

# Make Mine Chicken

## SMOTHERED CHICKEN

1 envelope chicken noodle soup mix  
1½ cups boiling water  
3 pounds cut up chicken  
½ cup flour  
1 teaspoon salt  
¼ teaspoon pepper  
½ cup butter  
½ cup minced onion  
1 can (10 ounces) mushroom pieces  
2 tablespoons flour  
1 cup milk  
3 tablespoons sherry  
parsley (optional)

Stir soup mix into boiling water in large saucepan. Simmer seven minutes. Strain. Reserve broth.

Place noodles in bottom of large casserole. Coat washed chicken well with one-half cup flour, salt and pepper in bag.

Heat half the butter in pan. Add chicken and brown. Arrange chicken on noodles.

Preheat oven to 325 degrees. Heat rest of butter and saute onions and mushrooms for five minutes.

Blend two tablespoons flour, broth and milk, stirring constantly until smooth and slightly thick. Add sherry.

Pour sauce over chicken. Cover and bake one hour.

Remove cover and bake half hour longer. Garnish with parsley.

Mrs. Jean Logan, 426 Marybay Crescent, Richmond Hill.

## TURKEY IN DIABLO SAUCE

¼ cup chopped onion  
1 tablespoon butter  
1 cup catsup  
¼ cup water  
¼ cup lemon juice  
2 tablespoons brown sugar  
dash of pepper  
dash of cayenne pepper  
3 tablespoons Worcestershire sauce  
½ teaspoon prepared mustard  
½ cup chopped celery (optional)

left-over turkey and stuffing.

Cook onion in butter until golden. Add rest of ingredients except turkey and stuffing. Simmer sauce, covered, for 15 minutes.

In shallow casserole arrange layer of turkey then layer of stuffing, then another layer of turkey. Pour sauce over turkey in casserole.

Cover and bake in 350 degree oven for about 20 minutes.

Mrs. D. Platt, 121 Rockport Crescent, Richmond Hill.

## CHICKEN ROULADES

4 chicken breasts  
3 ounces Gruyere cheese, grated  
rosemary  
2 eggs, beaten  
4 slices of cooked ham  
4 ounces fresh white breadcrumbs  
2 ounces Gruyere cheese, grated  
3 ounces butter  
1 tablespoon corn oil

Beat the chicken breasts until flattened.

Cut the slices of ham in half and place 2 halves on each breast so that the ham does not overlap the chicken. Sprinkle each with a quarter of the first measure of cheese, add a few rosemary spikes and roll up tightly and neatly, secure with cocktail sticks.

Dip in or brush each roulade with beaten egg, then coat in a mixture of breadcrumbs and cheese. Pat the coating on firmly and recoat a second time if wished.

Melt butter with oil in a frying pan, fry the roulades quickly until browned, then reduce the heat and cook slowly for about 15 minutes.

Drain well and serve plain or with a sauce such as fresh tomato or Hollandaise. Serves four.

Mrs. Ena M. Allan, 152 Libby Boulevard, Richmond Hill.

## CHICHESTER CHICKEN

Described by the Richmond Hill woman who submitted it as "An English classic, chicken oven-steamed in cream with nutmeg for fragrance, curry for flavor, green onions or watercress for texture. Can be served with rice and carrots for color".

3 to 4 pounds chicken  
1 teaspoon salt  
¼ teaspoon pepper  
¼ teaspoon nutmeg or mace  
1 teaspoon curry powder  
3 tablespoons butter or margarine  
2 cups rich or light cream  
1 teaspoon Worcestershire sauce  
6 to 10 green onions  
1 bunch watercress (optional)

Cut chicken into individual pieces. Blend together the salt, pepper, nutmeg and curry powder. Roll the chicken in this mixture until each piece is well coated.

Heat the butter or margarine in frying pan, then brown each piece of chicken until golden all around and place in an elegant baking dish.

Stir together the cream and Worcestershire sauce. Add to fat remaining in frying pan. Stir to clear up pan and pour over the chicken. Cover and bake at 350 degrees for one hour or until the chicken is tender and the cream is reduced to a thick yellowish color.

While the chicken is cooking, clean the green onions, leaving as much as possible. Cut each one into long thin shreds, starting in the middle of the white part up to the end of the green part.

Place next to each other on a flat plate and cover with ice cubes. Put in refrigerator. They will become crisp and the stems take very interesting shapes.

When ready to serve, set the cold green onions on top of the hot chicken and surround with a crown of watercress.

Serves six to eight.  
Mrs. N. Brown, 121 Cascade Circle, Richmond Hill.

## LEMON CHICKEN

3 tablespoons salad oil  
1 cut up chicken (2 to 3 pounds)  
1 can (20 ounces) tomato juice  
½ cup lemon juice  
1 tablespoon sugar  
4 medium onions sliced  
2 tablespoons Worcestershire sauce  
1 tablespoon prepared mustard  
½ teaspoon salt  
pepper to taste

Brown chicken in oil. Place face down in casserole. Pour over liquid and cook in medium oven (350) until tender, basting often.  
David Stewart, 84 Lawrence Avenue, Richmond Hill.

## MANDARIN CHICKEN BREASTS

6 chicken breasts  
¼ cup flour  
½ teaspoon paprika  
½ teaspoon salt  
2 chicken bouillon cubes  
¾ cups water  
1 tablespoon minced onion  
2 tablespoons lemon juice  
1 bay leaf  
1 tablespoon cornstarch  
1 can Mandarin oranges  
1 cup seedless grapes

Remove bones from chicken breasts. Mix flour, paprika and salt in pie plate. Dip chicken in flour. Melt two tablespoons butter in deep pot and brown chicken slowly.

Stir in chicken bouillon dissolved in water, add onion, lemon juice and bay leaf. Heat to boiling. Cover and simmer 25 minutes. Remove bay leaf.

Mix cornstarch with a little cold water to make a paste. Add slowly to gravy, stirring constantly for about three minutes. Stir in grapes and oranges and heat until bubbly. Serve over rice.

Prepare the rice as directed on package, adding 1 tablespoon parsley, ¼ teaspoon rosemary and ¼ teaspoon basil to boiling water.

Serves six.  
Mrs. Marsha Plewes, RR 2, Gormley.

## TROUT MEUNIERE

8 small fresh or frozen trout, each about 6 to 8 inches long  
½ cup milk  
flour  
salt  
pure vegetable oil or clarified butter  
½ cup butter or margarine  
few drops lemon juice  
pepper  
parsley, finely chopped  
8 thin lemon slices

If trout are fresh, clean them. Remove fins and tails but leave heads on. Thaw frozen trout. Put milk in shallow dish; put flour and salt in a second dish. Dip fish in milk, roll in flour; shake off excess flour.

Into a large heavy skillet put enough oil or clarified butter to cover bottom. It should be about one-quarter inch deep. Heat until very hot — it must be hot to keep fish from sticking.

Saute fish 12 to 15 minutes or until golden on both sides. Remove to platter; keep warm. Pour off oil from skillet. Add butter or margarine; cook until lightly browned. Add lemon juice, pour over trout. Sprinkle with salt, pepper, and chopped parsley. Place a lemon slice on each trout. Garnish with parsley. Makes 8 servings.

Mrs. Genevieve Chornenki, King.

## SALMON PATTIES

1 pound tin pink salmon  
2 eggs slightly beaten  
1 cup leftover mashed potatoes  
2 tablespoons wheat germ dash of cayenne  
1 tablespoon lemon juice  
¼ cup cooking oil  
1 teaspoon grated onion  
sesame seeds

Mash salmon, including bones and skin. Stir in eggs and potatoes. Blend thoroughly. Add seasonings, onion and lemon juice and mix well.

Shape into patties one-half inch thick and coat with sesame seeds.

Heat oil in heavy skillet and brown slowly on both sides to golden color. Serve with hot tomato sauce.

L. G. Putnam, 418 East Keith Road, North Vancouver, British Columbia.

## BAKED FISH

2 carrots  
1 green pepper  
1 onion  
Chop and simmer in butter about 20 minutes covered.

Add: 1 can tomato soup—stir

While above is simmering put about 2 pounds of fish in a baking dish dotted with butter, season to your liking with lemon, salt and pepper, etc. When vegetables are done pour over fish and cook at 400 degrees for one hour.

Serve with baked potatoes. For dessert have baked apples — can all be done in oven at same time.

Mrs. William Lazenby, 24 Knollside Drive, Richmond Hill.

## NORWEGIAN FISH PIE

1 pint thick white sauce (about 2¼" deep)  
2 eggs  
1 pound white fish  
smoked fish  
pepper and salt to taste  
parsley (optional)  
grated cheese (optional)  
Make sauce. Add yolk of eggs well beaten and cook thoroughly.

Wash and dry fish, cut in serving size pieces. Add to sauce and beat it in with a wooden spoon. Pour into greased baking dish or casserole. Beat egg whites until stiff and fold into fish mixture.

Cook in moderate oven (350 degrees) until set. A little chopped parsley or grated cheese may be added to the sauce or sprinkled over casserole if desired.

Mrs. Alex Knight, King City.

# From The Beautiful Sea

## BARBECUED FISH

3 to 4 pounds salmon or trout  
1 lemon  
4 teaspoons butter or margarine  
1 teaspoon cooking sherry  
1 large onion  
1 cucumber

Clean fish; melt butter, add lemon juice, cooking sherry, and brush the inside of the fish with this mixture.

Place slices of onion and cucumber on top of fish.

Place the fish between two cake racks and tie corners of racks, then cook fish over barbecue for 15 to 20 minutes, turning once or twice. Remove onions, cucumbers. Fish will be pink, tasty and flakie.

The contributor of this recipe informs us that they still own their home in Richmond Hill and are planning to return to it in the near future.

Mrs. Nancy Northop, 3366 Viewmount Drive, Port Moody, British Columbia.

## CREAMED SEAFOOD

4 tablespoons butter  
1 cup dry white wine  
2 pounds cooked shrimp  
2 cups cooked lobster  
1 can (8 ounce size) sliced mushrooms  
¾ cup milk  
2 cans (10½ ounce size) cream of mushroom soup  
salt and pepper to taste  
flour to thicken  
½ cup sherry

Melt butter in large saucepan. Add wine, shrimp, lobster meat, mushrooms, milk and soup. Simmer ten mins.

Add salt and pepper to taste and thicken with flour if necessary. Mix two tablespoons flour with water to make smooth, thin paste, and add gradually to hot mixture, stirring constantly, until desired thickness is achieved.

Add sherry and heat until bubbly. Pour into chafing dish and keep warm to serve. Makes eight to ten servings.

Mrs. W. S. G. Phillips, 345 Sugar Maple Lane, Richmond Hill.

## SWEET AND SOUR SHRIMP

1 package (14 ounce) frozen shrimp  
2 cloves garlic chopped  
1 cup chopped green onions  
1 cup chopped celery  
2 tablespoons butter  
2 tablespoons cornstarch  
1 cup water  
¾ cup red currant jelly  
¼ cup vinegar  
¼ teaspoon salt  
1 green pepper thinly sliced  
1 can mushrooms  
4 cups cooked rice

To prepare this gourmet casserole, prepare shrimp according to package directions. Saute garlic, onions and celery in butter until tender.

Blend cornstarch with water and add to mixture along with red currant jelly, vinegar, salt and green pepper. Simmer for ten minutes.

Add mushrooms and shrimp. Simmer two minutes. Serve over rice, or mix rice in and keep hot in oven. Makes six to eight servings.

Mrs. Barbara Pinkerton, 21 Kings Inn Trail, Thornhill.

## PERFECT TOUCH

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## BRUNO of ITALY

HAIR STYLISTS

263 Baythorn Dr. (East of Yonge St.)  
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## .. VEGETABLES ..

### BAKED SPAGHETTI SQUASH

2 spaghetti squash halved and seeded  
Fill centres with the following:

1 pound chuck beef or round steak  
¾ dried bread crumb  
¾ cup milk  
1 egg  
2 tablespoons ketchup  
2 tablespoons chopped onion  
1 teaspoon Worcestershire sauce  
1 teaspoon salt  
½ teaspoon parsley flakes  
½ teaspoon freshly ground pepper

Place in covered casserole and bake in 350 deg. F. oven.

Teresa Flood, 421 Centre St. E., Richmond Hill.

### SCALLOPED CORN

1 large can creamed style corn  
½ can evaporated milk (or 1 small can)  
2½ cups rolled soda biscuits  
2 eggs, separated  
salt and pepper  
butter or margarine

Mix creamed corn, salt and pepper, evaporated milk, rolled soda biscuits. Beat egg yolks till smooth, mix all together. Whip egg whites but not stiff, cut into corn mixture. Put dots of butter or margarine on top. Bake in 375 oven for one to one and a half hours. It is done when a knife comes out clean.

Mrs. Rene Souffria, 304 Bayview Plaza, Apartment 1, Richmond Hill.

### MARROW MEDLEY

Slowly simmer in covered frypan 2 tablespoons cooking oil:

1 green pepper sliced  
2 medium onions sliced

Add: 1 medium sized vegetable marrow that has been halved, seeded and sliced  
2 cups sliced boiled potatoes  
1 to 2 cups cooked green beans (fresh are best)  
salt and pepper to taste  
dash of cayenne

Slowly simmer in covered frypan until marrow is just cooked.

Serve with it, a platter of thickly sliced Richmond Hill garden tomatoes and crisp lettuce.

Teresa Flood, 421 Centre St. E., Richmond Hill.

### CURRIED YOGURT SAUCE

1 cup mayonnaise  
½ cup plain yogurt  
2 teaspoons minced parsley  
1½ teaspoons minced dill  
½ teaspoon curry powder  
1 teaspoon honey  
1 teaspoon soy sauce

Blend ingredients thoroughly. Wonderful on fish, also on cooked vegetables. There is no need to heat the sauce to serve on vegetables.

L. G. Putnam, 418 East Keith Road, North Vancouver, British Columbia.

Sauces, Relishes: Use canned soups, mayonnaise, sweet pickle relish, hot mustard sauce. Cook vegetables in a chicken or beef broth.