



# Kitchen Chatter

by Nancy Winfrey

## CHICKEN NUGGETS

6 chicken breast halves, boned and skinless  
1/2 cup all-purpose flour  
3/4 teaspoon salt  
2 teaspoons sesame seeds  
1 egg, lightly beaten  
1/2 cup water  
Vegetable oil for frying

Cut chicken breasts into about 1-1/2 pieces - set aside. Combine the flour, salt, sesame seeds, beaten egg and water and blend well. Dip the chicken into the batter and fry in hot oil until golden brown. Drain on paper towels and serve immediately.  
NOTE: Accompany by dips, if desired, such as honey-mustard, soy sauce, Ranch, barbecue, etc.

## CHEESE & TUNA PUFF

One 9-inch pastry shell  
2 cups tuna, drained and flaked  
1/2 cup finely chopped celery  
3 tablespoons finely chopped green pepper  
1/2 teaspoon Worcestershire sauce  
Salt and pepper to taste  
3 tablespoons all-purpose flour  
1 tablespoon butter or margarine, melted  
1-2/3 cups (1 tall can) evaporated milk  
2 cups grated Cheddar cheese  
Cheese Puff Topping (recipe follows)

To prepare tuna filling: Combine the tuna, celery and green pepper in a bowl. In a saucepan over medium heat, melt the butter or margarine and then blend in the flour. Gradually add the evaporated milk and cook and stir until sauce has thickened. Add 1-3/4 cups grated cheese and stir until cheese melts. Reserve 1 cup of the sauce for topping. Combine the remaining sauce with the tuna mixture and blend well. Spoon into unbaked pastry shell. In a preheated oven, bake in 425 degree oven for 15 minutes. Cover with the Cheese Puff Topping. Reduce oven temperature to 375 and bake 20 to 25 minutes longer. Sprinkle with remaining 1/4 cup of cheese. Serve at once.

**Cheese Puff Topping:**  
2 eggs, separated  
Reserved 1/4 cup cheese sauce

Beat the egg whites until stiff but not dry. Combine the cheese sauce and stiffly beaten egg whites, blend well, and smooth on top of tuna mixture.

## KAREN'S FAMILY MEATLOAF

This meatloaf is one of the easiest to prepare and one of the best I have ever tried. This has been in the Potter family of Oriental for decades. Daughters and granddaughters, Karen and Nancy, were left the tradition of handing down this family recipe by their mother, Mary Jo Potter, and their grandmother, Helen Hopkins, to pass along to others to enjoy. It really is a great dish!

1 package (1-1/2 pounds, about) ground round  
1 can thick vegetable/beef or vegetable soup, undiluted  
2 tablespoons mayonnaise, optional  
Grated onion or 1 envelope Lipton's onion soup mix, optional  
1/2 to 3/4 soft bread crumbs or coarsely crushed saltine crackers  
1 egg, beaten  
1/4 teaspoon black pepper  
Topping, if desired (recipe follows)  
3 or 4 strips bacon

Combine all above ingredients and blend well. In a greased baking dish, shape the mixture into a loaf. Cover the meatloaf with the topping and then stretch the raw bacon over the top and around the sides of loaf. Place in 350 degree oven and bake until done - about 35 to 40 minutes, depending on your oven.

**Topping:**  
Combine desired amount of catsup, a bit of table mustard and maple syrup and blend well.

## BARBECUED CHUCK ROAST

Boneless chuck roast (2 or 2-1/2-lbs., about), trimmed  
1 medium onion, finely chopped  
3/4 cup Coca-Cola soft drink (do not use diet)  
1/4 cup Worcestershire sauce  
1 tablespoon cider vinegar  
2 cloves garlic, minced  
1 teaspoon beef bouillon granules or 1 cube  
1/2 teaspoon dry mustard  
1/2 teaspoon chili powder  
1/4 teaspoon cayenne pepper  
1/2 cup ketchup  
2 teaspoons butter or margarine  
Hamburger buns (optional)

Combine the roast with the chopped onions in a crock pot or slow cooker. Combine the cola, Worcestershire sauce, vinegar, garlic, bouillon, dry mustard, chili powder and cayenne pepper and blend. Reserve 1/2 cup and refrigerate until ready to use. Pour the cola mixture (reserving the 1/2 cup) over the roast and onions. Cover and cook on HIGH for 6 hours or until roast is very, very tender. Drain and shred the roast when done. Keep warm. Combine the reserved 1/2 cup cola with the ketchup and butter in a small saucepan and cook over medium heat, stirring constantly, just until heated through and through. Pour over the shredded roast. Spoon onto hamburger buns, if desired and pass a bowl of slaw!

## SLOW COOKER CHICKEN & RICE

1 package (10-oz.) frozen green peas, thawed  
4 chicken breast halves, skinned and boned  
1/2 teaspoon salt  
1/4 teaspoon pepper  
1/4 teaspoon paprika  
1 medium onion, finely chopped  
1 medium green pepper, finely chopped  
2 cloves garlic, minced  
1 can (12.5-oz., about) petite-style tomatoes, undrained  
1 jar (5-3/4-oz.) pimiento-stuffed olives, drained  
1 jar (2-oz.) pimiento, drained  
Cooked, hot rice

Place the peas in a crock pot/slow cooker. Sprinkle the chicken breasts with salt, pepper and paprika and place over the peas. Add the onions green pepper, garlic, tomatoes, olives and pimiento, blend, and pour over the chicken. Cook on HIGH for 4 hours. Serve over rice. Serves 4.

## EASY CHICKEN CORDON BLEU

6 chicken breast halves, skinned and boned  
1 box (5.5-oz.) seasoned croutons, crushed  
1/3 cup grated Parmesan cheese  
1/2 teaspoon salt  
1/8 teaspoon pepper  
2 egg whites  
2 tablespoons water  
12 thin slices ham, boiled or smoked  
6 Swiss cheese squares  
Honey-Mustard Dip (recipe follows)

Rub the chicken breasts with salt and pepper - set aside. Combine the crushed croutons and grated Parmesan cheese in a plastic container with lid or a Zip-lock bag. In a shallow bowl beat the egg whites with the 2 tablespoons water. Dip the chicken breasts in the egg mixture and place 1 breast at a time in the crouton mixture and shake to coat. Repeat until all chicken breasts have been coated. Place on an aluminum foil-lined baking sheet and bake in 450 degree oven for 20 or 25 minutes or until chicken is done. Top each breast with 2 ham slices and 1 slice of Swiss cheese. Bake 5 minutes longer or until cheese melts. Serve with Honey-Mustard Dip, if desired.

## Honey-Mustard Dip

Combine desired amount of honey with desired amount of prepared/table mustard and blend well.

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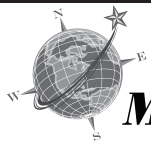


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