



Breann Ritchey, left, a 10-grader at Calvary Christian Academy in Cresaptown, and Brooke Ritchey, a seventh-grader at Calvary Christian Academy in Cresaptown, Md., love the competition part of showing sheep. Photo by Sandra Lepley.

Brooke, left, and Breann Ritchey of Wellersburg in Somerset County compete with lambs they have raised on their farm. Their parents Bobby and Karen Ritchey help with their daughters' projects. This year the family is going to the State Farm Show and the girls are each taking a Suffolk crossbred lamb. Photo by Sandra Lepley

# Ritcheys Ready For Farm Show Competition

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WELLERSBURG (Somerset Co.) — The Ritchey family, who live near Wellersburg in southern Somerset County, make sheep raising and showing a family activity.

Breann, a 10-grader, and Brooke, a seventh-grader, along with parents, Bobby and Karen, enjoy raising their own sheep and showing them at the Somerset County Fair, other jackpot shows, and the State Farm Show in Harrisburg. Breann and Brooke are each taking a sheep

to this year's Farm Show this week.

Both daughters attend Calvary Christian Academy in Cresaptown, Md., and are members of White Oak 4-H. They take competition very seriously and have won many recognitions at the Somerset County Fair in the past.

Breann has won homegrown champion and reserve group champion at the fair and Brooke won grand champion sheep in 2000 and won second and fifth in 2001.

"I don't get my hopes up for the best so I am not disappointed, but then I'm really excited if I win," says Breann, who takes showmanship very seriously.

She has been master showman four out of the five years she has showed at the Somerset County Fair.

"I try to do the best I can. Our sheep projects teach us consistency most of all," she said.

Father Bobby believes the sheep projects have not only helped his daughters prepare for competition but also it has given them a broader outlook when working with other 4-H kids from other parts of the county and other parts of the state.

"They meet a lot of people from other places and that's a good experience for them," he said. "These are friends you could have for the rest of their lives."

Bobby said that Dave and Betty Lou Svonavec of the Rockwood area have been instrumental in helping his daughters with their lamb projects.

This year, the girls are taking Suffolk Hampshire sheep they raised on their farm to the Farm Show.

"It's important to look for the right type of lamb when it's young and then develop it to where it's competitive," said Bobby. "We try to raise our own."

That makes it more satisfying. Being able to compete with something you raised yourself without a lot of money invested makes it more satisfying. We do the best we can do with what we have and we enjoy doing this together as a family."

In addition to their 4-H sheep projects, Breann and Brooke enjoy playing sports, such as softball, basketball, and volleyball. They also like to work with the horses on their farm. They attend Calvary Baptist Church in Ellerslie, Md.



Brooke, left, showed the grand champion sheep at the Somerset County Fair a few years ago. She and her sister Breann looks forward to going to competition at the Pennsylvania Farm Show. Photo by Sandra Lepley.



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### Frosting For Red Velvet Cake (Version 1)

5 tablespoons flour  
1 cup milk  
Boil until thickened, cool. Beat until creamy.

Add:

1 cup butter  
1 cup granulated sugar  
1 teaspoon vanilla  
Beat until fluffy.

### Frosting For Red Velvet Cake (Version 2)

2 tablespoons cornstarch  
1 cup water  
Boil until thickened, cool. Cream together:  
1 cup butter  
1 cup granulated sugar  
1 teaspoon vanilla

Add cold mixture to cream mixture. Whip until consistency of whipped cream.

Here's a different recipe for red velvet cake from Donna Brant, Harrisonville.

### Red Velvet Cake

1 stick butter  
1 yellow cake mix  
1 small box of chocolate pudding—instant  
4 eggs  
1 cup water  
1 bottle of red food coloring  
½ teaspoon baking soda  
1 tablespoon vinegar

Cream first six ingredients together until creamy. In small bowl, mix the baking soda and vinegar together and fold into the cake mix batter. Pour into a greased 13x9-inch pan and bake at 350 for 35-40 minutes. Frost with a cream cheese frosting or a frosting of your choice.

**ANSWER** — See page B6 for the beginning of the beef contest entries. More will be printed in next week's issue. Here are several recipes in celebration of National Veal Month observed in October. The Pa. Beef Council sponsors programs to encourage consumers to eat more veal and beef.

### Veal Chop Steak Florentine

1 pound ground veal  
Salt and pepper to taste  
1 tablespoon oil  
10-ounces chopped frozen spinach, thawed, squeezed dry  
¼ cup roasted red peppers  
Salt and pepper to taste

2 tablespoons butter  
4¼-inch thick sliced mozzarella cheese  
½ cup parmesan cheese  
Parsley

Mix veal, salt, and pepper. Heat oil in saute pan. Shape veal and press into ¾-inch thick chop. Put veal in hot oil. Cook until medium well. In a saute pan, melt butter and add spinach, red pepper, salt and pepper. Cook until hot. Top veal with spinach mix and top with two slices mozzarella cheese and parmesan cheese. Heat until cheese is melted.

### Veal Casino

2 3-ounce each veal cutlets, trimmed, flattened  
2 cloves garlic, minced  
1 large can chopped tomatoes  
1 can artichoke hearts, drained, halved  
1½ cups onion, chopped  
Dash hot sauce  
Dash Worcestershire sauce  
Dash steak sauce  
1 small can chopped black olives  
Flour and oil

Flour veal and saute in hot oil until golden brown on both sides. Remove from pan and keep warm.

Add all other ingredients to pan. Saute until sauce comes together. Plate veal and top with sauce. 2 portions.

### Veal Pizzola

1 pound veal cutlets, trimmed, flattened  
1 large can tomatoes  
2 large onions  
Oregano  
Salt and pepper  
1 cup bread crumbs  
1 cup grated cheese  
3 eggs  
½ cup vegetable oil

Whip eggs, dip veal in eggs. Mix bread crumbs and grated cheese. Remove veal from eggs and put into bread crumb mixture. Heat oil in saute pan. Put breaded veal in pan and saute until golden brown. Remove veal from pan, remove most of oil and saute onions. When onions are light brown, add tomatoes, oregano, salt and pepper. Cook until sauce comes together. Add veal to sauce and cook 5 minutes at simmer. Plate and serve:

### Barbequed Veal

3 pounds veal cubes  
3 tablespoons oil  
1 large can tomato sauce  
½ cup water  
½ cup ketchup  
1 cup onion, diced  
½ cup celery, diced  
¼ cup brown sugar  
¼ cup prepared mustard  
6 dashes Worcestershire sauce

Heat oil in Dutch oven and add veal until browned. Mix together all remaining ingredients and pour over veal. Cover and bake at 350 degrees for one hour. Remove cover and bake 10 minutes to brown on top. Serve over rice or noodles.