

# Food Festival Features Lancaster County Specialties

EPHRATA (Lancaster Co.) — From shoofly pie to chicken pot pie, Pennsylvania Dutch food-lovers were able to celebrate some of the best foods from leading area food producers, all under one roof at the Lancaster County Food, Farm & Fun Fest on Friday, June 23, noon to 6 p.m. and Saturday, June 24, 10 a.m. to 5 p.m. at Doneckers Expo Center, 100 N. State St., Ephrata.

Samples of Lancaster County foods included shoofly pie, chicken pot pie, chow chow, bologna, and more.

On Saturday, the Pennfield Farms Pennsylvania Dutch Chicken Recipe Cook-Off brought together the best amateur chicken chefs to pick the 1995 winner.

Other highlights included whoopie pie making demonstrations by the Amish by the Mennonite Information Center, the Lancaster County Dairy Princess, along with 8-10-year-old Dairy Darlings, cooking demonstrations and cookbook signings by Betty Groff of Groff's Farm Restaurant, an outdoor tent sponsored by the Lancaster Chamber of Commerce, a teriyaki vegetable stir-fry demonstration by Four Seasons Produce, a petting zoo of baby chicks, sheep, and other farm animals for the children, and a Tractor and Farm Equipment Promenade.

Among the exhibitors were Lancaster Pork Producers, Kellogg's, Spring Glen Fresh Foods, Achenbach's Pastry, Good Food, Inc., Moody Creations Salad Dressings, Miller's Smorgasbord & Bakery, Ephrata Diamond Spring Water Co., Herr Foods, Eberly Poultry, Turkey Hill Dairy, Pennsylvania Beef Council, Mennonite Information Center, American Express, Pennfield Farms, Seltzer's Lebanon Bologna Co., WROZ-FM, and Groff's Snack Foods.

The winner of the Pennfield Farms Pennsylvania Dutch Chicken Cook-Off was Debbie Yandric of Middletown who, ironically, almost didn't get her dish to the judges on time. Her winning recipe is Succulent Sunday Best Chicken Breasts with Potato Filling and Gravy.

- Second place was Tammy Frey of Ephrata for Pennsylvania Dutch Corn Pie.
- Third place was Joyce Echterling of Lancaster for her Chicken Corn Soup.
- Fourth place was Jean Shober of Reinholds for Chicken Breast Nest Supreme.
- Fifth place was Erma Landis of Lititz for Chicken Corn Corn.

## SUCCULENT SUNDAY BEST CHICKEN BREASTS WITH POTATO FILLING AND GRAVY

First Place Winner

*These breasts are crisp and golden on the outside. With this "inside-outside" basting method, they're very moist and flavorful and the potato filling prep time is cut by using frozen real mashed potatoes. You'll never taste the difference!*

### CHICKEN BREASTS

- 4 whole Pennfield Farms chicken breasts (with skin attached)
- 4 tablespoons butter
- ¼ teaspoon onion powder
- Dash of garlic powder
- ¼ teaspoon Mrs. Dash Original Blend salt-free seasoning
- 2 teaspoons low-salt chicken broth
- 4 tablespoons butter, melted
- Generous dash of garlic powder
- Chopped fresh chives (enough to sprinkle on finished chicken)

### POTATO FILLING

- 4 cups soft bread cubes
- 1 tablespoon chopped fresh parsley leaves
- ¼ cup each finely-chopped onion and celery
- 4 tablespoons butter divided usage
- 1 cup low-salt chicken broth
- 2½ cups frozen real mashed potatoes
- ¼ teaspoon poultry seasoning and Mrs. Dash seasoning
- 1 beaten egg

### GRAVY

- 6 tablespoons drippings (or enough drippings and chicken broth to equal 6 tablespoons)
- Dash of salt and pepper to taste
- ¼ cup each milk and water
- 2 teaspoons cornstarch mixed with 2 teaspoons water till blended
- Rinse the chicken breasts and pat dry. Carefully separate skin from flesh of each breast, leaving one side attached.

In a small bowl chop up the 4 tablespoons butter. Using a fork, mix in the onion powder, garlic powder, Mrs. Dash seasoning and chicken broth. Place an equal amount of this mixture between skin and flesh of each breast. Press gently to distribute the pieces of butter over as much of the breast as possible. Tuck skin edges under breasts. If time permits, refrigerate chicken at least 30 minutes to allow the seasonings to flavor the meat. Meanwhile prepare potato filling.

### POTATO FILLING

Place bread cubes in large bowl. Mix in the parsley. In large skillet melt 2 tablespoons butter over medium-low heat. Add celery and onions and saute 3 minutes. Stir in the 1-cup broth. Stir in mashed potatoes, then the poultry seasoning and Mrs. Dash seasoning. Cook 5 minutes stirring often. Stir in the remaining 2 tablespoons butter until melted, and potato mixture smoothly blended. Gradually mix into bread cubes alternating with beaten egg. Blend well. Place filling in a 9-inch pyrex pie dish.

When ready to prepare the meal, preheat oven to 425 degrees. Place chicken breasts, skin side up, in shallow baking pan. Combine the 4 tablespoons melted butter and the generous dash of garlic powder. Brush over breasts. Place pan in oven. Bake 10 minutes. Lower heat to 350 degrees. Drizzle any remaining melted butter over chicken in pan. Continue baking 55 minutes basting "inside and outside" of chicken with drippings in baking pan. To baste "inside" fill a baster with drippings. Place tip of baster between skin and flesh and release "squirts" of drippings. (This keeps chicken moist and juicy.) (Baste inside and outside occasionally.)

Forty minutes before chicken will be finished, drizzle 1 tablespoon drippings over potato filling. Place filling in oven and bake 40 minutes.

About 5 minutes before chicken and filling will be ready, make gravy by removing 6 tablespoons drippings from baking pan and place in medium saucepan. Season with salt and pepper. Stir in milk and water. Cook over medium heat. Using a wire whisk, whisk in the cornstarch paste until blended. Whisk constantly until thickened.

To serve: Divide potato filling into 4 portions. Place 1 portion on



Debbie Yandric won \$500 as the first-place winner of the Pennfield Farms Pennsylvania Dutch Chicken Cook-Off.



Lancaster County Dairy Princess Heather Oberholtzer, left, and Alternate Monica Rohrer serve milk punch during the two-day festivities at Doneckers Expo Center.

each of 4 dinner plates. Top with gravy. Place 1 chicken breast on top of each filling mound. Drizzle just a little gravy on chicken.

Sprinkle with chopped chives. Garnish plate with sprig of parsley and any other garnish desired. Serve remaining gravy in pitcher. Makes 4 servings.

## Dog Owners Liable For Dog Attacks

WASHINGTON, D.C. — Here's a switch. Instead of dog bites man, it's man bites dog. Pet owners, did you know that if your dog attacks a letter carrier, you can be held liable for all medical expenses and other costs that can run into the thousands of dollars?

Don't think your fence is your best insurance policy — especially if a letter carrier or delivery person must enter your yard. The

Postal Service is not anti-dog, but pro-responsibility. Responsible pet ownership includes making sure your pet is properly restrained. Dog bites can be hard on the wallet. Last year, nationally nearly 2,800 letter carriers were attacked while delivering the mail. Help our carriers feel safe while delivering your mail this summer. This message is a public service of your local post office.



Stoltzfus Meats prepare sausage sandwiches for the more than 3,000 people who attended the Food Fest.