



## Have You Heard?

By Doris Thomas  
Lancaster Extension  
Home Economist

### Prepare Your Own Meat And Fish Coating

Fried and baked foods that have been coated with bread crumbs or batter often end up fatty and heavy. The crumb coating absorbs extra oil and makes them difficult to digest as well as much too high in calories for calorie conscious individuals. Yet, many people love this texture on the outside of "fried" chicken and fish. If that's the case with you, here is a way to cut down on oil absorption and make the coating add flavor and nutrition along with the crispy texture while keeping the chicken or fish moist and tender.

A blend of ground almonds, hard cheese and seasonings is an easy coating to put together. It makes about one and one-half cups and can be kept in the

refrigerator for a week or frozen up to 6 months. Conveniently, it can be used right out of the freezer to coat chicken pieces, turkey steaks and fish steaks or fillets.

Parmesan cheese (the kind you select from the dairy case and grind yourself) and toasted ground almonds are the base that provides the crisp crunch, good flavor and high nutrition that bread crumbs or batter simply cannot match. Almonds provide fiber, Vitamin E, and the B vitamins. Parmesan cheese provides calcium, phosphorus, and Vitamin A. Once you have tried this combination, you can be creative with the seasonings, switching the dill to thyme, or summer savory for a change.

#### Versatile Almond Coating

- 1 cup blanched slivered almonds, ground
- 1/2 cup grated Parmesan cheese
- 1/2 teaspoon garlic salt
- 1/2 teaspoon poultry seasoning

- 1/2 teaspoon paprika
- 1/2 teaspoon dill weed
- 1/2 teaspoon pepper

To toast almonds: spread in a single layer on baking sheet. Bake in 375 degree F. oven, five to eight minutes, stirring occasionally until golden brown; cool. Combine ground almonds, cheese, garlic salt, poultry seasoning, paprika, dill weed and pepper. Coating may be stored in an airtight container in refrigerator or freezer.

Dip chicken, turkey steaks or fish in lemon juice and coat with almond coating. Place on baking sheet. Bake at 400 degree F.: chicken breasts- 45 minutes; turkey steaks and fish- 20 minutes. Serve with one of the following sauces.

**Tangy Mustard Sauce:** Combine 2 tablespoons each honey and Dijon mustard. Stir in 1/4 cup cider vinegar and dash garlic powder. Place 1 teaspoon cornstarch in small saucepan. Blend in sauce mixture; bring to boil. Cook, stirring constantly, until thickened. Stir in 1 tablespoon sliced green onions. Makes about 1/2 cup.

**Soy Ginger Sauce.** Combine 1/4 cup soy sauce with 2 tablespoons each honey, wine vinegar and water. Stir in 1/4 teaspoon ground ginger and dash garlic powder. Place 1 teaspoon cornstarch in small saucepan. Blend in sauce mixture, bring to boil. Cook, stirring constantly, until thickened. Stir in 1 tablespoon sliced green onions. Makes about 1/2 cup.

## Fair Convention

(Continued from Page B18)

and human development at Penn State University.

Lori has won poetry awards and has had her poetry published. She is an 11-year member of 4-H and enjoys teaching children horseback riding, physical fitness and music.

The winners hope to be invited to fairs throughout the state where they will be spokespersons for the fair association.

The contestants competed at the 78th annual convention of the Pennsylvania State Association of County Fairs that met in conjunction with the Pennsylvania State Showmen's Association. The three-day convention was held at Sheraton Lancaster, in Lancaster.

More than 1,500 attended the convention. According to Beverly Snyder, secretary-treasurer of the organization, attendance has grown from 500 because of better educational programs.

"We have the newest and best food and trade shows," she said. "We've grown from 20 to 70 booths. The program includes a trade show featuring food, concession equipment and supplies, educational sessions on such subjects as publicizing fairs and tax regulations, and a showcase of 12 different acts by musical and comedy groups, which can be booked.

Of the 110 fairs that participated in the convention, the following received awards:

**Slide presentations**  
1 Indiana Co., 2 Washington Co., 3 Hookstown Fair

**Promotional Material**  
1 Fayette Co., 2 Hookstown, 3 York Commercial Videos

1 Butler Farm Show, 2 Washington Co., 3 Fayette Co

**Scrapbook**  
1 Indiana Co., 2 Butler Farm Show, 3 Somerset Co

**Non-Commercial Videos**  
1 Hookstown Fair, 2 Fayette Co 3 Westmoreland Co

**Overall Display**  
1 Hookstown, 2 Elizabethtown, 3 Spartansburg Premium Book

1 Tioga, 2 Elizabethtown, 3 Clearfield Co

**Best of Show Award**  
Indiana Co for scrapbook and slides

**Best Exhibit Ribbon**  
Hookstown Fair

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