



Home economist Carol Stafford cooked up 12 recipes and dished out timesaving, nutrition, and decorating tips during a recent cooking school.

## Chefs Converge On Cooking Show

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*Farming Staff*

**LANCASTER (Lancaster Co.)** — One can never know everything about foods or have too many recipes, principles demonstrated recently to approximately 1300 participants who came to Lancaster Mennonite High School to attend a cooking show.

Besides learning time-saving or decorating tips from home economist Carol Stafford, participants watched as she prepared a variety of dishes which included chicken, mashed potato, pizza, quesadilla, beef stew, pie and cake recipes.

"Every recipe is kitchen-tested and uses ingredients readily found in the home or supermarket," said Stafford, home economist for Homemaker Schools in Greendale, Wis.

A Bernardsville, N.J. resident, Stafford now travels extensively on her 11-state, 40,000 mile cooking show tour. Stafford speaks from both an educational and experience standpoint, as she not only has a food and nutrition degree from Florida International University but is also the mother of two children.

Convenience was another requirement for the demonstrated recipes. "Do you know that 70 percent of us do not know what we're having for dinner until 4:00 in the afternoon?" asked Stafford.

### Dinnertime Cooking Tips

For a one-skillet dish which used chicken and sweet potatoes, Stafford recommended choosing even-skinned sweet potatoes with few blemishes. "The darker the potato, the sweeter and moister it will be," said Stafford. Sweet potatoes should be stored not in the fridge but at room temperature, said Stafford. "The starches turn to sugar in the refrigerator," said Stafford.

For a pizza recipe, Stafford recommended transferring the Bisquick from its original bag to a resealable plastic bag, then putting the new bag back in the easily-recognizable box. "Don't mash or bang the Bisquick, just lightly fill it in," said Stafford as she measured the ingredients.

As the dough formed, Stafford advised cooking show students that two minutes would be sufficient to mix the dough, as over-mixing will toughen the dough ball. Also, placing wax paper or cellophane wrap on top of the dough ball before rolling the ball will keep the rolling pin from sticking to the dough.

A pasta-and-tomato dish which used rosemary provided an opportunity to teach participants about the member of the mint family. "You should crush the needles," said Stafford. "That releases the aromatic oils for a more flavorful dish. It has a combination of a lemon and piney flavor and is available fresh, dried or whole leaf," she said.

"If you're cooking with canned vegetables and the dish needs water to cook, add the water from the canned veggies to boost the nutritional value," said Stafford.

Cheese was an ingredient in many of the featured dishes.

"Have you ever heard the saying, 'Chicken without cheese is like a kiss without a squeeze'?" asked Stafford as she prepared another cheesy dish.

### Food Presentation

Stafford also served up deco-

rating tips. "For your tabletop, put a votive candle inside a small cookie cutter," said Stafford. An apple with the top hollowed out held a votive candle for another fall decoration.

Another time-saving idea was spraying the inside of a measuring cup with cooking spray to help honey come out easily. Stafford brushed honey along the side of a plate and sprinkled the honey with chopped peanuts to garnish an Asian noodle dish.

For another garnish, Stafford dressed up the rich chocolate cake with dark chocolate curls. To make the curls she recommended using a vegetable peeler on chocolate that was at least room temperature. An inverted glass bowl turned the crystal plate into a pedestaled piece for the show, an easy way of making a cake stand.

Stafford also garnished the salmon spread dish with small cookie cutter bell pepper cutouts of leaves placed carefully along the edges of the dish.

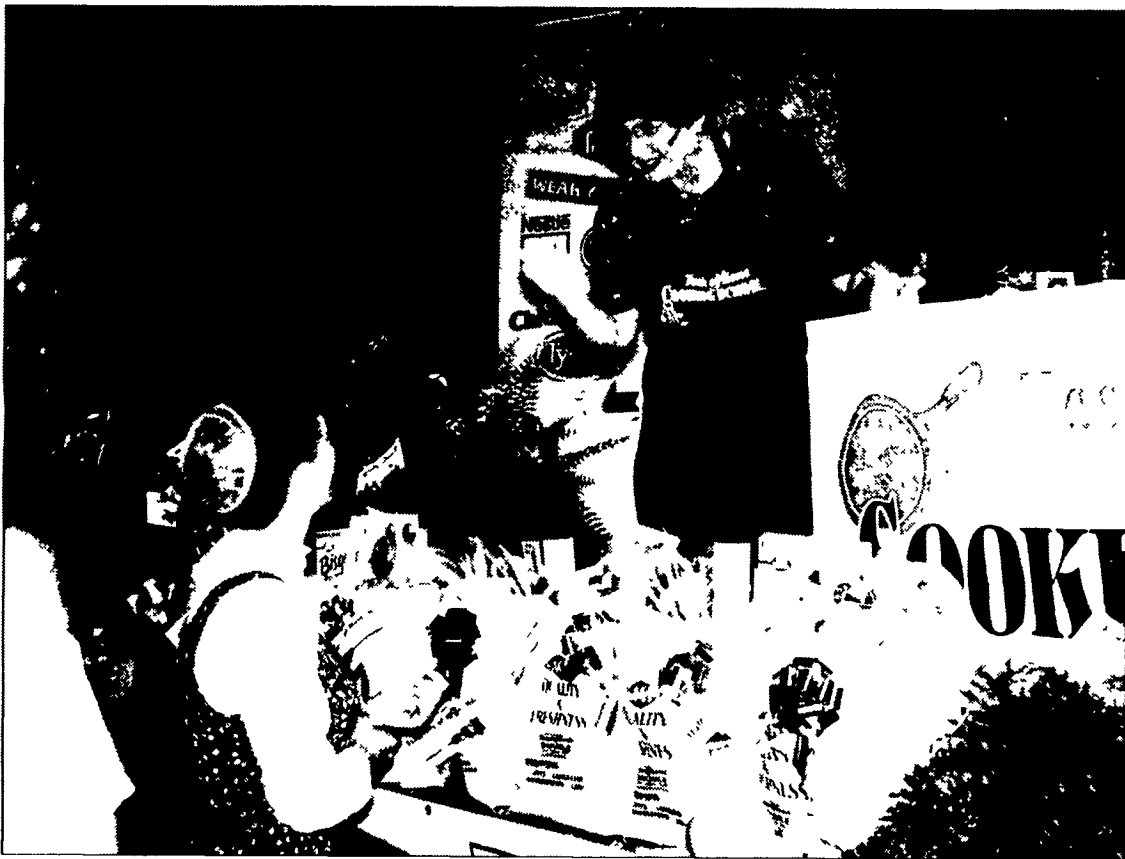
Cooking show students learned another quick tip during the mint pie demonstration. "Do you want to take a pie to a family gathering but don't have time to make the crust from scratch?" asked Stafford.

To move the crust from the aluminum plate to your own dish, simply brush one beaten egg white on the inside of the pie crust and bake at 375 for 5 minutes, cool, then invert the pie on the plastic lid, take it out of the aluminum, and place your own plate over the bottom of the crust before flipping the plate and crust to an upright position.

Produced by Homemaker Schools, the cooking tour was launched in 1993 by Reiman publication's "Taste of Home" magazine. The tour is supported by national and area food companies.

Besides watching the cooking show, participants received door prizes donated by area businesses. Prizes included bags of groceries, a microwave, floral bouquets, plants, gift baskets, cookbooks, and a stuffed singing raccoon.

Lancaster Newspapers helped to coordinate the show which was co-sponsored by Stauffers of Kissel Hill.



Stafford takes time out to answer questions during a break in the action at the cooking show.

## Punkin' Chunkin' Fall Festival To Benefit York Farm And Natural Lands Trust

The second annual "Punkin' Chunkin' and Fall Festival will be held on Oct. 14 from 10 a.m. to 4:30 p.m. at the York Expo Center for the benefit of the Farm and Natural Lands Trust of York County. The event is being presented by the York

Expo Center and WSBA/WARM 103.

Teams of up to five people will build a human-powered machine and compete to throw a pumpkin the farthest distance. Teams may enter one of three divisions. Youth: Division I is sixth grade

through eighth grade; Youth: Division II is ninth through 12th grade; and the adult category. Registration forms are available by calling the York Expo Center at (717) 848-2596 or the Farm and Natural Lands Trust office at (717) 843-4411. The registra-

tion fee is \$5 per team. Winning teams will receive trophies.

A pumpkin baking contest, children's games, and petting zoo, musical entertainment, and food and craft vendors are also part of this family event. Admission is \$2 per person or \$1 with a

WSBA/WARM 103 radio card. Admission for children under five years of age is free.

For more information about the event, contact the Farm and Natural Lands Trust at (717) 843-4411 or York Expo Center at (717) 848-2596.

## Ridge Administration Offers Grants To Rural Youth Organizations

**HARRISBURG (Dauphin Co.)** — On behalf of Gov. Tom Ridge, Agriculture Secretary Samuel E. Hayes Jr. announced that rural youth organizations may apply for direct grants and matching funds to support their educational projects and activities under the Agriculture Department's Agriculture and Rural Youth Organization Grant Program.

"Our youth are the future of agriculture, and we are pleased to offer these grants," Hayes said. "The grants will help these organizations expand activities

that educate our youth in issues that affect their agricultural communities and rural Pennsylvania."

A total of \$25,000 is available for the grant program, which is funded by proceeds from a trust fund through the U.S. Department of Agriculture. Organizations may apply for direct grants of up to \$2,500. Applications must be postmarked by Dec. 1 to be considered.

Grants can be used by 4-H and FFA organizations and agricultural vocational-technical classes to fund educational projects, pro-

grams, seminars or field trips to increase awareness of agricultural and rural issues.

Recipients will be selected by a 13-member Agriculture and Rural Youth Grant Board.

Applications and additional information about the program will soon be available on the department's website, which can be accessed through the Pennsylvania homepage at [www.state.pa.us](http://www.state.pa.us) or directly at [www.pda.state.pa.us](http://www.pda.state.pa.us), or by contacting Carl Muller in the department's Bureau of Market Development at (717) 787-3181.

## Life Skills Workshop

**SPRINGFIELD (Delaware Co.)** — A two-day Life Skills Workshop for professionals who teach self management skills will be taught by Penn State Cooperative Extension in Delaware County on Thursdays, Oct. 5 and Oct. 12 from 9 a.m. to 3:30 p.m. Topics covered will include parenting, nutrition, budgeting, financial records, house maintenance, etc.

An updated copy-ready 16-lesson curriculum will be included with lesson plans and support material. Lunch will be provided both days.

Cost: \$65.

To register, send check made to Delaware County Cooperative Extension to 20 Paper Mill Road, Smedley Park, Springfield, PA 19064. Include your name, address and day time phone number.

The class will be held in the Smedley Park Environment Center on Baltimore Pike near the Springfield Mall and 1476 exit #2. For more information, call (610) 690-2655. Brochure available providing further information on instructors and training topics.