



Top winners in Pa. Lamb Cook-off include, from the left, Valeda Stevens, first, Sweet 'N Sour Oriental Lamb; and tied for second, Gloria Bove, Bethlehem, Italian Lamb 'N Spinach Torta; and Deborah Yandric, Middletown, Elegant Lamb Quiche.

## Wayne County woman wins Pa. lamb cook-off

GREENCASTLE — Sweet and Sour Oriental Lamb caught the judges' eyes and tastebuds at the Pennsylvania Lamb Cook-Off Contest Saturday in Greencastle, Franklin County.

Valeda Stevens of Newfoundland, Wayne County, took first place honors, receiving \$50, selected lamb cuts donated by the Appalachian Lamb Company of Greencastle, and a lamb cookbook. Her recipe blended a tantalizing sweet and sour sauce with fresh American lamb. Mrs. Stevens presented her recipe with small lamb figures, cut from thinly-

sliced carrots for eye appeal.

The Pennsylvania Lamb Cook-Off Contest was held in conjunction with the Grand Opening of Appalachian Lamb Company, the East Coast's newest lamb slaughter facility featuring carcass, boxed and Kosher kill lamb and veal.

Two women, Deborah Yandric of Middletown, Dauphin County, and Gloria Bove of Bethlehem, Lehigh County, tied for second place. "It's

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## Beef Cook-Off

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2 tablespoons chopped parsley  
1 10-ounce package frozen chopped spinach, defrosted and drained  
6 slices Mozzarella cheese  
¼ teaspoon Italian seasoning, set aside for later

Mix together ground beef, parmesan cheese, Italian flavored bread crumbs, salt, pepper, egg, and parsley. Roll out between waxed paper. Spread beef mixture with the spinach and top with the mozzarella cheese. Roll up jelly roll fashion. Set aside.

Meanwhile saute 1 medium chopped onion and 1 minced clove garlic in 2 tablespoons butter until golden. Pour onion and garlic mixture into the bottom of a 13 X 9-inch baking dish, place meatloaf on top of mixture and sprinkle with the ¼ teaspoon Italian seasoning. Bake uncovered at 350°F. for 45 minutes.

### SAUCE

1 15-ounce can tomato sauce  
2 tablespoons flour  
2 tablespoons red wine

Combine the tomato sauce, flour, and red wine together. Pour over meatloaf and return to the oven for 15 more minutes. Cook 1 pound linguine noodles according to package directions while the meatloaf is finishing baking. Drain noodles well.

Carefully remove the meatloaf from the baking dish, set aside. Combine the linguine noodles with the remaining sauce and place in large serving bowl. Slice the meatloaf and place on top of the linguine mixture. Garnish with fresh parsley to make this dish even more colorful. Serve at once.

### REAL TEXAS CHILI

3 pounds of boneless chuck, cut into 1-inch cubes  
2 teaspoons of vegetable oil  
2-3 cloves of chopped garlic  
4-6 tablespoons of chili powder  
2 teaspoons ground cumin  
3 tablespoons flour  
1 tablespoon of leaf oregano  
2 (13¼-ounce) cans beef broth  
1 teaspoon salt  
¼ teaspoon pepper  
1 (15-ounce) can pinto beans (opt.)  
1 cup sour cream (opt.)  
1 lime, cut in wedges (opt.)

Heat oil in a 4-quart kettle or heavy bottom pan over medium heat. Add beef, stirring frequently with a wooden spoon until meat changes color but does not brown. Lower heat; stir in garlic. Combine chili powder, cumin and flour. Sprinkle meat with chili mixture, stirring until meat is evenly coated. Crumble oregano over meat. Add 1½ cans of the broth and stir until liquid is well-blended. Add salt and pepper. Bring to a boil, stirring occasionally. Add remaining broth, cook 30 minutes longer or until meat is almost falling apart. Cool thoroughly. Cover and refrigerate overnight to ripen the flavor. Reheat chili in top of double boiler, place over boiling water. Heat beans, drain and add to chili, if desired. Garnish chili with sour cream and add wedges of lime to squeeze over each portion.

## FARM BUREAU

### SALUTES PENNA. DAIRYMEN

## MAMMOTH SPRINGS FARM, BELLEFONTE, PENNSYLVANIA



Farm Bureau salesman Brian Parsons (r) discusses the new feeding program with Paul & Dick Hartle, owner/operators of Mammoth Springs Farm. Also shown is hired man John Horner (l). The cow is Mammoth Springs Snowball, in her current lactation she is projected to 22,162M and 1195F (5.3%).

Mammoth Springs Farm in Bellefonte, Pennsylvania is operated by Paul Hartle family. Paul and his wife Audrey have five children. They are Paula, Rose, Kathy, Martha and Dick. Dick and Martha are still at home working on the farm. Additional help is provided by one part-time hired man, John Horner.

The cropping program on this Centre County farm consists of 105 acres of alfalfa, 80 acres of corn, and 25 acres of oats.

The current herd average on 40 cows is 20,427 of milk with a 3.8% test and 771 of fat. The herd average has increased from 17,487 milk and 658 fat in December of 1982, since switching to Farm Bureau. Paul attributes this increase to improved forage quality, the

improved management and understanding of feeding high moisture shell corn, and a well ventilated barn. Paul feels that the cows eat the 40% Farm Bureau Crumbles very well. This, in addition to frequent feed programming and forage analysis, is included in the complete Fabu-Pro feeding program on the Hartle Farm. The Farm Bureau dry cow feeding program has reduced the incidence of retained placentas (only 1 last year), and ketosis (only 1 in the last 3 years), in the fresh cows. Getting the cows off to a good start, having a constant feeding program year round, and feeding a lot (16-20 lbs.) of good quality baled hay year round have contributed to the high production and outstanding test of this Centre County Dairy herd.

**Herd Average: 20,427 lbs. Milk; 771 lbs. Fat**



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