

PA Poultry Federation holds Chicken Cook-off

BY LAUREL SCHAEFFER
Staff Correspondent

FREDERICKSBURG — Ten finalists of the Pennsylvania Chicken Cook-Off Contest met at Northern Lebanon High School here last Saturday to prepare their recipes for final judging. Traveling from as far as Erie and Pittsburgh to prepare their favorite chicken dishes, the finalists were competing for a chance to go to the National Chicken Cook-Off.

Wanda Balandiat, the winner of the contest sponsored by the Pennsylvania Poultry Federation will get an all expense paid trip to the National Contest being held in Atlanta, Georgia this year, on August 6.

Wanda, a housewife from Pittsburgh, and first time entrant was selected as the winner. Her prize winning recipe Best Baked Chicken and Sauce is listed below.

Second place was awarded to Mary Rudy, Erie. Mary is employed as a writer for American Sterilizer Company, Erie, and was also a first time entrant. If for some reason Wanda Balandiat could not go to the Nationals, Mary would be her substitute. Mary's recipe was Hurry-Up Chicken Dinner.



Recent Chicken Cook-off winner, Wanda Balandiat, Pittsburgh, right, is shown with Ruby Leo, Secretary of the Pennsylvania Poultry Federation.

Finalists were selected from recipes sent into the National Broiler Council, Washington, D.C.

Once all the recipes were prepared and sampled by the judges Saturday, the contestants and their companions also had the opportunity to sample the entries.

Judging the contest were: Delphine Lynch, housewife, Harrisburg; Dr. Willie Payne, Grimes Poultry Processing, Fredericksburg; and David Brown, Sheraton Inn East, Harrisburg.

Other contestants were: Anna Boiman, Philadelphia; Shirley DeSantis, Bethlehem; Isobel Gridley, Gettysburg; Sister Marguerite Marie, Pen Argyle; Jane Maulfair, Macungie; Susan Phillips, Lancaster; Judy Reynolds, Edinboro; and Pia C. Tobias, Shillington.

BEST BAKED CHICKEN AND SAUCE

1 broiler-fryer chicken, cut in parts
1/4 cup flour
7 tablespoons margarine, divided
1 large onion, diced
1 1/4 cups sliced fresh mushrooms
1 can (10 3/4 oz.) cream of mushroom soup
2/3 cup undiluted evaporated milk
1/2 cup grated process American cheese

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1/2 cup grated Swiss cheese
1/2 teaspoon salt
1/4 teaspoon dill weed
1/8 teaspoon pepper

In a shallow dish, place flour. Add chicken, one piece at a time, dredging to coat. In large shallow baking pan, place 4 tablespoons of the margarine. Melt in oven. Remove. Place chicken, skin side down, in single layer, in margarine. Bake, uncovered, in 425°F. oven for 30 minutes. Turn chicken and continue baking about 15 minutes longer or until brown. Remove chicken and turn oven to 325°F. Drain excess drippings from pan.

In medium saucepan, place remaining 3 tablespoons margarine and melt over medium heat. Add onion and saute about 5 minutes or until golden; stir in mushrooms and continue cooking about 3 minutes longer. Add mushroom soup, milk, American cheese, Swiss cheese, salt, dill weed, and pepper. Stir well and pour over chicken.

Cover and bake in 325°F oven about 15 minutes or until sauce bubbles and fork can be inserted in chicken with ease. Makes 4 servings.

Wanda Balandiat, Pittsburgh

HURRY-UP CHICKEN DINNER

2 whole broiler-fryer chicken breasts, halved, boned, skinned, cubed

1/2 cup water
1 can (11 oz.) mandarin oranges, drained, reserve juice
1/4 cup soy sauce

2 teaspoons cornstarch
2 chicken-flavor bouillon cubes, crushed

1/4 teaspoon garlic powder

1/4 teaspoon ground ginger

2 tablespoons cooking oil

1/2 pound mushrooms, sliced

1/2 pound broccoli, cut in 1 1/2-inch pieces

1 carrot, sliced

3 green onions, white and green parts included, sliced

1 can (8 1/2 oz.) water chestnuts, drained, sliced

1/2 cup cashews

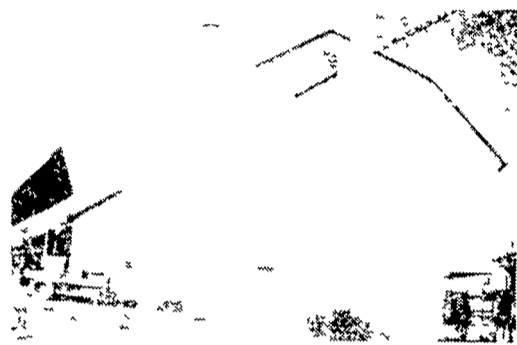
In a small bowl, make sauce by mixing together water, juice from mandarin oranges, soy sauce, cornstarch, bouillon cubes, garlic powder and ginger; set aside and reserve. In wok or large frypan, place oil and heat to medium-high temperature. Add chicken and stir-fry about 3 minutes or until brown. Add mushrooms, broccoli, carrot, onions, water chestnuts, and cashews, stirring briefly after each addition. Cook about 4 minutes or until vegetables are tender-crisp.

Add sauce mixture. Cook, stirring, about 4 minutes until mixture boils and becomes slightly thick. Add mandarin oranges; cook a few seconds. Serve over rice. Makes 4 servings.

Mary Rudy, Erie

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