



Byrd's Kitchen

by Vivian Byrd

Roasting chicken - grandmother's way

Grandma Jennie had a sure hand in the kitchen. When we met, she had been managing a household for nearly 50 years — enough time to develop some expertise.

Once, during a conversation about noodles, she led me into the kitchen to demonstrate noodle-making.

Using the extra fine side of a grater, she grated a potato over a small bowl. The resulting shreds and liquid were spilled down the disposal. Only the potato starch remained in the bowl. She then beat a couple of eggs into the starch, added a drop of this and that, and cooked the mixture like a crepe in a hot lightly-oiled skillet.

Turning the crepe out onto a board, she cut it quickly with a sharp knife into narrow strips. Noodles.

And she did it all one, two, three, as if there were nothing to it.

SHE ALSO TAUGHT me to make roast chicken. Making roast chicken may not sound so difficult until you try getting it tender and moist on the

inside, yet brown and crispy outside. Tricky.

At the time, I worried and fussed over anything that cooked in the oven. Grandma Jennie said not to open the door so much, relax, let it cook by itself.

Her recipe for roast chicken was simple.

layer, sprinkle with salt, coarse ground black pepper, parika and your favorite seasoning salt. Add ½ cup of water, dot the pieces with butter or margarine and bake about one hour at 350 degrees.

ROAST CHICKEN

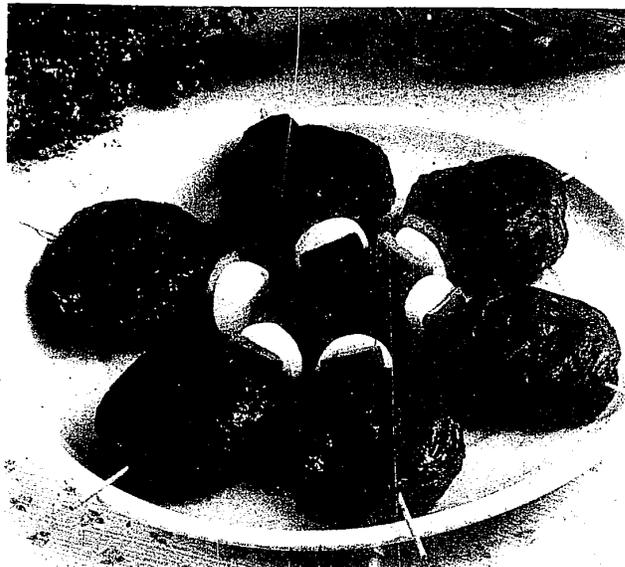
Choose a young roaster of the size needed for the meal; wash it with hot water, then rinse with cold water. Rub the inside with salt and the outside with butter. Sprinkle onion, garlic salt, paprika and seasoning salt on the outside. Put about ¼ cup of water in the bottom of the pan. Bake at 350 degrees, 20 to 25 minutes per pound or until nicely browned and the juices run clear when pierced with a fork or small knife.

The recipe can be varied slightly and used for baked chicken breasts. Spread the pieces in a pan in a single

Shopper survey

Plan before you shop. Make a list. Shop once a week, and check food ads. These are all suggestions often given as ways to stretch the food dollar.

Are consumers practicing these hints? A recent look at shopping patterns indicates that many consumers are. Fifty-five percent of the consumers prefer to shop once a week. Two out of three use a shopping list and one out of three clip newspaper coupons. Fifty-seven percent of those who shop more than one supermarket do so to take advantage of specials.



Skirt steaks become delicious shishkebobs.

Skirt steaks star

Beef may be a better buy this month, with area supermarkets having beef specials.

If you decide to splurge and have a family steak, you might try beef skirt steaks. You may even be asked if it's a special occasion when you flavor the steaks with wine and broil them kabob-style on the grill.

The serving-size steaks pick up gourmet flavor as they are tenderized in a vinegar and oil marinade, expertly seasoned. Skirt steaks are ideal for kabob treatment, as they are usually secured with wooden skewers. Green pepper squares and small onion halves are slipped on the end of each skewer during the last half of the cooking period to readily supply these popular steak accompaniments.

If the weather is nice, you can cook them on the grill.

Skirt steak rolls are easily identified by their circular shape. They are made of long, thin inner diaphragm muscle located in the short plate section of beef.

MARINATED SKIRT STEAK KABOBS
6 beef skirt steak rolls, cut about one inch thick (about 2 lbs.)
¼ cup red wine vinegar
¼ cup salad oil
2 tbsp red wine
1 tsp brown sugar

- 1 clove garlic, minced
- ¼ tsp. cracked black pepper
- ¼ tsp. basil leaves
- ¼ tsp. thyme leaves
- Salt
- 3 small onions, cut in half crosswise
- 1 medium green pepper, cut in 12 pieces

Combine vinegar, oil, wine, brown sugar, garlic, pepper, basil and thyme in small saucepan. Simmer 10 minutes, stirring occasionally. Cool. Place steaks in utility dish; pour marinade over steaks and turn to coat. Cover dish and marinate in refrigerator six to eight hours (or overnight), turning steaks several times. Remove steaks from marinade. Place steaks on rack in broiler pan or on outdoor grill over ash-covered coals so surface of meat is three to four inches from heat. Broil at moderate temperature six to seven minutes. Brush both sides of steaks with marinade, season browned side with salt. Alternately thread two pieces of green pepper and an onion half on each skewer. Broil second side five to seven minutes or to your satisfaction. Season second side with salt. Makes six servings. (Replace skewers, if necessary, so that they are two inches longer than diameter of steaks.)

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