

Chicken Any Way Is Good

By ELLY

Stewed with dumplings, stuffed and roasted, made into "pot pie or thick soup, purchased "ready-to-eat" in a cardboard bucket. If you're a real chicken lover you'll enjoy them all.

A great summer favorite earlier in this century and even back in the Victorian era was molded chicken. Easy to prepare and delicious to eat, it should not disappear from summer menus.

Another old recipe that could stand a revival is "Birds in Butter Milk." Either broilers or Cornish hens can be roasted this way.

CHICKEN MOLD

4 c. water
1 t. tarragon
1 small onion, sliced
1 slice unpeeled lemon
2 celery stalks, chopped
3/4-4 lb. chicken
1 t. salt
1/4 t. pepper
3 T. chopped parsley
1 c. cooked green peas
1 envelope unflavored gelatin
1/2 c. dry Madeira, cream or apple juice
Lemon mayonnaise

Bring the water, tarragon, onion, lemon and celery to a boil in a saucepan. Add whole chicken, salt and pepper and simmer for one hour over low heat, or until the chicken is tender. Remove chicken and cool. Remove skin and bones. Chop meat coarsely. Mix in parsley and peas. Soak gelatin five minutes in wine, cream or juice. Add to hot chicken broth and stir until gelatin is dissolved. Place chicken mixture in an oiled 1 1/2 quart mold. Strain gelatin-chicken stock on top of meat and refrigerate until set.

To serve unmold on salad greens and top with lemon mayonnaise made by mixing one cup of mayonnaise with two tablespoons of lemon juice and two tablespoons of grated lemon peel. Serves six.

BIRDS IN BUTTERMILK

3 broilers or 6 Cornish hens
1 qt. buttermilk
1/2 c. soft, unsalted butter
1 T. tarragon
Salt and pepper to taste
1/2 c. salad oil

Quarter the broilers or split the Cornish hens. Place the prepared birds in a large bowl (not metal). Cover with the buttermilk and let marinate four to six hours. Drain well. Cream together the butter and tarragon. Place a spoonful on the under-side of each piece of bird. Set butter side down on a shallow dripping pan. Do not overlap pieces. Salt and pepper lightly and pour the oil over all. Roast in a 400 degree oven for 50 minutes, turning three or four times during the cooking period. Turn off the heat and let the birds stand in the oven for 10 minutes to render their own juice. If served hot, place on a warm platter or chafing dish. The sauce in the pan should be served in a separate dish. If served at room temperature, do not use the sauce. Serves 12.

BONED CHICKEN

BREASTS
1/2 lb. chicken wings
1/2 c. butter
6 chicken breasts
Peel off half a lemon, thinly pared
juice of one lemon
1 T. chopped parsley
1/2 t. each thyme and mint
3 T. flour
1 T. sugar
1/4 t. paprika
Place the chicken wings in a pan with a pinch of salt and 1 1/2 cups of water. Cover and simmer for one hour to make a broth, then strain. Pour four tablespoons of the butter in a heated frying pan. When foamy, add the chicken breasts, skin side down, lemon peel, juice and salt and pepper to taste. Cover at once and place over low heat 30 minutes or until breasts are tender. Strain juices from pan and let chickens cool a bit. Remove bones and place breasts close together in a shallow baking dish.

Rise out the frying pan, add 1 1/2 cups of the wing broth, the parsley, thyme and mint. Cream three tablespoons of the butter with the flour and add to the broth. Stirring until creamy, taste for seasoning and set aside, covered, to prevent skin from forming. Just before serving, sprinkle sugar, then paprika over chicken. Melt remaining butter, spoon over chicken and place in a 500 degree oven just long enough for the surface to become brown and crisp. Heat sauce and pour around chicken.



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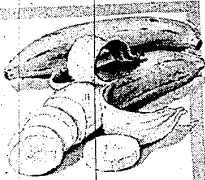
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