

Veal Cook-Off Winners

WILLIAMSPORT — The first annual Pennsylvania Veal Cook-Off was held at the Williamsport Area Community College's Le Jeune Chef Restaurant in Williamsport, PA on Tuesday, August 18.

Ten veal recipes and three alternate recipes were prepared by students and instructors at the culinary school. They were assisted by Lou Ann Smith of Our House Restaurant in Canton, PA.

PA Veal Ambassador, Stacy Bagley, was present for the event and served the judges the prepared dishes.

The judges final selections were announced at 2:30 Tuesday afternoon, by Chip Lines-Thomas, Veal Cook-Off Chairperson.

The first place recipe, winning \$200, was submitted by Helen Skovira of Plymouth, and was titled "Lemony Veal Chops." This unique and simple entree had six veal chops being baked in an onion and lemon sauce. The sauce used lemon pudding made with skim milk.

"I always make this recipe using one can of lemon pie filling," said Helen. "It is a lot easier that way. However, my husband, Stephen, has a heart problem and we adapted the recipe to allow him to still enjoy the dish, and of course it has lower calories using the skim milk pudding."

The second place recipe was Minted Veal Patties submitted by Grace Elmi of Hershey. Mrs. Elmi won \$150.

A Veal Scallopine recipe sub-

mitted by Mary K. Vandenburg of Harrisburg took the third place \$100 prize.

Mrs. Vandenburg was delighted with her placing, sharing with everyone that her son, a chef, had made fun of her for entering her recipe. "The only two things I cook are Veal Scallopine and Fudge," she told everyone. "I am just thrilled that you chose my recipe for the cook-off and then it took third place."

Gloria Bove of Bethlehem won \$75 for her Mexatalian Salad, Miss Bove, who delighted the committee with several different veal recipes, used cubed veal cutlet, spinach, avacado, red onion and ripe olives together with several spices and chilies, tossed with local Italian dressing in producing this dish.

One of the three men in the finalists, John Buehler of Montoursville took the fifth place \$50 prize with "Veal Furhmann". Buehler, who also prepared his own recipe, browned the veal chops in a cast iron skillet, and then added evaporated milk and swiss cheese before baking.

Over 300 requests for official forms were fulfilled and 51 recipes were entered for final selection in the cook-off.

"Approximately fifty people gathered to watch the entrees being displayed, photographed and sent in to the judges," Mrs. Chip Thomas noted. "We invited everyone present to sample the "leftovers" in a buffet setting. This seemed to be a popular event as everyone got

to sample the various dishes and decide on their favorites while they awaited the judges tally."

Judges for the first annual PA Veal Cook-Off were Eleanor Yarrison, Lycoming County Nutritionist and Home Economist for the extension service; Betsy Miller, Food Editor at the Grit Newspaper and Gerald "Arnie" Kriner, Administrative Assistant to Senator Roger A. Madigan.

All of the veal used in the Veal Cook-Off was Premier white, milk-fed fancy veal donated by Walter and Jane Newton of Formula One Veal feeds and Kenny and Ruth Potter of P&N Packing.

"I feel that we learned a lot during our first year of holding a state cook-off," stated Mrs. Thomas. "I appreciated all the help from my committee - Kathy Roberts, Carol Jones and Regina Bagley. Already we have discussed ways of improving it in future years."

A brochure is currently being designed with the finalists recipes to appear in the pamphlet. Anyone wishing to obtain a copy may send a self addressed stamped envelope to: Veal Cook-Off PO Box 125, Monroeton, PA 18832.

Following are the top two winning recipes.

**1st Place -
LEMONY VEAL CHOPS
HELEN SKOVIRA,
Plymouth, PA**

- 6 veal chops or steaks about 1/2 inch thick
- 1 large onion (sliced thin)
- Lemon instant pudding w/skim milk (or 1 16-oz. can of lemon pie filling)
- 1/2 cup water
- 1/4 cup white vinegar
- 3 tbsp. soy sauce
- 1/2 lb. cooked wide noodles.

Brown veal in oil, season with salt & pepper. Place veal in baking dish, single layer, top with sliced onion. Combine pie filling, water, vinegar and soy sauce. Spread evenly over veal and onion. Cover and bake in 350 degree oven for one hour until veal is tender. Serve over hot cooked noodles.

**2nd Place
MINTED VEAL PATTIES
GRACE ELMI,
Hershey, PA**

- 1 1/4 lb. ground veal shaped into four patties, 1/2" thick
- 4 tablespoons olive oil
- 1/4 tablespoon Worchestershire sauce



Helen Skovira of Plymouth displays her winning entree made with veal chops baked in an onion and lemon sauce.

- 4 tablespoons unseasoned whole wheat bread crumbs
- 2 tablespoons grated Parmesan Cheese
- 2 tablespoons chopped fresh mint leaves
- 2 tablespoons parsley
- 1/4 teaspoon garlic powder
- 2 teaspoons onion powder
- salt and pepper to taste - if desired
- 1/2 cup stewed tomatoes

In a glass, shallow baking pan, combine the olive oil with the Worchestershire sauce. Place patties in pan, turning to coat both sides with the oil.

Combine the crumbs, cheese, herbs and seasonings. Cover top of patties with this blend. Top each patty with some stewed tomatoes. Bake in a preheated oven of 350 degrees for approximately 35 minutes or till done.

Buttered peas will make a good accompaniment to this dish.

This is an original recipe of mine. Note: If fresh mint is not available, one teaspoon of dog, ground mint may be substituted. However, the fresh mint is preferable.

Lawn Making Time

Are you planning to seed a new lawn or renovate an old one? If so, plan to do it now, rather than next spring, urges Susan Goldsworthy, Delaware Co. Extension Horticulturalist. You may feel more ambitious in undertaking such a project next spring, for the good of your lawn, do it now.

During this time, cooler weather and favorable soil conditions return. These conditions are ideal for better germination and establishment of the grass. Among other benefits of seeding lawn grasses this time of year is the less trouble you'll have with weeds, particularly crabgrass. Crabgrass begins to

die during late summer, but it starts to germinate in the late spring.

The young seedling grasses are not faced with the high temperatures and frequently insufficient soil moisture so common with spring seedlings. Usually, there is no need for watering during the late summer-early fall period to obtain germination of the lawn grasses. By seeding at the right season you can ensure your chances of success. You can get detailed information on making a new lawn or renovating an established lawn from your county agricultural agent.



Four of the top five winners in the Pa Veal Cook-off pictured from left: John Buehler, Montoursville; Helen Skovira, Plymouth; Gloria Bove, Bethlehem and Mary Vandenburg of Harrisburg.

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