

National Chicken Cooking

(Continued from Page A22)

"I can't remember when I did not enjoy cooking." She entered the contest because her boss encouraged her to try it.

Stephen Kessler of New York said he found a recipe using tarragon with chicken. "I hate tarragon so I substituted basil." Although a seasoned cook, Kessler said this was the first time he entered a contest. An attorney in New York City, Kessler said the \$10,000 prize money enticed him to try his recipe for Basil Chicken In Cream,

which his family and friends enjoy. He added, "It's a no work recipe and tastes excellent—something everyone is looking for."

Betsy Cook of Huntington, West Virginia, competed in the national chicken contest two years ago. She entered her first contest through her local newspaper. "I won and after that I became addicted." Now, she's been contesting for 10 years.

She predicted that judges are looking for something healthy,

quick, and easy to prepare. "This (Stir Fry Lemon Chicken) fits the bill," she said.

The last time that the national chicken contest with held in the state was in 1976, in Philadelphia.

The winning recipe follows:

Summer Italian Stuffed Chicken

4 broiler-fryer chicken breast halves, boned, skinned
 ½ cup, plus ¼ cup bottled oil-vinegar dressing

1 small head radicchio, torn into bite-size pieces

1 small bunch watercress, cut into bite-size pieces

¼ cup fresh basil

2 plum tomatoes, thinly sliced

1 tablespoon water

1 egg

¾ cup Italian seasoned breadcrumbs

½ cup Parmesan cheese

4 tablespoons olive oil

Tomato rosettes

On hard surface with meat mallet or similar flattening utensil, pound chicken to ¼-inch thickness; place in large baking pan. Add ½ cup of the oil-vinegar dressing and turn to coat. Cover and refrigerate 30 minutes.

In medium bowl, place radicchio and watercress; add remaining ¼ cup oil-vinegar dressing and toss to mix. Arrange radicchio mixture on platter; refrigerate.

Remove chicken from oil-vinegar dressing, drain. Cut each chicken breast half in half crosswise. Place an even portion of basil and tomatoes on each of 4 pieces of chicken; with remaining half of breast half and with textured side



Cheryl Darwell, Virginia, is ready to present her dish of Coffee Paprika Chicken to the judges. With her is Robert Zimmerman of the Lancaster Poultry Association.

of meat mallet, pound edges together to seal. In shallow dish, beat water and egg. On wax paper, mix breadcrumbs and Parmesan cheese. Dip chicken, one piece at a time, in egg mixture and then in breadcrumb mixture. In large fry-

pan, place oil and heat over medium-high temperature. Add chicken and cook about 10 minutes or until chicken is brown and fork can be inserted with ease. Arrange chicken on top of radicchio mixture. Garnish with tomato rosettes. Makes 4 servings.



Genevieve Lehman of Rockville, Maryland, never entered a contest before. "My boss encouraged me to try," she said.

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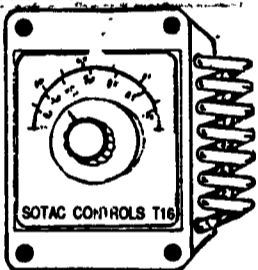
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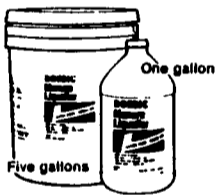
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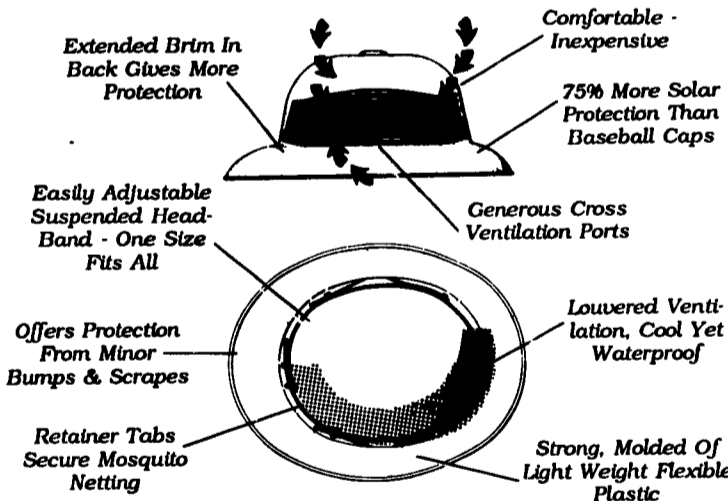


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