

# Chefs Demonstrate

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cooking demonstrations. Last year Potter worked solo, but recruited Huszti this year when the length of each meat's demonstration was expanded as was the tent size. Both chefs cooked four different meals with each type of meat.

"We find people are very interested in what we are doing," commented Potter. "They are looking for new, innovative ways to present classic meats. They also are interested in low-calorie and nutritious meals."

Below are three of the recipes that Huszti and Potter cooked.

## PORK PRIMAVERA

1 pound pork tenderloin, cut into 2x½ x¼ -inch strips  
2 cloves garlic, minced

1 tablespoon olive oil  
4 green onions, sliced  
1 zucchini, grated into coarse pieces  
½ pound fresh peas  
8-10 cherry tomatoes, halved and drained

½ teaspoon oregano  
½ cup apple juice  
½ cup grated Parmesan cheese  
2 cups fettucine, cooked

In a large frying pan, saute garlic and pork strips in oil until lightly browned. Add vegetables and seasonings. Simmer for a few minutes, stirring, until moisture is almost gone. Add wine and simmer to reduce liquid. Pour over pasta, toss all together with cheese. Serve immediately. Serves 4.

## LAMB STIR FRY

2 teaspoons vegetable oil  
6 ounces cooked lamb strips  
2 cups sliced bok choy  
2 small carrots, julienned  
¼ cup sliced celery  
2 tablespoons finely chopped onion

½ cup plum preserves  
1 tablespoon lemon juice  
2 teaspoons prepared mustard  
Cooked rice

1 green onion with top, sliced  
In frying pan, heat oil over medium-high heat; add lamb, bok choy, carrots, celery and onion. Cook and stir 3 to 4 minutes, or until vegetables are crisp-tender. Remove and keep warm. In same pan, heat plum preserves, lemon juice, and mustard for two minutes or until bubbling. Drain lamb mixture, if necessary. Add lamb mixture to plum sauce; stir to blend

well. Serve over cooked rice and garnish with green onion. Makes two servings.

## VEAL CUTLETS WITH PLUM SAUCE

1 pound veal cutlets, cut ¼ to ½ inch thick

4 ripe purple plums, halved and pitted

½ cup port wine  
1 tablespoon each mango chutney and sugar

1 tablespoon lemon juice  
½ teaspoon salt

Cut 2 plums into 8 wedges each, reserve. Chop remaining plums. Place chopped plums and wine in large saucepan. Bring to a boil. Reduce heat, cover tightly and simmer 15 minutes. Meanwhile, place each veal cutlet on a flat surface. Cover with waxed paper and

flattened with bottom of saucepan, mallet, or cleaver to ¼ inch thickness, reserve.

Place cooked plum mixture in blender container or food processor fitted with a steel blade. Add chutney and sugar, cover and process 15 to 20 seconds. Return mixture to saucepan; add reserved plum wedges. Cook, covered, over low heat 5 to 7 minutes. Meanwhile, heat heavy non-stick frying pan over medium-high heat three minutes. Quickly cook cutlets, 3 to 4 at a time for 1 minute or to desired degree of doneness, turning once. Remove veal to warm platter. Sprinkle with lemon juice and salt. Serve with warm plum sauce. Serves 4.

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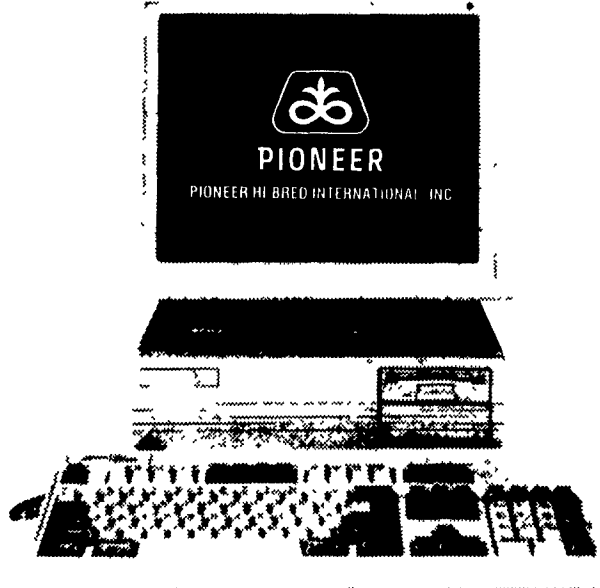
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INFORMATION MANAGEMENT

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## Low-Cal Dairy Recipes Worth A Bundle

HARRISBURG (Dauphin) — If you have low-cal know-how, and would savor the flavor of a little extra dough, you are invited to submit up to two recipes for this year's Low Calorie Dairy Recipe Contest sponsored by the Pennsylvania Dairy Promotion Program. This year the contest has two categories for entries, side dish and main entree.

The contest is open to all Pennsylvania residents except those who have professional food status or are directly affiliated with the sponsor.

Each recipe must use one low fat real dairy product as a main ingredient. Entries containing imitation dairy products will be disqualified, please remember that margarine is not a real dairy product. Recipes must be original, and may not have been previously published or have won an award.

All entries should state the exact amount of each ingredient in the order that it will be used. No brand name should be specified as an ingredient. Also include the number of servings and approximate preparation time.

Cash awards for this year's contest total \$ 3,000. Prizes for each category will be presented as follows: grand prize, \$1,000; second prize, \$250; third prize, \$150; and fourth prize, \$100.

Judging will be based on effective use of low-fat dairy products including calorie content; taste and visual appeal; originality and creativity; ease of preparation and nutritional quality. Judges decision will be final.

Entries must be postmarked by September 10, and become property of the sponsor. Finalists will be notified by October 11, 1988. Winners and finalists must consent to the use of their name and photographs for publicity purposes. The state cookoff will be held Monday, November 7, 1988 at Harrisburg. Finalists will be required to prepare their recipes for final judging.

To enter, simply print or type your recipe on an 8½" by 11" sheet of paper. Be sure to indicate recipe category, whether side dish or main entree. Include your name, address, zip code, and telephone number. Recipes should be legible, with easily followed instructions. No recipe cards, please. Mail entry to "Make it With Milk," Pennsylvania Dairy Promotion Program, 2301 North Cameron Street, Harrisburg, PA 17110-9408.