

Food for thought

by Emma Sadgrove

With Valentine's Day upon us, here is a menu for an intimate dinner for two. The chicken dish is an old favorite of mine which has captured many hearts and chocolate dessert rarely fails to please. The chicken should be served with a b. gundy wine, preferably Chardonnay. This can be chosen to suit your budget, but I recommend Moreau Chardonnay.

The mousse and seafood sauce should be made at least several hours before, even as early as the night before, to allow them time to chill. About 1½ hours beforehand, which gives plenty of time, whip the cream and garnish the dessert, and prepare the seafood cocktail. Then prepare chicken up to the point of cooking the mushrooms. At the same time boil the cauliflower and prepare it for the oven. These two can be set aside for a few minutes if necessary. Just before serving seafood cocktail, place cauliflow-

flower in oven, prepared noodles, and add cream and wine to chicken and reheat and simmer. Twenty minutes later, all three should be ready.

Do not forget the finishing touches, like cleaning up for a start. The appearance of the dinner table is very important. Candlelight and flowers are a nice romantic touch,

with a little background music for good measure. Finish up the meal with fruit and cheese of your choice.

Seafood Cocktail
Chicken in Cream Sauce
Egg Noodles Baked Cauliflower
Chocolate Almond Mousse
Fruit

SEAFOOD COCKTAIL

lettuce leaves
 ½ cup cooked shrimp
 ½ cup cooked crabmeat
 ½ cup chili sauce
 2 tbsp lemon juice
 1 tsp. horseradish.
 lemon wedges

On two small plates, or in two

bowls, make a bed of lettuce leaves. Place half of the crab and shrimp and each portion. Combine the chili sauce, lemon juice and horseradish, chill and serve over cocktail. Garnish with lemon wedges.

CHICKEN IN CREAM SAUCE

1 whole chicken breasts, skinned and boned
 1 tbsp butter or margarine
 1 cup sliced mushrooms
 ½ cup butter
 ½ cup cream
 ¼ cup dry white wine

In frying pan over medium heat cook chicken in tablespoon of butter for 15 minutes. Add mushrooms and remaining butter and cook for another ten minutes, stirring occasionally. Add cream and wine, reduce heat to lower and simmer 20 minutes.

BAKED CAULIFLOWER

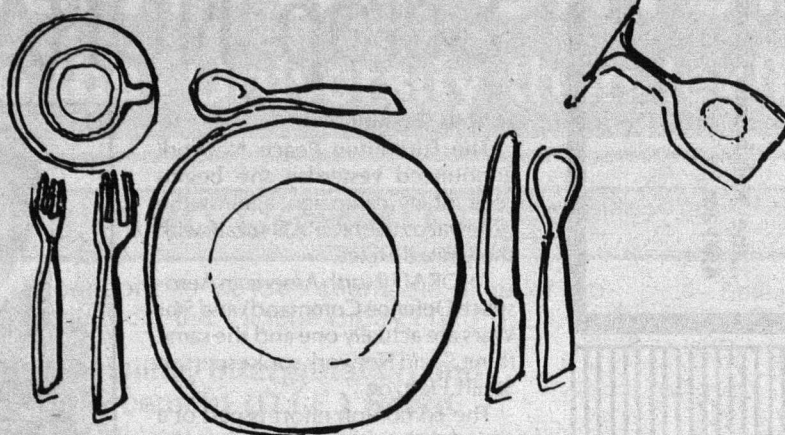
½ head cauliflower
 2 tbsp bread crumbs
 ¼ cup Cheddar cheese.

Cut cauliflower into florets and cook for 15 minutes in boiling water. Drain and place in small casserole dish. Sprinkle crumbs and cheese over top. Bake uncovered at 350 deg. F. for 20 minutes.

CHOCOLATE ALMOND MOUSSE

3 ounces bittersweet chocolate
 3 egg yolks slightly beaten
 1 tbsp Swiss Chocolate Almond liqueur
 3 egg whites
 ½ cup cream
 flaked almonds
 1 Cadbury's Flake.

In a bowl over hot water melt chocolate. Remove bowl from hot water, add egg yolks and liqueur and carefully fold into chocolate mixture. Pour into two individual serving dishes and chill. Top with whipped cream and garnish with almond flakes a small pieces of the chocolate flake.



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