

Publicity Article
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Hope your Holiday partaking went smoothly and was joyous! This is really the time to enjoy family, food, football, food, parades, food, and rest. Seriously, this is the time to be thankful for all you have. I know I am.

I am also very appreciative of the response to our many requests for current email addresses. Our network of getting important details quickly out to our membership is becoming better and better. *We do encourage our membership to share those details to our 'non-email' members.* We need to continually remind new retirees of our 'first year of free membership to new retirees' information. There were a lot of retirements this fall, so they could be signed up in RASCOE via the 'free membership' provision. For more information, please contact your state's membership chairperson or Mike Schryer, RASCOE Membership Chairperson. His contact information is listed several times in this newsletter.

I am closing this article with my Dad's Chicken-N-Noodles recipe. [He and my Mom started in the restaurant business after he returned from WWII.]

Dad's Chicken-N-Noodles recipe:

1 Large Roaster Chicken
1 Stalk of Celery
1 Small bag of baby carrots
1 Large sweet onion
1 Tbs. of lemon pepper
1 container of Chicken Base
1 Large can of Cream of Chicken soup
1 Large bag of frozen egg noodles
Season with salt and pepper according to your taste

In a large soup pot, place thoroughly washed chicken. Cut the celery and onion in chunks and add to soup pot as well as the washed baby carrots. Fill with water to cover the chicken two inches. Add the lemon pepper. Bring to a boil, reduce heat to fast simmer and cover pot with lid. After cooking 2-3 hours, chicken should fall off the bone, cool for 30 minutes then remove the chicken for later deboning when cooler. Remove the carrots, celery, and onion and throw away. Drain the liquid through a sieve, pour back into the soup pot, and cool in refrigerator overnight. *If in a really cold climate can placed lidded pot in the cold weather for 4 hours.*

The next morning, the excess fat from the chicken should be gelled at the top. Remove the fat and reheat the broth. Season the broth with Chicken Base. This product is in a paste form and can be prepared following the directions on the container. When the broth is at the right flavor [*a lot of tasting comes into play*] add the frozen egg noodles. After 15 minutes, add the deboned chicken. If you determine there is too much broth, you can remove the excess and bag it for later use. It is a great seasoning tool! After 5 minutes, add the can of Cream of Chicken soup. We let it simmer another 30 minutes. ***ENJOY***