

Fruity Chicken

1 chicken

1 - 19 oz pineapple chunks

Separate - reserve juice

1 cup flour - salt pepper, poultry seasoning, nutmeg, sage - mix in plastic bag & shake chicken.

Brown chicken in frypan with plenty of butter.

Place chicken in baking

dish alternately with chunks.

Melt $\frac{1}{4}$ cup butter in fry pan on med heat. Mix 3 tbsp each of flour & sugar & add to melted. Add 2-3 tbsp of soy sauce. Add 1 cup of juice slowly to pan & mix well until thick. Pour over chicken.

Prime Rib Roast (Cheap Rst) (Stew)

1 tbsp vinegar 2 tsp dry mustard

1 tbsp Br. sugar $\frac{1}{4}$ tsp paprika

1 ~~tbsp~~ ev. onion soup 1 garlic clove

Crush clove on. ^{mit} soup & rub into roast. Wrap in foil & bake at 200 - 6 $\frac{1}{2}$ hrs - 350 - 4-5 hrs.