

Chicken and rice: A sensational duo

Chicken and rice are a natural combination. The Chinese, the Spanish, the East Indians — cooks from around the world have discovered their compatibility.

Why? Probably because of the versatility of each. Chicken can be baked, fried, broiled and simmered, whole or in parts, bone-in or boneless. It always tastes good.

Rice can be cooked with the chicken, in the chicken broth or cooked alone and served with the chicken dish. Many flavors and ingredients can be

added to rice to accent the chicken flavor and add to the overall appeal of the meal.

The combination of chicken and rice is becoming even more popular as food prices go up. Chicken often is the most economical buy in the meat market. Add rice, at about three cents per half-cup serving, and you have a low-budget entree.

The chicken and rice combinations featured here are suitable for family or festive company dining — delicious meals you can serve and still stay within your food budget.

CHICKEN MANDARIN WITH RICE

12 favorite chicken parts
(about 2-1/2 lbs.)

1 teaspoon salt
1/4 teaspoon pepper
1 cup chopped onions
1 clove garlic, crushed
1 tablespoon butter or margarine

1/4 cup catsup

1/3 cup orange marmalade

2 tablespoons soy sauce

1 cup chicken broth

2 teaspoons dry mustard

1 green pepper, cut in thin strips

4 cups hot cooked rice

Season chicken with salt and pepper. Place in lightly greased baking pan; bake 30 minutes at 350°F. Meanwhile, sauté onions and garlic in butter until tender. Add catsup, marmalade, soy sauce, broth, and mustard. Simmer 10 to 15 minutes. Spoon sauce over chicken. Return to oven and bake 20 minutes. Stir in green pepper and cook 5 minutes longer. Serve chicken and sauce over beds of fluffy rice.

Makes 6 servings.

MONTEREY CHICKEN-RICE BAKE

1/2 cup cottage cheese
1 package (3 ounces) cream cheese
(room temperature)

1/2 cup sour cream
1 can (10-3/4 ounces) cream of chicken soup

1/8 teaspoon salt
1/8 teaspoon garlic powder

1 can (4 ounces) diced green chiles

3 cups cooked chicken (leave in large pieces)

3 cups cooked rice (cooked in chicken broth)

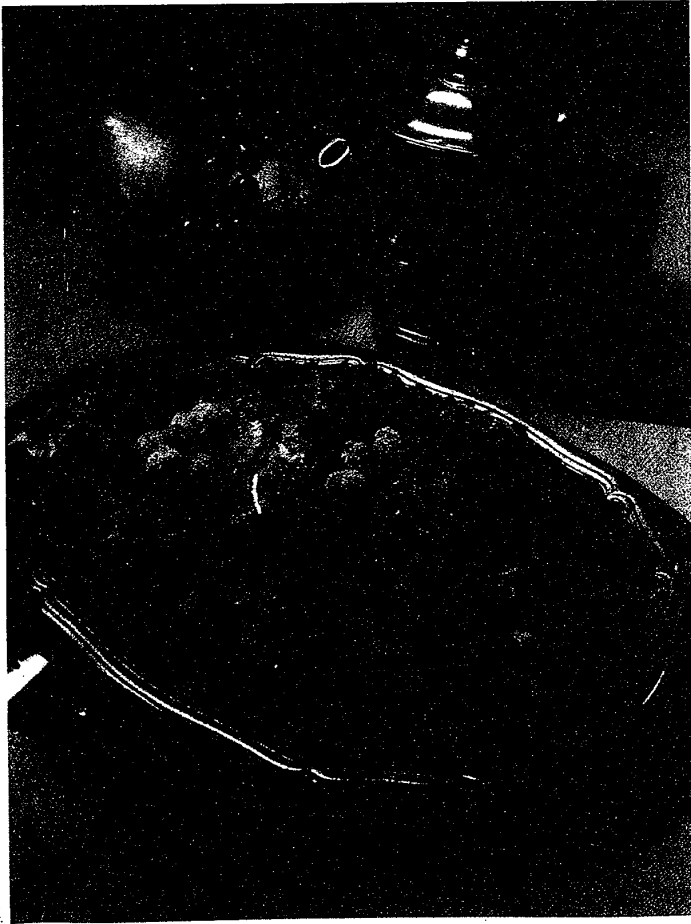
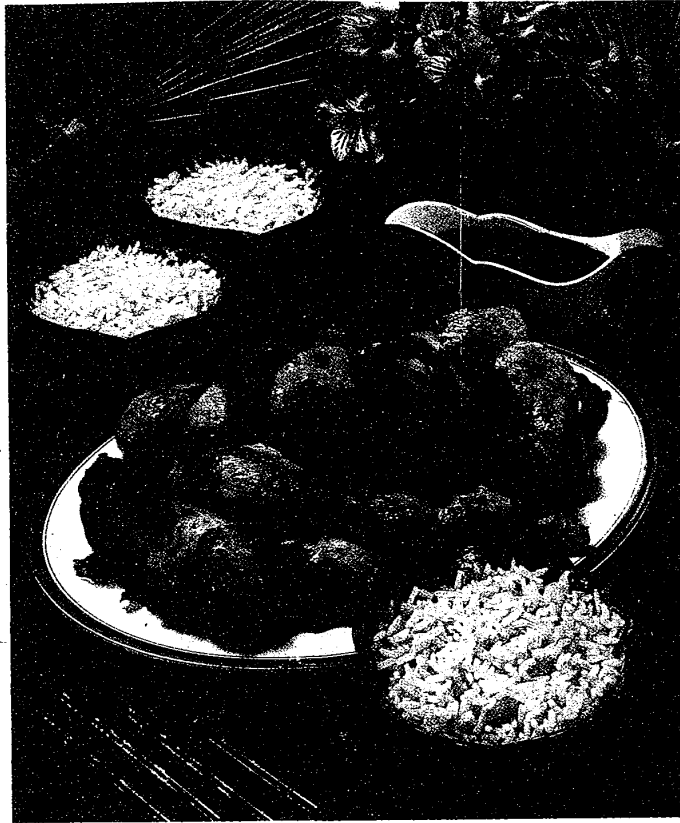
1 cup grated Monterey Jack cheese

2 tomatoes, coarsely chopped

3/4 cup coarsely crushed corn chips

Blend cottage cheese, cream cheese, and sour cream until smooth. Add mixture to remaining ingredients except corn chips. Pour into a shallow 2-quart baking dish. Sprinkle with corn chips. Bake at 350°F. for 25 to 30 minutes.

Makes 6 generous servings.




The Warming Oven

by Emily Watson

Nancy Ness, the Florida Citrus Queen, was in town last week and brought along a batch of recipes all of them rich in — you guessed it — vitamin C.

These booklets are published by the Department of Citrus State of Florida Citrus Commission and are available to the public by writing to the department at Lakeland, Fla. 33802. "Citrus Fruit and Nutrition" and "Winning Recipes from the Florida Sunshine Recipe Contest" have family-sized recipes.

"Quantity Recipes for low sodium diets" and "Fat controlled recipes with flavor and flair" are for institutional nutritionists and dietitians, usually yielding 40 servings.

Some of their recipes sound very good, especially this orange-raisin sauce for ham.

HAM WITH ORANGE-RAISIN SAUCE

1/2 cup packed light brown sugar
1 tsp. dry mustard
1/4 tsp. salt
2 tsp. cornstarch
3/4 cup water
1/4 cup cider vinegar
1 can (6 ounces) frozen orange juice concentrate
thawed, undiluted
1/2 cup raisins
4 thick slices cooked ham

Mix sugar, dry mustard, salt and cornstarch in a small saucepan. Add water, vinegar and undiluted concentrate, blend well. Bring to a boil over medium heat, stirring constantly. Reduce heat and simmer one minute longer, continuing to stir. Add raisins. Serve warm over ham slices. Makes four servings.

ORANGE-GLAZED SWEET POTATO STICKS

6 sweet potatoes or yams
1/2 tsp. salt
1 can (6 ounces) frozen orange juice concentrate, undiluted
1/4 cup butter or margarine
1/4 cup sugar
1 large orange, sliced.

Cook potatoes until tender; cool. Peel and cut into 1/2-inch sticks as for French fries. Place in a shallow baking dish and sprinkle with salt. Combine undiluted concentrate, butter and sugar in a small pan. Heat until well-blended and hot. Pour orange sauce over potatoes. Place orange slices over potatoes. Bake in 350-degree oven for 30 minutes, basting several times to glaze potatoes. Makes six servings.

NOTE: Two cans (17 ounces each) sweet potatoes or yams, drained, may be substituted for fresh sweet potatoes.

WINE ROASTED CHICKEN WITH RICE DRESSING

1 cup uncooked rice
2 tablespoons rendered chicken fat, butter or margarine
1 pound chicken gizzards, finely ground or chopped
1 cup diced onions
1/2 cup diced celery
1 tablespoon chopped chives
2 teaspoons salt, divided
3/4 teaspoon pepper, divided
1-1/2 cups chicken broth
2 tablespoons white wine
1/4 teaspoon rosemary, crushed
1 teaspoon paprika
1 broiler-fryer chicken, cut in quarters

In a large fry pan, brown rice in fat over medium heat. To browned rice add gizzards, onions, celery and chives. Sauté until gizzards are browned. Add 1 teaspoon salt, 1/2 teaspoon pepper and the broth; bring to a boil. Reduce heat, cover and simmer 20 minutes. Meanwhile, in small bowl, mix together wine, rosemary, paprika and remaining salt and pepper. Brush on both sides of chicken quarters. Place chicken, skin side up, in shallow baking pan. Bake, uncovered, at 425°F. for 20 minutes. Remove chicken from pan. Spoon rice dressing into pan. Rearrange chicken on top of rice. Brush with remaining wine mixture. Reduce heat to 375°F., cover and bake about 30 minutes or until chicken can be easily pierced with a fork.

Makes 4 servings.