

Enter Chicken Cook-Off Contest

LANCASTER (Lancaster Co.) — From heartwarming chicken and dumplings to chicken pot pie to chicken corn soup, the food of Lancaster County has earned a worldwide reputation for its hearty goodness.

In honor of the traditional Pennsylvania Dutch dishes that feature chicken as their main ingredient, Pennfield Farms will host its third annual Chicken Cook-Off event on Saturday, June 24, from 1 to 4 p.m. at the Lancaster County Food, Farm, and Fun Fest at the Artworks Expo Center at Doneckers in Ephrata.

The Pennfield Farms Pennsylvania Dutch Chicken Recipe Cook-Off is open to all cooks who wish to enter their favorite recipe for a traditional Pennsylvania Dutch dish and compete for \$1,025 in cash prizes. Past events have featured chicken pot pie and chicken corn soup, but officials have decided to widen the compe-

tion to include a variety of chicken dishes.

"That could include chicken and waffles, chicken and dumplings, stuffed chicken, and, of course, the classics — chicken pot pie and chicken corn soup. The only limitations are that the dish features chicken and that it has traditional roots," said Tim Horn, marketing director for Pennfield Farms.

"Chicken is an essential ingredient in many popular Pennsylvania Dutch dishes and this contest is growing into a favorite tradition here in Central Pennsylvania. It's a great opportunity for people to show off the traditions that have been passed along through families for generations," added Horn, noting that several of the past winning chefs have won by adapting a family recipe and making it all their own.

The Pennfield Farms Pennsylvania Dutch Chicken Recipe

Cook-Off is part of the county-wide 1995 Pennsylvania Dutch Food Festival sponsored by the Pennsylvania Dutch Visitors Bureau. Five finalists will compete in the June 24 event, with the first place winner receiving \$500, second place \$250, third place \$150, fourth place \$75, and fifth place \$50.

The preliminary judging of recipes will be done by Pennfield Farms and home economist, Mindy Rottmund. The written recipes will be narrowed down to select the finalists who will compete in the cook-off, which will be open to the public. Visitors will have the opportunity to watch the top cooks prepare their favorite recipes and to sample their efforts following the judging.

To enter the contest, entries for the Pennfield Farms Pennsylvania Dutch Chicken Recipe Cook-Off must be postmarked and received by May 22. The entries will be

narrowed down to five finalists by June 7. All recipes must be original and not previously published. They should include Pennfield Farms chicken. The final judging will be based on flavor, appearance, texture, ease of preparation, and quality. Those entering the cook-off should send their neatly

typed or printed recipe on an 8 1/2 x 11 sheet of paper, accompanied by their name, address, and telephone number to: Pennfield Farms Pennsylvania Dutch Chicken Recipe Cook-Off, P.O. Box 70, Fredericksburg, PA 17026. For further information, call Pennfield Farms at (717) 865-2153.

Retirement Planning

FLEMINGTON, N.J.—Rutgers Cooperative Extension is offering a retirement series titled "Retirement Planning: Get An Early Start". This five-week series will begin on Monday, March 20 and run through April 17, 6:30-8:30 p.m. at the Extension Center on Route 31, Flemington, N.J.

Topics for the program will include Retirement Myths and

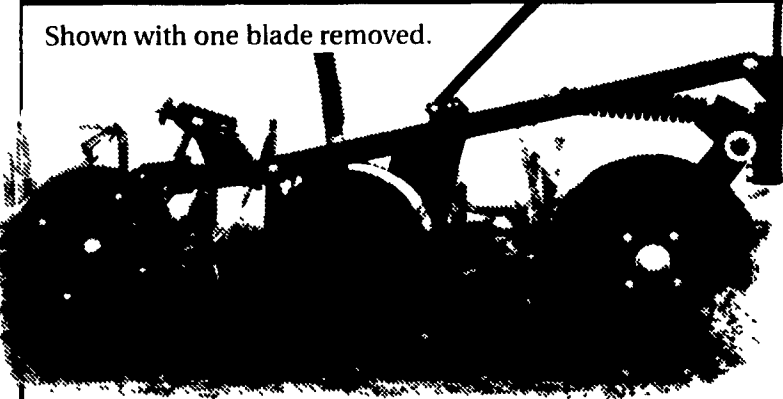
Realities, Sources of Retirement Income, Retirement Housing, Social Security and Health Insurance and Surviving Retirement. This informative program will provide you with valuable information to enhance your retirement and enable you to make informed decisions. To register or receive more information, call Rutgers Cooperative Extension at (908)-788-1342.

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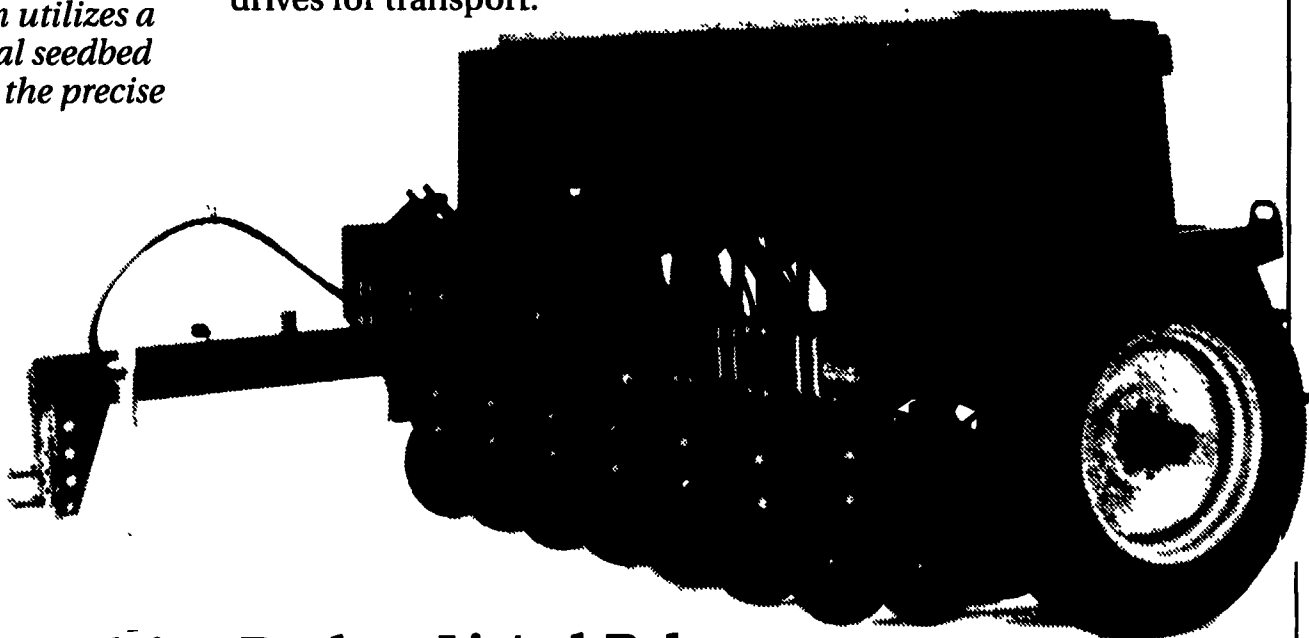


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