



COOK UP THRIFTY AFRICAN CHICKEN STEW FOR KWANZAA

This chicken peanut stew is an adaptation of a tasty dish that was often prepared for celebrations in the village where I lived years ago in the Republic of Congo. Extended families would sit around a table with a large cooking pot in the center filled with the steaming stew. We ate together as I listened to traditional stories of their past.

And now, when we make this thrifty and tasty stew in our home, my family does the same. Share this recipe and your stories with family and friends as you celebrate Kwanzaa and other special events in the coming new year.

- Here is what you'll need for 6-8 servings:
- One 3 to 3-1/2 pound fryer chicken, cut up
 - 1/2 cup flour
 - 2 tablespoons peanut oil
 - 1 14-ounce can stewed tomatoes, drained
 - 1 large sweet potato, peeled and cubed
 - 1 large onion, chopped
 - 1/4 cup canned chopped chilies, mild or hot to taste (optional)
 - 1 teaspoon salt
 - 2 cups chicken broth, canned or fresh
 - 1/2 cup chopped unsalted peanuts
 - 3 hard-boiled eggs (optional)
 - Chopped parsley garnish

Preheat the oven to 350 F. Let your child measure and pour flour into a clean plastic or paper bag. Shake the chicken in the flour. An adult may fry the flour-coated pieces in the oil for several minutes in a large frying pan, until golden brown. The chicken doesn't need to be cooked through at this stage.

Place the chicken in a large ovenproof casserole dish or stew pot. Let your child add the tomatoes, sweet potato, onion, chilies and salt. Pour the chicken broth over the chicken and sprinkle with the chopped peanuts. Cover and place in the oven for 1 hour.

When the stew is finished cooking, if you wish, slice the peeled hard-boiled eggs in half and arrange them around the edge of the steaming stew. Sprinkle with fresh parsley. Place at the middle of the table along with a bowl of rice and serve with a big spoon.

Parenting Tip: Some people like their chilies mild, others hot. Many kids prefer to skip them altogether! If your kids would rather not have them, it's better to put the chilies on hold and make a dish the whole family can gather around.

Donna Erickson creates relationships and community through food and fun. Find more to nourish and delight you at www.donnaerickson.com.
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CELEBRITY CIPHER
by Luis Campos

Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ E Z R T D K F X F V R T E Z V F / A M E E W F
Y V F E E D F T E T D I W E E Z T F F / D T E W F
W Z N N R E W J E S D N N A F / Z K R Z M V Z S K
P V Z K E H Z Z V . ” — L F V F H D E W S D N N T Z K

Previous Solution: “It doesn't show signs of stopping ... / The lights are turned way down low / Let it snow! Let it snow! Let it snow!” — Sammy Cahn

TODAY'S CLUE: *F equals F*

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CELEBRITY CIPHER
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Celebrity Cipher cryptograms are created from quotations by famous people, past and present. Each letter in the cipher stands for another.

“ G E N D W H V S E J R W B B J C F J C F / Z W X ' B
A W K E Z Z G ; I W R T X D W D H Z Z B U J X D
A E N F D B E M D E Z Z G . ” — K E D C C G P H V T B

Previous Solution: “Toys in every store / But the prettiest sight to see / Is the holly that will be / On your own front door.” — Meredith Willson

TODAY'S CLUE: *G is tenba*

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7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES	SOLUTIONS
1 from Madrid or Seville (7)	_____
2 sizable simians (8)	_____
3 hung on like a burr (5)	_____
4 brotherhood (10)	_____
5 flattened, in a way (6)	_____
6 spunky attribute (9)	_____
7 constructive (10)	_____

AN	SP	GOR	UNG	AS
ILL	FR	FIE	ESS	TY
UIL	UPB	ISH	ATE	IRO
DING	NED	RIN	RNI	CL

Saturday's Answers: 1. SOPPING 2. CONVEY 3. SLAMMER 4. NEGATE 5. TANGIBLE 6. SINGLETONS 7. SUBMISSION 12/22

7 LITTLE WORDS

Find the 7 words to match the 7 clues. The numbers in parentheses represent the number of letters in each solution. Each letter combination can be used only once, but all letter combinations will be necessary to complete the puzzle.

CLUES	SOLUTIONS
1 similarity (11)	_____
2 did not stop (9)	_____
3 activity in proofing stage (6)	_____
4 like Rothko works (8)	_____
5 equine passenger (5)	_____
6 "attempt" at writing (5)	_____
7 ragged quality (10)	_____

AY	CON	RES	RIS	LA
NCE	DER	TIN	AB	RI
UED	UN	STR	EMB	NNE
EVE	SS	ESS	ACT	ING

Monday's Answers: 1. SPANISH 2. GORILLAS 3. CLUNG 4. FRATERNITY 5. IRONED 6. FIERINESS 7. UPBUILDING 12/23

CROSSWORD

ACROSS

1 Root beer brand owned by Coca-Cola

6 Tightly closed

10 Smile joyously

14 Indigenous Alaskan

15 Work hard for

16 Feminine Spanish pronoun

17 Roman robes

18 Rather often

20 Jackie on the Hollywood Walk of Fame

21 Mardi Gras, for one: Abbr.

22 Selling point

23 In large quantities

27 Name on a former lake in Central Asia

28 "Guys and Dolls" composer Frank

32 "Been __, done that"

35 Chapel bench

36 Med. plan option

37 Taunting remark

42 Chicken __ king

43 Hundred Acre Wood joey

44 Cropped up

45 Antarctic body of water with penguin rookeries

48 "Othello" frenemy

50 NHL legend known as "The Great One"

55 Poker buy-ins

58 Final tally

59 Prefix with -gram

60 Handmade backyard nest box, and an apt description of 18-, 23-, 37-, and 50-Across

63 Hollowed out

64 Crossword hint

65 Finds a purpose for

66 Blender setting for pumpkin pie filling

67 "As __ on TV"

68 "Devil Inside" band

69 Ring-shaped island

DOWN

1 Baker's sheetful

2 "Welcome to Maui!"

3 Middle daughter of King Lear

4 Difficult situation

5 MA, ME, MI, and MO, but not MU

6 Follow-up film

7 Rutger of "Blade Runner"

8 Ocean State sch.

9 Blasting letters

10 __ of burden: plow-pulling animals

11 Letter-shaped pipe joints

12 __ vera gel

13 "The Simpsons" creator Groening

19 "At __, soldier!"

21 FDR energy project

24 Dirt pie cookie

25 Escape in a hurry

26 Ames locale

29 "Go on, git!"

30 Big birds of Australia

31 Learning by repetition

32 Salty drop

33 Sainly glow

34 Airport pickup firs.

35 Vietnamese soup

38 Manhattan Project scientist Harold

39 Multicolored horse

40 All the __: very popular

41 Brings forward for display

46 Country between Finland and Norway

47 Merit badge holder

48 "Well, maybe"

49 Sleeve

51 English county south of Suffolk

52 Masked vigilante whose name is Spanish for "fox"

53 Genuefact

54 Alpine song

55 School basics

56 Aswan's river

57 Factual

61 French yes

62 Top Gun org.

63 Audit firm pro

ANSWER TO TODAY'S PUZZLE:

12/23/25

By Alan Olschwang
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