

It's Time To Enter Chicken Cooking Contest

WASHINGTON, D.C. — The entry period has officially opened for the 41st National Chicken Cooking Contest with a prize of \$25,000 awaiting the next national chicken cooking champion.

Fifty one finalists — one from each state and the District of Columbia — will be selected to take part in the national Cook-Off on April 28, 1995 in Atlanta, Ga.

In addition to the \$25,000 first prize winner, four other contestants will share \$11,000 in prizes with \$5,000 for second place; \$3,000, third; \$2,000, fourth; and \$1,000, fifth.

The National Broiler Council, contest sponsor, notes that anyone may enter the competition. Deadline for entries is October 15.

Recipes must be original and will be judged on taste, appearance, simplicity, and appeal. The only required recipe ingredient is chicken — whole or any part or parts. To enter the contest, write name, address and telephone number on the front of a favorite chicken recipe and mail before October 15 to Chicken Contest, Box 28158 Central Station, Washington, DC 20005.

The National Chicken Cooking Contest is one of the nation's oldest cooking competitions, dating back to 1949. Through the years, thousands of recipes for cooking chicken have been entered in the Contest, attesting to chicken's amazing versatility.

Winner of the 40th Cook-Off was Rosemarie Berger of Jamestown, N.C. Her recipe was Caribbean Chicken Drums, a tasty blend of drumsticks and tropical

fruits. All recipes prepared in that competition and other tasty chicken recipes are included in *The Chicken Cookbook*. To order, send \$1.75 check or money order (no cash) to Chicken Cookbook, Department NBC, Box 307, Coventry, CT 06238.

All Finalists At Chicken Cook-Off Are Winners

The 51 recipes prepared simultaneously at the National Chicken Cooking Contest are all winners, having been chosen the best among thousands of entries from the 50 states and the District of Columbia.

Although it was not among the top five prize winners, judges at the 1992 Cook-Off in Richmond, Va., gave high scores to this recipe prepared by the Texas contestant:

Brazilian Chicken Saute

6 skinless, boneless chicken breast halves

Marinade: recipe follows

1 can (16 ounces) black beans, rinsed and drained

3 cups seeded, chopped fresh tomatoes

1 cup chopped green pepper

1 cup frozen corn, thawed and drained

1/2 cup sliced green onion

1 tablespoon corn oil

1 pound fettucine, cooked according to package directions

On hard surface with mallet or similar flattening utensil, pound chicken to 1/2-inch thickness. In shallow glass baking dish, place chicken. Spoon half of marinade over chicken, covering evenly; reserve remaining marinade. In large bowl, place black beans, tomatoes, green pepper, corn and

onion. Pour reserved marinade over vegetables, stirring to mix. Refrigerate chicken and vegetables 1 hour. Remove chicken from marinade and drain. In large frypan, place oil and heat to medium-high temperature. Add chicken and cook, turning, 8 minutes. Drain juices from frypan and discard. Add vegetable mixture to frypan. Reduce heat to low temperature and simmer, stirring occasionally, about 3 minutes or until fork can be inserted in chicken with ease. To serve, place fettucine on platter and arrange chicken and vegetable mixture on top. Makes 6 servings.

Marinade: In small bowl, mix together 1/2 cup corn oil, 1/2 cup fresh lime juice, 1/2 cup loosely packed cilantro leaves, 1 tablespoon minced jalapeno pepper, 1 tablespoon minced garlic, 1 teaspoon ground cumin and 1 teaspoon salt.

Chicken Giblets

When the 1995 National Chicken Cooking Contest is held in April next year in Atlanta, Ga., it will be the 41st Cook-Off — more than any other national food competition. The National Broiler Council, Contest sponsor, notes that the Cook-Off was held annually through 1983 when an alternate-year schedule was adopted.

Top winners in National Chicken Cooking Contests through the years have come from all parts of the country, indicating that no one region has a monopoly of good chicken cooks. According to the National Broiler Council, Contest sponsor, only one state — Delaware — has produced two champ-

ion chicken cooks. In the past two decades alone, other winners have come from Arkansas, New Mexico, Idaho, New Jersey, Georgia, California, Wyoming, District of Columbia, South Dakota, Indiana, Kansas, Oregon, Connecticut, Michigan, Ohio and North Carolina.

In addition to receiving \$25,000 for her Caribbean Chicken Drums, Rosemarie Berger of Jamestown, N.C., became the first National Chicken Cooking Contest winner to prepare her recipe live on national television. She appeared

with Regis and Kathie Lee after winning the 40th Cook-Off last year, notes National Broiler Council, contest sponsor.

Entry blanks are not required to submit recipes in the 41st National Chicken Cooking Contest, according to the National Broiler Council, contest sponsor.

Just write name, address, and telephone number on front of each original recipe entered and mail before the October 15 deadline to Chicken Contest, Box 28158 Central Station, Washington, DC 20005.

Extension Takes Part In Family Celebration

NEWARK, Del. — They come in all shapes and sizes. They make us laugh. They make us cry. Sometimes they drive us crazy, and we wish we didn't have them. But everyone does. And no one would be here without one — a family.

Welcome to 1994, and the United Nations' International Year of the Family! Throughout the year Cooperative Extension and other community organizations will honor families by designating special events and projects to celebrate this fundamental human bond.

Maria Pippidis, home economics agent at the University of Delaware, quotes from the United Nations document on the importance of family in a global perspective: "The family constitutes the basic unit of society and therefore warrants special attention. The widest possible protection and assistance should be accorded to families so that they may fully assume their responsibilities within the community." Pippidis is representing Cooperative Extension on Delaware's IYF planning committee.

The U.N.'s theme "Family: Resources and Responsibilities in a Changing World" is complemented by Delaware's theme "Celebrate Connection." Specific local themes include "Families and the Workplace," "Family Diversity in Delaware," and "Delaware Families and the World of Families."

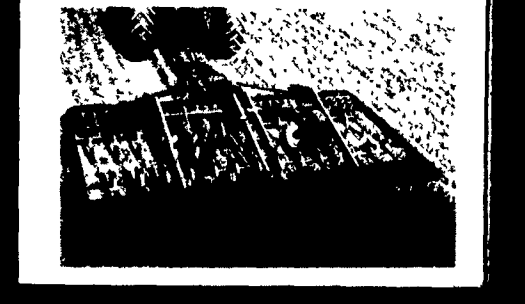
"At the top of our list of goals is increasing awareness of family issues among the government and private sectors," says Pippidis.

Organizations, businesses and individuals are encouraged to plan events and projects around these themes. A Delaware IYF calendar listing events statewide will be available later this month. A Celebrate Connections kickoff was held on Jan. 10 in Newark and a Family Conference is planned for April at Delaware State University.

If your organization wishes to sponsor an IYF event or needs further information, contact Maria Pippidis, Delaware Cooperative Extension, (302) 831-1239; Fran Griffith, Vistas Unlimited, 836-1798; or Alison Stoker Garber, Family Times, 575-0935.

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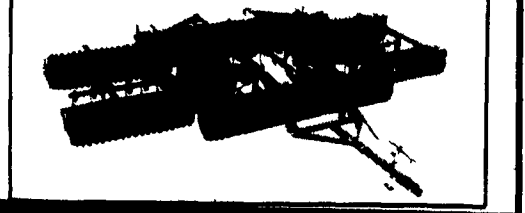
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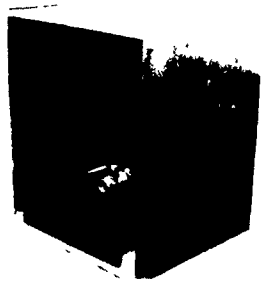
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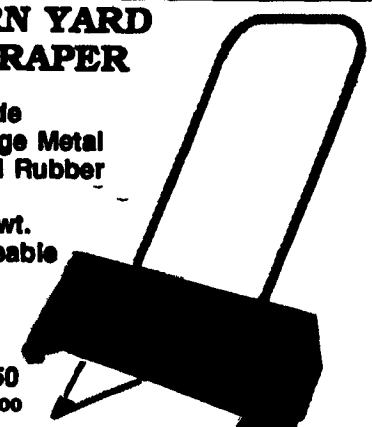
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