10 NEW BIRDS EYE POULTRY RECIPES
I F YOU want to serve the plumpest, finest tasting, farm-fresh chicken that can be bought, just try a Birds Eye Chicken. You can always depend on their extra quality, and here's why:

We feed our chickens a rich diet of buttermilk and cereals day in and day out until they're just about as plump as can be. Then we strip them clean, right down to the last pin feather. All innards are removed immediately after killing—not days or months later. This is important!

Every bird is U. S. Government Inspected. We select only the top half of Grade A chickens. You can be sure of getting only fine, healthy chickens always. After being carefully washed, each chicken is wrapped in Cellophane, then whisked into the quick-freezing machine located right at the farm. North Pole temperatures are applied—a patented process of quick-freezing used for all Birds Eye Foods. Freshness and flavor are sealed in. Tenderness retained. It is the miracle that assures you of always getting the finest poultry—regardless of seasons. Remember too—that you pay for no waste in Birds Eye Poultry. It comes to you scrupulously clean—ready to cook without further kitchen preparation. Try any one of these appetizing recipes. Prove to yourself that Birds Eye Chickens are all that we say!

BROILERS • FRYERS • ROASTERS
FOWL • DUCKLINGS • TURKEYS
HINTS ON USING BIRDS EYE POULTRY

THAWING BIRDS EYE POULTRY. Birds Eye broiling, frying, or roasting poultry must be thawed enough to separate pieces or to stuff. Plan to purchase this poultry long enough beforehand to allow for thawing. Remove poultry from Cellophane and let stand at room temperature for length of time specified in the directions on the insert.

TO HASTEN THAWING BIRDS EYE POULTRY
Place poultry, unwrapped, in covered pan in very slow oven (300° F.) until poultry is just thawed, watching carefully and removing from oven the moment the poultry is thawed.

TO CLOSE OPENING AFTER STUFFING BIRDS EYE POULTRY. Insert skewer through both sides of opening, bringing the sides together. Three or four skewers are usually sufficient. Lace with string and pull the skin together. Fasten string and use ends to tie legs and wings of bird.

IN ROASTING BIRDS EYE POULTRY, use a shallow dripping pan and place poultry on wire rack. (A large covered roaster is not necessary.) Place poultry, breast-down, in pan and turn when half roasted. To keep breast from getting too brown, cover with a triangular piece of heavy brown wrapping paper.

IN BROILING BIRDS EYE POULTRY, break joints of wings and legs, being careful not to break skin. This prevents the tips of wings and legs from sticking up and burning.
To serve an appetizing dish that is so good that it arouses the plaudits of family or guest is always any woman's desire. We hope that these new recipes will help you to accomplish this result. We assure you that you can always depend on the finest quality when you buy Birds Eye Poultry.

1. **CHICKEN EN CASEROLE**
   - 1 Birds Eye Fowl for Fricassee, partially thawed
   - Salt, pepper, flour
   - ½ cup butter or other fat
   - ½ cup sliced onions
   - 2 cups top milk or light cream

   Separate fowl into pieces for serving. Season with salt and pepper and roll in flour. Sauté in butter. Place in greased casserole. Sauté onions in drippings in pan until delicately browned; add cream and pour over chicken. Cover casserole and bake in moderate oven (325° F.) 2 ½ hours, or until tender. Serves 6.

2. **BRAISED CHICKEN**
   - 1 Birds Eye Roasting Chicken
   - ¼ cup diced carrots
   - ½ small onion, sliced
   - 1 sprig parsley
   - 1 bay leaf
   - 4 tablespoons fat or oil
   - 2 cups boiling water

   Thaw chicken enough to remove giblets. Sprinkle salt inside chicken and truss. Sprinkle outside with salt and pepper. Sauté carrots, onion, thyme, parsley, dash of thyme, and bay leaf in fat or oil in deep roasting pan, until vegetables are tender. Remove vegetables and brown chicken in this mixture over direct heat. Place chicken on rack in pan. Add boiling water and vegetables. Cover and bake in slow oven (325° F.) 50 to 60 minutes, basting frequently with liquid in pan.
   To make gravy, remove chicken. Skim off fat. Measure 2 tablespoons each fat and flour for each cup pan liquid. Mix fat and flour to a paste. Add liquid slowly; cook and stir until thick. Serves 6.

3. **BIRDS EYE LUNCHEON PLATE**
   - 1 Birds Eye Duckling
   - 1 package Orange Jell-O
   - 1 cup hot water
   - 1 cup orange juice and water
   - 2 oranges, sections free from membrane and diced
   - 1 cup diced celery
   - ½ teaspoon salt
   - 1 teaspoon vinegar
   - 4 drops tabasco

   Prepare plate of thin slices of cold duck, potato chips, cucumber sandwich, and Jell-O mold, unmolded on crisp lettuce. Garnish with mayonnaise or boiled dressing and ripe or stuffed olives.
Birds Eye Roasting Chickens are plump and extra meaty

4 SPANISH FRICASSEE OF CHICKEN

1 Birds Eye Fowl for Fricassee, partially thawed

- 1/2 cup butter or other fat
- 1/2 cup diced celery
- 1/2 cup sliced onions
- 1/2 cup sliced mushrooms
- 4 cups canned tomatoes
- 2 tablespoons chopped parsley
- 1/2 teaspoon sugar

Separate fowl into pieces for serving. Sauté in butter, season with salt and pepper, and place in large kettle. Sauté onions, celery, and mushrooms in drippings in pan. Add tomatoes and bring to a boil, stirring constantly. Add parsley and sugar and pour over chicken. Cook slowly, partially covered, 2 1/2 hours, or until tender. Stir occasionally while chicken is cooking. Serves 6.

5 CHICKEN MOUSSE

1 Birds Eye Fowl for Fricassee, cooked

- 3 egg yolks, slightly beaten
- 1/2 teaspoon salt
- 1/4 teaspoon paprika
- Dash of cayenne
- 2 cups chicken stock
- 1 tablespoon granulated gelatin
- 1 tablespoon chopped parsley
- 1/2 teaspoon scraped onion
- 1/8 teaspoon Worcestershire sauce
- 1 cup finely chopped white chicken meat
- 1/4 cup cream, whipped

To cook fowl, place fowl and giblets (frozen or thawed) in kettle, add 6 cups cold water, 1/4 cup cubed carrots, 1/4 cup celery leaves, 1/2 bay leaf, 1/4 teaspoon peppercorns, 2 onions, sliced, 2 sprigs parsley, and 1 1/2 teaspoons salt. Cover and simmer 2 1/2 to 3 hours. Strain stock through cheesecloth. Makes 3 cups.

Combine egg yolks, salt, paprika, cayenne, and 1 1/4 cups chicken stock in top of double boiler. Place over boiling water and cook 5 to 6 minutes, or until slightly thickened, stirring constantly. Remove from boiling water. Soak gelatin in 1/4 cup cold chicken stock 5 minutes, add hot egg mixture and stir until dissolved. Add parsley, onion, Worcestershire sauce, and 1 cup chicken. Cool. When slightly thickened, fold in cream. Turn into loaf pan. Chill until firm. Unmold. Slice. Serves 8.
**CHICKEN A LA KING**

Cook Birds Eye Fowl for Fricassee as directed on package. Remove from bones and cut in cubes. Measure 2 cups cubed chicken. Sauté onion and green pepper in 1 tablespoon butter; add mushrooms and sauté until mushrooms are just tender. Melt remaining 4 tablespoons butter in saucepan, add flour and seasonings, and stir until smooth. Add stock and milk and continue cooking and stirring until thickened. Add chicken, onion-mushroom mixture, and pimiento, and stir carefully until blended. Reheat. Serve on buttered toast points or in patty shells. Serves 6 to 8.

**BROILER WITH OYSTER STUFFING**

Cut chicken in halves; break joints, brush with oil, and sprinkle with salt and pepper. Combine bread crumbs, sage, thyme, nutmeg, salt, pepper, and onion. Add butter and toss together lightly until mixed. Add oysters and mix well.

Place chicken skin-side up on broiler and broil at moderate heat 15 minutes; turn and broil other side 15 minutes. Pack ½ of stuffing on cut-side of each chicken half. Return to broiler and broil 15 minutes longer. If necessary, increase heat during last few minutes to brown stuffing. Serve at once on buttered toast points on hot platter and garnish with parsley or water cress. Serves 2.

Birds Eye Fowl comes all cleaned and cut, ready to cook.
CHICKEN PAPRIKA

1 Birds Eye Frying Chicken, partially thawed
3 tablespoons chopped onion
2 tablespoons butter
1 teaspoon Hungarian paprika
2 tablespoons boiling water
1 teaspoon flour
1/2 cup heavy cream

Separate chicken and cut in pieces of serving size. Sprinkle with salt and pepper. Sauté onions in butter until golden brown. Add paprika and mix, then add chicken. Cover and cook over medium flame, turning to brown. Add water. Lower flame and cook slowly about 20 minutes, or until tender. Remove chicken to serving dish and cover. To drippings in pan, add flour and stir to a smooth paste. Add cream and stir and cook until thick and smooth. Pour over chicken. Garnish with parsley. Serves 4.

CHICKEN SALAD

2 cups cubed cooked chicken (Use Birds Eye Roasting Chicken)
2 cups diced celery
4 teaspoon salt
Dash of pepper
1 tablespoon lemon juice
3/4 cup mayonnaise

Mix chicken and celery lightly with salt, pepper, and lemon juice and marinate 10 to 15 minutes. Add mayonnaise and toss together lightly. Serve on crisp lettuce or other salad greens. Garnish with additional mayonnaise and capers. Other attractive garnishes are stuffed or ripe olives, crisp pickle rings, or ripe tomato slices. Serves 6 to 8.

FRIED CHICKEN, SOUTHERN STYLE

Thaw Birds Eye Frying Chicken enough to separate; cut in pieces of serving size and roll in flour seasoned with salt and pepper. Heat sizzling hot about 1/2 inch fat in heavy skillet. Place chicken in fat and fry slowly 25 to 30 minutes, turning to brown delicately. Serves 4.

To make cream gravy, remove chicken to warm platter. Measure 2 tablespoons fat from skillet for each cup of gravy desired. Add an equal amount of flour and mix to a paste. Use 1/4 cup light cream and 3/4 cup milk or chicken stock for each cup of gravy desired; combine and add gradually to paste. Cook and stir until thickened. Season with salt and pepper. Serve with chicken and Corn Fritters.

Corn Fritters. Thaw and drain 1 package Birds Eye Golden Bantam Corn; reserve liquid. Melt 2 tablespoons butter and mix with corn. The corn may be chopped, if desired. Measure 1/2 cup sifted flour, add 3/4 teaspoon Calumet Baking Powder, 1 teaspoon salt, and 1/2 teaspoon pepper, and sift again. Combine flour mixture and corn; add 3 tablespoons liquid (corn liquid or corn liquid and sweet or sour milk) and stir until smooth. Add 2 well beaten eggs and blend. Bake on hot griddle. Serve immediately with chicken and cream gravy. Makes 10.
A MIRACLE COMES TO THE KITCHEN

By means of a patented process of quick-freezing, science has found a way to bring you garden-fresh Vegetables—sun-ripened Fruits—Down-East Seafoods—and the finest selected Meats and Poultry at any time of year, regardless of seasons.

Birds Eye Foods are harvested or selected right at the source of supply. Then, within the space of only a few hours, they are cleaned, stripped of all waste, and packed in clean containers. Natural freshness, full flavor and vitamins are sealed in by North Pole temperatures, far, far below zero. A miracle, in fact, comes to your kitchen, for Birds Eye Foods are ready to cook or serve without troublesome kitchen preparation work. There are over 50 kinds to select from. There's variety for every day!