

# Cooking Gone 'Afowl'

## Delaware Chef Serves Up a Winner with Chicken and Raspberries

GEORGETOWN, Del. — Delaware how to cook for a living. Somewhere there is a group of chefs who a few years ago taught Stephen Abel of Rehoboth Beach, Delmarva Chicken Cooking

Contest held at Georgetown, Delaware, a scant 20 minutes up the road from his house.

Mr. Abel's dish, "Roast Chicken and Kiwi with Raspberry Glaze," found favor with a skilled judging panel which had some 26 varied entries to savor and evaluate.

A 1983 graduate of the Culinary Institute of America, Hyde Park, N.Y., Abel is 27 and presently a chef at Kupchick's Restaurant in Lewis Beach, Delaware. Prior to his studies at CIA, Abel studied at the New York Institute of Dietics in New York.

Cooking contests today have evolved into affairs of showmanship as well as cooking and recipe skills and Abel came attired in a formal Chef's uniform and brought along a complete set of cutlery.

His winning dish is of his own invention and employs two chicken halves, salt, pepper, melted butter, kiwi fruit and a glaze using a liberal amount of raspberry preserves with a bit of port wine and grated lemon.

A tall, athletic man, Abel makes up for his indoor work as a chef by engaging in a wide range of outdoor activities including fishing, boating, skiing and scuba diving. He lists as other hobbies cookbooks, his wife and daughter.

He has lived in a number of states and in Belgium, but says he "just loves cooking on Delmarva." His local reputation will no doubt be much enhanced by his triumph in the Delmarva Chicken Cooking Contest which in its 38-year history has seen many contestants and many winners.

As top prize winner, he will soon have the opportunity to sample culinary fare of Hawaii where he will go for an all-expense paid 10-day vacation accompanied by his wife, Evelyn Marie.

Second place honors went to Gloria Piantek of Skillman, New Jersey who proved, besides being an imaginative cook and recipe maker, she is a person of grit. A wrenched back occurring only hours before the contest couldn't prevent her from going through with her appearance. She cooked seated in a wheel chair.

Mrs. Piantek's dish was titled "Fresh Gazpacho Chicken," and utilizes chicken breasts cooked in a spiced mixture of tomatoes, carrots, celery, onions, peppers and cucumbers.

Capturing third place in the contest was Frank Mullin of Washington, D.C. who is no stranger to chicken cooking contests. He competed three times in the National Chicken Cooking Contest and once before (1984) in the Delmarva contest.

His dish, "Chicken With Cucumbers and Dill," uses skinned and boned chicken breasts prepared in a frying pan. He devised the dish with an emphasis on simplicity.

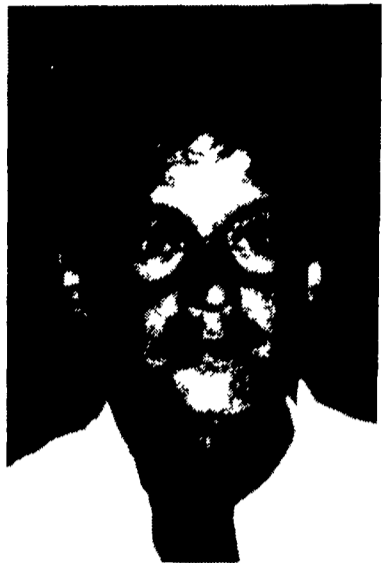
Cited for honorable mention awards were Alice Cory of King of Prussia, Pa., for her recipe "Curried Chicken Calcutta," and Ann K. Kahan, of Stuart, Va. for her "Steamed Chicken Thai Stir-Fry."

Since the Delmarva Chicken Cooking Contest began in 1949 as the centerpiece of a chicken festival, thousands of recipes have been submitted and hundreds have been cooked by entrants from across the nation. The 1986 contest drew about 3,000 entries.

The contest, sponsored by the Delmarva Poultry Industry, Inc. (DPI) as a means of highlighting the versatility of chicken, is now held every two years and is open to residents of 13 states in the Northeast. Entries for the 1988 contest are now being sought. Information can be obtained by writing: "Contest," DPI, R.D. 2, Box 47, Georgetown, DE 19947.

The complete 1986 collection of

recipes, including all 26 entered in the contest, is available in booklet form by sending \$1.50 to DPI at the above address.



Stephen Abel

First place:

**ROAST CHICKEN AND KIWI WITH RASPBERRY GLAZE**

2 broiler-fryer chickens, halved ½ cup butter, melted  
 1 teaspoon salt 4 kiwi fruit, peeled and sliced  
 ¼ teaspoon pepper Raspberry Glaze: recipe follows  
 Sprinkle chicken with salt and pepper. Place chicken, skin side up, in single layer in large shallow baking pan. Brush butter over chicken. Bake in 400°F. oven, basting frequently with butter, about 40 minutes or until chicken is fork tender. Spoon glaze over chicken. Top with kiwi slices, using 1 kiwi per half chicken. Return to oven and bake about 3 minutes or until fruit and chicken are well glazed. Makes 4 servings. Per serving: about 1,126 cal., 64 g fat, 83 g protein, 52 g carbohydrate, 1,042 mg sodium, 326 mg cholesterol.

**Raspberry Glaze:** In saucepan, make glaze by mixing together 1 jar (8 ounces) raspberry preserves, ½ cup white port wine and grated peel of 1 lemon. Simmer about 3 minutes or until slightly thick. Makes about 1½ cups.

Honorable mention:

**CURRIED CHICKEN CALCUTTA**

2 whole broiler-fryer chicken breasts, halved, boned, skinned ¼ teaspoon garlic powder ¼ cup cooking oil 1 container (8 ounces) plain yogurt ¼ cup flour 2 tablespoons lime juice ½ teaspoon curry powder Peel of 1 lime, grated ½ teaspoon cinnamon Peel of 1 lime, cut in strips ½ teaspoon ginger

In a shallow dish mix together flour, curry powder, cinnamon, ginger and garlic powder. Add chicken, one piece at a time, dredging to coat. In frypan, place oil and heat to medium temperature. Add chicken and cook, turning, about 10 minutes or until brown on all sides. Cook, covered, over low heat 15 minutes longer or until chicken is fork tender. In small saucepan, mix yogurt and lime juice. Cook over low heat, stirring constantly, until just warm. Place chicken on serving platter. Spoon about one half of yogurt sauce over chicken; pass remaining sauce. Sprinkle chicken and sauce with grated lime peel. Garnish with strips of lime peel. Makes 4 servings. Per serving: about 320 cal., 16 g fat, 31 g protein, 11 g carbohydrate, 118 mg sodium, 72 mg cholesterol.



Two Pennsylvanians who fared well in the contest were Alice Cory (left) of King of Prussia, who received Honorable Mention, and Mary Lou Dickerson of Pittsburgh, a finalist with her "Waldorf Chicken Breasts" recipe.



# BACK HOME

By Michelle S. Rodgers

Berks Extension Home Economist

**Dad's Day**

It's Father's Day 1986! It's a day set aside for remembering and celebrating our dads.

And for me . . . that's not difficult at all! You see, I'm already very much like my dad. When I look into the mirror I see that I have his nose (short and pointy, but a nice nose).

And through the years I've come to realize it is his flat feet that I have inherited! I realize, too, that my temperament resembles my father's — a quick temper, a bit of impatience, but the love of a good laugh and I hope I have at least half of the determination and the big heart that he has!

Fathers! No other position in the American family has changed as much as the father has in recent years. Fathers everywhere are being challenged with their role identity. The stereotyped view of the 50's father was the breadwinner who put in hard days at work, came home to eat a hot dinner and then asked for silence while he read the evening newspaper. This is no longer the expected role and certainly wasn't my experience.

We do know that at a very early age the child begins to recognize the differences between genders and learns most about masculinity from the father. By observing our fathers each of us learned about the role of men, the type of jobs they do, and attitudes.

Children of all ages need to spend time with dad. It's by spending time together that children learn that father is something more than a disciplinarian, or policeman, or just the breadwinner! Time spent together with dad helps children see him as a warm and accepting person — a person with feelings.

Summertime offers many opportunities for a father to spend time with his children doing things. A father can develop and deepen the relationship that he has with

his child through this time. It also provides an opportunity to communicate, sharing values and interests and opens the lines of communication to discuss problems now and in the future.

In this liberated world we live in, I think a glorious addition would be daddy traditions for everyone! We enjoyed many such traditions. The endless work of farm life meant that many of "our" traditions encompassed farm work . . . but nonetheless provided opportunities to develop a special relationship with Dad.

My senior year in high school I was "promoted" (?) to the morning milking assistant. Every morning, Dad faithfully recited "It's time to get up, Sis!" and we'd make our way to the barn. We didn't necessarily talk much — but we worked together.

Quite a few hours of childhood were spent together raising 4-H animals . . . with Dad teaching everything from putting the halter on, to trimming toes!

I think my Dad was the inspiration behind the family routine of sitting on the porch while it rained. He also was in charge of the cranking of the homemade ice cream, which he always turns at the end when it gets hard.

Dad has also served as driving instructor. While both Mom and Dad "suffered" through four student drivers . . . Dad tackled teaching me to drive the stick-shift truck. And then, there was a letter sent to me during my freshman year in college at a time when I thought I just couldn't continue. Enclosed was a poem "Don't Quit" which hangs on my wall to this day.

So you see, time spent together with fathers is well spent. What is happening is the development of a relationship between father and child that deepens — and pays dividends — now and in the future. It sure has for me! Thanks and Happy Father's Day, Dad!

# Family Living

