

## Maryland cook wins chicken cooking contest

SALISBURY, Md. — A suburban Washington, D.C. grandmother who started thinking of new chicken recipes about 10 years ago, Ruth E. Dykes of Beltsville, Maryland, won first place in the 1984 Delmarva Chicken Cooking Contest held in Salisbury, Maryland.

Mrs. Dykes took top honors with a dish titled "Stuffed Chicken With Apple Glaze" which uses a whole chicken packed with a prize-winning stuffing consisting of a stuffing mix, grated apple, grated lemon peel, chopped walnuts, raisins and chopped celery. The bird is then baked and brushed with an apple jelly based glaze.

For her winning dish she will be off on a 10-day trip to Hawaii with \$1,000 cash, plus receiving a Frigidaire microwave oven and other household items from Sunbeam, Wear-Ever, McCormick's and the Delmarva Gas Association.

A retired secretary and department store sales person, she took up cooking contests about a decade ago and has entered a number of events, including past Delmarva Chicken Cooking Contests.

Experience in chicken cooking contests also played a hand with the second place winner of the 1984 event, Betty S. Judy of Broad Run, Virginia. Her prize-winning dish is titled "Chicken 'n Cabbage Casserole." She, too, has been a finalist in numerous cooking contests, including the Delmarva event.

Mrs. Judy describes herself as a housewife who wanted to "experiment in serving chicken in a different way", and obviously the judging panel agreed that she

indeed had performed the task well.

Third place honors in the contest went to Gloria Ann Piantek of Skillman, New Jersey for her low-salt creation, "Summertime Chicken Amandine." She also is a veteran of many cooking contests including the National Chicken Cooking Contest.

The 1984 Delmarva event marked the beginning of a new contest format. The Delmarva Chicken Cooking Contest is now being held every other year. Two contestants are selected from each of 12 northeastern states and the District of Columbia, the area where Delmarva produced poultry is marketed.

This year's cooking contest was not open to the public and was held without the traditional "Delmarva Chicken Festival." A strict program of isolation to prevent the spread of avian influenza to Delmarva's \$860-million poultry industry resulted in the decision to defer the festival until 1985.

Those sponsoring, assisting and judging the contest were all in agreement that the array of dishes prepared by the cooks was the best in many years and the judging panel went through numerous ballotings before deciding on the winners.

The contest is sponsored by the region's poultry trade association, Delmarva Poultry Industry, Inc., with assistance from numerous local volunteers and commercial firms in a joint effort to promote chicken.

To receive the cookbook containing the 1984 recipes, send \$1.25 to Delmarva Poultry Industry, Inc., RD 2, Box 47, Georgetown, DE 19947.



Stuffed Chicken With Apple Glaze, the entry of Ruth E. Dykes of Beltsville, Md. (center), was chosen the best chicken recipe in the 1984 Delmarva Chicken Cooking Contest. Sharing honors with Mrs. Dykes were Betty S. Judy of Broad Run, Va. (left), who placed second, and Gloria A. Piantek of Skillman, N.J. (right), third place winner.

Ruth Dykes winning recipe follows.

### STUFFED CHICKEN WITH APPLE GLAZE

1 whole broiler-fryer chicken  
½ teaspoon salt

¼ teaspoon pepper  
2 tablespoons cooking oil

Stuffing: recipe follows

Apple Glaze: recipe follows

Sprinkle inside of chicken with salt and pepper; rub outside of chicken with oil. Place stuffing in

cavity of chicken. Place chicken in baking pan; cover loosely with foil. Roast in 350° F. oven about 1 hour. Brush chicken with glaze. Roast, uncovered, 30 minutes longer or until leg moves freely when lifted or twisted, brushing frequently with glaze. Makes 4 servings.

Stuffing: In bowl, mix according to package directions 1 package (5 ounces) chicken flavor stuffing

mix. Add 1 cup grated apple, ½ teaspoon grated lemon peel, ¼ cup chopped walnuts, ¼ cup raisins and ¼ cup finely chopped celery; mix thoroughly.

Apple Glaze: In small saucepan, place ½ cup apple jelly, 1 tablespoon lemon juice and ½ teaspoon ground cinnamon. Simmer, stirring, 3 minutes or until blended.

## Peggy Kovacs wins Pa. Beef Cook-Off



Peggy Kovacs, Bethlehem, holds her Italian Gyro Loaf that helped her win the Pennsylvania Beef Cook-Off.

BY SUZANNE KEENE  
SHIREMANSTOWN — Peggy Kovacs, Bethlehem, took top honors in the Pennsylvania Beef Cook-Off with her Italian Gyro Loaf recipe this week at Trinity High School in Shiremanstown.

Eight cooks competed for the top prize of \$125, an engraved plaque and one-half of the actual expenses to travel to the national beef cook-off in Albuquerque, New Mexico in September.

Peggy said her recipe is a good one for working women who don't have a lot of time to spend in the kitchen. The recipe, which features cheese and green beans rolled in ground beef, takes only 15 minutes to prepare and one hour and 15 minutes to bake.

Italian Gyro Loaf makes a good meal for company or family, and can be served alone or with potato and salad for a more substantial meal, she said.

Entering her first cooking contest at 13, Peggy says she enjoys entering the contests and gets incentive from winning. She said she learned much about cooking by observing her parents, both of whom have won cooking contests.

Second-place honors went to Lorraine Alaimo, Peckville, for her Rolled Steak with Wine Sauce recipe. Lorraine said this was the first cooking contest she had entered and was shocked that she did so well.

Her entry, which consists of cubed beef steak filled with bread crumbs, crumbled egg and chopped onion, is a modification of one her mother's recipes. Lorraine said she changed some of the ingredients in the recipe to suit her husband's taste.

Sandra Nocivelli, Apollo, was the third-place winner, with a Linguine Beef Florentine recipe. Sandra won second place in last year's beef cook-off.

She said she started on this year's recipe soon after last year's

contest was over and prepared it about two times a month for six months before she was satisfied with the results.

When she started developing the recipe, she used round steak, but found that the finished product was too dry, so she substituted ground beef.

Fourth-place honors went to Ruth Hazuda, Monongohela, for her Real Texas Chili recipe. The recipe works well alone, she said, or it can be served with pinto beans, sour cream and a lime wedge.

"It all depends on what your taste is," she explained.

The recipe's main ingredients are beef, beef broth and and seasonings, resulting in a fairly mild dish.

Judges for the event were John McIntyre from Saga Food Service, Harrisburg; Silvio Giusti from Alva Restaurant, Harrisburg; and Elaine Cara from the Pennsylvania Poultry Federation, Harrisburg.

The event is co-sponsored by the Pennsylvania Beef Council, the Pennsylvania Department of Agriculture, the Pennsylvania Cattlemen's Association and Moyer Packing Company.

Peggy's recipe is this week's featured recipe printed on page B8. Below are the other winner's recipes.

### ROLLED STEAK WITH WINE SAUCE

1½ pounds cubed beef steak (5-6 pieces chuck, round or rump), the thinner the better

3 hard boiled eggs (remove shells, crumble or mash and set aside)

1 cup Italian flavored bread crumbs

3 tablespoons finely chopped onion

1 cup dry white wine (sauterne, chablis, etc.)

Cooking oil  
Salt and pepper

Try to select pieces of steak that are similar in size so they will all require the same amount of cooking time and so that the steak rolls are about the same size.

Trim any fat from cubed steak. Sprinkle steak pieces with salt and pepper according to your taste. Then over each piece in this order; first the bread crumbs, then the crumbled egg, last the finely chopped onion.

Next roll each piece of steak and secure with wooden picks. On top of stove, heat frying pan with enough cooking oil to cover bottom of pan. Start with high heat - place steak rolls in pan and braise, turning often so the rolls are browned evenly all around. About 5-7 minutes. Now reduce heat to medium-low and cover pan. Rotate steak often so it cooks uniformly and thoroughly. By covering the pan, it creates a steaming effect and the steak should be cooked through in about 15 - 20 minutes.

Remove steak rolls from pan and place on paper towel. Heat pan drippings until bubbling (high heat). Add the wine and stir constantly until wine and drippings start to boil down. You should have a brown juice. Lower heat and place steak rolls back in pan for a few minutes, turning on all sides so that they soak up some juice. Turn stove off.

Remove from pan, then carefully remove picks. Now slice each steak roll into ½-inch thick slices. Arrange on serving plate and pour remaining juice (wine sauce) over the top and serve.

### LINGUINE BEEF FLORENTINE

2 pounds ground beef

½ cup Parmesan cheese, grated

½ cup Italian flavored bread crumbs

1 teaspoon salt

½ teaspoon black pepper

1 egg, lightly beaten