



Serve 25-minute Wild Ginger Chicken anytime, for guests or family meals.

# Skillet dishes have built-in ease

With today's dining trends taking a definite turn toward good-tasting dishes with built-in ease and convenience, the best cooks have one or two special ingredients which always assure them of successful results.

They begin with a convenient, high-quality, easy-to-prepare food to which a variety of ingredients can be added for a head start on tempting dishes for any occasion.

Skillet dishes, for example, are enjoying a resurgence in popularity due to the time pressures so many cooks face. A skillet dish is appealing because it's so easy and several meal components can be prepared together, eliminating the extra time required to prepare several courses.

Two such easy skillet dishes are Wild Ginger Chicken and Wild and Easy Supper Skillet.

**WILD GINGER CHICKEN**  
1 tsp. ground ginger

**WILD AND EASY SUPPER SKILLET**

1 tsp. garlic powder  
1/2 tsp. paprika  
1/2 tsp. cayenne  
4 chicken thighs, skin removed  
1 1/2 cups water  
1 pkg. (5 oz.) brown and wild rice with mushrooms mix  
1 cup fresh pea pods

Combine ginger, garlic, paprika and cayenne. Sprinkle over chicken; rub to coat thoroughly. Combine water and contents of rice and seasoning packet in large skillet. Arrange chicken in skillet, pressing down into rice. Bring to a boil. Cover tightly and simmer 20 minutes. Remove from heat. Add pea pods; stir into rice surrounding chicken. Cover. Let stand 5 minutes or until rice is of desired consistency. Makes 4 servings.

1 tsp. garlic powder  
3/4 pound boneless beef sirloin, cut into 2x1/2x1/4-inch strips  
2 Tbsp. vegetable oil  
1 1/2 cups water  
1 pkg. (5 oz.) brown and wild rice with mushrooms mix  
1 cup small broccoli flowerets  
1/2 tsp. salt  
1/2 cup thin red pepper strips or 2 Tbsp. pimiento strips

Sprinkle garlic powder over sirloin. Cook sirloin in oil in large skillet over medium heat just until cooked through, 4-5 minutes. Remove meat; re-serve. Add water and contents of rice and seasoning packets to skillet. Bring to a boil. Cover tightly and simmer 20 minutes. Remove from heat. Stir in broccoli and beef; add salt if desired. Cover and let stand 5 minutes or until rice is of desired consistency. Sprinkle with red pepper. Makes 4 servings.

# Shop around to get best bargains

Patronizing the same supermarket has advantages. You've got down pat what products are on what shelves in what aisles.

You've committed to memory the non-sale prices. You know when to avoid the heavy store traffic.

One distinct disadvantage, however, is the routine may be costing you food dollars.

The only way to prove you are getting the most for your money is to check other stores. Frankly, I love to shop around. It's the only way to accurately compare prices.

**POT ROAST MARSALA**  
4 lb. beef bottom round roast  
2 garlic cloves, cut in slivers  
1/2 cup all-purpose flour

**pilot light**  
**Greg Melikov**

1/2 tsp. seasoned salt  
1/2 tsp. black pepper  
1/2 cup olive oil  
1/2 cup Marsala wine  
1/2 tsp. instant beef bouillon granules  
1/2 cup hot water  
1 onion, thinly sliced

Make slits in roast on both sides, insert garlic. Combine flour, salt and pepper, cover roast on all sides and brown in hot oil in large Dutch oven. Reduce heat to medium low, pour on wine and bouillon dissolved in water, top with onion, cover and cook 3 hours, moving roast in pot after occasionally basting to prevent sticking. Slice meat thin and top with pot juices. Serves 6.

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# Fruit perks up stew

Fruit in a beef stew? Many cultures — Oriental, African and European — have used fruits with meats as tenderizers and as flavor ingredients.

**MAUI MINGLE**

1 1/2 lbs. lean beef chuck, cut in 1-inch cubes  
2 Tbsp. vegetable oil  
1 large onion, sliced  
1 Tbsp. seasoned salt  
1 tsp. powdered mustard  
2 tsp. ground ginger  
1 cup dry red wine  
2 cups beef broth  
1 can (20 oz.) pineapple chunks, cut in half (drain; reserve juice)

18 pitted dried prunes  
2 cups sliced celery  
1 or 2 green peppers, cut in 1/4-inch pieces  
1 Tbsp. soy sauce  
2 Tbsp. cornstarch  
3 cups hot cooked rice

Brown meat in oil on all sides. Add onion, seasonings, wine, broth and pineapple juice. Cover and simmer about 1 hour, or until meat is tender. Add pineapple and prunes. Cook 10 minutes longer. Stir in celery, green peppers, soy sauce and cornstarch dissolved in 1/2 cup water. Cook, stirring occasionally, about 6-7 minutes. Serve over rice.

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