

Poultry

GRILLED GAME CORNISH HENS WITH RHUBARB SAUCE SERVED ON BROWN RICE

Hens:
2 1-lb. - 1 1/2-lb. game cornish hens (cut in half)
2 tbsp. salad oil
1/2 tsp. sage
1/2 tsp. savory
1/2 tsp. thyme

Rice:
1/2 cup chopped onion
1/2 cup chopped celery
1/2 cup chopped water chestnuts
1 cup brown rice
1 tbsp. salad oil

Rhubarb Sauce:
1 lb. rhubarb, sliced
1/4 cup sugar
1/8 tsp. cinnamon, ground
1/8 tsp. salt (optional)

Have butcher cut cornish game hens in half. Remove giblets and necks from hens and rinse under cold water. Drain well and pat dry with paper towel. Place 4 hen halves on a foil tray or cookie sheet. Rub generously with 2 tbsp. salad oil and sprinkle herbs equally on each piece.

Cover with foil and place on gas barbecue preheated to 375 F. This works better if you have a two burner unit, by lighting one side only and placing the hens on the opposite side. This prevents burning. Pour 1/4 cup water in pan and add as required. Cook for 1 hour checking regularly and basting with pan liquids. Now spread the rhubarb sauce on each hen and continue to grill uncovered for 15 to 30 minutes or until done (leg should move easily).

While hens are grilling prepare rhubarb sauce. In a 2 quart saucepan over medium heat, heat rhubarb, water, cinnamon and salt to boiling, cover. Reduce heat to low, cook 5 to 8 minutes or until rhubarb is tender, stirring frequently. Now stir in the sugar and cook for 1 minute longer. Baste the cornish hens for the last 15 to 30 minutes of cooking. Serve remaining sauce with hens.

Heat 1 tbsp. salad oil in skillet, add chopped onion and celery and stir fry until just opaque, add water chestnuts and stir, set aside. In a 3 quart saucepan put 2 1/2 cups water, 1 tbsp. butter or margarine and 1 tsp. salt (optional). Bring this to a boil and stir in the brown rice. Lower heat to simmer, cover and cook for 35 minutes, stirring occasionally. Stir in cooked onion, celery and chestnuts, and continue to cook for an additional 10 minutes or until done. Add more water if necessary.

On pre-warmed plates, put 1 cornish hen half, brown rice, baby carrots and broccoli. Spoon rhubarb sauce on each hen.

Serves 4. Note: Hens can be done in oven equally well at 375 F.

D. Smith

and 1 cup walnuts. Process to fine crumbs. Add 1 cup of Parmesan cheese and mix well. Melt 1 cup of butter and reserve. Get four boneless and skinless chicken breasts and cut in one inch cubes. Dip each chicken cube in melted butter, shaking off excess; dip into crumb mixture. Place all pieces of chicken (not touching) on greased baking sheets. Bake at 350 F. until well browned.

Ruth Kilner

PARMESAN CHICKEN

1/2 cup dry breadcrumbs
1/2 cup grated Parmesan cheese
1 1/2 tbsp. chopped dried parsley
1/2 tsp. dry mustard
1/4 tsp. Worcestershire sauce
1/8 tsp. garlic powder
1/4 cup butter, melted
4 large chicken breasts, boneless
Combine breadcrumbs, cheese and parsley in pie plate. Add mustard, Worcestershire sauce and garlic powder to melted butter. Dip chicken in butter, then in crumb mixture. Turn to coat well on both sides. Place on a cookie sheet covered with foil. Drizzle any remaining butter mixture over chicken. Bake at 350 F. for 40-50 minutes.

Brenda Fielding

DRUMSTICK CANAPES

3 lbs. small chickenwings (about 15)
1/2 cup white sugar
3 tbsp. cornstarch
1/2 tsp. each salt and ground ginger
1/4 tsp. pepper
1/3 cup lemon juice
1/4 cup soya sauce
Cut wings in half at joint and discard tips. Place on rack and bake at 400 F. oven for 15 minutes. Turn and bake another 15 minutes. Mix dry ingredients, add to liquids and 2/3 cup of water in a saucepan. Stir over medium heat until it thickens. Boil 2 minutes, then brush some on wings. Bake another 35 minutes, turning them and brushing remaining mixture on frequently.

Ruth Kilner

JAPANESE CHICKEN WINGS

3 lbs. chicken wings
1 beaten egg
1 cup flour
1 cup butter
Cut wings into two parts - drumstick and wing (discard wing tip). Dip in slightly beaten egg and then roll in flour. Fry in butter until deep brown and slightly crisp. Place in shallow baking dish or pan. Pour sauce over wings and bake at 350 F. for half an hour. Spoon sauce over wings during baking.

Sauce:

3 tbsp. soya sauce
3 tbsp. water
1/2 cup vinegar
1 cup white sugar
pinch of salt

Mix sauce together in a bowl until sugar is slightly dissolved. If

you prefer a sweeter sauce add more sugar, if you prefer it more tart, add more vinegar.

Serve wings with plain white rice and glazed carrots. The remaining sauce is delicious over the rice. Serves 4-6.

GLAZED CARROTS

Peel and wash 6 medium carrots. Slice into 1 1/2 inch pieces (stick-like). Boil until slightly softened but not too hard. Drain. Add 1 tbsp. butter and 2 tbsp. liquid honey. Stir. Cook over low heat until slightly sticky. Serve.

Lorna Bowman

PINEAPPLE CHICKEN WITH BROWN RICE

(Serves 3-5 people)

1 small can pineapple chunks
1-1 1/2 lbs. boneless breast of chicken
1 cup chicken broth
1/4 cup vinegar
2 tsp. Kikkoman soy sauce
2 tsp. brown sugar
garlic to taste
12 medium green pepper, cut into squares
a handful of mushrooms, sliced
3 tbsp. corn starch
1/4 cup cold water
1-1 1/2 cups brown rice
4 cups water
Pour rice into boiling water. Partially cover pot and continue to boil over medium high heat.

Brown chicken in a large frying pan.

In a 2-cup measuring cup, make 1 cup of chicken broth with 1 pkg. instant Bovril and water or equivalent. Add vinegar, soy sauce, garlic and brown sugar. Add juice from the pineapple to the 2 cup mark. Pour this mixture over the chicken. Cover and cook over medium heat for 15 minutes.

Add green pepper, mushrooms and pineapple chunks. Cook 5 minutes more or until peppers are crunchy-tender.

Rice should be done at this point. Drain. Return to turned off burner and fluff with a fork.

Thicken chicken mixture with the cornstarch mixed with cold water. Arrange rice in a shallow ring around dinner plates and put the chicken mixture in the middle.

Suzan Baker

CHICKEN BREASTS WITH APRICOT-PECAN WILD RICE STUFFING

Marinade:

Combine together and pour into a shallow glass dish:
2 cups orange juice
1 cup lemon juice
2 tsp. salt
1 tsp. ground ginger
1 large onion, thinly sliced
2 large cloves garlic, sliced

Stuffing (makes about 7 cups):
1 lb. wild rice, soaked in cold water overnight
2 cans chicken broth

1 1/3 cups toasted, chopped pecans
2/3 cup chopped, dried apricots (1/4 lb.)

1/4 cup raisins, chopped
1/4 cup grand marnier
1/2 tsp. leaf sage, crumbled
1/2 tsp. cinnamon
pepper to taste

Place wild rice and broth in a saucepan, cover, simmer on low 30-40 minutes, or until rice is tender and liquid is absorbed. Combine the rest of the ingredients and cool completely.

Chicken:

4 whole chicken breasts (about 12 oz. each) boned and halved
Place chicken between 2 sheets of waxed paper. Pound to 1/4 inch. Add chicken to marinade to fit snugly; turn to coat all sides. Cover, refrigerate overnight, turning once.

Drain marinade. Dry chicken thoroughly. Place chicken, smooth side down and spoon about 1/4 cup, cooled stuffing onto each piece, roll up and secure with toothpicks if necessary. Let stand at room temperature for 1 hour. Sprinkle chicken with seasoned salt and spread 1 tsp. butter on each bundle. Place chicken, seam side down, in a shallow pan. Bake at 375 F. for 30 minutes, turning once and basting occasionally. Serve on a bed of remaining rice and pass the orange sauce at the table (instructions for orange sauce follows).

Orange sauce (makes about 3 cups):

1/4 cup sugar
2 tbsp. red wine vinegar
2 cups beef broth
1 1/4 cups orange juice
2 tbsp. corn starch
1 beef bouillon cube, crumbled
1/4 cup cold water
3 tbsp. grand marnier
1 tsp. orange marmalade
salt and pepper to taste

Mix sugar and vinegar in a medium saucepan. Bring to boiling over moderate heat, cook 3 minutes or until sugar caramelizes. Pour in beef broth, bring to boiling; lower heat; simmer 10 minutes, remove from heat. Mix corn starch, bouillon cube and water in small bowl until dissolved. Stir into sauce. Bring to boiling, stirring constantly, until thickened. Stir in grand marnier and marmalade. Season to taste with salt and pepper.

Suzan Baker

Soups

JAMAICAN PUMPKIN SOUP

2 cups chicken stock
1 turnip
2 small carrots
1 pepper
3 cups water
1 chocho (small)
1 small clove garlic
1 pinch black pepper
1/4 lbs. pumpkin
1 stalk eskellion
1 1/4 tsp. salt

Dice vegetables and add to stock and water. Cook until very tender, add seasonings and continue cooking over a low heat for a further half an hour. Puree. Reheat and serve.

Shelley Riddall

Specialties

MRS. "J"'S SPAGHETTI SAUCE (serves 6-8)

1 lb. lean ground beef
1 large onion chopped
1 green bell pepper chopped
1 cup water
1 bay leaf
1 garlic clove
2 tsp. oregano
1 can Kraft skim milk cheese
2 cans tomatoes
2 cans tomato paste
Brown meat. Drain. In frying pan with pad of butter, stir garlic, onion, pepper, oregano (soften - do not brown). Mash tomatoes in large saucepan and add remaining ingredients. Simmer 4 hours and serve over drained noodles. Best served day after.

Tip: Bay leaves are sharp. Remove after cooking or use a spice bag, which is recommended.

Mrs. Amanda Heikamp

TRIFLE

1 large Jelly roll (red)
1 tin pears, drained
1 instant vanilla pudding
1 pkg. dream whip (whipped)
Break Jelly roll in chunks and put in casserole. Over this pour pudding (made up). Make slits to let pudding run through. Add pears cut in quarters and cover with dream whip. Let stand in refrigerator for 2 to 3 hours.

Georgina Bible.

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