



Byrd's Kitchen

by Vivian Byrd

Bruswick Stew appeases hearty appetites

title stew because of the mixture of meats and vegetables, but it is served in bowls and eaten with a spoon like soup.

BRUSWICK STEW

(serves 6 to 8)
Two 2 1/2 lb. chickens, cut up, or 5 lbs. rabbit, cut up.
2 lbs. boneless chuck, whole
1 tsp. salt

Freshly ground black pepper
4 tsp. vegetable oil
2 cups thinly sliced onions
2 cups coarsely chopped celery, include tops
1 ham bone, about 2 lbs., sawed into 2-inch pieces (optional)
1 medium-size bay leaf
1 tsp. basil

1 fresh hot red chili, washed, seeded and crushed
8 or 9 tomatoes, peeled, seeded and coarsely chopped
1 lb. (4 cups) fresh butter beans or wax beans, washed and trimmed
8 tbsp. (1 stick) unsalted butter, cut into bits

4 cups corn kernels, cut from about 8 large ears of corn or 4 cups frozen corn
3 or 4 medium size boiling potatoes, peeled, boiled and coarsely mashed (about 4 cups)
1/4 cup finely chopped parsley

Season the chicken and chuck. Heat the oil to very hot in a large, 8- to 10-quart pot. Brown the chicken pieces, turning frequently, and remove to a platter. Brown the chuck and remove to a platter. Pour off all but a tablespoon of the oil and brown the onions and celery, stirring constantly over moderate heat. Return the chicken and meat to the pot and add ham bone, bay leaf, basil, parsley sprigs, chili (see note below) and tomatoes. Add cold water to cover, plus one inch.

Bring to a boil over high heat, lower the temperature and simmer, tightly covered, for 35 to 40 minutes, until chicken is tender. Remove the chicken. Cover and simmer for another hour, or until chuck is tender. Remove the meat. Add the beans to the pot and cook uncovered 10 to 15 minutes.

Remove the skin and bones from chicken and discard. Cut the chicken meat and chuck and any ham into 1-inch pieces and return to the pot. Add the butter and corn. Simmer uncovered for 5 minutes, then add mashed potatoes.

toes. Cook an additional 10 minutes, stirring frequently, until the potatoes have mixed and thickened the stew. Add the chopped parsley and taste for seasoning.

NOTE: Chilies must be handled carefully. They can cause hands and eyes to burn. Wear rubber gloves; do not touch the face or eyes. Wash hands thoroughly with soap and warm water.

To prepare, rinse and remove stems under cold water. Cut pods in half, brush out seeds with fingers. They may be used at once, or soaked in cold water to make them less hot.

New Englanders are fond of corn chowder. A very similar Chicken and Corn Chowder could work equally well as a filling, warming lunch dish or as a light supper.

CHICKEN AND CORN CHOWDER

(serves 6 to 8)

One 1-lb chicken breast, skinned and boned
1 1/2 tsp. salt

Freshly ground black pepper
4 tsp. butter
3 cups fresh corn kernels, or 3 cups frozen
2 oz. lean salt pork, rind removed, diced
1/4 cup finely chopped onions
1/4 cup finely chopped celery
2 medium potatoes, peeled and diced
1 qt. chicken stock, fresh or canned
1 cup heavy cream
2 tsp. finely chopped fresh parsley
1/2 tsp. white pepper

Melt butter over moderate heat in 8- to 10-inch skillet. Season the chicken and cook in butter for about 10 minutes over low heat. Do not brown. Remove and cut into 1/2-inch cubes and set aside.

Puree two cups of the corn in a blender or food processor. Fry the pork, dice and discard the bits. Pour off all but 2 tablespoons of the fat, then add onions and celery and cook 8 to 10 minutes, until vegetables are soft and golden brown.

Stir in diced chicken, pureed corn, the remaining cup of whole corn kernels, the potatoes and the chicken stock. Bring to a boil over high heat, reduce heat and simmer, partially covered for about 15 minutes. Stir in the cream and parsley and simmer for 2 or 3 minutes. Season with remaining salt and white pepper. Serve at once.

Good crusty Italian bread goes down well with this easy clam soup. The garlic and tomato are excellent complements to the clams. When ready to serve, this dish looks more like clams in seasoned broth than like a true soup.

FRESH CLAM SOUP

(Zuppa di Vongole)

(serves 4)

6 tbsp. olive oil
1 tsp. finely chopped garlic
1/4 cup dry white wine
3 lbs. firm ripe tomatoes, peeled, seeded, gently squeezed of excess juice, and coarsely chopped (about 3 to 4 cups)
2 doz. small hardshell clams in their shells

1 cup boiling water
4 tbsp. finely chopped fresh parsley, preferably the flat-leaf Italian kind, if available

Heat the olive oil in a heavy 2- to 3-quart pan. Add the garlic and cook, stirring, over moderate heat for about 30 seconds. Pour in the wine, add the tomatoes and bring to a boil. Then reduce the heat and simmer the sauce, partially covered, for 10 minutes.

Meanwhile, scrub the clams thoroughly and drop them into about 1/2 inch of boiling water (approximately 1 cup) in a heavy 12- to 14-inch skillet. Cover tightly and steam the clams over high heat for 5 to 10 minutes, or until they open. With tongs or a slotted spoon, transfer the clams, still in their shells, to 4 large heated soup plates. Strain all the clam juice in the skillet through a fine sieve lined with cheesecloth into the simmering tomato sauce. Cook for 1 to 2 minutes, then pour the soup over the clams and sprinkle chopped parsley on top. Serve at once.

If the amount of liquid called for in the ingredients sounds insufficient, do not worry. The shellfish produce their own liquid in the cooking.

Any comments, questions or recipes you wish to share should be mailed to Vivian Byrd, The Eccentric, 1225 Bowers Street, Birmingham, MI. Please include name, address and phone number.

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The Warming Oven

(Continued from page 1C)

EGG PLANT WITH MEAT SAUCE

1 pt. meat sauce
1 egg plant
4 tsp. grated Parmesan cheese

Peel and slice egg plant in 1/2-inch slices. Alternate slices of egg plant with meat sauce and cheese in 1 1/2-quart casserole. Bake at 350 degrees for one hour.

SPANISH RICE

1 1/2 cups quick-cooking rice

1 1/2 cups water

1/2 tsp. salt

2 pints meat sauce

Grated Parmesan cheese

Combine rice, water and salt. Bring to a boil and let rice stand until ready.

Combine meat sauce with rice in 1 1/2-quart casserole. Sprinkle with grated cheese and bake in 350-degree oven for 30 minutes.

TAMALE PIE

2 pints meat sauce

1/2 pkg. corn muffin mix

Pour meat sauce in a two-quart casserole. Prepare corn muffin mix according to package instructions. Pour muffin mix over sauce. Bake at 425 degrees for 30 minutes.

This starter sauce can stretch three pounds of ground beef farther than any other I've seen.

For more microwave recipes, the ones featured in today's food section and 35 others are in "Microwave Cookery from Kraft." For a free copy write to: Microwave Cookery from Kraft, Department FE, P.O. Box 5955, Chicago, IL 60677.

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