



Ron Lyons

A Lyon Who Loves Chicken

Ron Lyons of Walnut Creek, friendly-voiced show host on Radio KNBR, casually describes his popular daily 1-4 pm show as "Fun & Games Time." He gets serious about a recipe, however, and chooses to share a special old Mississippi treat which his wife, Lana, serves once a year on his birthday. (And guess who gets the Lyons' share?)

Swiss Potato Soup

- 4 or five large potatoes, peeled and thinly sliced
- 2 T chopped celery leaves
- 5 green onions
- 2 T each flour and butter or margarine
- 3 cups milk
- 1/2 cup finely chopped parsley (or flakes)
- dash pepper
- 1 1/2 cups shredded Swiss cheese

Place potatoes in large pot and add enough water to cover. Add celery leaves and 3 of the chopped onions. Bring to boil and simmer until potatoes are tender. Remove from heat and mash. In separate pot, melt butter and blend in flour. Gradually add milk over low heat and stir until mixture thickens. Add potatoes. Add remaining chopped onions, pepper and parsley until it looks good and tastes great. Cover and let stand a few minutes. Pass shredded cheese when you serve soup.



Photo by Bailey & Kerns Photography

Baked Sesame Chicken

- 1 3 lb. frying chicken, cut into pieces
- 1/2 cup flour
- 2 t sesame seeds
- 2 t paprika
- 1 t salt
- 1/2 t baking powder
- 1/2 t black pepper
- 1/2 cup whole milk
- 1 egg
- 1 stick margarine

Lightly beat egg and milk. In separate bowl mix dry ingredients. Preheat oven to 400° and let margarine melt in baking pan. Dip chicken pieces in the egg-milk mixture, then into flour mixture, and place skin side down in baking pan. Bake for 1/2 hour, turn chicken and bake 1/2 hour more. Just before serving, remove chicken from pan and make gravy.



Burford's Bag

Chris Burford has exchanged the pigskin for an attorney's shingle, his uniform for his business suit. A Stanford and former pro football player, he's now a busy Walnut Creek barrister. When he turned to his wife, Cathi, for a fun recipe for us, she came up with a dish which she often cooks at home in Alamo. "I love it. The first time she served it, it came in a heart-shaped bag," Burford is pleased to report.