

Grill a chicken or even roast it

See related story on Frankenmuth chicken on Taste.

GRILL ROASTED CHICKEN

- 1 Frankemuth chicken
- 1 teaspoon poultry seasoning
- 2 teaspoons onion powder
- 1 teaspoon seasoned salt
- 1 teaspoon black pepper

Rinse outside and inside of chicken with fresh water. Put seasonings in the body cavity. Place chicken on rack in open roasting pan. Place on grill. Put 1 inch of water in bottom of the roasting pan. Gas grill should be on low to medium setting. A 4-5 pound bird will take about 2 1/2 to 3 hours to cook.

Your chicken is fully cooked when the leg will easily turn inside the joint. Grasp the bone of the drumstick and turn in a clockwise fashion. If it turns easily (you'll feel it pop out of the joint) the chicken is fully cooked.

Use an aluminum roasting pan with an aluminum cake pan for the rack. Baste occasionally with pan drippings.

To roast in oven, use a covered pan and set oven to 325 degrees. This way will need no basting. Un-

cover pan for the last 1/2 hour to brown skin. Try using fresh onion inside of onion powder with this method.

CHICKEN STEW

- 2 cups cooked chicken
- 3 large potatoes, cut up
- 1 celery stalk, chopped
- 2 carrots, chopped
- 1 medium onion, chopped
- 1 can cream of chicken soup
- 1 soup can chicken broth or water
- salt, pepper and celery seed to taste


Pre-cook vegetables until they are tender. Place cooked chicken and cooked vegetables in a 1 1/2-quart casserole dish.



In small saucepan, dilute cream of chicken soup with chicken broth or water. Heat until hot. Season to taste chicken and vegetables with salt, pepper and celery seed.

Four hot soup mixture over chicken and vegetables. Bake in oven at 350 degrees for 1 hour or until all ingredients are hot. Serves 4. Recipe from Frankemuth Poultry Company.

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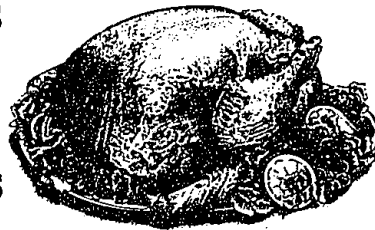
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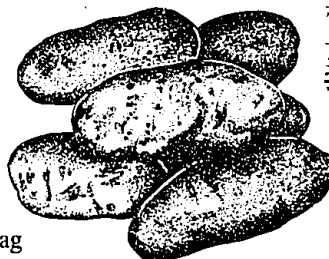
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Watch for water in your margarine

If your holiday plans include baking and you're among the 65 percent of bakers who prefer margarine, your motto this year should be "watch out for water."

What used to be margarine may not be margarine any more. Fat and moisture content are critical factors in baking, and many brands of margarine contain different levels of oil (fat) and water as ingredients. Choosing the wrong product for use in baking recipes can result in poor texture, flavor and appearance.

"As always, consumers need to read labels carefully," says John Holmberg, business director for Fleischmann's. "If your holiday baking recipe calls for margarine, make sure you're buying margarine and not a spread with added water. It's important to check the label."

By law, margarine must be 80 percent oil, just as butter must be 80 percent butterfat. Adding water to margarine lowers the oil content which appeals to health-conscious consumers, but when the oil content drops below 80 percent the product can no longer be called a margarine. The product is now called a "spread" or lower fat margarine. "After all the reformulating by margarine manufacturers in the past year, Fleischmann's original stick margarine is currently the only national margarine brand with an 80 percent oil level," says Holmberg. Fleischmann's research provides a solid rationale for continuing to offer consumers a full-oil margarine stick:

- 55 percent of people who bake prefer to use margarine in baking over butter, liquid oils or shortenings.
- Baking is the most popular use for margarine stick products.
- More than 80 percent of margarine stick users believe that cook-

ing and baking performance is an important attribute in a stick margarine.

While the trend toward lower-fat products, such as Fleischmann's Lower Fat and Move Over Butter, have driven sales of spreads to a higher level than margarine, the role of margarine in the baking process illustrates the need for a full range of oil levels depending upon actual consumer usage.

When a recipe calls for beating fat and sugar together, this "creaming" forms the structure for the recipe and helps it hold shape. Air cells are formed in the fat during whipping, which expand during baking as carbon dioxide is released from the baking powder. These air pockets are critical to the finished product's texture. Fat also provides tenderness to baked goods. When flour and water are mixed together, strands of gluten are formed that after baking, become hard. The addition of fat to this process "shortens" the gluten strands, allowing the finished product to be easily pulled apart — hence the name "shortening." Additionally, the fat in margarine provides moisture and tenderness, and helps baked goods brown evenly.

"When people make substitutions that change the level of oil to replace it with water, any of these qualities can be affected," said Holmberg. "As the ratio of oil-to-water moves further away from 80 percent margarine, people can expect increasingly noticeable changes in taste, texture, consistency and appearance."

Fleischmann's Co., a division of Nabisco Foods Group, manufactures and markets Fleischmann's margarine and spreads, Egg Beaters real egg products, and Blue Bonnet margarine and spreads.

Dial this free number for help with baking

Sleigh bells aren't the only ones ringing this holiday season. Telephone bells are ringing as the Land O'Lakes Holiday Bakeline celebrates its fifth year of lending a helping hand to bakers across the nation. The Bakeline receives thousands of "golden rings" throughout November and December, when experienced home economists help bakers create delicious holiday treats. In fact, the Bakeline has become a golden holiday tradition for thousands of Americans as the calls have increased dramatically from 4,000 calls in 1990 to more than 33,000 in 1993.

This year during the holiday season, whether you're baking up a batch of Turtle Dove Bars or

Calling Bird Cut-Out Cookies, you can give the Bakeline a ring. Home economists will be standing by with expert baking advice and warm season's greetings.

Bakers can call the toll-free number, 1-800-782-9606, from now through Dec. 8 am to 8 pm to receive assistance with their baking questions. And, callers receive a free "Five Golden Recipes" leaflet, featuring delicious, holiday favorites. Also included are helpful baking tips.

Holiday time means golden celebrations and the Land O'Lakes Holiday Bakeline is celebrating five years of golden rings. Home economists are standing by to help bring the sweet taste of the holidays into your home.

Doing a turkey? Just call

For the fifth year, Reynolds Metals Company is offering a Turkey Tip Line that's open 24 hours a day, 7 days a week until Nov. 30. Consumers can call 1-800-745-4000 to choose step-by-

step directions for one of three different methods of roasting a turkey. They will also hear the cold water and refrigerator methods for defrosting a turkey.