

# Eat It

Judie Davis

## Easy Chicken Cacciatore:

butter

medium onion

few pieces garlic

2 oz. salt pork (few pieces cut up bacon will do)

2 to 3 lbs. frying chicken

1 sm. can tomato sauce

seasoning: pinches of parsley, rosemary, oregano and basil (or a couple teaspoons Italian seasoning which is all of the above in a more expensive bottle).

Saute onion and garlic in butter: add salt pork (this gives the secret flavor).

Add cut up chicken: brown everything for ten minutes.

Add seasonings and tomatoes: cover and simmer for about 45 minutes until chicken is loose from the bone.

Serve over noodles—mosticelli are the proper ones for cacciatore.

**A recent bout with tonsillitis** left me with little interest in food other than prices and soups. A new delicious canned soup by Heinz called, of all things, Great American Soups, is really good. Its not diluted with water and has meat and vegetables you can actually see.

Hot Apple Juice is good too, with a cinnamon stick and a little nutmeg. Buy Morgan brand apple juice because it's made in Traverse City which is a groovy town (ED. NOTE: Lovely town, just ask Pun Plamondon.)

Vernor's ginger ale is also good when you're sick, heated with a lemon twist or cold, mixed with milk. Hot tea with wine and honey is also a good old stand by.

Eat well and stay healthy.

# fifth Estate

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