

# Cooking For Fun At Farm Show '94

## HARRISBURG (Dauphin Co.)

— About 29 students from Harrisburg Area Community College participated in the cooking demonstrations at this year's Pennsylvania Farm Show.

This is the fourth year HACC students have provided spectators with a myriad of recipes to not only observe being cooked, but best of all getting to taste a little sample of the finished product.

Maraca Shore, a certified culinary educator at the college, has been the chief instructor for all four years. Thanks to the Department of Agriculture, according to Shore, this year has definitely been one of the best on record.

"This year is wonderful, I think I've died and gone to heaven, she said. "The first year we had no ovens or preparation area to work with, so we had to drive back-and-forth to HACC after each display. This year we have everything we could possibly need and it's just wonderful."

Each of the 29 students hand-picked a recipe which to cook. It doesn't matter what type of recipe you're looking for, whether it's a dessert, main course or soup and salad, there's a recipe for you.

In sticking with the theme of the Farm Show, the majority of each of the recipes is prepared with products from Pennsylvania.

Thirty-six-year-old Tom Anderson is one of the students taking part. He prepared a chicken cerubi dish and served about 100 people.

"The selection of the dish was totally my choice," Anderson said. "I first narrowed it down to a chicken then selected this particular dish from over a thousand recipes."

"The whole theme was to be able to use Pennsylvania products," he added. "In my dish for example the peas are from Hanover, the wine is from Nissley Vineyards and the chicken is produced in here in the state."

Even though Shore is a full-time instructor at HACC, her work at the Farm Show is strictly voluntary.

"I get a great deal of satisfaction seeing the students grow," she said. "All we are doing is taking excellent products that Pennsylvania puts out and giving the people a chance to see and taste those products in a working environment."

In addition to the HACC students, a delegation of students from Indiana University of Pennsylvania is also taking part in the exhibition.

## QUICK SAUCY CHICKEN STIR-FRY

2 tablespoons oil  
1 cup broccoli flowerets  
1 cup cauliflowererets  
¼ cup 2-inch julienne carrots  
¼ cup sliced green onions  
3 chicken breast filets, cut into 1-inch pieces  
½ cup mayonnaise-type salad dressing  
½ teaspoon ground ginger  
1 tablespoon soy sauce  
1 clove of garlic, minced

Heat 1 tablespoon oil over medium-heat in skillet or wok. Add broccoli, cauliflower, carrots, green onions and garlic. Stir-fry for 4-5 minutes or until tender-crisp; remove to warm platter. Add remaining 1 tablespoon oil. Stir-fry chicken for 4 minutes or until tender; remove from heat. Add cooked vegetables, salad dressing, ginger and soy sauce, stirring well to mix. Serve over hot cooked rice. Yield: 4 servings.

## RAINBOW TROUT SANDWICH SPREAD

1 7/8 ounce can trout (or flaked trout)  
1 package cream cheese, softened (3 ounces)  
2 teaspoons Worcestershire sauce  
3 to 4 dashes Tabasco sauce  
Sourdough or Pumpernickel rounds

Drain trout; remove any large bones. Mix cream cheese, Worcestershire and tabasco sauces until smooth. Fold in trout. Spread on bread rounds to serve. Makes 1 cup spread.

## FLUFFY PEANUT BUTTER PIE

½ cup peanut butter  
1 cup powdered sugar  
9 ounce cool whip (thawed)  
¼ cup finely chopped peanuts (optional)  
8 ounce cream cheese (softened)  
½ cup milk  
9-inch pie crust

In mixer: Whip cheese until soft and fluffy, beat in peanut butter and sugar. Slowly add milk. Fold cool whip into mixture. Pour into prepared crust. Freeze until firm and serve. (for storage longer than 4 to 6 hours, wrap the pie well for freezing.)

## LAMB WITH CREAMY ALMOND SAUCE OF BEEF WITH CREAMY ALMOND SAUCE

8 cloves of peeled garlic  
1 inch cube of fresh ginger, peeled and coarsely chopped or grated  
5 tablespoons blanched, slivered almonds (small pkg. found in baking section of grocery store)  
7 tablespoons vegetable oil  
2 pounds boned lamb from the shoulder or leg or stewing beef (chuck), cut into 1 inch cubes  
10 whole cardamom pods  
6 whole cloves  
1 inch stick of cinnamon  
2 medium onions, peeled and finely chopped  
1 teaspoon ground coriander seeds  
2 teaspoons ground cumin seeds  
½ teaspoon cayenne pepper  
¼ teaspoon salt  
¼ teaspoon garam masala  
1 cup of water +/-  
1 ¼ cups heavy cream

Put the garlic, ginger, almonds, and 6 tablespoons of water into the container of an electric blender. Blend until you have a paste.

Heat the oil in a wide, heavy, preferably non-stick pot over a medium-high flame. When hot, put in just enough meat pieces so they lie, uncrowded, in a single layer. Brown the meat pieces on all sides, then remove them with a slotted spoon and put them in a bowl. Brown all the meat this way.

Put the cardamom pods, cloves, and cinnamon into the hot oil. Within seconds the cloves will expand. Now put in the onions. Stir and fry the onions until they turn a brownish color. Turn the heat down to medium. Put in the paste from the blender as well as the coriander, cumin, and cayenne. Stir and fry this mixture for 3 to 4 minutes or until it too has browned somewhat.

Now put in the meat cubes as well as any liquid that might have accumulated in the meat bowl, the salt, the cream, and 1/2 cup water. If you are cooking beef, add another 1/2 cup water. Bring to a boil. Cover, turn heat to low and simmer lamb for 1 hour and beef for 2 hours or until the meat is tender. Stir frequently during this cooking period. Skim off any fat that floats to the top.

## OLD-FASHIONED CHEESECAKE

This is the grand dame of cheesecakes - big, rich, almost indescribably delicious.

Butter Crust, see below  
5 (8 ounce) packages cream cheese, Fleur-de-lait, room temperature  
1 ½ cups sugar  
¼ cup all-purpose flour  
2 teaspoons grated lemon peel  
½ teaspoon salt  
½ teaspoon ground nutmeg  
1 tablespoon vanilla extract  
6 eggs  
½ cup heavy cream or whipping cream  
Sour Cream Topping, see below  
1 quart fresh strawberries, hulled, cut in half

### Butter Crust:

1 ½ cups all-purpose flour  
3 tablespoons sugar  
¾ cup cold butter or margarine  
1 egg  
¼ teaspoon vanilla extract

### Sour Cream Topping:

1 ½ cups dairy sour cream  
3 tablespoons sugar  
1 tablespoon brandy

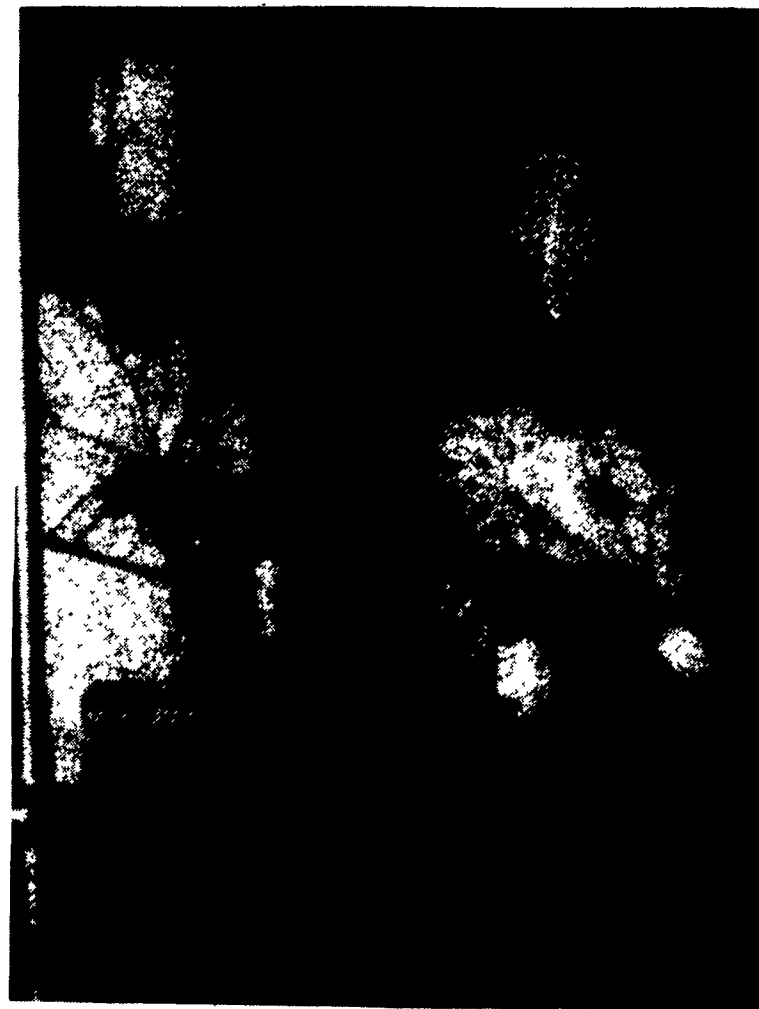
Prepare Butter Crust: set aside. Reduce oven temperature to 325 degrees F (165 degrees C). In a large bowl, beat cream cheese by hand or with electric mixer on medium speed until smooth and fluffy. In a small bowl, stir sugar, flour, lemon peel, salt and nutmeg to combine. Gradually blend flour mixture into beaten cream cheese. Blend vanilla and eggs in a small bowl. Slowly beat egg mixture into cream cheese mixture until just blended. Stir in cream until just blended. Pour evenly into prepared Butter Crust. Smooth top with the back of a spoon. Bake 1 ½ hours in preheated oven until a knife inserted halfway between center and edge comes out clean. While cheesecake bakes, prepare Sour Cream Topping. Remove cheesecake from oven. Turn off heat. Spread topping over cheesecake. Leaving oven door ajar several inches, return cheesecake to oven for 1 hour to slowly cool. Place on a rack on counter to cool 15 minutes. Use the blade of a thin knife to loosen crust from side of pan. Do not remove side of pan. Cover and refrigerate until chilled, about 1 hour. Remove pan side. Return to refrigerator until served. To serve, spoon strawberries over cheesecake. Makes 18-20 servings.

### Butter Crust:

Preheat oven to 400 degrees F (205 degrees C). Combine flour and sugar in a small bowl. With a pastry blender or 2 knives, cut in butter or margarine until crumbs are the size of small peas. In a second small bowl beat egg and vanilla. Stir into flour mixture until a smooth ball forms. Press half of pastry over bottom of a 9-inch springform pan. Bake bottom crust 8 minutes in preheated oven. Cool on a rack 10 minutes. Grease side of springform pan. Fasten in place. Press remaining pastry around side of pan touching baked bottom crust.

### Sour Cream Topping:

Combine all ingredients in a small bowl.



Cooking demonstrations held several times throughout each day used Pennsylvania products and recipes from commodity groups and the Grange.

## WINTER SALAD

8 hours before you are ready to serve:

Marinate in ¼ cup of Italian salad dressing  
1 can Italian green beans (drained)  
¼ cup coarsely chopped onions  
1 can diced tomatoes (drained)  
¼ teaspoon oregano

Refrigerate, stirring occasionally. When ready to serve: Drain off accumulated liquid, gently stir in 2 cups of toasted croutons. Serve immediately.

## APPLE-DATE-NUT CAKE

1 ½ cups flour  
2 teaspoons baking cocoa  
1 teaspoon baking soda  
1 teaspoon cinnamon  
¼ teaspoon ground cloves  
3 cups chopped, peeled tart apples  
½ cup chopped walnuts or pecans  
½ cup chopped pitted dates  
¼ cup flour  
½ cup butter, softened  
1 cup sugar  
2 eggs  
¼ cup cold coffee  
¼ cup butter  
¼ cup packed brown sugar  
2 tablespoons milk  
1 ½ cups confectioner's sugar  
1 teaspoon vanilla extract

Combine 1 ½ cups flour, baking cocoa, baking soda, cinnamon and cloves in small bowl; mix well. Combine apples, walnuts, dates and ¼ cup flour in bowl; toss. Cream ¼ cup butter and sugar in mixer bowl until light and fluffy. Add eggs; mix well. Add flour mixture alternately with coffee, mixing well after each addition. Stir in apple mixture. Spoon into greased and floured 6-1/2 cup tube pan. Bake at 350 degrees for 55 to 60 minutes. Cool in pan for 15 minutes. Loosen cake from side of pan. Invert onto wire rack to cool completely. Melt ¼ cup butter in small saucepan over medium heat. Add brown sugar. Cook for 2 minutes, stirring constantly. Stir in milk. Bring to a boil, stirring constantly. Remove from heat. Cool slightly. Beat in confectioner's sugar and vanilla until smooth. Spread frosting on cooled cake. May need to add additional milk to make frosting of desired spreading consistency. Yield: 16 servings.

## VEGETABLE PIZZA

2 packages refrigerated crescent rolls  
1 cup salad dressing  
fresh vegetables (cauliflower, broccoli, radishes, celery, pepper, etc.)  
2 (8 ounce) packages cream cheese  
1 package party dip mix  
shredded cheese  
Pepperoni

Place crescent roll rough over large cookie sheet. Bake as directed until lightly browned. Cool. Mix softened cream cheese and salad dressing together, add party dip and mix well. Spread on cool crust. Top with sliced fresh vegetables and fresh mushrooms in desired. Add shredded cheese and pepperoni. Put in refrigerator until ready to serve. Do not bake. Cut into small pieces — keeps well in refrigerator for a couple of days.

## CHILI-STUFFED STEAK

2 tablespoons olive oil  
1 pound - 4 ounces canned, diced mild green chili peppers, drained  
2 ounces minced garlic  
1 ½ teaspoon ground cumin  
1 ½ teaspoon dried oregano leaves  
3 tablespoons minced fresh cilantro  
¼ teaspoon salt

### Chili Stuffing

Heat oil in large non-stick skillet over medium heat; add chilies, garlic, cumin and oregano. Cook, stirring, 8 minutes. Remove from heat. Season with cilantro and salt; reserve.

2 tablespoons black pepper  
2 tablespoons garlic salt  
1 tablespoon cayenne pepper

### Dry Rub

Combine ingredients; reserve. 2-4 striploin steaks, boneless. Cut a deep horizontal pocket in each steak. Cover and refrigerate. Stuff each steak with 2 tablespoons chili stuffing. Lightly coat both sides of 1 steak with dry rub. Grill or broil steak about 12 minutes to desired doneness, turning once. Yield: 24 servings.