



WHAT'S COOKIN'

2003

*Market
Bulletin
Recipes*

IN COOKBOOK FORM

West Virginia Department of Agriculture
Gus R. Douglass, Commissioner

What's Cookin'

A compilation of 2003
Market Bulletin Recipes

E njoy &
B on Appetit!

Table of Contents

January Making Mealtimes Eggstra Easy

Marinated Eggs for Salad	1
Ham and Egg Drop Soup	1
Zucchini and Tomato Torta	2
Orange Dessert Omelets	2

February Soup's On!

Zucchini Chowder	3
Cherry Cheesecake Bars	4
Cherries and Sweet Potatoes	4
Chicken Tortellini Soup	4

March Pork . . . good source of vitamins and protein

Apple-Sausage Breakfast Cake	5
Ham Loaf	5
Karen's Cupboard Soup	6
Apricot Pork Salad	6

April Easter Time Recipes

Italian Jelly Bean Cookies	7
Minted Carrots	7
Butterflied Leg of Lamb	8
Honey Apricot Glazed Ham	8
Hot Crossed Buns	8

May Nutritious & Delicious Strawberries

Strawberry and Spinach Salad	9
Grilled Strawberry Kabobs	9
Strawberry Nachos	10
Grilled Chicken Salad	10

June Dairy Month

Angel Food Ice Cream Cake	11
Chicken Milanese	11
Shrimp Dip	12
Cheese and Mushroom Stuffed Meatloaf	12
Cream Cheese Danish Heart	13
Fruit and Cheese Kabobs with Ginger Dip	13

July Fresh Garden Favorites!

Chilled Three Beans and Pasta Salad	14
Green Bean Medley	14
Fresh Tomato Soup	14
Chocolate Zucchini Loaf	15

August Brook's Hill Community Fair Contest Winners

Rhubarb Cinnamon Crunch Pie	16
Banana Black Walnut Torte	16
West Virginia Maple Syrup Pie	17
Blueberry Cinnamon Cake	17

September Chicken-in-a-Basket Contest Winners

Korean Bar-B-Que Chicken	18
Pecan Crusted Chicken with Honey Orange Dip	19
Cheesy Chicken Tortilla Casserole	19
Apple-Cinnamon Chicken	20
Low-fat Cheesy Chicken Enchiladas	20
Chicken Vegetable Pie	20

October Quick and Easy Beef Contest and Ultimate Recipe Contest Winners

Quick and Easy Beef Wraps	21
Eggplant Appetizer	21
Fresh Corn Salad	22
Grilled Deli Roast Beef and Vegetables	22
Marinated Beef Strips	22

November Pumpkin Festival Winners

Pumpkin Chili	23
Pumpkin Manicotti	23
Pumpkin Apple Cinnamon Pecan Bread	24
Fresh Ginger-Pumpkin Tassies	25
Walnut Crunch Pumpkin Pie	25

December The Holiday Season

Gingerbread Pancakes	26
Ham and Cheese Casserole	27
Herbed Beef Tenderloin with Holiday Rice	27

Making Mealtime Eggstra Easy

Happy New Year! When you need a delicious, easy-on-the budget dinner and you need it fast — eggs may just fill the bill. They are economical. In 2001, the average U.S. retail price per dozen of eggs was 93 cents, which means that the per pound cost of eggs is 62 cents and the per egg price is less than 8 cents.

Eggs make it easy to include high-quality protein in our daily diets and they are easily digestible. Eggs are a sure bet for a one-skillet meal that make cleanup a cinch.

If you are short on time, eggs scrambled by the dozen and baked in the oven, can feed a crowd. It is equally easy to scramble some eggs for one or two in a short amount of time.

Be sure to save the following egg recipes — to make your mealtime crunches eggstra easy!

Marinated Eggs for Salad

- | | |
|---|---|
| 4 hard-cooked eggs | 1 medium red pepper, cut into thin strips |
| 1 cup Balsamic vinegar | |
| 1 tablespoon sun-dried tomatoes, finely chopped | ½ cup goat cheese, crumbled |
| 1 10-ounce package mixed salad greens | ¼ cup olive oil |
| | ½ teaspoon Italian seasoning |
| | ¼ teaspoon garlic salt |

Place hard-cooked eggs in narrow glass container, such as a jar, small pitcher or measuring cup. Cover with balsamic vinegar. Cover container; refrigerate for a minimum of 2 hours or overnight. Stir eggs occasionally for a more even coloring. Remove eggs from vinegar and cut into quarters. Remove ½ cup vinegar and pour into 2-cup microwaveable glass measuring cup. Heat on high in microwave until boiling, about 2-3 minutes. Add tomatoes to vinegar. Cool to room temperature.

Meanwhile, arrange ¼ of salad greens, red pepper strips, and goat cheese on each of four salad plates. Top each salad with four egg quarters. Stir oil, seasoning and garlic salt into the vinegar and tomato mixture. Divide dressing equally among four salads.

Ham and Egg Drop Soup

- 1 tablespoon olive oil
- 1 cup onion, finely chopped
- 1 cup green pepper, finely chopped
- 3 cans chicken broth (14.5 ounces)
- 1½ cups ham, cubed and cooked
- 4 eggs
- 1 teaspoon sesame oil

In large saucepan over medium-high heat, heat olive oil until just hot enough to sizzle a drop of water. Add finely chopped onion and green pepper. Cook, stirring frequently, until crisp-tender, or about 5 minutes. Stir in chicken broth and heat to boiling. Stir in ham.

In small bowl, beat eggs. While constantly stirring soup, slowly pour in eggs. Immediately remove from heat. Stir in sesame oil. Pour or ladle about 2 cups of soup into each bowl. Serves 4.

Zucchini and Tomato Torta

- | | |
|--|--|
| 1 9" refrigerated pie crust | 4 eggs |
| 1 cup fresh zucchini, coarsely chopped | 1 cup milk |
| 1 cup plum tomatoes, coarsely chopped | ¼ cup Parmesan cheese, finely
grated |
| 3 tablespoons Italian seasoned dry
bread crumbs | * may substitute 1 teaspoon
dried basil |
| 1 tablespoon fresh basil, chopped* | |
| ½ teaspoon salt | |

Preheat oven to 375°F. Roll out pastry to fit into 10" pie pan or tart pan with removable sides. In large bowl, stir together zucchini, tomatoes, bread crumbs, basil and salt. Spread evenly over pastry. In medium bowl, beat together eggs and milk until well blended. Pour over vegetables. Sprinkle evenly with cheese. Bake until golden brown and a knife inserted into center comes out clean, about 25-30 minutes.

Note: For a crispier crust, pre-bake pie crust according to package directions.

Orange Dessert Omelets

- | | |
|----------------------------|--------------------------------|
| 4 eggs | 4 tablespoons orange marmalade |
| 4 tablespoons orange juice | 1 cup fresh raspberries |
| 2 teaspoons sugar | Whipped topping |
| 4 teaspoon butter, divided | |

In medium bowl, beat together eggs, orange juice and sugar until well blended. For each omelet, heat an 8" nonstick skillet or omelet pan over medium-high heat. Heat 1 teaspoon butter until just hot enough to sizzle a drop of water. Pour ¼ cup of egg mixture into hot skillet. With an inverted pancake turner, carefully push cooked portions from the edges of the skillet to the center so uncooked portions can reach hot pan surface, tilting pan and moving as necessary. When egg mixture is thickened and no visible liquid egg remains, spread with 1 tablespoon marmalade and fold into quarters. Remove to warm serving dish. *Repeat process three more times for remaining omelets. Top each omelet with ¼ cup raspberries and garnish with whipped topping.

* Omelets can be kept warm in an oven-proof serving dish or platter in a 200°F oven for up to 30 minutes. Do not add raspberries or whipped topping until just before serving.

Soups on

2003 has arrived, and with its arrival has come some interesting weather trends, including the usual frigid night temperatures.

One of the best ways to combat the frigid temperatures is with a bowl of soup or stew. The following tips will help you improve your soups and stews!



- Make soup 1 to 2 days in advance to allow flavors to blend.
- Use a flavored broth (vegetable, chicken, beef) instead of plain water to improve soup flavor.
- If soup tastes weak, add bouillon cubes or granules to improve the flavor.

More Soup Tips

- Refrigerate cooked stews and soups overnight before serving. The fat will rise to the top and you can skim it off before heating and serving.
- In a hurry to skim the fat from the soup? An ice cube floated in the soup will help to congeal the fat and make it easier to remove.
- A leaf of lettuce dropped in a pot of soup absorbs the grease from the top.
- Freeze the liquids from canned mushrooms or vegetables; use it in soups or stews later.

- To cool soup as quickly as possible, place uncovered pot in sink of ice water.
- If adding wine or beer to soups, reduce the recommended amount of salt slightly. Taste and adjust accordingly.
- When reducing or boiling down a soup stock, do not add salt until the end.
- If soup is too salty, add half a peeled raw potato and simmer about 15 minutes to absorb excess salt — remove potato before serving.
- Adding 1 teaspoon of sugar or light brown sugar will mellow the acidity of tomato soup.

- Vegetable cream soups may be thickened by pureeing some of the vegetables with a small amount of the liquid.
- Add herbs at the end to receive the most flavor.
- One quart of soup yields enough for 3-4 main course servings.
- Serving soup in a soup tureen will help keep the soup hot for second servings.

This month's recipes include soups and in honor of the month of February, recipes featuring cherries.

Zucchini Chowder

- 2 medium zucchini, chopped
- 1 medium onion, chopped
- 2 tablespoons fresh parsley, minced
- 1 teaspoon dried basil
- a cup butter
- a cup flour
- 1 teaspoon salt
- ¼ teaspoon pepper

- 3 cups water
- 3 chicken bouillon cubes
- 1 teaspoon lemon juice
- 1 14.5-ounce can diced tomatoes
- 1 can evaporated milk
- 1 10-ounce package frozen corn
- ¼ cup parmesan cheese, grated
- 2 cups cheddar cheese, shredded
- Pinch sugar

In large soup kettle, sauté zucchini, onion, parsley and basil in butter over medium heat. Cook until vegetables are tender. Stir in flour, salt and pepper. Gradually stir in water. Add bouillon cubes and lemon juice; mix well. Bring to boil; cook for 2 minutes. Add tomatoes, milk and corn; bring to boil. Reduce heat; cover and simmer for 5 minutes or until corn is tender. Just before serving, add cheeses; stir until melted. Add sugar.

Cherries and Sweet Potatoes

- 4 large sweet potatoes
- ½ cup butter, softened
- ½ cup brown sugar
- ½ teaspoon cinnamon
- ½ teaspoon salt
- 1 cup cherry pie filling
- ¼ cup fruit juice (apple, cherry)
- 1 bag mini marshmallows, optional

Cook sweet potatoes until tender. Drain and cool. Place potatoes in bowl and mash using a potato masher. Stir in softened butter, brown sugar, cinnamon and salt. Blend in cherry pie filling and fruit juice.

Just prior to serving, top with mini marshmallows; place under heated broiler until marshmallows are melted and lightly browned.

Cherry Cheesecake Bars

- | | |
|---------------------------------|---|
| 1 package cherry cake mix | 1 can cherry frosting (ready to spread) |
| ½ cup butter | 3 eggs |
| 2 8-ounce packages cream cheese | |

Preheat oven to 325°F. Beat dry cake mix and butter in large bowl on low speed. Reserve one cup of mixture. Press remaining mixture in bottom of ungreased 13x9x2" pan.

Beat cream cheese and frosting in bowl on medium speed until smooth. Add eggs; beat until well blended. Pour over crust and sprinkle with reserved mixture.

Bake for 45 minutes or until set; cool completely. Cover and refrigerate overnight. Store in refrigerator. Yields 36 bars.

Chicken Tortellini Soup

- | | |
|--------------------------------------|-----------------------------------|
| 4 10.5-ounce cans chicken broth | 1 package fresh cheese tortellini |
| 1 cup celery, chopped | ½ teaspoon black pepper |
| 1 cup chopped onion | 1 teaspoon basil |
| 2 cans cream of chicken soup | ½ teaspoon Italian seasoning |
| 6 cups cooked, cubed chicken breasts | ¼ teaspoon garlic powder |
| 1 16-ounce package frozen broccoli | 8 ounces sour cream |

In large pan, combine 3 cans of chicken broth, celery and onion; cook until tender, about 15 minutes. Add chicken soup, cubed chicken, broccoli, cheese tortellini, pepper, basil, Italian seasoning and garlic powder. Bring to boiling, reduce heat; simmer 15 minutes. Stir in sour cream. Thin soup with 1 can of chicken broth to desired consistency.

PORK

good source of vitamins and protein

M²⁰⁰³
March

Pork is high in nutritive value. It is an especially good source of thiamin (Vitamin B1) and supplies other B vitamins and iron. It is a good source of protein, too. Modern-day production has reduced pork's fat content. In fact, pork is a major contender in the lean meat category and many cuts of pork are as lean or leaner than chicken.

The average serving of pork is 3 ounces of cooked meat. Start with 4 ounces of boneless, raw pork to yield 3 ounces of cooked pork. A 3-ounce serving is about the size of a deck of playing cards.

The following recipes will help you incorporate pork in your weekly family menus.

Apple-Sausage Breakfast Cake

- 4 sausage patties
- 2 tart apples, peeled, cored and sliced (about ¼" thick)
- 2 tablespoons brown sugar
- 1 teaspoon cinnamon
- 1 tablespoon butter
- 1½ cups pancake batter

In large skillet, saute sausage until browned. Pour off any fat from skillet. Add apple slices, sprinkle with brown sugar and cinnamon. Saute for 1-2 minutes until apples just lose their crispness. Set aside.

Place butter in well-seasoned 9" iron skillet and heat in 450°F oven until bubbly and hot. Arrange sausage in pan, cover with apples, distributing evenly.

Pour batter over apples and bake until nicely browned, about 8-15 minutes. Cut into pie-shaped wedges and serve immediately.

Ham Loaf

- 1 egg
- ¾ cup milk
- ¼ cup crushed, butter-flavored crackers (about 6)
- 1 pound fully cooked ham, ground
- ½ pound ground pork
- 1 8-ounce can sliced pineapple

Raisin Sauce

- ½ cup sugar
- 1 tablespoon cornstarch
- Pinch salt
- 1 cup water
- 2 cup raisins
- 1 tablespoon butter
- 1 teaspoon vanilla extract
- 1 maraschino cherry

In large bowl, combine egg, milk and cracker crumbs. Crumble ham and pork over mixture; mix well. Form into 8" round loaf pan or ungreased 9" pie pan. Drain pineapple, reserving juice. Cut pineapple, reserving juice. Cut pineapple slices in half if desired; place on top of loaf.

Bake, uncovered, at 325°F for 45 minutes. Baste with reserved pineapple juice. Bake 45 minutes longer, or until lightly browned and a meat thermometer reads 160 F, basting occasionally with pan drippings.

Raisin Sauce:

Combine sugar, cornstarch, salt and water in saucepan; stir until smooth. Add raisins, bring to boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in butter and vanilla. Serve warm with ham loaf. Garnish in the center with cherry.

Karen's Cupboard Soup

- 1 teaspoon oil
- ½ pound boneless pork loin, cut into cubes
- 1 cup carrots, thinly sliced
- 1 cup potatoes, sliced
- 1 package dry onion soup mix
- 2 tablespoons sugar
- ¼ teaspoon black pepper
- 4 cups water
- 1 28-ounce can crushed tomatoes
- 1 cup shredded cabbage
- ¼ teaspoon oregano leaves, crushed
- Dash Red pepper sauce

Heat oil in large kettle; brown pork, stirring occasionally. Add remaining ingredients; bring to boil. Reduce heat, cover pan; simmer for 30-45 minutes. major contender in the lean meat category and many cuts of pork are as lean or leaner than chicken.

Apricot Pork Salad

- | | |
|--|---|
| 1 cup apricot preserves | 1 15-ounce can apricot halves, drained and sliced |
| ¼ cup white wine vinegar | ½ cup dried cranberries or cherries |
| 2 tablespoons Dijon style mustard | ¼ cup pecan pieces |
| 1 teaspoon ground ginger | 4 ounces Provolone cheese, cut into cubes |
| 1 whole pork tenderloin, about 1 pound | 8 green onions, sliced |
| 3 cups mixed salad green | |

In small bowl, stir together preserves, vinegar, mustard and ginger. Reserve ¾ cup for salad dressing. Butterfly pork tenderloin, (cut in half horizontally; open and lay flat). Grill tenderloin 5-6 minutes per side, brushing with remaining apricot mixture during the last 2 minutes of grilling each side. Remove tenderloin to cutting board.

In large bowl, toss together salad mixture, apricots, dried cranberries or cherries, pecans, cheese and onions. Divide evenly on 4 plates. Slice pork into ½" pieces. Arrange portions of pork on top of salads; drizzle with reserved salad dressing.

TIME SAVERS

Freezing bread cubes and crumbs: Take pieces of old bread, cut them into cubes for croutons or process into crumbs. Place in freezer bags and freeze until the next time you need them. This will save some preparation time.

Precooked bacon: When you have extra time, fry a pound of bacon. Drain, cool and place in single layers on waxed paper; place in bag and freeze. When ready to use, take the number of slices needed and heat in the microwave. And don't forget to refrigerate some of the grease from frying for those recipes that call for bacon or ham fat.

Planned Leftovers: There are lots of foods that lend themselves to versatile leftover techniques. Make the original recipe one day in larger amounts than needed. The next day, create a whole new recipe from the leftovers.

Use your grill! Whether it be indoors or outdoors, grilling saves cooking time and energy, is healthier than frying or many other methods, and usually involves less clean up. Meats and vegetables take on a whole new dimension of flavor. While grilling other entrees, depending on your grill, casseroles and even desserts can be baked outside.

— from <http://teriskitchen.com/>

Easter Time Recipes

April not only brings showers, but also a wonderful holiday — Easter! I personally am ready for the flowers that will arrive in all of their beautiful colors! Remember to practice safe food handling when preparing your holiday meals and enjoy your time with family and friends.



Italian Jelly Bean Cookies

- | | |
|--|-------------------------------|
| 4 tablespoons butter, room temperature | 1/2 teaspoon salt |
| 1 cup granulated sugar | 1 13-ounce bag of jelly beans |
| 4 large eggs | 3 cups flour |
| 2 teaspoons vanilla | Parchment baking paper |
| 2 teaspoons baking powder | 1/4 cup Confectioner's sugar |

Preheat oven to 375°F. In medium bowl, combine butter and granulated sugar. Cream together with electric mixer on medium speed until light and fluffy. Add 1 egg; beat continually until 3 eggs have been used. Save 4th egg for later use. Beat in vanilla, then add baking powder, salt, jelly beans and flour, beating on low speed until mixture is fluffy (mixture will be very soft and sticky.)

Using spatula, scrape dough from bowl onto floured surface. Sprinkle additional flour on top of dough and on hands. Divide dough in half using a chopping motion to prevent dough from sticking to the sides of hands. Roll 1/2 of the dough lightly back and forth to make a rope. Place on cookie sheet lined with parchment paper. If necessary, shape dough with hands. Repeat process with second half of dough. Flatten the two "ropes" of dough slightly with palms of hands.

Beat remaining egg in small bowl. Using a pastry brush, brush both "ropes" of dough with egg mixture. Sprinkle with Confectioner's sugar. Bake for 25 minutes or until golden brown.

When done, remove from oven and let cool 15 minutes. Place dough on cutting or bread board (flat side down) and slice. Put sliced cookies (cut side up) back on the cookie sheet and bake for another 10 -12 minutes. Remove from oven; cool on wire racks. Note: Cookies have a hard texture and are great for dunking!

Minted Carrots

- 1 cup water
- 1/4 teaspoon salt
- 6 medium carrots, sliced or julienned
- 2 tablespoons butter
- 1 tablespoon Confectioner's sugar
- 1 1/2 teaspoons minced fresh mint

In saucepan, bring water and salt to boil. Add carrots; cook until crisp-tender, about 8 minutes. Drain and set aside. Melt butter in same saucepan; stir in sugar and mint, turning carefully to toss. Serve immediately.

Butterflied Leg of Lamb

Best when marinated overnight.

- | | |
|--------------------------|---|
| ¾ cup soy sauce | 1 tablespoon coarsely ground black pepper |
| ¾ cup dry red wine | ½ cup chopped parsley |
| 4 cloves garlic, crushed | 1 4- to 5-pound leg of lamb, butterflied |

Combine soy sauce, wine, garlic, pepper and parsley in small bowl; mix well. Pour over lamb which has been placed in shallow dish. Refrigerate, covered 6 hours or overnight, turning lamb frequently. Remove lamb; reserve marinade.

Grill lamb 4 inches above coals or under broiler for approximately 20 minutes on each side, basting frequently with reserved marinade. Check for doneness frequently after 30 minutes of grilling. Cut into thin slices on the diagonal, arrange on platter and serve immediately.

Hot Crossed Buns

These buns are traditionally served during the Lenten Season and especially on Good Friday.

- | | |
|-----------------------------|-----------------------------|
| ½ cup warm water | ½ cup raisins |
| 1 cup warm milk | 6½-7 cups all-purpose flour |
| 2 packages active dry yeast | 4 eggs |
| ½ cup sugar | 2 tablespoons water |
| ¼ cup softened butter | 1 egg yolk |
| 1 teaspoon vanilla extract | Icing |
| 1 teaspoon salt | 1 cup Confectioner's sugar |
| ½ teaspoon ground nutmeg | 4 teaspoons milk |
| 1 teaspoon cinnamon | Dash salt |
| | ¼ teaspoon vanilla extract |

Heat warm water and milk to 110-115°F. In large mixing bowl, dissolve yeast in warm water. Add warm milk, sugar, butter, vanilla, salt, nutmeg, cinnamon, raisins and 3 cups of flour; beat until smooth. Add eggs, one at a time, beating mixture well after each addition. Add enough flour to make a soft dough.

Turn dough out onto floured surface and knead until smooth and elastic, about 6-8 minutes. Place in greased bowl and turn over to grease the top. Cover with damp towel or plastic wrap and let rise in a warm place until doubled in size. Approximately 1 hour.

Punch dough down and shape into 30 balls. Place on greased baking sheets. Using a sharp knife, cut a cross or X on the top of each roll. Cover again and let rise until doubled (about 30 minutes). Beat water and egg yolk together and brush over the rolls. Bake at 375°F for 12-15 minutes. Cool on wire racks. Drizzle icing over top of each bun or roll following the lines of the cut cross.

Icing: Combine Confectioner's sugar, milk, salt and vanilla extract. Stir until smooth.

Honey Apricot Glazed Ham

- 1 10- to 14-pound ham, fully cooked
- Glaze:**
- 1 cup honey
 - 1 6-ounce can frozen orange juice concentrate, thawed
 - ¼ cup soy sauce
 - ¼ cup apricot jam
 - ½ teaspoon ground nutmeg
 - ¼ teaspoon ground cloves

Preheat oven to 325°F. Place ham on rack in shallow roasting pan.

Glaze: Mix together remaining ingredients in medium bowl; set aside. Bake ham for 30 minutes. Pour glaze over ham; continue to bake until ham is heated through, approximately 1-1½ hours.

Nutritious & Delicious Strawberries

May²⁰⁰³

Most people eat strawberries just because they taste great! They don't realize how much great nutrition is contained in each strawberry. In fact 8 strawberries contain more vitamin C than one orange. Strawberries have 50 calories per one cup serving and contain neither

cholesterol nor saturated fats.

West Virginia strawberries will be ready for picking in late May and through mid June. Until then, enjoy the following recipes using the bountiful supply of fresh strawberries available at most supermarkets and markets.

Strawberry and Spinach Salad

- | | |
|------------------------------------|-------------------------------------|
| 1 pint fresh strawberries | ½ teaspoon Worcestershire sauce |
| 2 bunches fresh spinach | ½ teaspoon paprika |
| ½ cup sugar | ½ cup olive oil |
| 1½ tablespoons green onion, minced | ½ cup vinegar (balsamic works well) |
| | 2 tablespoons sesame seeds |

Wash strawberries, remove caps; set aside to drain. Wash spinach; remove large stems. Tear spinach into small pieces. Drain. In medium bowl, combine remaining ingredients and whisk together. Slice strawberries into halves or quarters and place in large bowl. Add dry spinach. Pour dressing mixture over spinach and strawberries; toss.

Grilled Strawberry Kabobs

- | | |
|--|---|
| 2 cups fresh strawberries, hulls removed | 2 cups fresh pineapple, cut into wedges |
| 1 11-ounce can mandarin orange segments, drained | Glaze |
| 1 kiwi, quartered | 1 tablespoon cornstarch |
| 1 red apple, unpeeled, cored and cubed | Juice of one fresh lemon |
| ½ honeydew melon or cantaloupe, scooped into balls | ½ cup orange juice |
| | 2 tablespoons honey |
| | ¼ teaspoon ground cinnamon |
| | 3 teaspoons chopped fresh mint |

Glaze: In small saucepan, dissolve cornstarch in lemon juice. Add remaining ingredients, except mint. Stir until mixture thickens; add mint. Place fruit on skewers and paint fruit with glaze. Broil or grill until fruit is cooked through and lightly browned. Serve immediately. Serves 4-6.

Strawberry Nachos

- 3 cups strawberries, sliced
- a cup sugar
- ¼ cup almond flavoring or liqueur
- ½ cup sour cream
- ½ cup whipped topping
- 2 tablespoons sugar
- c teaspoon ground cinnamon
- 6 flour tortillas, cut into 8 wedges
- Butter flavored cooking spray
- 2 teaspoons cinnamon sugar
- 2 tablespoons sliced almonds, toasted
- 2 teaspoons semi-sweet chocolate, shaved

Combine strawberries, a cup sugar and almond flavoring in bowl. Stir well, cover; chill for 30 minutes. Drain, reserving juice for another use. Combine sour cream, whipped topping, 2 tablespoons sugar and cinnamon in bowl, stir well. Cover and chill.

Arrange tortilla wedges on 2 baking sheets; lightly coat with cooking spray. Sprinkle evenly with cinnamon sugar. Bake at 400° F for 7 minutes or until crisp. Cool on wire rack. To serve, arrange 8 tortilla wedges on a serving plate; top each with a cup of strawberry mixture and 2 tablespoons sour cream mixture. Sprinkle with almonds and shaved chocolate.

Grilled Chicken Salad

- | | |
|--|--|
| 1 cup lemon flavored yogurt | 1 package European or Romaine blend packaged salad |
| 1 teaspoon poppy seeds | 2 kiwis, peeled and sliced |
| 3 boneless chicken breast halves, skin removed | 2 cups fresh strawberries, sliced |

Combine yogurt and poppy seeds in small bowl to make a dressing mixture. Remove 3 tablespoons of dressing mixture. Cover remaining mixture and refrigerate.

Grill chicken for 10 minutes per side or until chicken is no longer pink in center, brushing occasionally with the 3 tablespoons reserved dressing. After grilling is completed, discard any remaining dressing. Cut chicken crosswise into ½" slices.

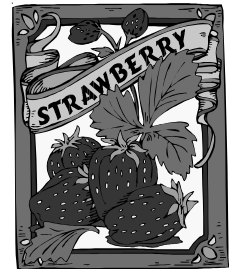
Place salad mixture in large bowl or on individual plates. Top with grilled chicken, kiwi and strawberries. Serve with reserved dressing.

Note: If salad dressing is too thick, thin with water or lemonade to desired consistency.

Strawberries

Strawberries should be a bright shade of red and the caps on the berries should be green and fresh looking. Berries that are green or yellow are unripe and will taste sour.

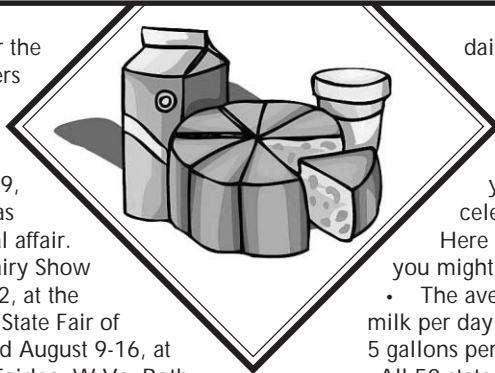
Perhaps the most popular of all the berries, strawberries have the most vitamin C of the berry family. Strawberries have been known since the time of the Greeks and Romans and cultivation of strawberries began in 1624. Commercial growing in America began about 1800 on the east coast of the United States. Strawberries moved west with the pioneers and now there are more than seventy varieties of strawberries, many of which are grown in California and Florida. This familiar fruit is usually available fresh year round with a peak from April to July.



— www.foodreference.com

Dairy Month

by Jean Smith, Director, Marketing and Development Division



This is the time of year that we celebrate the great bounty of dairy products and honor the hard working dairy farmers of West Virginia and the United States.

Officially christened June Dairy Month in 1939, the annual celebration has blossomed into a national affair.

The West Virginia Dairy Show will be held August 10-12, at the State 4-H Camp, and the State Fair of West Virginia will be held August 9-16, at the State Fairgrounds in Fairlea, W.Va. Both

of these events will provide the opportunity for folks to personally thank the dairy farmers of West Virginia for providing their wonderful products.

Please consider using the following dairy recipes for your June Dairy Month celebrations.

Here are some Dairy Facts that you might find interesting.

- The average cow produces enough milk per day to fill 90 glasses. That's over 5 gallons per day.
- All 50 states have dairy farms.
- The first dairy cattle arrived from

Angel Food Ice Cream Cake

- 1 8" Angel Food Cake
- ½ gallon vanilla ice cream, softened
- 2 quarts fresh strawberries
- Sugar to taste

Cut cake in half, tear ½ into small pieces; set aside. Cut other half into 12-14 thin slices. Arrange slices in bottom of 13x9" pan which has been lined with wax paper, overlapping slices as needed.

Spread ice cream over cake, pressing down to smooth. Gently press small cake pieces into ice cream. Cover with plastic wrap; freeze.

Just before serving, slice strawberries and sweeten to taste. Cut cake into squares; top with strawberries.

Chicken Milanese

- | | |
|---|-----------------------------|
| 4 boneless, skinless chicken breast halves | 1 tablespoon minced parsley |
| ¾ cup plus 2 tablespoons grated Parmesan cheese | ¼ teaspoon salt |
| ¾ cup fresh white bread crumbs | ¼ teaspoon pepper |
| | 1 egg |
| | ½ cup milk |
| | 2 cups olive oil |

Flatten chicken breasts between sheets of wax paper using rolling pin. Mix cheese, bread crumbs, parsley, salt and pepper in large bowl.

Whisk egg with milk in medium bowl. Dip chicken into egg, then into crumb mixture, coating completely and pressing to adhere. Shake off excess.

Heat oil in heavy, large skillet. Add chicken; cook until golden-brown, about 4 minutes per side.

Transfer to paper towels to drain and then transfer chicken to platter.

Cheese and Mushroom Stuffed Meatloaf

Shrimp Dip

- 2 8-ounce packages cream cheese, softened
- ½ cup mayonnaise
- ½ cup sour cream
- ½ cup cheddar cheese, finely shredded
- 6 tablespoons ketchup
- 2 tablespoons onions, finely chopped
- 2 tablespoons chives, chopped
- 2 4.25-ounce cans broken or chopped shrimp

Mix all ingredients in medium-size bowl with electric mixer. Spoon into serving bowl, cover with plastic wrap; chill at least 1 hour.

Serve with your favorite crackers, vegetables or chips.

- 2 tablespoons olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced
- 10 ounces sliced mushrooms
- 1½ pounds ground beef
- ¾ cup fresh bread crumbs
- ½ cup minced parsley

- ¼ cup ketchup
- 1 egg, well-beaten
- ½ teaspoon pepper
- ½ teaspoon dried thyme, crushed
- ¼ teaspoon dried sage, crumbled
- 1½ cups cheddar cheese, grated

Heat oil in skillet over medium heat. Add onion; sauté until translucent, about 4 minutes. Add garlic and mushrooms; cook until mushrooms are golden brown and liquid evaporates, about 7 minutes. Cool.

Preheat oven to 350°F. Mix beef and all remaining ingredients except cheese. Turn mixture out onto large square of plastic wrap. Pat into a 9x12 rectangle. Spread mushroom filling over rectangle, leaving ½" border on all sides. Cover mushrooms with cheese. Starting at one end, roll up jelly roll fashion. Arrange seam side down in a 9x5" loaf pan.

Bake until loaf shrinks from sides of pan and browns, about 1 hour. Pour off any drippings. Gently turn out loaf and let stand 10 minutes before slicing.

Note: Meatloaf can be prepared up to 6 hours ahead. Cover and refrigerate.

More Food Tips . . .

- Store celery and lettuce in paper bags, not plastic. And leave the outside leaves and stalks alone until ready to use.
- Sunlight doesn't ripen tomatoes, warmth does. Store tomatoes with stems pointed down and they will stay fresher, longer.
- Meat loaf will not stick if you place a slice of bacon on the bottom of the pan.
- To soften rock-hard brown sugar, simply add a slice of soft bread to the package and close the bag tightly. In a few hours the sugar will be soft again.
- Place green fruits in a perforated plastic bag. The holes will allow air to circulate while retaining the ethylene gas that fruits produce during ripening.

Cream Cheese Danish Heart

- 2 cups all-purpose flour
- ¼ cup sugar
- 1 envelope rapid-rise yeast
- ½ teaspoon salt
- ¼ cup water
- ½ cup sour cream
- ¼ cup butter
- 1 large egg

Cream Cheese Filling

- 1 8-ounce package cream cheese
- ¼ cup sugar
- 1 teaspoon vanilla extract

Powdered Sugar Glaze

- 1 cup powdered sugar, sifted
- 2-3 tablespoons milk
- 1 teaspoon vanilla extract
- 2 drops red food coloring

In large bowl, combine ¾ cup flour, sugar, undissolved yeast and salt. Heat water, sour cream and butter until very warm (120-130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed on electric mixer, scraping bowl occasionally. Add egg and 1 cup flour; beat 2 minutes at high speed. Stir in remaining flour to make stiff batter. Cover tightly with plastic wrap; refrigerate 2-24 hours.

Remove dough from refrigerator; roll into 16x8 rectangle. Spread evenly with cream cheese filling. Beginning at long end, roll up tightly as if making a jelly roll. Pinch seam to seal. Form a large heart; pinch ends together. Place on greased baking sheet.

With sharp knife, cut ¼ of the way through the heart at 1" intervals, alternating from side to side to resemble a heart. Cover and let rise in warm, draft-free place until doubled in size, about 1 hour.

Bake at 375°F for 20-25 minutes. Remove from sheet; cool on wire rack. Drizzle with Powdered Sugar Glaze.

Cream Cheese Filling

In bowl, combine cream cheese, sugar and vanilla extract. Stir until smooth.

Powdered Sugar Glaze

In bowl, combine powdered sugar, milk and vanilla extract. Stir until smooth. Add red food coloring; stir until well blended.

J 2003
June, *continued*

Fruit and Cheese Kabobs with Ginger Dip

- 30 grapes
- 1 20-ounce can pineapple chunks, drained
- 1 11-ounce can, mandarin orange segments, drained
- 15 strawberries, cut in half
- 24 cheese cubes, about ¾" (choose 2 different kinds)

Ginger Dip

- 1 8-ounce package cream cheese
- 1 8-ounce container vanilla-flavored plain yogurt
- ¼ cup honey
- 2 teaspoons ginger root, peeled and grated
- 1 8-ounce can crushed pineapple, drained

Ginger Dip: Beat first 4 ingredients of the ginger dip until smooth. Fold in pineapple and chill. Makes about 4 cups.

Alternate 3 pieces of any combination of fruit and cheese on plastic or wooden picks. Serve with dip. Makes about 40 appetizers.

Fresh Garden Favorites

It appears that the summer sunshine may have arrived! Hopefully, it will bring a bounty of fresh fruits and vegetables from our orchards and gardens! Patience will definitely be needed in many areas of our state before we can enjoy these wonderful treats! Enjoy the following vegetable recipes!

Chilled Three Beans AND Pasta Salad

- 3 cups precooked cork screw pasta, chilled
- 1 can kidney beans, drained
- 1 can garbanzo beans, drained
- 1 can green beans, drained
- 1 small can sliced olives, drained
- 1 small red onion, finely chopped
- 2 tablespoons minced garlic
- ½ cup favorite bottled Italian dressing

Combine pasta, beans and olives in large salad bowl. Chop red onion; add to bowl. Add garlic. Add approximately ½ cup of dressing to bowl; stir to coat evenly. Serve immediately (at room temperature) or chill prior to serving.

Green Bean Medley

- | | |
|---------------------|--------------------------|
| 1 pound green beans | Juice of 1 lemon |
| 4-5 carrots, sliced | Olive oil |
| 6 potatoes | Salt and pepper to taste |
| 1 medium onion | Fresh snipped parsley |

Clean vegetables. Cut as desired; cover with water. Cook about 15 minutes or until tender but not mushy. Drain; add lemon juice and olive oil. Season with salt and pepper. Sprinkle with fresh snipped parsley.

Fresh Tomato Soup

- | | |
|---------------------------------------|---|
| 1 onion, finely chopped | 1 ½ cups small dry pasta shells |
| 2 stalks celery, finely sliced | 4 cups diced fresh tomatoes |
| 1 tablespoon olive oil | ½ teaspoon each, dried basil,
oregano and thyme leaves |
| 3 cloves garlic, minced | 1 teaspoon salt |
| 1 cup diced zucchini | ½ teaspoon black pepper |
| 2 ears fresh corn, kernels
removed | ½ teaspoon sugar |
| 6 cups chicken or vegetable stock | ½ cup grated Parmesan cheese |

In large stock pot, over medium high heat, sauté onions and celery in oil until tender, about 5 minutes. Add garlic, zucchini and corn; sauté 2 minutes. Add stock; bring to simmer. Add pasta, tomatoes and seasonings. Simmer until pasta is tender, about 10 minutes. To serve: Ladle soup into bowls; top each with 1 tablespoon Parmesan cheese.

Chocolate Zucchini Loaf

- 3 eggs
- $\frac{3}{4}$ cup vegetable oil
- 2 cups sugar
- 2 teaspoons vanilla
- $\frac{1}{2}$ cup milk
- 2 cups grated zucchini
- $2\frac{1}{2}$ cups flour
- 2 teaspoons grated orange peel
- $\frac{1}{2}$ cup cocoa
- 1 teaspoon salt
- $1\frac{1}{2}$ teaspoons baking soda
- 1 teaspoon cinnamon
- 1 cup chopped walnuts or pecans

Grease and flour two 9x5" loaf pans. Beat eggs until light. Add oil, sugar and vanilla. Combine milk and grated zucchini. Blend in remaining ingredients with milk/zucchini alternately. Bake at 350°F for 50 minutes.



When to Plant Vegetables

Naming an exact date for planting various vegetables is risky. Spring does not come at the same time each year. Use suggested planting times as guides but also take the actual weather conditions into consideration.

Some crops are cold-tolerant and tolerate light frosts. These crops include beets, broccoli, brussels sprouts, cabbage, carrots, cauliflower, garlic, lettuce, onion, peas, turnips, radishes, spinach, and Swiss chard. In most years, these may be planted in late February or early March.

The second group of vegetables is intermediate in tolerance to cold. These vegetables, which include snap beans, potatoes, and sweet corn, can be planted in late March or early April.

The last group of vegetables to be planted prefer warm temperatures. These are melons, tomatoes, eggplant, peppers, squash, cucumbers, lima beans, and pumpkins. These seeds need warm soil to germinate. If the spring is cool, planting should be delayed. Transplants can be planted after April 15.



Brook's Hill Community Fair Contest Winners

Summer is a wonderful time to enjoy West Virginia's many fairs and festivals! The majority of them have at least one or more food related contests which provide the opportunity for us to try new foods and add them to our list of family favorites. This month's selections are the winners of the first Brook's Hill Community Fair in Upshur County.

Rhubarb Cinnamon Crunch Pie

Judy Bauhman — Second-Place Pies

- a cup flour
- 1b cups sugar
- 1 9" deep dish pie crust
- 3 cups fresh rhubarb, cut into ½" pieces
- 4 tablespoons butter

Cinnamon Crunch Topping

- a cup sugar
- a cup brown sugar
- a cup flour
- ½ teaspoon cinnamon
- 3 tablespoons firm butter

Mix flour and sugar; set aside. Fill pie shell with ½ of rhubarb. Cover with ½ of flour mixture; add remaining rhubarb, cover with remaining flour mixture. Dot top with butter. Bake at 350°F for 40 minutes. Add topping (*see recipe above*); bake for an additional 15 minutes or until brown. Cool completely before serving.

Topping: Combine all ingredients; mix with fork until crumbly. Put on top of pie; bake for 15 minutes as per directions listed above.

Banana Black Walnut Torte

Betty Osburn — First-Place Cakes

- 1 cup margarine, softened
- 2½ cups sugar
- 4 eggs
- 2 cups mashed bananas (about 4 medium)
- 2 teaspoons vanilla
- 3½ cups all-purpose flour
- 2 teaspoons baking soda
- ¾ teaspoon salt
- ½ cup buttermilk
- 1 cup black walnuts, toasted and chopped

Frosting

- 1 8-ounce package cream cheese, softened
- ½ cup margarine, softened
- 1 1-pound box Confectioner's sugar
- 1 teaspoon vanilla
- ¼ cup black walnuts, toasted and finely chopped

In mixing bowl, cream margarine and sugar. Add eggs, one at a time, beating well after each addition. Beat in bananas and vanilla. Combine dry ingredients and add to creamed mixture alternately with buttermilk. Stir in walnuts. Pour into 3 greased and floured 9" round cake pans. Bake at 350°F for 30-35 minutes or until a toothpick inserted near center comes out clean. Cool in pans for 10 minutes; remove to wire racks to cool completely.

Frosting: Beat cream cheese, margarine and sugar in small mixing bowl; add vanilla. Spread between layers and on top of cake. Sprinkle with walnuts. Refrigerate until serving time.

West Virginia Maple Syrup Pie

Vivian Hawkins — First-Place Pies

- 2 eggs, beaten
- 1 cup brown sugar
- 2 tablespoons flour
- 3 tablespoons butter,
softened
- 1 cup maple syrup
- 1 teaspoon vanilla
- $\frac{3}{4}$ cup walnuts
- 1 unbaked pie shell

Beat eggs until frothy. Add sugar, flour and butter; beat until smooth. Stir in syrup, vanilla and walnuts. Pour into unbaked pie shell. Bake at 375°F for 35 minutes. Cool completely before serving.

Blueberry Cinnamon Cake

Mary Jo Brady — Second-Place Cakes

- | | | | |
|---------------|---------------------|----------------|--|
| 1 | tablespoon cinnamon | 1 | cup sugar |
| $\frac{1}{2}$ | cup sugar | 4 | eggs |
| | Butter | $2\frac{1}{4}$ | cups flour |
| 1 | teaspoon vanilla | 2 | teaspoons baking powder |
| 1 | cup milk | $1\frac{1}{2}$ | cups blueberries, washed
and well drained |
| $\frac{1}{2}$ | cup butter | | |

Combine cinnamon and $\frac{1}{2}$ cup sugar; set aside. Grease bundt pan with butter; dust with $\frac{1}{2}$ cinnamon-sugar mixture. Add vanilla to milk, mix well; set aside. Cream butter and 1 cup sugar together, add eggs one at a time beating constantly; mix in flour and baking powder, stir in alternately with vanilla-milk mixture. Gently add blueberries. Pour $\frac{1}{2}$ batter into pan and sprinkle with remaining cinnamon sugar mixture. Add the rest of the batter. Bake 45 minutes at 350°F. Cool in pan for 10 minutes on wire rack. Invert cake on a plate and finish cooling before serving.

Chicken-in-a-Basket Contest Winners

Poultry continues to be West Virginia's highest ranking commodity crop. The poultry industry has an economic value of \$193 million. The poultry grown in West Virginia is, in fact, consumed all over the world!

Nutritionally, poultry is a good source of protein, and is low in saturated fat and calories. One pound of ready-to-cook skinless boneless chicken breast yields four, 3-ounce servings. One 3-ounce serving is a typical serving.

Like all fresh meats, poultry is perishable and should be handled with care. Whole poultry or bone-in parts should be cooked to an internal temperature of 180°F and boneless pieces should be cooked to an internal temperature of 160°F.

Safe Poultry Handling, Cooking and Storing Tips

- Refrigerate raw poultry promptly. Never thaw on a countertop at room temperature.

- Store fresh chicken in the original wrappings in the coldest part of the refrigerator.
- Freeze uncooked poultry if it will not be used within 2 days.
- Always wash hands, countertops, cutting boards, knives and other utensils used in preparing raw poultry with soapy water before they come in contact with other raw or cooked foods.
- Never leave cooked poultry at room temperature for more than 2 hours. If not eaten, cooked poultry should be kept refrigerated.
- Marinade used for raw poultry should never be applied to cooked poultry.

The following recipes are from the 2003 Chicken-In-a-Basket contest which is held in conjunction with the West Virginia Poultry Festival and Convention.

Korean Bar-B-Que Chicken

1 cup soy sauce
1 cup olive oil
¼ cup whiskey
5-6 cloves of minced garlic
½ cup brown sugar

1 teaspoon chives
1 teaspoon black pepper
1 tablespoon sesame seeds
6 boneless, skinless chicken breasts

Mix all ingredients together; pour over chicken breasts. Marinate overnight, then grill chicken until done.

Pecan Crusted Chicken with Honey Orange Dip

First Place – Gretchen Weigel – Shepherdstown, W. Va.

- 4 5-ounce skinless, boneless chicken breasts
- 3 tablespoons maple flavored syrup, divided
- 1 cup pecans, coarsely chopped
- 3 tablespoons all-purpose flour
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 3 tablespoons butter, divided
- 2 tablespoons canola oil

Dip

- 1 tablespoon honey
- 1 tablespoon orange juice frozen concentrate, thawed
- ¼ teaspoon orange zest
- ½ cup sour cream

Garnish

- Fresh greens
- Orange basket (*directions below*)
- Orange twists (*directions below*)

Flatten chicken to ½" thickness. Brush chicken all over with 2 tablespoons maple syrup. Combine next 4 ingredients and coat breasts completely with mixture. In large nonstick skillet, heat 2 tablespoons butter and oil on medium. Add chicken breasts; cook 5-6 minutes per side until chicken is browned and tender, turning chicken once.

Dip: Combine all dip ingredients; mix well.

Orange Basket: Basket is made by carving a navel orange in basket shape.

Orange Twists: Use the remaining pieces of orange after making the basket shape. Slice thinly, horizontally – then make one vertical or diagonal cut from the flesh to near the rind. Twist the slice to make a pinwheel.

Spoon dip into orange basket. Arrange chicken on platter and brush tops with remaining butter and syrup. Garnish with fresh greens, orange basket with dip and orange twists. Serves 4.

Cheesy Chicken

Tortilla Casserole

Second Place – Vicki Rowland – Petersburg, W. Va.

- 2-3 pounds chicken breasts, with bone
- Salt and pepper to taste
- 8-10 ounces regular tortilla chips, crushed
- 1 cup chicken broth (reserved from chicken)
- 1 medium onion, chopped
- 1 12-ounce can evaporated milk
- 1 10¾-ounce can cream of celery soup
- 1 10¾-ounce can cream of chicken soup
- 1 4.5-ounce can chopped green chilies
- 8-10 ounces Velveeta cheese

Preheat oven to 350° F. Boil chicken with salt and pepper for 30-45 minutes or until chicken is completely cooked. Remove chicken and allow to cool; reserve chicken broth. Cube chicken into small bite-size cubes; spread into a 9"x 11" casserole dish. Layer crushed tortilla chips over chicken.

In medium saucepan, bring chicken broth to slow boil, add onion; cook until onion is soft. Add green chilies, both soups, evaporated milk and Velveeta cheese. Use more or less cheese according to your own preferences. Continuously stir over low heat until cheese is melted; remove from heat. Pour soup mixture over tortilla chip layer; bake at 350° F for 20-25 minutes or until bubbly. Remove; allow to cool 10 minutes. Serves 8-10.

HINT: If soup mixture seems too thick, add some additional chicken broth.

Apple Cinnamon Chicken

- 4 chicken filets
- 2 cups water
- 1 cup plus 3 tablespoons apple juice
- 1 chicken bouillon cube
- 1 tablespoon melted butter
- 1 teaspoon cinnamon
- 2 tablespoons apple jelly
- Lettuce, grapes, nuts
- 2 small apples
- a cup Miracle Whip Free

Place chicken in pot, cover with water and apple juice; add bouillon cube. Bring to boil. Reduce heat and simmer till tender. Drain chicken; place on shallow pan sprayed with cooking spray. Brush chicken with melted butter. Sprinkle lightly with cinnamon. Broil until lightly browned. Mix together jelly and 1 tablespoon apple juice and ½ teaspoon cinnamon; use as glaze on chicken. Return to broiler until bubbly. Remove chicken to cool. Mix together Miracle Whip and 2 tablespoons apple juice and use as dressing for lettuce salad greens. Place chicken on lettuce. Garnish with 1 cubed apple, grapes and nuts. Serve with sculptured apple swan.

Low-fat Cheesy Chicken Enchiladas

- | | |
|--|--|
| 2 cups chopped cooked chicken | 8 6" flour tortillas |
| 1 package fat-free cream cheese | ¾ pound (12 ounces) Velveeta light pasteurized process cheese spread, cut up |
| 1 cup chopped green, red or yellow bell pepper | ¼ cup 2% milk |
| 1 8-ounce jar picante sauce, divided | |

Stir chicken, cream cheese, bell pepper and ½ cup salsa (picante sauce) in sauce pan on low until cream cheese is melted. Spoon a cup chicken mixture down center of each tortilla; roll up. Place, seam-side down, in lightly greased baking dish. Stir cheese spread and milk in saucepan on low until smooth. Pour sauce over tortillas; cover with foil. Bake at 350°F for 20 minutes or until thoroughly heated. Pour remaining salsa over tortillas. Serves 4-6.

Chicken Vegetable Pie

- | | |
|--|---|
| 1¼ cups shredded Colby and Monterey Jack cheese, divided | ½ teaspoon ground sage |
| 1 single pastry crust | 1 10-ounce box frozen peas and carrots thawed |
| 1 cup sweet onion chopped | ½ cup cream of chicken soup |
| ½ cup celery diced | ½ teaspoon poultry seasoning |
| 1 tablespoon flour | 2 cups cooked honey roasted chicken breast, cubed |
| ¼ teaspoon nutmeg | Tomato (for garnish) |
| ¼ teaspoon white pepper | |

Sprinkle some of cheese on crust bottom. In bowl, combine b cup cheese with onion, celery, flour, nutmeg, pepper, sage, peas and carrots, soup and poultry seasoning; mix well, stir in chicken. Mix; pour in crust. Top with remaining cheese. Cover crust rim with foil. Bake at 350°F for 35 minutes or until done. Cool. Slice. Garnish with tomato. Serves 6.

Quick and Easy Beef Contest and Ultimate Recipe Contest Winners

2003
October

As I have said many times before, I love the fall season! The colorful leaves amaze me each year and are the perfect introduction to the upcoming holiday season! For those of you with ample freezer and pantry space it is not too soon to begin shopping for ingredients for holiday baking and candy making. Also, fresh cider purchased in plastic containers can be frozen and used for those special winter occasions. This month's recipes are from the *Quick and Easy Beef Contest* at the 2003 State Fair of West Virginia and from the recent *Ultimate Recipe Contest* at the Capitol Market in Charleston, W.Va. Partici-

pants in the *Quick and Easy Beef Contest* entered recipes featuring at least one pound of beef that could be prepared in 30 minutes or less. Participants in the *Ultimate Recipe Contest* entered foods prepared with ingredients that could be purchased at the Capitol Market. Shoppers are able to experience the ambiance of the indoor shops, including a fresh seafood shop, meat shop, bakery, wine and cheese shop and many more in addition to the wonderful West Virginia outdoor farmers' market where fresh fruits and vegetables are most plentiful.

Quick and Easy Beef Wraps

First Place — Quick and Easy Beef Contest — Jason Perry

- 
- | | |
|-------------------------------------|---|
| 8 flour tortilla shells | 8 rings of fresh onion, sliced very thinly and broken into pieces |
| ¼ cup ranch dressing | 2 teaspoons mustard |
| 1 pound deli beef, sliced very thin | ½ cup shredded cheese blend |
| 1 cup shredded lettuce | |
| ½ cup diced tomatoes | |

Warm tortilla shells in microwave oven for 30 seconds to soften. Spread the middle of each tortilla shell with ranch dressing. Top ranch dressing with 2 ounces of sliced deli beef. Add lettuce, tomatoes, onion and small amount of mustard to each. Fold bottom of tortilla shell up to the mixture and wrap sides to middle to form a pocket; secure with toothpicks. Chill for at least 1 hour before serving. Serves 8.

ULTIMATE RECIPE CONTEST

APPETIZER WINNER

Eggplant Appetizer

Bob Maslowski

- 1 large eggplant (about 1 pound) pricked with a fork
 - 1 small onion
 - 1 clove garlic
 - ¼ teaspoon white pepper
 - 2 tablespoons fresh lemon juice
 - ¼ cup parsley, chopped
 - 1 teaspoon kosher salt
 - 2 tablespoons olive oil
- Wedges or crackers

Place eggplant on a double thickness of paper towel; cook in microwave on high for 12 minutes. Remove; allow to cool. When cool enough for handling, cut eggplant in half and scoop out pulp. Place in blender or food processor with remaining ingredients; process until smooth. Transfer to serving bowl; serve with wedges or crackers.

ULTIMATE RECIPE CONTEST

SIDE DISH WINNER

Fresh Corn Salad

Phyllis Watson

- 8 ears fresh corn
- ¼ cup cider vinegar
- ½ cup vegetable oil
- 1½ teaspoon lemon juice
- ¼ cup fresh parsley, minced
- 2 teaspoon sugar
- 1 teaspoon salt
- ½ teaspoon dried basil
- C-¼ teaspoon cayenne pepper, to taste
- 2 large tomatoes, seeded and coarsely chopped
- ½ cup chopped onion
- a cup green pepper, chopped
- a cup sweet red pepper, chopped

Place corn in large saucepan; cover with water. Bring to boil; cook 5-7 minutes or until tender. Drain, cool; set aside.

In large bowl, mix vinegar, oil, lemon juice, parsley, sugar, salt, basil and cayenne pepper.

Cut cooled corn kernels from cob; add to oil and vinegar mixture. Add tomatoes, onions and peppers. Mix well and cover. Chill for several hours or overnight.

Grilled Deli Roast Beef and Vegetables

Second Place — Quick and Easy Beef Contest — Jackie Cochran

- 1 pound deli roast beef slice thick (2 slices)
- 1 small onion, sliced thinly
- ½ green pepper, sliced thinly into strips
- ½ yellow pepper, sliced thinly into strips
- ½ red pepper, sliced thinly into strips
- 1 small carrot, thinly sliced in circles
- 1 small potato, sliced thinly
- 1 cup fresh mushrooms, thinly sliced
- Nonstick cooking spray
- ¼ teaspoon salt
- a cup barbeque sauce

Using a gas grill, preheat on high for 5 minutes. While grill is preheating, place piece of aluminum foil large enough to hold the vegetables on one side of the grill. After 5 minutes, spray foil with nonstick cooking spray and add vegetables. Sprinkle vegetables with salt. Place deli beef on opposite side of the grill; brush with barbeque sauce. Turn beef as needed, brushing with barbeque sauce as beef is turned. Stir vegetables as needed. Total grilling time – approximately 12 minutes. Less time is needed if crunchier vegetables are preferred. Serve vegetables as a topping for the sliced beef.

Marinated Beef Strips

Third Place — Quick and Easy Beef Contest — Mary Holyman

- 2 pounds boneless beef sirloin steak, about 1" thick
 - 2 tablespoons brown sugar
 - 1 tablespoon pure sesame oil
 - C-1 teaspoon cayenne pepper*
 - 1 teaspoon lime juice
 - 2 cloves garlic, finely chopped
- Marinade**
- ½ cup soy sauce
 - 2 tablespoons fresh ginger, peeled and grated

Marinade: Mix all ingredients, except beef, in small bowl; transfer to self-sealing plastic bag. Add beef; seal tightly, removing air from bag as the sealing takes place. Refrigerate 1-3 hours. Turn bag several times during marinating time.

Remove steak from bag and pat with paper towel. Cook on broiler rack or grill for 12-14 minutes for medium rare or until steak reaches desired doneness.

Pour marinade into sauce pan and add 2 tablespoons water. Heat to boiling; boil for 5 minutes.

To serve, thinly slice steak diagonally against the grain of the meat. Serve with cooked marinade.

Pumpkin Festival Winners

2003
November

The leaves are gone and by now many of us have seen our first snow flurries! Sure enough, the holiday season has begun—it seems that time is moving at a faster pace each year. It is not too early to begin baking those holiday cookies and freezing them or getting them ready to mail to folks in the military. If you plan to mail holiday candies and cookies, check with the United States Postal Service for the “mail by” date to ensure that these folks are able to enjoy these goodies during the holidays.

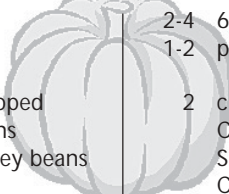
Beginning in January, I would like to feature at least one recipe per column from you the readers . . . please send them to me at the West Virginia Department of Agriculture, Marketing and Development Division, 1900 Kanawha Blvd., E., Charleston, WV 25305 or via email at jsmith@ag.state.wv.us.

I know that there are many wonderful recipes that can be shared this way. You will receive credit for recipes that are published.

This month's recipes are some of the prize-winning recipes from the 2003 W.Va. Pumpkin Festival Bake-Off!

Pumpkin Chili

Second-Place Pumpkin Entrée — Gayle Meadows, Glenwood, W.Va.

- 
- | | |
|------------------------------------|--|
| 3 pounds sausage | 2-4 6-ounce cans tomato juice |
| 3 pounds hot sausage | 1-2 packages McCormick's Chili Seasoning |
| 4 large onions, chopped | 2 cups canned pumpkin |
| 3 large green peppers, chopped | Chili powder to taste |
| 2-4 6-ounce cans kidney beans | Shredded cheese for topping |
| 4 12-ounce cans spicy kidney beans | Crackers |

In large stockpot, brown sausages. Drain well; add onions and peppers. Add all remaining ingredients, except chili powder, shredded cheese and crackers. Simmer on low heat for 1 hour. Taste; add chili powder if desired. Simmer for an additional 3-4 hours. Serve with crackers and shredded cheese.

Pumpkin Manicotti

First-place Pumpkin Entrees
Mary McClure, Barboursville, W.Va.

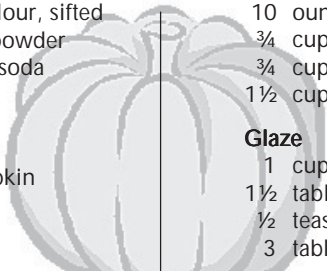
- 10 manicotti noodles
- 2 cups canned pumpkin
- 2¼ cups mozzarella cheese, shredded
- 2 eggs
- 2 tablespoons oregano or Italian seasoning
- 1 jar favorite spaghetti sauce
- Parmesan cheese to taste

Cook noodles according to package directions until they are firm to bite, (al dente) stage. Drain hot water and rinse noodles in cold water. Drain again.

In large bowl, mix together pumpkin, 2 cups shredded cheese, eggs and seasoning of choice. Stuff each noodle with 1/10 of pumpkin-cheese mixture; place in greased baking dish. Top noodles with spaghetti sauce, being sure to cover all noodles well. Top mixture with ¼ cup shredded mozzarella cheese. Bake at 325°F for 25-30 minutes. Before serving, top with parmesan cheese to taste.

Pumpkin Apple Cinnamon Pecan Bread

First-place Pumpkin Quick Breads — Rosalyn Ferrell, Winfield, W.Va.

- 
- | | |
|-----------------------------------|----------------------------|
| 3½ cups all-purpose flour, sifted | 10 ounces cinnamon chips |
| 1 teaspoon baking powder | ¾ cup chopped apples |
| 2 teaspoons baking soda | ¾ cup raisins |
| ½ teaspoon salt | 1½ cups chopped pecans |
| ½ teaspoon allspice | Glaze |
| ½ teaspoon nutmeg | 1 cup Confectioner's sugar |
| 2 cups canned pumpkin | 1½ tablespoons butter |
| 3 cups sugar | ½ teaspoon vanilla |
| 2 eggs | 3 tablespoons hot water |
| 1 cup vegetable oil | |

Bread Directions

Sift (first 6) dry ingredients together in bowl. Combine pumpkin, sugar, eggs and oil in large mixing bowl. Beat until smooth. Add dry ingredients; mix well. Fold in cinnamon chips, apples, raisins and nuts to mixture. Pour into three 9e x 5½ x 2¾" loaf pans which have been greased and floured. Bake at 350°F for 1 hour. Cool on wire racks and glaze (directions follow).

Glaze Directions

Mix well and pour over cooled bread. You may top with pecan halves for decoration.

Fresh Ginger-Pumpkin Tassies

First-place Cookies

Connie Marion, Charleston, W. Va.

Crust

- 1 1/4 cups all-purpose flour
- 1/2 cup butter, softened
- 3 ounces cream cheese, softened

Filling

- 3/4 cup brown sugar, firmly packed
- 1/2 cup canned pumpkin
- 3 tablespoons half and half
- 1 teaspoon grated gingerroot
- 1/2 teaspoon vanilla
- 1 egg

Topping

- 1/4 cup all-purpose flour
- 2 tablespoons brown sugar
- 1 tablespoon butter, softened

Heat oven to 350°F. In large bowl, combine all crust ingredients; beat until well blended. Shape dough into 24, 1 1/4" balls. Place 1 ball in each of 24 ungreased miniature muffin cups; press in bottom and up the sides of each cup, keeping crust level with the tops of cups.

In medium bowl, combine all filling ingredients; blend well. Spoon a scant tablespoon of filling into each crust-lined cup.

In small bowl, combine all topping ingredients; mix until crumbly. Carefully sprinkle 1 teaspoon of topping over each filled cup.

Bake at 350°F for 18-22 minutes or until puffed and the tip of a knife inserted into the center comes out clean. Immediately run knife around the edges of cookies. Cool cookies in pans for 5 minutes. Carefully remove cookies from muffin cups; place on wire racks to cool. Cool 30 minutes or until completely cooled.

2003 November, *continued*

Walnut Crunch Pumpkin Pie

First-place Non-Traditional Pumpkin Pies

Mary McClure, Barboursville, W. Va.

- | | |
|--------------------------------------|-----------------------------------|
| 1 1/4 cups walnuts, coarsely chopped | 2 eggs |
| 3/4 cup brown sugar, packed | 1 1/2 teaspoons pumpkin pie spice |
| 1 15-ounce can pumpkin | 1/2 teaspoon salt |
| 1 12-ounce can evaporated milk | 1 unbaked 9" deep dish pie shell |
| 3/4 cup sugar | 3 tablespoons butter, melted |

Mix walnuts and brown sugar in small bowl. Combine pumpkin, milk, sugar, eggs, pumpkin pie spice and salt in medium bowl; mix well.

Place 3/4 cup of the nut-sugar mixture on bottom of pie shell. Pour batter over nut-sugar mixture.

Bake in preheated 425°F oven for 15 minutes. Reduce temperature to 350°F; bake for 40-50 minutes or until a knife inserted near the center of pie comes out clean. Cool on wire rack. Add butter to remaining nut-sugar mixture; stir until moistened. Sprinkle over cooked pie. Broil about 5 inches from heat for 2-3 minutes or until bubbly. Cool before serving.

Roasted Pumpkin Seeds

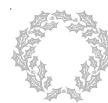
Don't throw out the seeds when making Jack-O-Lanterns or cooking with fresh pumpkins, they make great snacks that are rich in fiber as well as vitamins B and E. Kids especially love them. Experiment and have fun with seasoning blends.

1 1/2 cups pumpkin seeds, 2 teaspoons melted butter or oil (olive oil or vegetable oil work well) salt to taste, seasonings (if desired) i.e.: garlic powder, cayenne pepper, seasoning salt, Cajun seasoning blend, etc.

Preheat oven to 300°F. Clean off any major chunks of strings and pulp. Toss pumpkin seeds in a bowl with the melted butter or oil and seasonings of choice. Spread pumpkin seeds in a single layer on baking sheet. Bake for about 45 minutes, stirring occasionally, until golden brown.



The Holiday Season



The Holiday Season is indeed a season of hustle and bustle and for some rush, rush, rush! Don't let that be the case when it comes to food safety. Food safety is simply a matter of common sense. Here are four steps to follow safe food handling.

1. Wash hands often using hot, soapy water. Lather for at least 20 seconds — washing both the front and back of hands, between the fingers, and under the fingernails! Rinse well with warm water and dry with a clean towel or paper towels.
2. Keep raw meat and ready-to-eat foods separate. Plan to use two cutting boards to avoid mixing cooked and uncooked foods.
3. Cook foods to proper temperatures. Use a meat or cooking thermometer to ensure hot foods are cooked to proper temperature. Just because it looks done — that doesn't mean it is done.
4. Refrigerate leftovers promptly below 40° F.



Gingerbread Pancakes



- | | |
|--------------------------------------|--------------------------------|
| 3 cups all-purpose flour | 3/4 teaspoon ground cloves |
| 6 tablespoons baking powder | 6 tablespoons ground hazelnuts |
| 3 teaspoons unsweetened cocoa powder | 3 cups milk |
| 1 1/2 teaspoons ground ginger | 6 egg whites |
| 3/4 teaspoon ground cinnamon | 6 tablespoons dark molasses |
| | 6 tablespoons vegetable oil |

In large bowl, sift together flour, baking powder, cocoa, ginger, cinnamon and cloves; stir in hazelnuts. Set aside.

In medium bowl, whisk together milk, egg whites and molasses.

Make a well in the dry ingredients and pour wet ingredients into it. Stir just enough to moisten; batter will be lumpy.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop batter onto griddle, using approximately 1/4 cup for each pancake. Brown on both sides; serve hot. Makes 9 servings.

Ham *and* Cheese Casserole

- 18 (1 ounce) slices white bread, cubed
- 8 ounces cooked ham, cubed
- 2 cups shredded Cheddar cheese
- 1½ cups diced Swiss cheese
- 6 eggs
- 3½ cups milk
- ½ teaspoon onion powder
- 2 cups crushed cornflakes cereal
- ½ cup butter, melted

Lightly grease a 9x13" baking dish. Line bottom of dish with half the bread cubes. Sprinkle with ham, Cheddar and Swiss cheeses; top with remaining bread.

In bowl, beat together eggs, milk and onion powder. Pour evenly over bread. Cover; refrigerate overnight.

Preheat oven to 375°F (190°C). In small bowl, blend crushed cornflakes; melted butter. Spread evenly over the casserole.

Bake 40 minutes in preheated oven, or until bubbly and golden brown. Let stand 5 minutes before serving. Makes 12 servings.



Herbed Beef Tenderloin *with* Holiday Rice



Seasoning:

- 2 teaspoons olive oil
- 2 cloves garlic, minced
- 1½ teaspoons dried basil
- 1 teaspoon coarse grind black pepper
- ½ teaspoon dried rosemary

- 1 well-trimmed center-cut beef tenderloin roast (2-3 pounds)

Holiday Rice:

- 2 tablespoons butter
- ¾ cup each chopped onion and chopped red bell pepper
- 1 clove garlic, minced
- 1 package (9 ounces) frozen French-style green beans, defrosted
- 3 cups hot cooked rice
- a cup slivered almonds, toasted

Heat oven to 425°F. Combine seasoning ingredients; press onto beef roast. Place roast on rack in shallow roasting pan. Insert ovenproof meat thermometer so tip is centered in thickest part of beef, not resting in fat. Do not add water or cover. Roast in 425°F oven 35-40 minutes for medium rare; 45-50 minutes for medium doneness.

Remove roast when meat thermometer registers 135°F for medium rare; 150°F for medium. Tent with foil. Let stand 15 minutes. (Temperature will continue to rise about 10°F to reach 145°F for medium rare; 160°F for medium.)

Heat butter in large skillet over medium heat. Add onion, bell pepper and garlic; cook and stir 5 minutes or until tender. Add beans; cook and stir 2 minutes. Stir in rice and almonds; heat through. Carve roast; season with salt. Serve with rice. Makes 4-6 servings.