



by Douglas Carpenter

Recipes: Then & Now

Fried Chicken

I have been having a craving for some fried chicken lately. It is not something I would ordinarily fix, and I don't partake very often when I eat out either. The frying, if not done right, can leave you with a greasy mess of over cooked chicken. I



usually order this dish when I am in a restaurant where the reputation makes me confident I will get something good.

In my opinion, the whole idea of frying chicken would be unreliable. I was never taught how to go about making it. I don't think I have ever tried to make real old fashioned fried chicken. Not with the cut up pieces of chicken rolled in flour

and dipped in batter and fried in a deep skillet. So if I want some fried chicken I will need to get an education or go out to eat. So I did some research. What I found was not too encouraging. The oldest cook book I have is one that is in such bad condition it has no cover and is missing the first several pages. I am not sure how old it is but from a search on the internet I believe it is from about 1895 or thereabouts. It has the title of *Mrs. Owens' Cook Book and Useful Household Hints*. In it Mrs. Owen has but only a very few words to say about frying chicken:

Cut 2 young chickens at the joints. Roll in flour that is salted and peppered, and fry slowly in hot butter and lard, until browned on both sides. When done take out on a hot platter and pour a pint of cream or milk into the frying pan. Thicken with 1 spoon of flour made smooth with 2 of the milk. Let boil up and pour over the chickens. If preferred, serve the gravy in a separate dish.

Well that wasn't much help, was it? So how do I go about getting something I will enjoy eating but not have to risk a lot of good chicken done wrong? Well, I got to thinking about the chicken we enjoy today. Most kids today would be just as happy with chicken nuggets. Hey, I think that might be doable!

So here is what I did. I took 2 boneless chicken breast halves and cut them into 'nugget' size pieces. I then used the breading recipe provided by Mrs. Owen by mixing together ½ cup flour with ½ teaspoon salt and ¼ teaspoon pepper. I put the flour mixture in a zippered plastic bag and placed the still wet chunks of chicken in it and gave it a good shake. I left this to sit, giving it a shake now and then while I heated the oil for the deep fry to come. When the oil got to about 375 degrees in went the nuggets. I deep fried them to a golden brown and drained on a paper towel lined plate.



Now that was easier than I expected. I got my fried chicken and it wasn't *too* much trouble. It was good but not quite what I had been craving. Not enough crunchy coating and not enough flavor. So I guess it's off to MCL for some real fried chicken. Maybe I will see you there.

Douglas Carpenter is an avid recipe and cookbook collector. He has over 400 cookbooks in his library and he has published two cookbooks of locally-collected recipes. He has won sweepstakes and blue ribbons in the Culinary Arts division of the Indiana State Fair. Email your cooking questions to douglas@broadripplegazette.com

49th and College Development: Part II

By Ashley Plummer

ashley@broadripplegazette.com

In my first article focusing on the need for redevelopment at the 49th and College intersection, I went into the history surrounding not just the corner, but the Meridian-Kessler Neighborhood as a whole. As with any community—and any request, for this matter, I felt the need to set the foundation for the importance of this development.

Moving forward with the area's history of being a thriving community and not wishing to continue seeing the neighborhood stray further and further from that image, I want to focus on the need for the 49th and College intersection to follow "Smart Growth" by design for its redevelopment plan.

For the quick read, this is what Smart Growth wishes to achieve:

- Create better walkable road systems within walkable communities
- Complete streets with multi modes of transportation
- Work with density done well—mixed use housing and commercial outlets in our historical nodes (re-using and redeveloping).
- Create and maintain more Pocket Parks to reconnect our neighborhoods and our communities

While the above focuses on what Smart Growth by design wishes to create, there is one thing it works to destroy—**urban sprawl**.

Indianapolis residents, especially those living outside the 465 loop, should not be strangers to the idea of "urban sprawl." For decades now, current development patterns appear to have been dominated by the idea.

However, with the very noticeable degrade of numerous great American cities, communities across the United States are realizing that this sort of development is not contributing to the long-term interest of cities and neighborhoods. In fact, outward development is a key component (if not, the MAIN component) behind the death of community oriented development—which is exactly what Smart Growth wants to bring back to life.

Through educational initiatives and further research behind urban development and planning, citizens are finally questioning the costs of abandoning inner-city infrastructure and building further out—and after looking at the facts, it's hard not to ask, are there ANY benefits beyond the costs of contributing to sprawl?

It has been estimated that if humans continue our current practice of building further and further out, by the year 2050 we won't have any land left (a good question to ask—where do we intend to grow our food?). By asking our political representatives to focus on developments that use Smart Growth by design is not by any means asking them to reinvent the wheel, but instead asking them to focus on what we already have and create environmentally friendly, walkable and

sustainable communities.

This is where the development at 49th and College comes back in. As mentioned in the previous article, this intersection is located in the heart of the Indianapolis walkable grid (check out www.Uptown-Indy.com for the satellite view). Using the grid system that Indianapolis was historically built on, 49th and College has the potential to connect numerous community amenities that are already in place as well as future potential developments.

Those already in existence include the Meridian-Kessler Neighborhood, the Monon Trail, and all the already-developed intersections north to Broad Ripple. Future benefits include a mass transit station at 46th and Keystone and the intersection south leading to downtown—things that can and will be developed in the future if our government leaders focus on Smart Growth by design.

In the simplest manner of speaking, I am asking government leaders to take a step backwards and look back to the thriving communities that existed at the turn of the century when barely anyone had cars. In my next article I will discuss how, beyond some popular beliefs, turning time back is the most fiscally sound choice our elected officials can make.

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