

CROSSVILLE CHRONICLE

"Taste The Best"

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September is National (fill in the blank) Month.

I'm serious. If it's off the wall, September's the month for it. There's also a lot of National (fill in the blank) Weeks and National (fill in the blank) Days.

The San Francisco Examiner's Debby Morse lists the days you can celebrate in September. Since we kicked off the week with a holiday, why not make a week of it?

Today: National Cheese Pizza Day and Be Late for Something Day.

Thursday: Read a Book Day and Fight Procrastination Day.

Friday: Neither Rain Nor Snow Day.

Saturday: International Literacy Day, National Iguana Awareness Day, National Date Nut Bread Day and Pardon Day.

Sunday: National Grandparents Day and Teddy Bear Day.

Monday: Swap Ideas Day.

Tuesday: Make Your Bed Day, No News Is Good News Day and International Day of Peace.

You don't want to blow your entire celebration on this week alone (not with National Play-Doh Day and Dogs in Politics Day around the corner). It would be apropos to observe these gems with a plateful of chicken and biscuits, because September is (you guessed it!) National Chicken Month and National Biscuit Month. So go to your favorite fast food place, buy a chicken and biscuit from the breakfast menu and toast this wonderful month chock full of special days and weeks.

But a holiday isn't a holiday without some home-cooked food on the table. So for the purists out there - as well as those of us who simply enjoy a good recipe - here are some new ones to try to make your September days more special. Just remember to save some leftovers for next Wednesday. There's nothing like a biscuit and a chicken dish for those Pokémon battles on Video Game Day.

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Dorothy Roberts of Fairfield Glade wants a hot chicken salad recipe like the one Chef Walter prepared on the Channel 8 noon news.

* * *

Melinda Moseley is looking for a recipe for egg custard pie, if it's like pudding. Fluffy-type pies need not apply!

Baking Powder Biscuit

2 c. sifted pastry flour
2-4 T. shortening
4 tsp. baking powder
1/2-2/3 c. milk or water
1/2 tsp. of salt

Pass flour, salt and baking powder through a sieve three times. With a knife or the tips of the fingers work in the shortening; add liquid, a little at a time, mixing it with a knife to a soft dough, but one that can be handled. Turn the dough on to a floured board, turn it with the knife until lightly floured, then knead with the hands slightly, to get it into a smooth mass; pat with the rolling pin and roll into a sheet about three-fourths an inch thick; cut into rounds; set these close together in a buttered pan and bake at 350 degrees for 15-20 minutes. Makes 12-16 biscuits.

From the kitchen of Free Recipe
www.freerecipe.org

Red Lobster Cheddar Bay Biscuits

2 c. Bisquick
2/3 c. milk
1/2 c. shredded Cheddar cheese
1/2 c. butter or margarine, melted
1/4 tsp. garlic powder

Heat oven to 450 degrees. Mix Bisquick, milk and cheese until a soft dough forms. Drop by spoonfuls onto an ungreased cooking sheet. Bake 8-10 minutes until golden brown. Mix butter and garlic powder. Brush mixture over warm biscuits before removing from cookie sheet.

Note: Recipe originally appeared in the Orlando Sentinel.

From the kitchen of Copykat Recipes
www.copykat.com

KFC Honey Barbecue Strips

2 lbs. boneless, skinless chicken strips
2 3/4 c. flour
1 tsp. salt
1 tsp. freshly ground pepper

1 c. buttermilk

vegetable oil (for deep frying)

Mix together flour, salt and pepper in bowl and set aside. Place buttermilk in separate bowl. Heat oil for frying and dip chicken strips in flour then in buttermilk and then finally flour again. Place in hot oil - the temperature of the oil should be 375. Do not overcrowd chicken strips. Fry until lightly golden brown. Remove strips and drain.

Barbecue Sauce:

1 c. Heinz Hickory Smoke Barbecue Sauce

1/4 c. water

2 T. honey

1 T. ketchup

1 tsp. Liquid Smoke

Place all ingredients in a small sauce pan; mix thoroughly and simmer on low heat, stirring frequently, for 20 minutes. Let sauce cool slightly, then dip chicken breast strips, one at a time, in sauce and place in a baking pan that has been sprayed lightly with a non-stick spray. Place in a preheated 350-degree and bake for 20 minutes.

From the kitchen of Copykat Recipes

www.copykat.com

KFC Extra Tasty Crispy Chicken

1 whole frying chicken, cut up

6-8 c. vegetable oil

Marinade:

4 c. water

1 T. salt

1/2 tsp. MSG

Coating:

1 egg, beaten

1 c. milk

2 c. all-purpose flour

2 1/2 tsp. salt

3/4 tsp. pepper

3/4 tsp. MSG

Trim excess skin and fat from the chicken pieces. Preheat the oil in a deep-fryer to 350 degrees. Combine water, salt and MSG for the marinade in a large bowl. Add chicken to the bowl and let it sit for 20 minutes. Turn the chicken a couple times as it marinates.

Combine beaten egg and milk in a medium bowl. In another medium bowl, combine the remaining coating ingredients. When chicken has marinated, transfer each piece to paper towels for draining. Working with one piece at a time, coat the chicken with the dry flour mixture, then the egg and milk mixture, and then back into the flour. Be sure that each piece is coated very generously. Stack chicken on a plate or cookie sheet until each piece has been coated.

Drop the chicken, one piece at a time into the hot oil. Fry half of the chicken at a time (4 pieces) for 12-15 minutes, or until it is golden brown, stirring the chicken around halfway through the cooking time so that each piece cooks evenly. Remove the chicken to a rack or towels to drain for about 5 minutes before eating.

From the kitchen of Todd Wilbur's Top Secret Recipes

www.topsecretrecipes.com

Grilled Chicken Pizza

1 (10 oz.) tube refrigerated pizza dough

0-ounce (300 g) tube refrigerated pizza dough
cornmeal

1 tsp. crushed dried oregano

1/2 tsp. crushed dried basil

8 oz. cooked chicken breast, chopped

1/2 c. reduced-fat, low-sodium jarred marinara sauce

2 T. finely chopped onion

2-3 fresh mushrooms, thinly sliced (optional)

1 T. freshly grated Parmesan cheese

1/4 c. shredded part-skim Mozzarella cheese

Open dough package and on a lightly floured surface, roll out to roughly form a 10-inch circle. Place crust on a cookie sheet which has been lightly sprinkled with cornmeal. Pat dough with fingers to desired shape and thickness.

Transfer pizza to prepared grill, and grill for about 3 minutes, until the top of the dough puffs and the underside is crisp and lightly browned. Using a large metal spatula, turn the crust over. Brush the cooked top with olive oil and sprinkle with oregano and basil.

In a medium bowl, combine cooked chicken, marinara sauce and onion. Spread mixture over the top side of the crust. Arrange mushrooms (optional) on top. Top with Parmesan cheese and sprinkle on Mozzarella cheese, covering the top evenly. Continue to grill for another 4-5 minutes, until the pizza is cooked through, the dough lightly browned and the cheese melted. To ensure even cooking, use tongs to rotate the pizza two or three times during the cooking period, taking care not to knock off the topping. Makes 8 servings.

Nutritional information per serving: 142 calories, 11 grams protein, 3 grams fat (1.1 grams saturated fat), 17 grams carbohydrate, 1 gram dietary fiber, 21 milligrams cholesterol, 286 milligrams sodium.

Diabetic exchanges: 1 lean protein (meat), 1 carbohydrate (bread/starch).

From the kitchen of Diabetic Recipes

www.diabetic-recipe.com

Chicken Fettuccine

4 skinless boneless chicken breast halves

2 T. olive oil

1/4 c. chopped green onions

1 tsp. minced garlic
1 (14.5 oz.) can tomatoes, drained and chopped
1 T. basil
1 c. heavy cream
2 egg yolks
3/4 c. grated Parmesan cheese
8 oz. fettuccine
1 c. frozen peas, thawed
1 1/2 c. sliced fresh mushrooms

In skillet, brown chicken breasts in olive oil. Place chicken in Crock-Pot. Add green onions, garlic, tomatoes and basil. Cover and cook on low 7-9 hours. Remove chicken and cut into pieces. Return chicken pieces to pot. Stir in cream, egg yolks and Parmesan cheese. Cover and cook on high 30 minutes to thicken. While sauce is thickening, cook fettuccine according to package directions; drain. Add fettuccine, peas and mushrooms. Cover and cook on high 30-60 minutes longer.

From the kitchen of CD Kitchen

www.cdktichen.com

Chicken Salad

2 c. cooked chopped chicken
1/2 c. chopped celery
1 c. chopped apple
halved grapes, to taste
1/2 c. chopped fresh basil
1/2 c. chopped nuts
Hellmann's Light Mayonnaise, to taste
Combine all ingredients.
From the kitchen of Homefires Hearth
www.homefireshearth.com

Cheese-Filled Parmesan Biscuit Loaves

3/4 c. grated Parmesan cheese
1/3 c. finely chopped walnuts
2 oz. cream cheese, softened
1 1/2 T. finely chopped fresh basil
1 garlic clove, minced
1 (1 lb. 0.3-oz.) can Pillsbury Grands! Refrigerated Home Style or Buttermilk Biscuits
1/4 c. butter or margarine, melted
Heat oven to 350 degrees. Lightly grease two 9-by-5-inch or 8-by-4-inch loaf pans. In small bowl, combine Parmesan cheese and walnuts; mix well. In another small bowl, combine cream cheese, basil and garlic; mix well.
Separate dough into 8 biscuits. Spoon 1 teaspoon cream cheese mixture on half of each

biscuit. Fold biscuit over cream cheese; press edges to seal. Dip each biscuit in melted butter; coat with cheese-walnut mixture. Arrange 4 biscuits, seam side down, in each greased pan. Drizzle any remaining butter over biscuits; sprinkle with any remaining cheese mixture. Bake for 25-35 minutes or until golden brown. Immediately remove from pan. Serve warm. Store in refrigerator. Makes 8 servings.

Nutritional information per serving: 350 calories, 23 grams fat (10 grams saturated fat), 30 milligrams cholesterol, 850 milligrams sodium, 26 grams carbohydrates, 1 gram dietary fiber, 4 grams sugars and 9 grams protein.

Dietary exchanges: 2 starch, 4 fat or 2 carbohydrate, 4 fat.

From the kitchen of Pillsbury

www.pillsbury.com

Chicken Biscuit Stew

1/4 c. margarine or butter

1/3 c. Pillsbury Best All-Purpose or Unbleached Flour

dash of pepper

1 (10 1/2 oz.) can condensed chicken broth

3/4 c. milk

2 c. cubed cooked chicken

1 c. Green Giant frozen sweet peas

1 c. fresh baby carrots

1/3 c. chopped onion

1 (12 oz.) can Hungry Jack Refrigerated Flaky Biscuits

poppy seed (optional)

Heat oven to 375 degrees. Melt margarine in 10-inch oven-proof skillet. Stir in flour and pepper; cook, stirring constantly, for 1 minute, or until smooth and bubbly. Gradually stir in broth and milk; cook until mixture boils and thickens, stirring constantly. Add chicken, peas, carrots and onion; cook until hot and bubbly, stirring occasionally.

Separate dough into 10 biscuits. Arrange biscuits over hot chicken mixture in skillet; sprinkle with poppy seed (optional). Bake for 20-25 minutes, or until biscuits are golden brown. Makes 5 (1 1/2 cup) servings.

Nutritional information per serving: 500 calories, 24 grams fat (5 grams saturated fat), 55 milligrams cholesterol, 1,330 milligrams sodium, 44 grams carbohydrates, 3 grams dietary fiber, 9 grams sugars, 27 grams protein.

Dietary exchanges: 3 starch, 2 1/2 lean meat, 3 fat or 3 carbohydrate, 2 1/2 lean meat, 3 fat.

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