



If you like chicken-fried steak, why not chicken-fried chicken?

When you play a word game, "chicken-fried steak" most assuredly would be followed by "Texas." But I have enjoyed the dish in Illinois, where cubed steak replaced pounded-thin round steak.

The meat usually is coated with flour, dipped in an egg-milk mixture and dredged in cracker meal. The gravy usually is made with strained drippings, flour and milk.

If chicken-fried beef, why not chicken-fried chicken?

Chicken lightly browned, braised and served in a white sauce made with its own stock is known as fricassee.

Chicken fricassee calls for a stewing chicken, but I substituted a broiler-fryer for two reasons: It is less expensive and reduces cooking time two hours.

CHICKEN FRICASSEE

3 1/2-lb. broiler-fryer, cut up
1 cup all-purpose flour
2 tsp. salt
1/4 cup black pepper
1 1/2 tsp. paprika
Shortening
1 cup water
1 small onion, chopped

1 tbsp. lemon juice
1/4 tsp. rosemary
milk

Wash chicken and pat dry. Combine 1/4 cup flour, 1 1/4 teaspoons salt, pepper and paprika in soup bowl and coat chicken. Melt thin layer shortening in large skillet, thoroughly brown chicken on medium high heat in 2 batches, small pieces first, and remove. Drain off fat and reserve. Add water, onion, lemon juice, rosemary and 1/4 teaspoon salt to skillet, return chicken, cover and cook on low heat about 1 hour, adding water if necessary. Remove chicken and keep warm, pour off liquid and reserve. Heat 3 tablespoons reserved fat in skillet, blend in 1/4 cup flour and cook on low heat, stirring until smooth. Add enough milk to reserved liquid to measure 3 cups, pour into skillet, heat to boiling, constantly stirring, and allow to boil 1 minute. Reduce heat to medium, return chicken and cook 5 minutes. Serves 4.

CHICKEN-FRIED EYE OF ROUND
8 slices eye of round, 1/4-inch thick
1 egg, beaten

1 tbsp. milk
1/4 cup finely crushed saltine crackers
1/4 cup cooking oil
1/4 cup dry white wine
1 cup water
1 can (10 1/2 oz.) condensed cream of mushroom soup

Dip meat in mixture of egg and milk, dredge in saltines and brown on medium heat in hot oil, turning only once. Reduce heat to low, add wine and water, cover skillet and cook 1 hour, adding water if necessary. Remove meat, stir in soup, return meat and heat through. Serves 4.

Use meat thermometer when cooking outside

Smart cooks don't leave success to chance when cooking roasts in the oven. They know that for meat that's tender, juicy, flavorful and done just the way they like it, it's essential to use a roast meat thermometer.

A meat thermometer is important, too, when cooking roasts on the grill. For boneless beef, pork or lamb roasts on the rotisserie, the meat thermometer should be placed as near the center of the roast as possible without touch-

ing the rotisserie rod. You'll also want to check to be sure that the thermometer will clear the drip pan as the roast turns on the spit.

As with roasts in the oven, those being cooked outdoors should be removed from the source of heat when the thermometer registers 5°F. below the desired degree of doneness. The roast will continue to cook and reach the correct temperature during the standing time.



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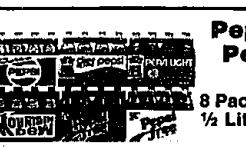
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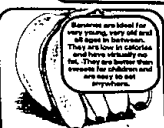
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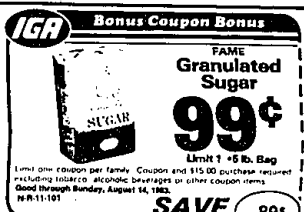
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