

"Redi-Cut" chicken recipes and suggestions / Susan Shaw.

Contributors

Shaw, Susan.
Stop & Shop Supermarkets.

Publication/Creation

[Place of publication not identified] : Stop & Shop Supermarkets, [between 1950 and 1959?]

Persistent URL

<https://wellcomecollection.org/works/gbuf4y2p>

License and attribution

Conditions of use: it is possible this item is protected by copyright and/or related rights. You are free to use this item in any way that is permitted by the copyright and related rights legislation that applies to your use. For other uses you need to obtain permission from the rights-holder(s).

**wellcome
collection**

Wellcome Collection
183 Euston Road
London NW1 2BE UK
T +44 (0)20 7611 8722
E library@wellcomecollection.org
<https://wellcomecollection.org>



"REDI-CUT"

Chicken
Recipes
and **SUGGESTIONS**

STOP & SHOP SUPERMARKETS



Chicken

"REDI-CUT" LEGS, WINGS, BREASTS

FRIED CHICKEN: Wash pieces of chicken in cold water. Wipe dry. Cut legs in two; a small notch at the joint indicates where to cut. Divide breast into two or more pieces. Season with salt and pepper. Dredge with flour. Brown both sides quickly in hot fat. Reduce heat, cover. Cook until meat parts easily from the bone; about 25-30 minutes in all.

TO MAKE GRAVY: Remove chicken from frying pan. Stir in 2 tablespoons of flour for each cup of gravy you wish. Add liquid, chicken stock or rich milk, stirring until smooth.

FAT FOR FRYING: Any fat can be used. Butter, lard and bacon fat are favorites. Any one of these in combination with vegetable shortenings is good.

TO DREDGE WITH FLOUR: This means to coat with flour. A handier way than rolling is to place $\frac{1}{2}$ cup of flour, seasoning and chicken pieces in a paper bag together. Close the end and shake vigorously.

FOR A CRUSTY SKIN: Cover pan during the first half of the cooking period.

FOR A TENDER SKIN: Cover pan during last half of the cooking period.

EASY SOUTHERN-STYLE FRIED CHICKEN: Do not dry pieces of chicken after washing. Roll in a mixture of 1 teaspoon of baking powder to 1 cup of flour. Fry with 1 inch of fat in the pan.



MARYLAND CHICKEN: This is fried chicken served with cream gravy. To make the gravy use half milk and half cream for the liquid.

- CUT

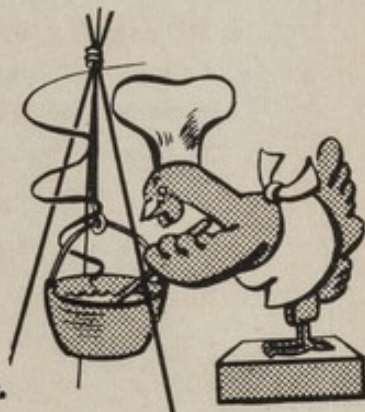
Recipes



CHICKEN SOUP (USING "REDI-CUT" SOUP PIECES)

Bring slowly to boiling point: 1 lb. of soup pieces; 3 quarts of cold water; 2 teaspoons of salt; 10 peppercorns. Simmer for 1 hour. Then add 2 cups of chopped vegetables (celery tops, onions, carrots and parsley). Simmer for 2 hours more. Strain the broth while it is hot. Pick meat from pieces of bone and save for use in the soup later. Cool chicken stock in the refrigerator. Remove solidified fat. There should be 5-6 cups of stock. Reheat with 3/4 cup cooked rice, bits of meat from bone pieces. Season as desired. Or save stock for use in recipes calling for light (white) stock.

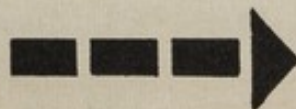
TO REMOVE FAT FROM HOT BROTH: Drag a paper napkin or towel quickly across surface of the hot broth. Or drop a couple of leaves of lettuce into the broth. Remove them when they have absorbed the fat...they'll look transparent.



CHICKEN GIBLETS: Giblets are hearts and gizzards. They require longer cooking than other chicken parts. Because they are so full of flavor, they are added to soup ingredients by some people. Others use them exclusively for gravy. Still others serve them creamed on toast.

The gizzard is usually cut in pieces to shorten cooking time. Boil slowly until tender in salted water. When done use the liquid in gravy or use it for part of the liquid in making a sauce in which to serve the cooked giblets.

CHICKEN LIVERS: Livers are usually sautéed (fried in a small amount of fat), either with or without onions. They are served plain on toast, or creamed...often with mushrooms.



LIVER AND VEGETABLE CASSEROLE: Cook green peas and diced carrots together until just barely tender. Drain, saving liquid for soup or gravy, and place vegetables in a casserole dish. Saute chicken livers and put on top of vegetables. Make a sauce by adding flour to fat in the pan the livers were cooked in. Use equal portions of cream and chicken stock for the liquid. Boil 1 minute, stirring to keep smooth. Season. Add to casserole. Place in 350 degree oven. Leave until heated through.

BAKED CHICKEN (LEGS, WINGS, BREASTS).....

Fry unfloured chicken pieces lightly in small amount of fat. Place them in a casserole dish. Add 1/2 cup of chicken stock or milk. Season with salt and pepper. Cover and bake 1 hour at 325 degrees, basting frequently. When tender, remove the pieces of chicken and thicken the drippings with flour. Add cream and paprika if desired.



TO BASTE: Spoon liquid in baking dish over food being cooked.

Susan Shaw

HOME ECONOMIST
STOP & SHOP SUPERMARKETS

EVERYBODY GETS THE PIECE OF
CHICKEN THAT HE LIKES BEST
when you buy Stop & Shop's

**“REDI-CUT”
CHICKENS**