

recipes for cooking couples

two sets of measuring cups, knives and cooking utensils.

Another suggestion is for the couple to add a built-in multiple-use counter containing a sink. This counter provides a water source and separate work surface for the second cook and also can double as a table for casual dining.

Once a couple has solved the problem of how two can cook together, they'll need to tackle the problem of what to cook for only two people. Using traditional recipes, a newlywed faces the prospect of eating the same leftovers for a week or performing harrowing calculations to reduce a recipe so it serves only two.

Bennett prefers fresh produce not only because it is more nutritious, but also because it's more economical and easier to obtain in small quantities than commercially prepared foods.

Following are two recipes from "Two's Company."

CHICKEN WITH ORANGE AND BRANDY

2 chicken breast halves
¼ cup all-purpose flour
Salt and freshly ground white pepper to taste
2 tbsp. butter
2 tbsp. vegetable oil
¼ cup brandy
¼ cup orange juice
½ tsp. ground ginger
1 tsp. grated orange rind

Pat chicken dry if damp. Combine flour, salt and pepper on dinner plate. Roll

breasts in flour mixture to coat. Heat butter and oil in heavy-bottomed skillet. Add chicken and brown well on both sides, about 10 minutes total.

Remove chicken and set aside. Pour off fat. Add brandy to skillet and stir bottom of skillet over low heat to get up any browned bits. Stir in juice and ginger. Add chicken. Cover and simmer 15 minutes or until chicken is cooked through. Stir in orange rind. Season with salt and pepper. Serve over Fragrant Brown Rice.

FRAGRANT BROWN RICE

1 tbsp. vegetable oil
2 shallots, minced
¼ tsp. black caraway seeds
1 small cinnamon stick
2 whole cloves
2 allspice berries
1 bay leaf
½ cup brown rice
1 cup chicken broth
Salt and freshly ground black pepper to taste

Heat oil in small saucepan. Add shallots and saute 2 to 3 minutes. Add caraway, cinnamon, cloves, allspice and bay leaf and saute 2 minutes, stirring constantly.

Add rice and stir 1 to 2 minutes until grains are shiny. Add chicken broth and bring to boil. Reduce heat to low, cover pan and cook rice 45 to 50 minutes. Then, set aside 5 minutes, covered. Remove cinnamon stick and bay leaf. If possible also remove cloves and allspice. Season with salt and pepper.



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