



SOME CHICKEN RECIPES

IN THE PHILIPPINES chickens are both plentiful and cheap. There are many ways of preparing delicious dishes from chicken. We take pleasure in publishing a few of these recipes in THE YOUNG CITIZEN.

Stewed Chicken with Onions

Dress, clean, and cut in pieces for serving, two chickens. Cook in a small quantity of water with eighteen small onions. Remove the chicken as soon as it is cooked tender. When the onions are soft, drain them from the chicken broth. Leave only one and one-half cups of the stock (broth). Make a gravy as follows: mix three tablespoons of butter, four tablespoons of flour, one-half cup of condensed milk and the stock (broth). Then add the yolks of three eggs, salt, and pepper. Stir this mixture while it is cooking. Then pour the gravy over the chicken and onions.

Fried Chicken

Dress, clean, and cut in

pieces for serving two young chickens. Plunge in cold water; then drain but do not wipe the pieces. Sprinkle with salt and pepper, and coat thickly with flour, having as much flour adhere to the chicken as possible. Fry out one pound of fat salt pork cut in pieces. Cook the chicken slowly in the fat until it is tender and well browned. Serve either hot or cold.

Baked Chicken...

Dress, clean, and cut up two chickens. Place in a dripping pan with salt and pepper, sprinkle with flour, and add one-fourth of a cup of butter in very small lumps. Bake the chicken for thirty minutes in a hot oven, basting every five minutes with one-fourth of a cup of butter melted in one-fourth of a cup of boiling water. Serve with gravy made by using the fat in the pan, one-fourth of a cup of flour, one cup of diluted condensed milk, salt and pepper.

Chicken Pie

Dress, clean, and cut up two chickens. Put in a stewpan with one onion, cover with boiling water, and cook slowly until the meat is tender. When the chicken is half-cooked, add one-half tablespoon of salt and one-eighth teaspoon of pepper. Remove the chicken and put it in a baking dish. Add a few thin slices of potatoes and carrots. Cover with a bakingpowder crust one-half inch in thickness in which openings have been cut in a number of places. Bake in a hot oven and serve hot.

The baking powder crust is made as follows: Mix and sift three cups of flour, two tablespoons of baking powder and one one-half teaspoons of salt. Work in three tablespoons of lard and three tablespoons of butter, using the tips of the fingers; then add one and one-fourth cups of condensed milk diluted. Toss on a floured bread-board and roll to a thickness of one-half inch.

Roast Chicken

Dress and clean (but do not cut into pieces) a large chicken. Fill with a stuffing made as follows: 2 cups of cracker crumbs, 2 cups of soft bread crumbs, one and one-third cups of butter, one and one-third cups of boiling water, salt, pepper, powdered sage. Mix thoroughly.

Place the stuffed chicken on its back in a roasting pan. Rub the entire surface with salt. Spread the breast and legs with three tablespoons of butter mixed with two tablespoons of flour. Sprinkle flour on the bottom of the roasting pan. Place in a hot oven, and when the flour is well browned, reduce the heat. Then baste the chicken every ten minutes until it is cooked. When the breast is tender the chicken is sufficiently cooked. A four-pound chicken should be cooked about one and one-half hours.

For basting, use one-fourth of a cup of butter, melted in two-thirds of a cup of boiling water, and after this is gone, use the fat in the pan. When necessary to prevent the flour from burning, add one cup of boiling water. During the cooking, turn the chicken frequently, so that it will brown evenly.

To stuff the chicken: Put the stuffing by spoonfuls in the neck end, using enough to fill the skin sufficiently, so that the chicken will look plump when served. When the body is full of stuffing, sew the skin together.

Chicken Frickasee

Cut a chicken into eleven pieces: two drumsticks, two second joints, two wings, two breasts, three back pieces. Put the pieces in a saucepan with two tablespoonfuls of butter or drippings. Let them brown slightly on both sides, but use care that they do not burn. When a little colored, add enough boiling water to cover them. Add some sage or other herbs if desired, salt and pepper, and a few slices of salt pork. Simmer until tender.

Arrange the pieces neatly on a dish, placing the best pieces outside. Pour over them a gravy made as follows: Strain the liquor from the pot and take off the fat. Make a white sauce of one tablespoonful of butter, two tablespoonfuls of flour, and a cupful of the liquor from the pot; season to taste; remove from the fire, and when a little cool add a cupful of cream or diluted condensed milk beaten up with two or three

yolks of eggs. Place again on the fire until the eggs are a little thickened, but do not let it boil or they will curdle. A border of rice may be placed around the chicken when it is served.

Broiled Chicken

Young chickens only are used for broiling. Split them down the back, remove the entrails and the breast bone, wipe them clean, sprinkle with salt and pepper, and rub them with soft butter. Place them on a broiler over a slow fire, the inside down; cover them with a pan and let them cook 20 or 25 minutes. Turn the chickens and let the skin brown when they are nearly done. Place them on a hot dish and spread butter on them. Serve with a garnish of parsley or water-cress and thin slices of lemon.

Smothered Chicken

Dress young chickens, wash, and let them stand in water half an hour to make them white. Cut them open at the back and put into a baking dish. Sprinkle salt and pepper over them, and put a lump of butter here and there. Then cover tightly with another pan the same size and bake one hour. Baste often with butter. A delicious dish.