

# Looking Is Free, Educational, Fun At Ag Progress



Tammy Weaver and David Ivan talk about an upcoming cookbook to be released by the Pennsylvania Beef Council.



Clayton Dick, 7, and Hunter Dick, with mother Cathie are from Pennsylvania Furnace.



**LOU ANN GOOD**  
Lancaster Farming Staff  
ROCKSPRING (Centre Co.) —  
The year 2000 is fast approaching. Coming with it are revolutionary ideas in agricultural technology. Computerized management, global marketing, updated machinery, and new methods of pest control are a few areas demanding attention.

Even food is changing. Low-fat and healthier ways of serving traditional foods are condoned by the medical profession. Busier lifestyles demand quicker, easy ways to prepare dinner.

Change sometimes seem overwhelming in this fast-paced society. But many of these changes are simple and when demonstrated, new methods seem plausible.

This week many changes in agriculture and in food preparation were demonstrated during Ag Progress Days held Aug. 18-20 in Rockspring.

The breathtaking display of new technology never fails to thrill the thousands of people who take in the annual event.

Many are like dairy farmers Joel and Kris Weaver from Somerset County. "We come here to see new ideas, to see what's new and what we can't afford to buy," Joel said.

Looking is free. Looking is educational. Looking is fun for those who covered the exhibition area.

It's also impossible to cover all the events in a one-day visit, which is what most people try to do.

Even if you only took in a few events, you no doubt came home with new ideas to implement into your farming or home setting.

Popular with families is the Family Room. Visitors who peeped into it often got a whiff of food cooking in the kitchen. If they stayed for a cooking demonstration, they even had the opportunity to sample the food.

Gone are the days when heart patients needed to stick to a bland diet.

Alletta Schadler, Lebanon County Penn State Extension, and Nancy Wiker, Lancaster County Penn State Extension, demonstrated food preparation for heart-healthy lifestyles. All the rhetoric of sticking to a diet that is low in fat, cholesterol, and sodium can seem overwhelming to folks that were accustomed to diets heaving in meats and desserts. But dishes prepared by the cooking team proved that low-fat meals high in complex carbohydrates and dietary fiber can be as tasty as high fat ones.

In fact, Esther Bradbord from Huntingdon County was thrilled when she sampled the "Unfried Chicken."

"It's really good. It's moist and well seasoned. It's the best chicken I've ever tasted," she said.

Here's the recipe.



Esther Bradbord of Huntingdon County said, "This Unfried Chicken is really good. It's moist, and well seasoned. In fact, it's the best chicken I ever ate."



"We're here to see new ideas, what's new and what we can't afford," said Joel Weaver, who with his wife Kris, and children Aileen, 4, and Tabitha, 2, took a break from dairy farming chores at their Somerset County farm.

## Unfried Chicken

*The secret to success for this recipe is to be sure that both the chicken and yogurt are very cold (hence, soaking the chicken in ice water). The preliminary soaking will help the breading to adhere and produce a crisp coating like that of fried chicken. Makes 12 pieces.*

- Cooking oil spray
- 6 chicken drum sticks with skin removed or boned thighs
- 3 chicken breasts, skinned, boned, and split
- 3 1/2 cups ice water
- 1 cup plain non-fat yogurt
- For the breading:
- 1 cup dried Italian bread crumbs
- 1 cup all-purpose flour
- 2 tablespoons Old Bay seasoning
- 1/2 teaspoon garlic powder
- 1/2 teaspoon Creole seasoning
- 1/4 teaspoon freshly ground pepper
- Dash cayenne pepper
- 1/2 teaspoon dried thyme
- 1/2 teaspoon dried basil
- 1/2 teaspoon dried oregano
- Preheat oven to 400 degrees.
- Coat a baking sheet with three sprays of oil.

Put the chicken in a large bowl with ice water. Put the yogurt into a medium bowl. Set aside in the refrigerator to keep very cold. Toss all the breading ingredients into a large, tightly sealed plastic bag. Seal and shake to mix. Remove two pieces of chicken from ice water, dip and roll in yogurt. Put chicken in plastic bag, reseal, shake to coat thoroughly. Transfer to the prepared baking sheet. Repeat the process until all pieces are coated. Spray lightly with vegetable oil. Place the baking sheet in the bottom half of the oven and bake, turning pieces every 20 minutes until tender; takes about 30 to 40 minutes depending on the size of pieces. Do not overcook.

Fat per piece of breast is 2.2 grams. Calories: 185. Fat per piece of drumstick is 4.2 grams. Calories 195.



Alletta Schadler serves Unfried Chicken

Throughout the three-day period, many extension family consumer science agents taught sessions not only in cooking, but also in financial issues. Parents were informed on how to teach children to learn to use credit cards wisely. Sessions taught participants on how to invest in mutual funds, how to save money, how to budget, and advice on other financial matters.

If you missed these sessions, but what like information on any of these subjects, contact your county Penn State Extension office for more information.