

Queen of Hearts

Fresh Herbs

Make Best Seasoning

By FAITH GILLESPIE
OUR QUEEN OF HEARTS

It is none too soon to begin thinking about planting a few herbs.

Haven't got time, you say? Haven't got energy? Haven't got space to garden? Brush all objections aside... herbs take next to no time or energy or space. You can grow them in a window box.

Use them for borders, tuck them in between the rose bushes, or keep them in pots on your window sill, if you want to garden without going outside.

The reason for growing herbs is found in the pleasure they will give you as a cook. No dried and commercial bottled herb can be quite so fresh and aromatic as your own, nor so flavorful.

Just stop in at your nearest nursery and buy a variety pack of herb seeds, or pick out three or four kinds in single packs. Invest in half a dozen peat pots, and get a trowel or an old kitchen spoon.

Dig up some sandy loam, if there's some around, or just some old dirt from your back yard, and spoon it into the peat pots. Plant according to package directions and water with your clothes sprinkler or something gentle. Keep the soil moist.

The seed packets will tell you when to thin out the new plants. They will tell you too about the temperatures the plants will bear, which is your clue to the time you can safely transplant the seedlings to the outdoors.

It usually pays to buy a few things as nursery plants in the first place: parsley, which takes so long to germinate; tarragon, which takes a long time to grow big enough to use; and chives, which I've never had luck in getting started myself.

The little bit of time you spend on this project is minuscule compared to the flavors and savors your herbs will hold during all the cooking hours after the herbs are ready to use.

Meanwhile, there are some herbs and spices we can't grow in peat pots in window boxes, and one of them is paprika.

If your paprika jar is several months old, you aren't using enough of it. If the color has changed from vibrant red to rusty brown, it isn't much worth using. Treat yourself to some fresh paprika and enjoy its delicate flavor on lots of things, one of obvious and best being...

CHICKEN PAPRIKASH

Chop 2 medium onions and place with 3 tablespoons butter for better yet, chicken fat in skillet. When butter bubbles, put in 6 to 8 frying chicken parts. Brown quickly on both sides. Sprinkle with salt, add 1/2 cup chicken broth (which you can make from a chicken bouillon cube), cover, and cook for an hour or so, till tender.

Remove chicken and juices from skillet, replace about 2 tablespoons butter or fat, stir in 1 tablespoon paprika, and add 1 cup sour cream. Do not let the paprika burn nor the sour cream boil. Put the chicken and juices back. Serve with noodles.

There are lots of ways to make Chicken Paprikash. I am sure. This is the Queen of Hearts way.

Spicy Sauce Is Best On Seafood

Men usually like this spicy sauce served with seafood.

Spicy Cocktail Sauce

1 bottle (12 ounces) chili sauce (yields 1 cup plus 2 tablespoons)
3 tablespoons lemon juice
1 tablespoon prepared white horseradish, undrained
1 tablespoon Worcestershire sauce

Stir together all the ingredients, cover and chill. Makes about 1 1/2 cups. Store any sauce remaining in tightly covered jar in refrigerator.

About four-fifths of liquid (by weight) is sugar. It is mostly simple forms of sugar which can be easily absorbed by the body foods specialists with the Cooperative Extension Service say.



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