken is tender – at least 1½ hours. Never have the heat higher than medium. Slow cooking is the secret of the flavor of this dish. Serve with any sauce that may be left in the pan.

Maine Chicken Pie

1 5-pound chicken
1½ quarts water
1 teaspoon salt
1 small onion
1 carrot
1 stalk celery
½ teaspoon Ac'cent
3½ cups chicken broth
½ cup sifted all-purpose flour
½ teaspoon onion salt
½ teaspoon celery salt
1 teaspoon salt
Few grains pepper
¼ teaspoon Ac'cent
2 or 3 drops yellow food color
2 pastry lined tins

Wash the fowl which has been drawn but not cut up. Place the bird in a kettle with the water, salt, onion, carrot, celery, and ½ teaspoon Ac'cent. Simmer until tender, 3 to 3½ hours. Remove the bird to a rack. Remove the meat; leave in large pieces; refrigerate. Heat to boiling 3 cups of the broth in which the chicken was cooked. Mix the remaining ½ cup of broth with the flour to which the seasonings and the Ac'cent have been added. Add this to the boiling liquid and mix well with a wire whip to prevent lumping. Stir until the mixture is smooth and thickened. Add the food color if you desire. Add the cooked chicken meat and blend well. Taste for further seasoning. Line the pie tins with pastry, or use only a top crust. Place the chicken and gravy in the plate. Wet the under crust, if used, and add the top crust which has been slashed to allow the escape of steam as the pie bakes. Bake in a hot oven, 400°F., for 45 minutes, or until the crust is golden brown, and the pie bubbles. For small individual pies, use a 4½-inch plate. Use 1/3 cup of chicken and gravy in each pie. Cover with a top crust. Bake 20 to 25 minutes in a hot oven, 400°F. Set the small pies on a baking sheet for ease of handling while baking.

Maine Broiler Day Barbecue Sauce

2 2½-pound broilers, split in half
1 cup vinegar
2 cups water
½ cup butter
1 tablespoon salt

Mix and heat the vinegar, water, butter, and salt. Dip each broiler half in the sauce. Place the broilers on a rack over a glowing bed of charcoal. Turn the chicken and baste frequently with the sauce to prevent burning. At least 45 minutes of cooking time are needed. When the leg bone of the chicken turns easily when twisted slightly, the chicken is cooked.

Fried Chicken

1 3-pound fryer, cut in serving pieces
Cold milk
¼ cup flour
½ teaspoon salt
⅛ teaspoon pepper
Fat or cooking oil

Soak the chicken in cold milk to cover for 1 to 2 hours. Dry each piece of chicken on a paper towel. In a paper bag mix the flour, salt, and pepper. Add the chicken and shake well to coat each piece. Heat the fat in a heavy frying pan; shake the excess flour from each piece of chicken and place it in the hot fat. Brown the chicken thoroughly on each side. Reduce the heat to simmer; cover the pan and cook the chicken for about

30 minutes. Remove the cover; increase the heat to crisp the chicken. When the chicken is tender, remove from the pan and drain off all but 2 tablespoons of the fat. With a spatula loosen the crumbs, but leave them in the pan. Add 3 tablespoons of flour to the fat; blend well, stirring until the flour is lightly browned, but not burned. Slowly add the milk in which the chicken was soaked to make 2 cups of gravy. Hot water or chicken stock may be used instead of milk. Stir constantly with a slotted spoon, or use a wire whip until the gravy thickens. Taste and adjust the seasonings.

Chicken Salad Sandwiches

1 cup finely chopped cooked chicken
1 tablespoon lemon juice
¼ cup pecan meats, toasted in butter
½ cup finely chopped celery
½ teaspoon salt
½ cup mayonnaise

Combine the chopped chicken and the lemon juice; refrigerate overnight or until used, then add the remaining ingredients and spread on bread of which both slices have been buttered. Butter on both slices of bread aids in holding the sandwich together. Trim each sandwich and cut in three small sandwiches. This makes 36 tea size sandwiches.

Frannie's Scalloped Chicken

(20 servings)

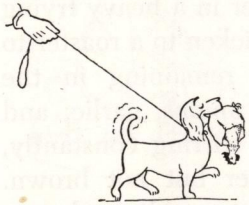
1 5½-pound stewing chicken *or*
5 cups cooked, cubed chicken
1½ pounds sweetbreads, cooked
1½ cups blanched almonds, sliced lengthwise
½ cup butter or chicken fat
1 small onion, chopped
2 small 4 oz. cans mushrooms, drained
1 cup flour
4 cups hot chicken broth
2 cups milk
2 cups cream
1 tablespoon salt
Few grains cayenne pepper
¼ teaspoon Ac'cent
4 slices dry whole wheat bread
¼ cup melted butter

Melt the butter; add the chopped onion and the mushrooms; saute until tender. Blend in the flour. Add the hot chicken broth; cook and stir until smooth. Add the milk and cream which have been heated until hot. Add the salt, pepper, and Ac'cent. Cook, stirring constantly until thick. Add the cubed chicken, almonds, and sweetbreads, from which the membrane has been removed. Pour the chicken mixture into a 4-quart casserole. Crush the dry bread; add the melted butter and mix to coat the crumbs. Sprinkle the buttered crumbs over the casserole. Bake, uncovered, in a moderate oven, 350°F., for 40 minutes, or longer. Serve in patty shells, on toast, potato sticks, Chinese noodles, or Fritos. For a thicker scallop, an extra ½ cup of flour may be mixed with the liquid drained from the mushrooms and added to the chicken mixture before pouring it into the casserole.

Mauna's Chicken Baked in Cream

1 4-pound frying chicken
½ cup flour
½ teaspoon salt
⅛ teaspoon pepper
¼ teaspoon Ac'cent
½ cup butter
2 cup coffee cream
Dash of poultry seasoning

Cut the chicken into serving pieces. Roll each piece in the flour which has been mixed with the seasonings and Ac'cent. Saute the chicken in the butter until golden. Place the browned chicken in a baking dish and pour the cream over it. Sprinkle with more salt and pepper and the poultry seasoning. Cover the dish and bake in a slow oven, 325°F., until the chicken pieces are tender — about 2½ hours. The slow baking of this dish is the secret of its flavor.



Martha's Country Captain

2 3-pound frying chickens
½ cup flour
Salt and pepper
¾ cup butter or shortening
3 large onions, chopped
2 cloves garlic, finely chopped
3 large green peppers, chopped
2 tablespoons chopped parsley
6 cups canned tomatoes
1 teaspoon salt
¼ teaspoon pepper
1½ teaspoons thyme
1 cup currants
1 cup slivered almonds
Curry powder (optional)
5 cups cooked rice

Cut the chicken into serving pieces; remove the skin. Mix the flour with salt and pepper to season; roll each piece of chicken in this seasoned flour; brown the chicken in the butter in a heavy frying pan. Remove the browned chicken to a roaster to keep warm. To the butter remaining in the frying pan, add the chopped onions, garlic, and green peppers. Cook slowly, stirring constantly, until the vegetables are tender but not brown. Add the parsley, tomatoes, thyme, salt, and pepper. Pour this tomato mixture over the chicken in the roaster and cook in a slow oven, 325°F., until the chicken is tender. Long, slow cooking of this dish is the secret of its flavor.

Iva's Chicken Casserole

1 4-pound chicken, cooked and cubed
¼ cup butter
¼ cup flour
2 cups milk
½ cup sliced blanched almonds
1 can (4 ounces) mushrooms, sliced
1 can asparagus spears
½ cup buttered bread crumbs

Combine the butter and the flour; blend well. Add the milk, or part milk and part chicken broth, and cook, stirring well until smooth and thick. Add the chicken, almonds, and mushrooms. Pour half of the mixture into a buttered casserole. Arrange spears of asparagus to radiate from the center of the casserole. Add the remaining chicken mixture. Sprinkle with the buttered crumbs. Bake uncovered in a moderate oven, 350°F., until the dish is thoroughly heated and the crumbs are brown. This chicken recipe is especially good when baked in individual casseroles.

Roast Chicken

Use a ready-to-cook roaster or capon. Rinse and pat dry. If the bird is quick-frozen, allow it to thaw overnight in the refrigerator. Rub the

body cavity of the bird with salt; then stuff with your favorite recipe of stuffing. Because of the danger of food poisoning, we do not recommend stuffing the chicken a day ahead. Stuff the bird just before roasting. Stuff the neck cavity loosely. Secure the skin with a string or metal skewers. Next, stuff the body of the bird, loosely again, and close the opening with skewers across the cavity; lace the cavity shut with a string just as you would a shoe. Fasten the string, leaving the ends long to wind around the leg ends. Draw the legs close to the body, and pull the string around the tail piece and tie. Place the bird, breast side up, in a shallow open baking pan. Cover the breast and legs of the bird with a thin cloth wrung out of unsalted fat or salad oil. Roast the bird in a slow oven, 325°F., without water added. The bird is done when the leg bones move easily when twisted. A 4 to 6 pound bird will require from 3½ to 4 hours of cooking time. Remove the bird from the pan and keep warm while making the gravy. Pour the fat and meat juices from the roasting pan into a bowl. Remove 3 tablespoons of the fat from the top of the bowl and return to the roasting pan. Blend in 3 tablespoons of flour until the mixture is smooth. Have ready 2 cups of chicken broth or water. Pour 1 cup of the broth into the fat-flour mixture; stir with a slotted

spoon or wire whip until smooth and thick; add the remaining liquid and stir until smooth as velvet. Season with salt and pepper. Any brown bits left in the pan from the baking and which come off with the stirring should be left in the gravy for added flavor. Cooked, chopped giblets may be added to the thickened gravy, as well as a touch of onion salt, celery salt, or poultry seasoning. Always serve the gravy very hot.

Chicken Fricassee

Prepare the chicken as for chicken pie. After the meat has been removed from the bones, return the meat to the broth in which it cooked. Cool ½ cup of the broth and mix it with the flour to a smooth paste. Add this mixture to the contents of the kettle, along with the seasonings, and cook until thickened. Serve the fricassee over freshly boiled potatoes or toast.

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