

Shrimp, rice, oat crisp make Super Supper

See related Super Supper story on Taste front.

SHRIMP AU GRATIN

3 tablespoons butter or margarine, divided
1/2 cup chopped onions
1/2 pound fresh mushrooms, sliced
1 pound uncooked shrimp, peeled and deveined (may use frozen)
1/2 teaspoon salt
1/4 teaspoon dry dillweed
Pinch of pepper
1/4 cup dry bread crumbs
1/4 cup shredded cheddar cheese
1/4 cup shredded Swiss cheese
Parsley, fresh or dried, to taste

In medium skillet, melt 1/4 tablespoon butter. Add onion and saute. Add mushrooms and shrimp and cook 5 minutes or until opaque. Do not overcook. Remove from heat. Stir in salt, dillweed and pepper. Turn into a buttered 2-quart casserole dish.

In small skillet, melt remaining butter and stir in bread crumbs. Sprinkle bread crumbs, cheeses and parsley evenly over the shrimp mixture. Bake at 400 degrees for 15-20 minutes or until cheese melts. Do not overcook or shrimp will become rubbery. Serves 4.

BEEF RICE

1 stick margarine, melted
1 1/2 cups raw rice
1 can (10 1/2 ounces) French onion soup (undiluted)
1 can (10 1/2 ounces) beef broth (undiluted)
2 small cans (7 ounces) stems and pieces mushrooms, drained

Preheat oven to 325 degrees. Melt margarine and pour into a 1 1/4-quart baking dish. Add rice and mix into soup. Add mushrooms and stir. Bake uncovered for one hour mixing occasionally. Cover if rice appears to be getting dry. Serves 4.

RECIPES FROM DEBBIE BEEBIE

MELISSA'S APPLE OAT CRISP

1/4 cup granulated sugar
1 teaspoon cinnamon
1/2 teaspoon ginger
Pinch of salt
4 pounds tart apples (Granny Smith, Pippin, or Jonathans), peeled, cored and cut into 8 wedges per apple
2 teaspoons fresh lemon juice
Topping:
1/2 cup all-purpose flour
1/2 cup brown sugar, packed
1/4 cup butter or margarine
1/2 cup rolled oats, uncooked
1/2 cup chopped pecans

Preheat oven to 375 degrees. Combine sugar, cinnamon, ginger and salt in large bowl. Add apples and lemon juice and toss to coat. Spread apple mixture in a shallow 3-quart rectangular baking dish. Sprinkle with topping. Bake 40 minutes or until bubbly. Serve warm, and if you wish, over vanilla ice cream.

To make topping: combine flour and brown sugar in a bowl. Cut in butter with a pastry blender (or two knives) until mixture resembles coarse crumbs. Stir in oats and pecans.
For sweeter-tasting apples, add an extra 1/4 cup of sugar. For a more buttery taste, add an extra tablespoon or two of butter.
Recipe from Melissa Lenauer.

Poultry

Herb mix picks up flavor of chicken

See Chef Larry Jones' column on Taste front.
If you're looking for a healthy recipe the entire family will enjoy?

Here's a basic recipe for a seasoned herb mix that can be made in advance.

Cut up the chicken and dip in any liquid (i.e. milk, wine, juice, etc.)

Roll immediately in this seasoning mix and place on a baking sheet. Bake at 350 degrees for 1 hour and then pop under the broiler till golden and crispy. You can prepare the chicken with the skin on or off.

MULTI-PURPOSE HERB POULTRY MIX

1/2 cup non-fat dry milk powder
1 tablespoon salt (optional)
1 tablespoon sweet Hungarian paprika
2 teaspoons dry mustard
1 teaspoon dried sage
1/2 teaspoon fresh ground black pepper
2 teaspoons crushed oregano
1 teaspoon thyme
1 teaspoon onion powder
1 teaspoon garlic powder
Combine all ingredients in a covered jar and shake well. Makes about 1/2 cup of seasoning, enough

for 4-5 pounds of chicken pieces.

There is a magnificent little restaurant that is a Janes Gang favorite called the M&M Cafe in Dearborn on Michigan Avenue at Schaefer just east of Montgomery Ward. We go wild over their lemon chicken. Although they're not too willing to part with their recipe, I've come close.

LEMON CHICKEN

4 chicken breast halves, skinned and boned, slightly flattened
1 egg yolk, beaten
1/2 cup all purpose flour seasoned with 1 tablespoon Mrs. Dash seasoning mix
1/4 cup olive oil

2 cups sliced mushrooms
1 tablespoon lemon juice
1 teaspoon minced garlic
1/2 cup chicken broth
1/4 cup dry white wine (optional)

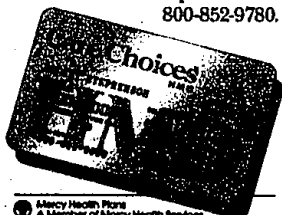
Dip the chicken breasts in the egg yolk and then roll in seasoned flour until completely covered. Shake off the excess flour. Heat olive oil in a large skillet and pan fry the chicken breasts in the oil for 3-4 minutes. Turn chicken over and add lemon juice and garlic. Continue cooking for 3 minutes. Add mushrooms and broth and wine, if desired. Bring to a boil and immediately reduce the heat to a simmer. Simmer for 3 minutes or until chicken is cooked throughout. Serve over rice or pasta.

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