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## FOR EXCITING EASY MEALS... COOK ONCE TO DINE TWICE

Modern American cooking has evolved from traditional haute to contemporary chic. Described by some food authorities as "U.S. Continental," this new cooking style combines foods of diverse cultures with ease of preparation and the flair of new ingredients to produce fresh dining excitement.

Part of this "new style" reflects today's lifestyles and interests — more elaborate cooking for weekends and when entertaining, with easy meals planned for hectic weekdays. One secret for streamlining mid-week cooking is by preparing double the poultry or meat and rice required for a party meal. A second day's menu, different in taste and appearance and equally impressive, can then be ready to eat in minutes.

The first step is to choose versatile, complementary food items for your special meal. Succulent Long Island Duckling and fluffy rice, for example, have a natural affinity for one another. Both can be used in a variety of cuisines and recipes, from the basic to gourmet.

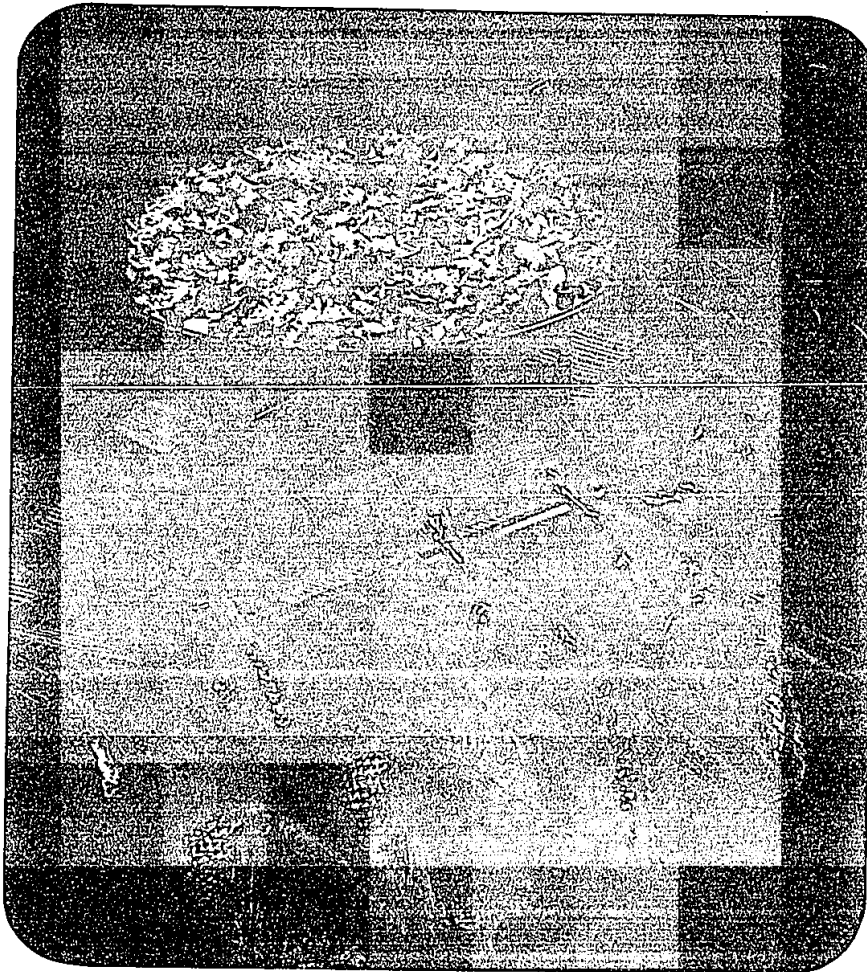
Always a favorite restaurant selection, flavorful Long Island Duckling is becoming increasingly popular at home as well. Its affordability, availability and easy of preparation are just a few reasons for the choice. When entertaining, brush the duckling with a bourbon glaze during the last half hour of roasting for simple elegance. Since it cooks virtually unattended until shortly before serving, an additional duckling in the oven is no added work. Wrapped, once roasted, then refrigerated or frozen, the extra cooked duckling tastes as fresh in its encore appearance as did the first day.

To avoid dividing time between the kitchen and guest, prepare all the rice for Bacon Rice and Romaine Stir-Fry ahead of time. A portion of this rice will be removed and refrigerated or frozen for a dividend meal. For added convenience, the remaining ingredients in this non-Oriental stir-fry can also be chopped, sliced and measured in advance.

A few minutes before dinner is served, begin heating the wok. An attractive electric wok makes it possible to cook the rice accompaniment with flair and showmanship at the dinner table. The constant temperature and concentrated heat at the bottom of the wok cook food quickly, heightening the flavor of each ingredient and retaining the food's natural appetizing colors. In no time at all, with little last-minute effort, dinner is complete, as is most of a second meal.

Primavera Duckling and Red Pepper Rice, Duckling Risotto, or any other recipe with "planned over" duckling and rice, is quickly prepared in the wok. Stir-frying is a fast and easy way to prepare all kinds of foods, both leftover and from scratch.

Try the convenient cook-once-to-dine-twice method and you'll wonder how you ever prepared an evening meal without it.



Bourbon Glazed Duckling and Bacon Rice & Romaine Stir-Fry combine in an elegant guest meal with enough "planned over" rice and duckling for a second dividend supper. The rice accompaniment and entire meals can be dramatically prepared in the electric wok at the table to the delight of family and guests. The wok also keeps the food warm during the meal.

### BOURBON GLAZED DUCKLING

- 1 Long Island Duckling
- 1/2 cup bourbon
- 1/4 cup packed light brown sugar
- 1/4 teaspoon grated lemon peel

Preheat oven to 325°. Wash duckling quarters, dry with paper toweling. Sprinkle both sides with salt. Arrange duck and onion racks in shallow roasting pans. Prick skin all over with sharp fork. Roast at 325° for 1 1/2 hours. Combine bourbon, brown sugar and lemon peel, stirring until sugar dissolves. Brush eight of the duckling quarters generously with glaze. Roast duckling quarters unglazed. Continue roasting, brushing two or three times with glaze, until drumstick meat is fork tender, about 30 minutes. Wrap duckling and refrigerate or freeze unglazed duckling quarters for Primavera Duckling and Red Pepper Rice or Duckling Risotto. Serve glazed duckling with Bacon Rice & Romaine Stir-Fry. Makes 6 servings.

### BACON RICE & ROMAINE STIR-FRY

- 1/2 cup rice
- 1/2 cup butter or margarine
- 1/2 cup chicken broth
- 1/2 cup onion
- 1/2 cup mushrooms
- 1/2 cup sliced onion
- 1/2 cup shredded romaine lettuce

Add enough water to chicken broth to make 2 cups liquid. Bring to a boil in large saucepan. Stir in rice, butter and salt. Cover, reduce heat and simmer 20 minutes. Remove from heat. Let stand covered and fluffy for 5 minutes. About 5 minutes: Remove half of the rice (about 5-1/2 cups) for Primavera Duckling and Red Pepper Rice or Duckling Risotto. Preheat West Bend Electric Wok to medium-high (375°F), about 3 minutes. Add onion, mushrooms and sliced onion. Add mushrooms and onion to wok. Pour off all but about 1/2 cup liquid from saucepan. Add mushrooms and onion to wok. Cook and stir over medium heat (325°F-350°F) 3 to 5 minutes. Add remaining rice and romaine. Cook and stir 3 to 5 minutes or until hot. Stir in butter. Serve at once with Bourbon Glazed Duckling. Makes 6 servings.

### PRIMAVERA DUCKLING & RED PEPPER RICE

- 4 roasted Long Island Duckling quarters
- 5-1/2 cups reserved cooked Rice
- 2 medium red or green peppers, cut into 1-1/2 x 1/4-inch strips
- 1 tablespoon vegetable oil
- 6 medium carrots, cut into 1-1/2 x 1/4 x 1/4-inch strips
- 2 cloves garlic, minced
- 2 tablespoons chopped fresh basil or 1-1/2 teaspoons dried basil
- 2 to 2-1/2 teaspoons grated fresh ginger or 1/2 to 3/4 teaspoon ground ginger
- 1 teaspoon salt
- 1/8 to 1/4 teaspoon cayenne pepper
- 3 small zucchini, cut into 1-1/2 x 1/4 x 1/4-inch strips
- 1/3 cup heavy cream

Remove duckling meat from bones. Cut meat into thin strips; set aside. In large saucepan, combine rice and red pepper. Add 2 to 3 tablespoons water. Cover and cook over low heat, stirring occasionally, until rice is hot and pepper is crisp-tender. Heat oil in West Bend Electric Wok over medium-high heat (375°F), about 3 minutes. Add carrots, garlic, basil, ginger, salt and cayenne pepper. Cook and stir 2 to 3 minutes. Add zucchini. Continue to cook and stir until vegetables are crisp-tender, 2 to 3 minutes. Add duckling and heat through. Stir in cream. Serve duckling and vegetable mixture over red pepper rice. Makes 6 servings.

### DUCKLING RISOTTO

- 4 roasted Long Island Duckling quarters
- 2 tablespoons vegetable oil
- 3/4 pound fresh Brussels sprouts, sliced lengthwise 1/4-inch thick
- 2 cloves garlic, minced
- 5-1/2 cups reserved cooked Rice
- 1/4 teaspoon pepper
- 1/4 teaspoon ground nutmeg
- 3 to 4 green onions with tops, thinly sliced
- 1 jar (4 ounces) whole pimientos, drained and cut into thin strips
- 1/2 cup freshly grated Parmesan cheese

Remove duckling meat from bones. Cut up meat; set aside. Heat oil in West Bend Electric Wok over medium heat (350°F), about 3 minutes. Add Brussels sprouts. Cook and stir until sprouts are crisp-tender, 5 to 7 minutes. Add garlic and continue to cook and stir 1 minute. Add duckling, rice, pepper and nutmeg. Cook and stir until heated through, about 4 minutes. Stir in green onions, pimientos and 1/2 cup Parmesan cheese. Serve immediately. Sprinkle with additional Parmesan cheese, if desired. Makes 6 servings.

\*1 package (10 ounces) frozen Brussels sprouts, thawed and drained, may be substituted.