

Festival Has Hot, Successful Run

DOVER, Del. — It was a hot weekend, but most of the 21,000 visitors to this year's 46th annual Delmarva Chicken Festival here enjoyed themselves and learned more about the nearly \$1.3 billion-a-year poultry industry on the Delmarva Peninsula.

Food was one of the high points of the festival. The wide variety of Delmarvalous chicken prepared in a variety of ways — barbecued,

shish kebab, Oriental, or cooked in the "world's largest frying pan" in Mazola corn oil — made for a successful event.

A highlight of the festival was the Delmarva Chicken Cooking Contest with 20 finalists from the Northeast and Mid-Atlantic states. M. Lynne Armstrong of Wilmington, Del. was selected the top winner following a Saturday cook-off

on the campus of Delaware State University. "Lime Salsa Chicken," an ideal choice for summer meals, was prepared on a gas grill, but it can be equally good cooked under the broiler for year-round enjoyment.

A first-time contestant, Armstrong took home a seven-day all-inclusive Caribbean vacation for two, \$1,000, a Frigidaire self-cleaning range, and other prizes.

LIME SALSA CHICKEN
 4 broiler-fryer chicken breast halves, boned, skinned
 1/4 cup lime juice
 2 tablespoons sherry
 2 tablespoons light olive oil
 1/2 teaspoon oregano
 1/2 teaspoon garlic salt
 Salsa: recipe follows
 Avocado slices
 Tortilla chips

In a large bowl or resealable plastic bag, make marinade by mixing together lime juice, sherry, oil, oregano, and garlic salt. Remove 3 tablespoons of marinade; set aside. Add chicken to remaining marinade, turning to coat. Marinate in refrigerator 1 hour. Remove chicken from marinade; reserve marinade. In small saucepan, place reserved marinade; heat to boiling and boil 1

minute. Place chicken on grill with rack about 8 inches from heat source. Brush marinade over chicken. Grill, turning and basting frequently with marinade, about 16 to 20 minutes or until chicken is fork tender. Arrange chicken on platter. Serve with salsa. Garnish with avocado slices and tortilla chips. Makes 4 servings.

SALSA: In a bowl, make salsa by mixing together 1 tomato, peeled, seeded and chopped; 1 green onion, sliced; 1/4 cup sliced black olives; 3 tablespoons reserved marinade; 1 tablespoon seeded, chopped jalapeno chili pepper; 1 tablespoon chopped cilantro; 1 tablespoon chopped mint; 1 tablespoon slivered almonds; 1/4 teaspoon salt; and 1/4 teaspoon pepper; chill. Makes 1 cup.



Lynn Armstrong was named the top winner in the 1994 Delmarva Chicken Cooking Contest held June 18 in Dover, Del.

Lime Salsa Chicken, Armstrong's prize winning entry, was prepared in competition with 19 other finalists representing Mid-Atlantic and northeastern sections of the United States. In addition to the honor, Armstrong received a seven-day Caribbean vacation for two, \$1,000, a Frigidaire self-cleaning range, Cutco cutlery, LP gas grill, Proctor-Silex toaster oven, and a McCormick spice rack with spices.

The Delmarva Chicken Cooking Contest is sponsored by Delmarva Poultry Industry, Inc., the trade association representing the poultry industry on the Delmarva Peninsula.

July Ice Cream Facts

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** Americans consume about 44 pints of ice cream per person each year, more than that consumed in any other nation.

** Ice cream may be kept up to two months if stored at 0 degrees Fahrenheit or below. Tightly closed cartons of plastic containers with tightly fitting lids prevent drying, shrinking and ice crystal formation.

** One-and-a-half cups of ice cream contain as much calcium as a cup of milk.

** It takes about seven quarts of milk to make a gallon of ice cream.

** Pennsylvania's dairy indus-

try is the fourth largest in the country and about one quarter of the milk produced in Pennsylvania is used to make ice cream products. This large production of ice cream makes Pennsylvania the second largest producer of ice cream for the Northeast and Middle Atlantic region.

** In 1841 Ralph Waldo Emerson said "We dare not trust our wit for making our house pleasant to our friends so we buy ice cream." Emerson's words continue to hold true today with more than 98 percent of American households consuming more than 450 million gallons of ice cream annually.

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