

WHAT'S COOKIN'

*2004 Market Bulletin
Recipes in Cookbook Form*



What's Cookin'

A compilation of 2004
Market Bulletin Recipes

*E njoy &
B on Appetit!*

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Happy New Year!

If your food budget is tight, consider serving eggs as a high-quality, but inexpensive meal. In addition to being a nutrient rich food, science has now discovered that eggs contain special nutrients that may provide health benefits.

One large egg contains 75 calories. Eggs are a good source of protein and contain 13 essential vitamins and nutrients including iron, folate and vitamin B12. The iron found in egg yolks is essential for making hemoglobin, which carries oxygen in our red blood cells and for

development of the brain, nervous and immune systems.

Eggs are considered an ideal protein . . .the one that all others are compared to for quality. All the important amino acids, the building blocks of body protein, are found in the egg in the correct proportions for our body's needs. Therefore, it is clear that egg protein is good for all ages and at eight cents per egg — it is one of the most inexpensive sources of high quality protein available.

This month's recipes are sure to become family favorites!

Ham and Asparagus Strata

	Cooking Spray		2 cups chopped, fresh asparagus
12-16	slices French Bread		6 eggs
1	cup shredded Italian blend cheese		1 cup milk
1	cup chopped, cooked ham		2 tablespoons lemon juice
			¼ teaspoon garlic powder

Preheat oven to 350°F. Evenly coat 8" square baking dish with cooking spray. Layer 6 slices of bread on bottom of baking dish; sprinkle with ½ cup cheese, ½ cup ham and 1 cup of asparagus. Cover mixture with remaining slices of bread, laying bread slices either flat or in a shingle pattern. Sprinkle with remaining cheese, ham and asparagus. In medium bowl, beat together eggs, milk, lemon juice and garlic powder; pour evenly over layers. Cover with aluminum foil.

Bake until thermometer inserted near the center reads 160°F or a knife inserted near the center comes out clean. Approximate baking time 40-45 minutes.

Chocolate Cheesecake Brownie Cake

- Cooking Spray
- 1 15.5-ounce box cheesecake swirl (contains both brownie and cheesecake filling mix)
- 1 cup self-rising flour
- $\frac{3}{4}$ cup water
- 2 eggs, beaten
- $\frac{1}{2}$ cup French vanilla whipped topping

- Cheesecake Filling**
- Cheesecake filling mix
- 2 tablespoons water
- 1 egg, beaten
- 1 small jar, maraschino cherries, rinsed and drained well
- Glaze**
- 1 cup powdered sugar
- $\frac{1}{4}$ teaspoon vanilla flavoring
- 5 teaspoons milk

Heat oven to 350°F. Lightly spray a 10" Teflon-coated bundt pan with cooking spray; set aside. Combine brownie mix, flour, water, oil and eggs in large bowl. Using a mixer, beat until well mixed. Gently fold in whipped topping, being careful not to overmix; set side.

Cheesecake Filling: Combine filling mix, water and egg in small bowl, mix with spoon until smooth; set aside. In bundt pan, place cherries evenly around the bottom of pan. Spoon filling mixture over cherries. Pour brownie cake mix over cheesecake filling. Bake for 30 minutes or until toothpick comes out clean. Let cake set for 5 minutes, making sure the cake has loosened from the pan. Invert pan on to cake plate; cool completely.

Glaze: Combine powdered sugar, vanilla and milk. Mix until smooth. To make a thinner glaze, add milk by teaspoons until desired consistency. Drizzle over top of brownie cake.

Peanut Butter-Banana Bread Pudding

- Cooking Spray
- 3 cups day-old bread cubes (about 3 slices)
- 1 cup peanut butter baking chips
- $\frac{1}{2}$ cups sliced bananas

- 4 eggs
- 2 cups milk
- $\frac{1}{2}$ cup sugar
- 1 teaspoon vanilla

Evenly coat 9x9" baking dish with cooking spray. In coated dish, toss together bread cubes, peanut butter chips and banana slices. In medium bowl, beat together eggs, milk, sugar and vanilla until well blended. Pour over bread cube mixture.

Bake in preheated 350°F oven until knife inserted near center comes out clean, about 40-45 minutes.

EATING HEALTHY IN 2004!

If you made New Year's resolutions, was one of them to eat more healthy foods? I suspect many folks did! The following tips can help you achieve these goals and in the mean time improve your health.

- Focus on fruits and vegetables.
- Eat lean meats.
- Remember eggs are a good source of protein and also low fat.
- Choose whole grain breads when possible.
- Get your calcium. Start with a glass or two of milk, some cheese, yogurt

and go from there. Calcium plays an important role in your body's metabolism, aids in weight loss and also helps to prevent osteoporosis.

- Exercise regularly. It is good for us and reduces stress.
- When eating out — avoid supersized foods. The only purpose they serve is to add pounds — remember we can usually eat all foods that we like in moderation and still maintain a healthy diet.

I hope that this month's recipes will become family favorites!

Fruited Pork Loin

- 1 pork loin, about 3 pounds, boneless
- 2 tablespoons vegetable oil
- 6 ounces cranberries in sauce
- $\frac{3}{4}$ cup cranberry or fruit juice of choice
- $\frac{3}{4}$ cup sugar

- 1 teaspoon ground mustard
- $\frac{1}{4}$ teaspoon ground cloves
- 1 teaspoon black pepper
- $\frac{1}{4}$ cup cornstarch
- $\frac{1}{4}$ cup water
- $\frac{1}{2}$ teaspoon salt

In large pan, brown pork loin in oil on all sides. Add cranberries, fruit juice, sugar, ground mustard, cloves and pepper. Cover tightly; cook on low until meat thermometer reads 160°F. When done, remove roast from pan and keep warm. Add cornstarch, water and salt to cooking juices. Bring to boil and cook 2-3 minutes until thickened. Serve with sliced roast.

Chicken and Rice Soup

- 1 small onion, chopped
- 1 cup shredded carrots
- 1 tablespoon vegetable oil
- 5 cups water
- 1 6.5-ounce package fast cooking wild rice
- 2 cups frozen chopped broccoli
- 2 cups cooked chicken, shredded
- 8 ounces pasteurized prepared cheese, cubed
- 1 can cream of chicken soup, undiluted

Lightly sauté onions and carrots in large pan in vegetable oil.

Add water, seasoning packet from rice, broccoli and chicken. Bring mixture to boil; stir in rice. Reduce heat, cover and cook for 7-8 minutes. Add cheese and soup; cook for an additional 5 minutes. Serve immediately.

Cherry Cobbler

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|------------------------------------|---------------------------------|
| 2 20-ounce cans cherry pie filling | 1 ¼ cups sugar |
| 1 15-ounce can dark cherries | ½ cup butter, melted |
| ¼ cup all-purpose flour, divided | 1 large egg |
| ½ teaspoon almond extract | 1 ½ teaspoons grated lemon rind |
| 5 slices white bread | |

Stir together pie filling, cherries and 2 tablespoons flour. Stir in almond extract. Place in lightly greased 8" square baking dish.

Trim crusts from bread slices and cut slices into strips. Arrange bread strips over fruit mixture in pattern of choice. Stir together remaining 2 tablespoons of flour, sugar, butter, egg and lemon rind. Drizzle over bread strips. Bake at 350°F for 35- 40 minutes.

Elegantly Stuffed Chicken

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| 2 chicken breasts, boneless, skinless
halved and flattened. | ½ cup fresh basil, chopped |
| ½ teaspoon salt | ¼ cup parmesan cheese, shredded |
| ½ teaspoon pepper | Toothpicks |
| 3 garlic cloves minced | Vegetable cooking spray |
| 1 8-ounce package cream cheese | 6 plum tomatoes, chopped |
| ¼ cup dried tomatoes | 2 teaspoons olive oil |
| | 2 teaspoons red wine vinegar |

Flatten chicken breasts to ¼" thickness, using a meat mallet or rolling pin. Sprinkle evenly with ½ of salt and pepper.

Mix together 2 tablespoons garlic, cream cheese and dried tomatoes. Spread cream cheese mixture evenly over 1 side of each chicken breast, leaving a ¼" border. Sprinkle with ¼ cup basil and parmesan cheese. Roll chicken breasts, jelly roll fashion and secure with toothpicks. Arrange in square baking dish which has been coated with cooking spray.

Bake at 350°F for 30-45 minutes or until chicken is done. Remove from oven and let stand for 10 minutes. Stir together tomatoes, olive oil, red wine vinegar, remaining salt and pepper and remaining chopped basil. Cut chicken into slices; top with tomato mixture and serve.

SPRING IS ON ITS WAY

To me, March's arrival signals that spring is hopefully just around the corner. That means it is time to start garden planning, and in some cases planting this month! There is nothing better than those first leaves of lettuce, green onions and new potatoes. Fortunately, most West Virginia groceries carry a wide variety of fresh produce which makes it easier for us to enjoy that "just picked" taste almost every month of the year. This month's recipes have an Irish flavor in honor of St. Patrick's Day!



Irish Soda Bread



4 cups all-purpose flour
1 teaspoon salt
1 teaspoon baking soda

1 teaspoon sugar
2 cups buttermilk

Preheat oven to 450° F. Sift dry ingredients into large bowl. Add buttermilk slowly to make a soft dough. **Hint:** Work quickly because buttermilk and soda will begin to react quickly. Knead dough lightly — too much handling will toughen it, while too little means the dough may not rise properly. Form into round loaf, about 2 inches thick. Place on lightly floured baking sheet; cut a cross in the top with a floured knife. Bake at 450° F for 30-45 minutes. When baked, loaf will sound hollow when rapped on the bottom with your knuckles. Wrap in a cloth to stop crust from becoming too hard.

Stuffed Boneless Pork Chops

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|--------------------------------------|---------------------------------|
| 8 thin boneless pork chops | Dash pepper |
| Stuffing mixture: | ½ teaspoon poultry seasoning |
| ½ cup onion, chopped | 2 cups soft bread crumbs |
| 2 teaspoons dried parsley flakes | 2 tablespoons all-purpose flour |
| 2 tablespoons celery, finely chopped | 2 tablespoons shortening |
| 2 tablespoons butter | 2-3 tablespoons water |
| ½ teaspoon salt | a cup water |

Lightly pound pork chops with edge of small plate to tenderize and thin out.

Stuffing mixture: In saucepan, saute onion, parsley and celery in butter; add salt, pepper and poultry seasoning. Add bread crumbs and 2-3 tablespoons water, mixing lightly. Place c of stuffing mix on each pork chop. Roll and secure with wooden skewers or toothpicks. Roll pork chop in flour; brown in shortening in heavy skillet over medium heat. Add a cup water; cover and simmer for 1 hour.

Irish Stew

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| 2 medium onions, chopped | 1 tablespoon brown sugar |
| 1 pound lamb, cut into cubes | 2 *cups chicken broth |
| 2 tablespoons vegetable oil | Salt and pepper to taste |
| 4 large carrots, cleaned and sliced | 1 teaspoon basil |
| 2 parsnips, cleaned and sliced | 5 bay leaves |
| 3 pounds potatoes, cut into small pieces | ¼ cup barley |
| 2 tablespoons vegetable oil | |

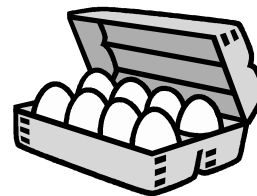
*vegetable broth or water may be substituted

Brown onions and lamb in vegetable oil. When almost browned, add carrots, parsnips and potatoes; saute for 5 minutes. Add brown sugar, stir and continue to saute until vegetables are glazed. Place mixture in large oven-proof casserole dish; add remaining ingredients. Cover and bake at 350° F for 1 hour and 15 minutes. Remove bay leaves before serving.

Spring Has Arrived

The month of April brings wonderful flowers, the celebration of Easter and for retailers—lots and lots of egg sales! Did you know that a hen requires 24 to 26 hours to produce an egg and that she starts the process all over again in just 30 minutes?

Enjoy the following “eggceptional” recipes and egg tips and facts!



Egg facts and tips . . .

- Eggs age more in one day at room temperature than one week in the refrigerator.
- White shelled eggs are produced by hens with white feathers and ear lobes and brown shelled eggs are produced by hens with red feathers and red ear lobes.
- Eggs yolks are one of few foods that naturally contain Vitamin D.
- Yolk color depends on the diet of the hen. Natural yellow orange substances, such as marigold petals, may be added to light-colored feeds to enhance colors. Artificial color additives are not permitted.
- If your family will be hunting colored eggs this Easter, prepare two batches, one for hunting and the other may be kept refrigerated and enjoyed!

Fettucine Sun Salad

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| 4 sun dried tomatoes, packed in oil | 1/2 teaspoon ground red pepper |
| 1/2 cup cooking oil | 8 ounces spinach fettucine, cooked and drained |
| 1 cup white vinegar | 4 plum tomatoes, seeded and diced |
| 3 cup grated Parmesan cheese | 1 medium zucchini, halved and sliced |
| 2 large garlic cloves | 1 cup shredded mozzarella cheese |
| 1 1/2 teaspoons basil leaves, crushed | 6 hard cooked eggs, wedged |

Place sun dried tomatoes in strainer; drain well. Place first 7 ingredients in blender container, cover and blend until smooth; pour into large bowl. Add fettucine, plum tomatoes, zucchini and cheese; toss until evenly coated with dressing. Add eggs; toss gently. Cover and chill to blend flavors.

Hot Egg Salad

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| 4 Kaiser rolls | 2 cups fresh asparagus, cut into pieces, cooked and drained |
| 9 ounce package Hollandaise sauce mix | ½ cup chopped lean ham |
| 1 teaspoon cornstarch | 4 ounces sliced mushrooms (drain well if using canned) |
| 1¼ cups water | 4 hard-cooked eggs, sliced |
| 1 teaspoon lemon juice | |

Cut ½" off tops of rolls. From bottom piece, remove inside crumb, leaving ½" border on bottom and sides. Place rolls and tops on baking sheet in preheated 400°F oven for approximately 6 minutes. Place sauce mix in medium saucepan. Stir in cornstarch, slowly stir in water and blend until smooth over medium heat, stirring constantly, until mixture boils. Remove from heat and stir in lemon juice. Stir in asparagus, ham and mushrooms. Gently fold in sliced hard-cooked eggs. Cook over low heat just until heated through, approximately 2-3 minutes. Place rolls on serving plates and fill each with about 1 cup of mixture.

Confetti Corn Scrambled Pockets

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| 4 eggs | 1 ounce cream cheese, cut into small cubes |
| ½ cup whole kernel corn | ¼ teaspoon salt |
| ¾ cup chopped tomato | 1 teaspoon butter |
| 2 tablespoons minced green onion with tops | 2 pita breads, halved |

In medium bowl, beat together eggs until well blended. Stir in corn, tomato, onion, cheese and salt, if desired. Heat 8 or 10" omelet pan over medium heat. Add butter; heat until just hot enough to sizzle a drop of water. Pour in egg mixture. As mixture begins to set, gently draw an inverted pancake turner completely across bottom and sides of pan, forming large soft curds. Continue until eggs are thickened and no visible liquid remains. Do not stir constantly. Fill pita halves with ¼ of scrambled mixture.

Tasty Spring Recipes

A very popular spring food is asparagus which is a member of the lily family. Asparagus spears grow from a crown that is planted about a foot deep in sandy soils. Under ideal conditions, an asparagus spear can grow 10 inches in a 24-hour period. A well cared for asparagus planting will generally produce for about 15 years without being replanted.

Asparagus is a nutrient dense food that is high in folic acid and is a good source of potassium, fiber and Vitamins B6, A and C. It has no fat, contains no cholesterol and is low in sodium. If this wonderful spring treat is not a part of your family menu - now is a great time to try some!

Asparagus Pasta Salad

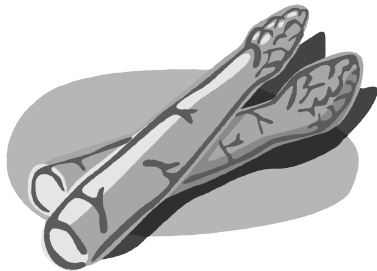
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| <ul style="list-style-type: none"> 1¼ pounds fresh asparagus 1 cup small shell pasta ½ cup sliced carrots ½ cup sliced onions | <ul style="list-style-type: none"> ¼ cup red sweet pepper, chopped 1 teaspoon oregano ½ teaspoon celery seeds ½ cup bottled Italian dressing |
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Trim, wash and cut fresh asparagus into 1" pieces. Steam for five minutes or until crisp-tender. Quickly cool in ice water and drain. Cook pasta according to package directions, rinse with cold water and drain.

Combine cooled asparagus and pasta with remaining ingredients in airtight plastic container. Chill thoroughly or overnight before serving.

Asparagus Bread



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| <ul style="list-style-type: none"> 3 eggs 1 cup vegetable oil 1½ cups sugar 1 cup brown sugar 2 teaspoons vanilla 2 cups asparagus, cleaned and grated | <ul style="list-style-type: none"> 3 cups flour 3 teaspoon baking powder 1 teaspoon salt 1 teaspoon baking soda 3 teaspoons cinnamon ½ cup chopped walnuts or pecans 1 cup raisins |
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Preheat oven to 325° F. Grease 2, 5x9" loaf pans. Beat eggs until light and foamy. Add oil, sugar, brown sugar, vanilla and asparagus; mix lightly. Add dry ingredients; blend. Add nuts and raisins. Pour into prepared pans and bake for 60 minutes or until toothpick inserted in center of loaf comes out clean.

Asparagus Supreme

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| <ul style="list-style-type: none"> 1½ pounds fresh asparagus 1 can cream of chicken soup 1 tablespoon flour ½ cup sour cream | <ul style="list-style-type: none"> ¼ cup grated carrot 1 tablespoon grated onion Salt and pepper to taste 1 cup crispy rice cereal 2 tablespoons butter, melted |
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Wash fresh asparagus, cut into 1" pieces, cook in boiling water until tender; drain. Blend together cream of chicken soup and flour. Add sour cream, carrot, onion, salt and pepper. Stir in asparagus. Pour into quart casserole dish. Combine crispy rice cereal and melted butter and sprinkle on top the casserole. Bake at 350°F for 30 minutes. Pour into a buttered 2 quart casserole

Graham Cracker Pudding

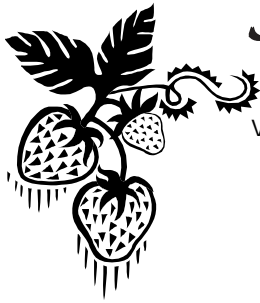
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| <ul style="list-style-type: none"> Cooking Spray 45 graham cracker squares 4 eggs ½ cup sugar 3 cups milk | <ul style="list-style-type: none"> 1½ teaspoons vanilla 1 teaspoon ground cinnamon Whipped cream or topping Fresh berries of choice |
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Evenly coat 8x8x2" baking pan with cooking spray. Layer graham crackers on bottom of pan. Continue layering until there are 5 layers of graham crackers. Note: Some squares will need to be broken to make even layers. In medium bowl, beat eggs, sugar, milk, vanilla and cinnamon together until well blended. Cover pan with plastic wrap and refrigerate for a minimum of 30 minutes or overnight, as time permits.

Remove plastic wrap from pan. Bake in a preheated 350°F oven for 40 - 45 minutes or until a knife inserted in center of pudding comes out clean. Note: the pudding should be puffed in the center. Cool for five minutes.

Pudding may be served hot, warm or chilled. To serve, cut into 9 squares. Lift out squares of pudding with a pancake turner. Garnish with whipped cream or topping and berries. Refrigerate any leftovers.

Strawberry Season Has Arrived!



It's West Virginia strawberry season! Strawberries are a great source of Vitamin C, high in fiber and low in calories!

The following recipes will help you use fresh strawberries in many ways!

Fruit Pizza

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| 1 sheet refrigerated pie pastry | 2 tablespoons granulated sugar |
| 1 cup milk | 2 cup whipped topping |
| 1 package vanilla pudding mix,
(cook & serve) | 12 cups fresh strawberries, quartered |
| 1 package lemon gelatin | 12 cups sliced kiwi fruit, cut slices
in half |
| 1 8-ounce package cream cheese | 1 8-ounce can pineapple chunks,
drained |

On lightly floured surface, roll out pastry to 12" circle. Transfer to 14" pizza pan; prick with fork. Bake at 450°F for 6-8 minutes. Cool on wire rack.

In saucepan, combine milk and pudding; stir until smooth. Bring to boil over medium heat, stirring constantly. Whisk in gelatin; cook and stir 1 minute longer or until thickened. Remove from heat; cool.

In small bowl, beat cream cheese and sugar until smooth; fold in whipped topping. Spread cream cheese mixture over cooled pastry to within 1½" of edges. Spread gelatin pudding mixture evenly over whipped topping. Arrange fruit in a decorative pattern over the gelatin mixture. Refrigerate for 1 hour or until chilled. Refrigerate leftovers.



Strawberry Chicken Salad

- ½ cup mayonnaise
- 2 tablespoons prepared chutney
- 1 teaspoon grated lime peel
- 1 teaspoon salt
- 1 teaspoon curry powder
- 1 tablespoon lime juice
- 2 cups diced, cooked chicken
- 1 cup sliced celery
- 3 cup chopped red onion
- 1 pint fresh strawberries, sliced
- 4 fresh whole strawberries for garnish
- Lettuce leaves

In large bowl, mix mayonnaise, chutney, lime peel, salt, curry powder and lime juice. Add chicken, celery and onion; toss, cover and chill.

Just before serving, add slice strawberries and gently toss.

To assemble salad, place lettuce leaves on individual serving plates. Mound chicken mixture in center. Garnish with whole strawberries.

Strawberry Salsa

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|---------------------|--|
| a cup apricot jam | 1 teaspoon cinnamon |
| 3 tablespoons water | 1 quart fresh strawberries,
quartered and diced |

In medium bowl whisk jam, water and cinnamon. Add strawberries; toss gently to combine. Serve salsa over pancakes, waffles, hot cereal or mix into plain yogurt.

Strawberry Pinwheel Cake

- 4 large egg yolks
- 2 large eggs
- ½ cup granulated sugar
- 1 cup sifted cake flour
- 1 teaspoon baking powder
- 1 teaspoon salt
- 1½ tablespoons warm water
- 2 teaspoons vegetable oil
- 1 teaspoon vanilla
- Powdered sugar

Strawberry Filling

- 1 cup whipping cream
- 1 tablespoon sugar
- 3 tablespoons prepared lemon curd, at room temperature
- 1 pint fresh strawberries, stemmed and coarsely chopped

Garnish

- Powdered sugar
- 1 pint fresh strawberries

Heat oven to 375° F. Line 15x10" jellyroll pan with aluminum foil; spray with vegetable oil. In large mixer bowl, beat egg yolks and eggs at high speed for 5 minutes until thick and lemon colored. Continue beating at high speed, adding sugar until mixture is thick and pale. Gently fold in dry ingredients, except powdered sugar, to blend thoroughly. Fold in water, oil and vanilla. Spread batter evenly in prepared pan. Bake cake for 10 minutes or until springy to touch.

While cake is baking, coat clean dish towel with powdered sugar. Invert hot cake onto towel close to one long edge. Gently peel off foil. Trim ½" off each short edge of cake. Starting from long side, tightly roll cake and towel. Set on rack to cool completely.

Strawberry Filling:

In mixer bowl whip cream to form soft peaks. Beat sugar to form stiff peaks. Fold in lemon curd to blend thoroughly. Mix in chopped strawberries. Gently unroll cake.

Spread strawberry mixture evenly on cake and reroll. Place seam side down. Dust with powdered sugar. Cut into 8 slices and garnish with whole strawberries.

Summer Recipes

The month of July brings the arrival of many great summer vegetables! One of my favorites is half runner green beans. Green beans are low in calories and carbohydrates, contain no fat, and contribute a portion of necessary vitamins and minerals for our daily nutrition needs. Enjoy the following recipes using green beans and great summer dessert recipes contributed by two readers . . . thanks, ladies!

Country Style Green Beans and Potatoes

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|------------------------------------|----------------------------|
| 1½ pounds fresh green beans | 5 cups water |
| 8 slices bacon, quartered or diced | 1 teaspoon salt |
| 1 small onion, chopped | ½ teaspoon pepper |
| | 1½ cups cubed red potatoes |

Wash beans. Trim ends and remove strings. Cut into 1½" slices; set aside. Fry bacon in Dutch oven until crisp, remove; set aside. Saute onion in bacon drippings until tender. Add water and bring to boil; add bacon, green beans, salt and pepper and return to a boil. Cover and simmer for 1 hour. Add potatoes; cook until potatoes are tender.

Creamy Potato and Green Bean Salad

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| ½ cup mayonnaise | 3 cups diced potatoes, cooked |
| a cup milk | 2 cups green beans, cooked |
| 1 tablespoon prepared mustard | 1 cup celery, sliced |
| ½ teaspoon salt | ½ cup green onions, thinly sliced |
| ¼ teaspoon pepper | Garnish with red pepper or black olives |

In large bowl, beat mayonnaise, milk, mustard, salt and pepper with whisk or fork until well blended. Add potatoes, green beans, celery, onions; gently mix until well coated with dressing. Cover and refrigerate for two hours prior to serving. Garnish as desired.

Rhubarb Cake

Submitted by: Maggie Keeler

- 1½ cups light brown sugar
- 1 egg
- ½ cup softened butter
- 1 teaspoon vanilla
- 1 cup buttermilk or soured milk*
- 2 cups unbleached flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 2 cups chopped rhubarb

Topping:

- ¼ cup granulated sugar
- ¼ cup light brown sugar
- 1 tablespoon cold butter
- 1 teaspoon cinnamon
- ½ cup chopped walnuts

**To sour milk, add 1 tsp. vinegar to 1 cup milk. Let sit 5 minutes before using.*

Beat sugar, egg and butter together until blended. Add vanilla and milk; stir well.

In another bowl, combine flour, baking soda and salt; stir into egg mixture. Fold in the rhubarb. Spoon or pour batter into greased 9x13" pan; set aside.

In small bowl, combine all topping ingredients, except nuts; stir until coarse crumbs form. Sprinkle topping over batter; scatter nuts over topping. Bake at 350° for 35-40 minutes or until toothpick comes out clean when stuck in center.

Good served warm for dessert with ice cream or cooled as coffee cake. Makes about 12 servings.

Herb Seasoned Green Beans



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| <ul style="list-style-type: none"> ½ pound fresh green beans Butter flavored cooking spray 2 tablespoons celery, minced 2 tablespoons green onion, minced 2 tablespoons fresh parsley, minced | <ul style="list-style-type: none"> 2 tablespoons fresh basil, minced 1 tablespoon fresh rosemary, minced c teaspoon garlic, minced 3 teaspoon ground black pepper c teaspoon salt |
|--|--|

Snap ends from green beans, blanch in boiling water for 3-5 minutes; drain. Rinse with cold water; set aside.

Spray medium skillet with cooking spray. Add minced celery, green onion; sauté until soft. Add all remaining ingredients **except** green beans; cook for 3 minutes.

Add green beans to skillet mixture. Spray green beans with cooking spray. Stir until green beans are well coated with herb mixture, continue to cook until green beans are well heated.

Blackberry Cobbler

Submitted by Jo Raines

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| <ul style="list-style-type: none"> 1 quart fresh or frozen blackberries 1 pint fresh or frozen blueberries 1½ cups sugar 1 20-ounce can blueberry pie filling ¼ cup all-purpose flour, divided | <ul style="list-style-type: none"> 1 teaspoon lemon juice 5 slices white bread 1¼ cups sugar ½ cup melted butter 1 large egg 1½ teaspoons grated lemon rind |
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Put berries in medium bowl, sprinkle 1½ cups sugar over them; let stand for few minutes. Stir in pie filling and 2 tablespoons flour. Stir in lemon juice. Spread mixture into lightly greased 11x7" baking dish.

Trim crusts from bread, cut into strips; arrange over berries. Stir together remaining flour, 1¼ cups sugar, melted butter, egg and lemon rind. Drizzle over bread strips. Bake at 350° for 35-40 minutes.

Tasty Recipes

Summer produce remains plentiful and the quality this year is great! Fruits and vegetables provide many essential vitamins and minerals and are the perfect accompaniment to protein like eggs, beef, pork and poultry.

The following recipes will enhance your families summer menus!



Heavenly Zucchini Salad

- 2 medium zucchini
- 1 cup chopped red onion
- 1 cup chopped sweet red pepper
- ½ cup chopped green pepper
- 3 small sweet pickles, chopped
- 3 cup peanuts, chopped

Salad Dressing

- : cup cider vinegar
- 3 cup vegetable oil
- 6 cup sugar
- ½ teaspoon salt
- ¼ teaspoon pepper

In large bowl, toss together the first six ingredients. Combine salad dressing ingredients in small container with tight fitting lid and shake well. Pour over salad and toss to coat. Cover and refrigerate for at least one hour. Serve with slotted spoon.

Baked Mushroom Chicken

- 4 boneless, skinless chicken breast halves
- 3 cup all-purpose flour
- 3 tablespoons butter, divided
- 1 cup sliced, fresh mushrooms
- ½ cup chicken broth
- 3 teaspoon salt
- 1 teaspoon pepper
- 1 cup mozzarella cheese
- 1 cup grated Parmesan cheese
- 3 cup sliced green onions

Flatten each chicken breast to ¼" thickness. Place flour in resealable plastic bag; add chicken, 2 pieces at a time. Seal and shake to coat. Repeat process for additional halves of chicken.

In large skillet, melt 2 tablespoons butter. Add chicken breasts; brown both sides. Transfer chicken breasts to greased 13x9 pan. In same skillet, sauté mushrooms in remaining 1 tablespoon butter. Add chicken broth, salt and pepper. Bring to boil; cook for 5 minutes or until liquid is reduced to ½ cup. Spoon over chicken.

Bake uncovered, at 375°F for 20 minutes. Sprinkle with cheeses and green onions. Bake 5 minutes longer or until the chicken juices run clear.

Coconut Blueberry Cake

2 cups all-purpose flour
 1 cup sugar
 3 teaspoons baking powder
 ¼ teaspoon salt
 2 eggs
 1 cup milk
 ½ cup vegetable oil
 1½ cups blueberries
 1 cup flaked coconut

1 cup flaked coconut

Lemon Sauce

½ cup sugar
 4½ teaspoons cornstarch
 1 teaspoon grated lemon peel
 1 cup water
 1 tablespoon butter
 2 tablespoons lemon juice

In bowl, combine flour, sugar, baking powder and salt. In small bowl, beat eggs, milk and oil; stir into dry ingredients just until moistened. Fold in blueberries.

Pour into greased 13x9 baking pan. Sprinkle with coconut. Bake at 375°F for 22-24 minutes or until toothpick inserted near the center of cake comes out clean. Cool on wire rack.

Lemon Sauce: In small saucepan, combine sugar, cornstarch and lemon peel. Gradually add water until blended. Bring to boil; cook and stir for 2 minutes or until thickened. Remove from heat; stir in butter and lemon juice. Cut cake into square and drizzle with lemon sauce.

Roast Beef with Blackberry Ketchup

4 pounds sirloin tip beef roast
 1 tablespoon Chinese 5-spice seasoning
 2 tablespoons sesame oil

Blackberry Ketchup

2 cups fresh blackberries
 ½ cup cider vinegar
 ½ cup water

¾ cup dark brown sugar, firmly packed
 ½ teaspoon ground cloves
 ½ teaspoon ground ginger
 1 teaspoon ground cinnamon
 ¼ teaspoon cayenne pepper
 ½ teaspoon salt
 2 tablespoons butter
 1 teaspoon grated lemon peel

Roast Beef: Rub sirloin roast with 5-spice seasoning and sesame oil. Place roast, fat side up, on a rack in a shallow roasting pan. Roast in 325°F oven for 21-30 minutes per pound using the following temperatures. Use a meat thermometer to check temperatures — 40° rare; 160° medium; 170° well). Roast to 5° below the desired degree of doneness. Remove from oven and cover with foil tent; let stand 15-20 minutes before carving. Temperature will rise 5°.

Blackberry Ketchup: In saucepan, mix blackberries, vinegar and water. Bring to a boil; reduce heat and simmer for 5 minutes. Strain mixture through a fine colander or cheese cloth to remove blackberry seeds. Return liquid to saucepan and add remaining ingredients. Simmer for an additional 10 minutes or until thickened.

2004 Poultry Festival

The West Virginia Poultry Festival is a celebration of the hard work of the men and women who make poultry the successful commodity that it is in West Virginia. Highlighting the 2004 convention was the addition of two new cooking contests.

Local residents vied for the honor of preparing the best chicken wings and 18 West Virginia Youth competed by demonstrating their expertise in barbecuing chicken. I hope to be able to share these recipes in the future columns. The youth contest was so much fun to watch and trust me, there were many nervous parents too!

This month's recipes are from the Chicken-In-A Basket Contest, which was held at the Festival. Enjoy!

Tasty Turkey Taco Nuggets

Second Place

Amanda Riggleman, Moorefield, W.Va.

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|--|-----------------------------------|
| 1 pound ground turkey | 1 egg |
| 2 tablespoons taco seasoning mix | 16 ½" cubes Colby Jack cheese |
| 1 jalapeno pepper, seeded and chopped | 1 egg white |
| 1 yellow banana pepper, seeded and chopped | 1 tablespoon water |
| | 2 cups crushed plain potato chips |
| | Nonstick cooking spray |

Heat oven to 400°F. In large bowl, combine turkey, taco seasoning, jalapeno and yellow banana peppers and egg, mixing lightly but thoroughly. Divide turkey mixture into 16 portions; shape each portion around a cheese cube, completely covering the cheese.

In shallow dish, beat egg white with water until blended. Place chips in second shallow dish. Dip each meatball into egg white mixture, then into chips to coat completely. Press each meatball with palm into a flattened nugget shape, generously coating both sides of nugget with chips.

Spray large baking pan with nonstick cooking spray. Place nuggets in baking pan; spray tops of nuggets generously with nonstick cooking spray. Bake 15-20 minutes, or until meat registers 160°F on an instant-read thermometer; meat should not be pink and juices should run clear.

Fruit Filled Chicken Rolls

Third Place

Carolyn Blakemore — Fairmont, W.Va.

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| <ul style="list-style-type: none"> Canola cooking spray 4 boneless, skinless chicken breasts, flattened ¼ cup melted margarine ½ cup cherry-flavored Craisins dried cranberries 2 bananas, peeled and cut in half | <ul style="list-style-type: none"> a cup sweet and tangy honey mustard 4 slices Prosciutto Italian ham ¼ teaspoon lemon pepper seasoning 1 cup corn flake crumbs |
|--|--|

Line baking pan with foil; spray with canola cooking spray. Rinse chicken; flatten between sheets of plastic wrap.

In sauce pan, melt margarine; add Craisins to soften. Dip banana in margarine. Place prosciutto slice on chicken, place a piece of banana on prosciutto, sprinkle with Craisins. Roll prosciutto around banana and Craisins. Spread honey mustard on chicken, then roll around prosciutto covered banana. Dip chicken rolls in melted margarine. Mix lemon pepper with corn flake crumbs. Roll chicken in corn flake crumbs to cover.

Place in baking pan; bake in a 375°F oven for 40 minutes, until fork tender and juices run clear. Serves 4.

Chicken Hodgepodge

Fourth Place

Gail Nesselrod — Old Fields, W.Va.

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|--|---|
| <ul style="list-style-type: none"> 3 boneless, skinless chicken breasts 1 cup chicken broth 1 cup water ¼ cup brown sugar 1 teaspoon seasoning salt 1 shake pepper | <ul style="list-style-type: none"> 1 tablespoon lemon juice 1 tablespoon butter 4 white or red potatoes Cherries Baby spinach Roasted red pepper dressing |
|--|---|

Tenderize chicken breasts on cutting board; place in slow cooker. Mix together chicken broth, water, brown sugar, seasoning salt, pepper, lemon juice and butter; add to slow cooker. Cook on low for 1½ hours, then add potatoes; let cook 1 extra hour. After chicken and potatoes are done, place in separate dish after draining.

Coat cherries and baby spinach with Roasted Red Pepper Dressing. Line serving dish with baby spinach mixture; add chicken and potatoes.

Zesty Chicken Kebabs with Orange Pepper Jelly

First Place

Gretchen Weigel — Shepherdstown, W.Va.

- 13 pounds boneless skinless chicken, cut into 1" cubes
- ½ cup Italian salad dressing
- a cup cola beverage
- 8 1" pineapple cubes
- 4 wooden skewers

Orange Pepper Jelly

- 3 cup red pepper jelly
 - 1 teaspoon grated orange peel
 - 3 tablespoons orange zest
- Garnish: fresh greens, orange cup, slices & zest, red grapes

Marinate chicken in combined Italian dressing and cola in refrigerator for 1 hour.

Soak wooden skewers in water for 20 minutes. Assemble skewers, chicken and 2 pineapple cubes on each skewer, leaving 3" between pieces.

Heat boiler to high. Place kebabs on broiler lined with foil about 6" from heat; broil 14-18 minutes, turning as needed until chicken is done and browned.

While chicken is cooking, combine pepper jelly, zest and juice in pyrex measuring cup, microwave on high for 30 seconds; pour into orange cup. Arrange kebabs and cup on plate; garnish with greens, orange slices, zest and red grapes. Serves 4.

Fall Festivities Bring “Tasty” Recipes

The arrival of fall not only brings the beautiful colors of the leaves, but also the season of the pumpkins and other great fall vegetables! The West Virginia Pumpkin Festival Bake-Off Contest will be held October 9. Categories range from appetizers to, of course, pies! For more information, please call the Marketing and Development Division at 304/558-2210.

Speaking of fruits and vegetables, our West Virginia schools have a wonderful program that encourages students and their families to eat at least five servings of fruits and vegetables each day. It is called Fruits and Vegetables Galore! Ask your students about it!

This month's recipes include a recipe from the Fruits and Vegetables Galore and several from the State Fair of West Virginia.

Pineapple Pecan Pizza

*State Fair of West Virginia First-Place Winner
Carolyn Blakemore ~ Fairmont, W.Va*

- 1 package dry active yeast
- 6 cup warm water
- 2 cups flour
- 1 tablespoon sugar
- 2 teaspoon salt
- 1 tablespoon olive oil

Filling

- 1 tablespoon margarine
- 1 cup shredded Colby cheese

- 1 cup shredded monterey jack cheese
- 12 cups crushed pineapple, drained
- 4 pineapple slices, drained
- 4 candied red cherries

Topping

- 1 cup brown sugar
- a cup flour
- a cup pecans, chopped
- 3 cup margarine

Combine yeast with warm water; let set for 5 minutes. Add flour, sugar, salt and oil; mix into a dough, knead until smooth. Place in an oiled bowl, cover with plastic wrap and let rise until double in bulk. Punch dough down; place on greased pizza pan. Add topping/filling and bake in a 450°F oven for 15-20 minutes.

Filling: Grease pizza crust with margarine. Sprinkle on shredded cheeses. Spread crushed pineapple over cheese. Top with pineapple slices. Place a cherry in the center of slices.

Topping: Combine topping mixture and sprinkle over pineapple mixture. Follow baking directions as listed previously.

Greek Salad Shaker

Great if you need to eat on the run!

- 12 cups salad lettuce mix
- 2 ounces Feta cheese
- c cup diced tomatoes
- c cup black or Greek olives
- 2 fresh red onion rings
- 3 cup croutons
- 2 tablespoons vinaigrette dressing

Place lettuce mix in 12- or 16-ounce cup. Add Feta cheese, diced tomatoes, olives, red onion rings and croutons.

Drizzle with salad dressing and enjoy!

Three Beef Kabobs

Jackie Cochran ~ Neola, W.Va
State Fair of West Virginia First-Place Quick & Easy Beef Contest

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|---|---------------------------------------|
| 6 wooden skewers | 1 small yellow squash, cut in chunks |
| ½ teaspoon salt | 6 small, peeled carrots, cut in half |
| ¼ teaspoon pepper | 6 small boiled potatoes, cut in half |
| 1 teaspoon granulated garlic | 4 ounces canned whole mushrooms |
| 6 beef wieners, cut into large pieces | 1 green bell pepper, cut into chunks |
| 7 ounces smoked beef sausage, cut into large pieces | 1 red bell pepper, cut into chunks |
| 1 pound sirloin steak, cut into cubes | 1 yellow bell pepper, cut into chunks |
| 12 cherry tomatoes | ¼ cup parmesan cheese |

Soak skewers in warm water for 15 minutes. Mix together salt, pepper and granulated garlic. Assemble and prepare ingredients for kabobs. Heat grill on medium high. Remove skewers from water one at a time and assemble kabobs rotating between different meats and vegetables as desired.

Reduce grill heat to medium, place kabobs on grill and sprinkle with reserved salt, pepper and garlic mixture. Turn kabobs every 4-5 minutes until steak reaches desired degree of doneness.

Remove skewers from grill, place on serving platter; sprinkle with parmesan cheese. Add your favorite dipping sauce or enjoy as they are.

Maggies' Overnight Refrigerator Pickles

Maggie Keeler

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|---|-------------------------------|
| 8 cups sliced pickling cucumbers | 2 cup cider vinegar |
| 1 large onion, sliced crossways and separate into rings | 2 tablespoons kosher salt |
| 2 tablespoons snipped fresh dill | 1 teaspoon celery seed |
| 2 cup granulated sugar | 1 teaspoon dill seed |
| | 1 teaspoon white mustard seed |

Soak washed unpeeled cucumbers in cold water for 2 hours to crisp; drain well in large colander.

Place cucumbers, onion and dill in large glass or pottery bowl; set aside. Combine sugar and vinegar in a stainless steel pan. Bring to a boil, stirring until sugar completely dissolves, about 2-3 minutes. Stir in salt, then remove from heat and stir in seeds. Pour mixture over cucumber/onion mixture, stir well and let cool. Cover with ceramic plate or plastic wrap; refrigerate for 24 hours.

Fill hot sterilized jars and refrigerate.

Holiday Cooking Begins!

Whew! It is hard for me to believe that the holiday season is upon us! Fortunately, our grocery stores are featuring sale prices on items that will enable us to stock up on supplies needed for those special holiday meals and family events. Don't forget to plan your travels wisely! Most importantly, remember food safety first! Follow the safe handling guidelines for purchasing, storing and cooking holiday meats! Safe handling guidelines are available on each cut of meat or poultry that is sold commercially and several meat cases have brochures available for shoppers to take home. You may also feel free to call our office at 304-558-2210 to answer any individual questions.

Pumpkin Roll

Mary McClure – Barboursville, W.Va.

3 eggs
1 cup sugar
1 cup pumpkin
½ teaspoon cinnamon
¾ cup all-purpose flour
1 teaspoon baking soda
1 cup chopped nuts

Filling:

Mix together:

2 tablespoons melted margarine
8 ounces cream cheese
¾ teaspoon vanilla
1 cup confectioner's sugar

Garnish:

Whipped cream
Pecans

Grease 10"x15" cookie sheet. Line with waxed paper; grease again. Mix eggs, sugar and pumpkin. Sift flour and baking soda together; add to pumpkin mixture. Spread on cookie sheet carefully; sprinkle with chopped nuts. Bake 15 minutes at 350°F. Turn onto flat tea towel dusted with powdered sugar. Roll lengthwise, towel and all; cool.

Unroll cake, remove towel and wax paper and spread filling on cake. Roll back up tightly; refrigerate. When ready to serve, place cake on plate, seam side down. Garnish with whipped cream and pecans.



Walnut Crunch Pumpkin Pie

Mary McClure – Barboursville, W.Va.

- 1¼ cups coarsely chopped walnuts
- ¾ cup packed brown sugar
- 1 15-ounce can pure pumpkin
- 1 12-ounce can evaporated milk
- ¾ cup sugar
- 2 large eggs, lightly beaten
- 1½ teaspoons pumpkin pie spice
- ½ teaspoon salt
- 1 unbaked 9" deep-dish pie shell
- 3 tablespoons butter, melted

Mix walnuts and brown sugar in small bowl. Place ¾ cup of nut-sugar mixture on bottom of pie shell.

Combine next 6 ingredients in medium bowl; mix well. Pour batter over nut-sugar mixture in pie shell.

Bake in preheated 425°F oven for 15 minutes. Reduce temperature to 350°F; bake for 40-50 minutes or until knife inserted near center comes out clean. Cool on wire rack.

Add butter to remaining nut-sugar mixture; stir until moistened. Sprinkle over cooled pie. Broil about 5" from heat for 2-3 minutes or until bubbly. Cool before serving. Makes 8 servings.

Pumpkin Bread

Mary McClure – Barboursville, W.Va.

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| 3a cups sifted all-purpose flour | 3 cups sugar |
| 2 teaspoons baking soda | 1 cup oil |
| 1½ teaspoons salt | 4 eggs |
| 1 teaspoon cinnamon | 1 cup water |
| 1 teaspoon nutmeg | 2 cups canned pumpkin |

Mix first six (dry) ingredients together. Add remaining ingredients. Mix until smooth. Grease three, 9x5" or six, 3x6" loaf pans. Divide batter evenly between pans. Bake large pans for 1 hour at 350°F and smaller plans 40-45 minutes at 350°F. Remove from pans when cool.

Sugar-Free Pumpkin Pie

Dorin Meadows – Glenwood, W.Va.

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| 1 cup Equal® | ¼ teaspoon pumpkin pie spice |
| ½ teaspoon salt | 2 large eggs |
| 1 teaspoon cinnamon | 1 15-ounce can pumpkin |
| ½ teaspoon ginger | 1 can evaporated milk |
| | 1 9" pie crust |

Mix Equal® and spices in small bowl. Beat eggs in large bowl, stir in pumpkin and sugar-spice mixture. Slowly stir in milk. Pour into pie shell; bake at 425°F for 15 minutes. Reduce heat to 350°F and bake 40-50 minutes or until knife inserted into middle comes out clean.

Pumpkin Spice Whoopies

Mary McClure – Barboursville, W.Va.

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| 1 cup canned pumpkin | 1 8-ounce package softened cream cheese |
| a cup butter, softened | 2 cups sifted powdered sugar |
| 1 package 2-layer size spice cake mix | ½ 7-ounce jar marshmallow crème |
| 2 eggs | 1 teaspoon vanilla |
| ½ cup cold milk | ½ teaspoon ground cinnamon |
| Marshmallow-Spice Filling: | ½ teaspoon ground nutmeg |
| ½ cup softened butter | |

Marshmallow-Spice Filling (prepare up to 2 hours before serving): Beat together butter and cream cheese until smooth. Add remaining ingredients.

Cookies: Preheat oven to 375°F. Line cookie sheet with parchment paper or greased foil. Beat pumpkin and butter on medium speed until smooth. Add cake mix, eggs and milk, beat on low speed until combined; beat on medium speed for 1 minute.

Drop by heaping tablespoons, 3-inches apart onto prepared cookie sheet; keep remaining batter chilled. Bake in preheated oven for 15 minutes or until cookies are set and lightly browned around edges. Carefully transfer cookies to wire rack and cool. Repeat with remaining batter, lining cooled cookie sheet each time with new parchment or foil.

Place cookies in layers separated by waxed paper in airtight container. Store at room temperature for 24 hours.

Spread about 2½ tablespoons Marshmallow-Spice Filling on flat side of one cookie, top with second cookie. Repeat with other cookies. Serve immediately or cover and chill for up to 2 hours. Makes 15.

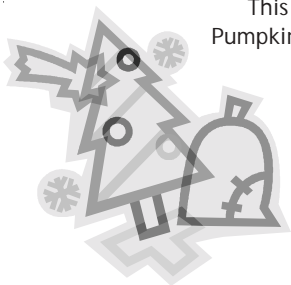
To store: Place unfilled cookies in layers separated by waxed paper in airtight container; cover. Freeze up to 1 month. Thaw, fill and assemble.

Happy Holidays!

'Tis the Holiday Season and I hope that you have your gifts wrapped, menu's planned and are truly able to enjoy the season! No? Unfortunately, I am sure that is the situation for the majority of us. Don't despair, sit down and do some planning and the pieces will fall into place.

I am still looking for good winter casserole recipes . . . please send yours to me at: Jean Smith, Marketing and Development Division, WVDA, 1900 Kanawha Blvd. E., Charleston WV 25305.

This month's recipes continue to feature the award-winning recipes from the W.Va. Pumpkin Festival.



Pumpkin Fudge

Mary McClure – First Place – Barboursville, W.Va.

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| 6 cups sugar | 2 12-ounce packages of white chocolate chips |
| 1½ cups butter | 2 7-ounce jars of marshmallow cream |
| 1a cups evaporated milk | 2 cups pecans, chopped |
| 1 cup pumpkin | 2 teaspoons vanilla |
| 2 teaspoons pumpkin pie spice | |

Combine sugar, butter, milk, pumpkin and pumpkin pie spice in heavy sauce pan. Bring to rolling boil over medium heat, stirring constantly. Continue boiling until mixture reaches soft ball stage. Remove from heat; stir in chips, marshmallow cream, nuts and vanilla, mixing until well blended. Pour into greased pans. When cool, cut into squares. Yields about 6 pounds.



Pumpkin Coffee Ring

Betty Enslin – Second Place – Ona, W.Va.

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| 2¼ cups all-purpose flour | 1 teaspoon ground cinnamon |
| ¾ cup sugar, divided | ½ teaspoon salt |
| 1 ¼-ounce package active dry yeast | ½ teaspoon ground ginger |
| ½ teaspoon salt | ½ teaspoon ground nutmeg |
| ¼ cup water | ½ cup chopped nuts |
| ¼ cup milk | ½ cup raisins |
| 3 tablespoons butter or margarine | 1 egg yolk, beaten |
| 1 egg | Glaze: |
| 1 3-ounce package cream cheese, softened | ½ cup confectionary sugar |
| 1 cup cooked or canned pumpkin | c teaspoon vanilla extract |
| | 1-2 tablespoons milk |
| | ¼ cup finely chopped nuts |

In mixing bowl, combine 1½ cups flour, ¼ cup sugar, yeast and salt. In saucepan, heat water, milk and butter to 120-130°F. Add to dry ingredients; beat just until moistened. Beat in egg. Stir in enough remaining flour to form a soft dough. Turn onto a floured surface; knead until smooth and elastic, about 6-8 minutes. Place in greased bowl, turning once to grease top. Cover; let rise in warm place until doubled (about 1 hour).

In small mixing bowl, beat cream cheese and remaining sugar until smooth. Add pumpkin, cinnamon, salt, ginger and nutmeg. Punch dough down; turn onto floured surface. Roll into a 20"x10" rectangle. Spread pumpkin mixture to within ½ inch of edges. Sprinkle with nuts and raisins. Roll up jelly-roll style, starting with a long side; pinch ends together to form a ring. Place on greased baking sheet, cover; let rise until doubled (about 1 hour).

Brush dough with egg yolk. Bake at 350°F for 20-25 minutes or until golden brown. Remove from pan to wire rack.

Glaze: Combine confectionary sugar, vanilla and enough milk to achieve drizzling consistency. Drizzle over warm ring; sprinkle with nuts.

Pumpkin Pineapple Pecan Bread

Rosalyn Ferrell

Second Place – Winfield, W.Va.

- 3½ cups all-purpose flour
- 2 teaspoons baking soda
- 1½ teaspoons baking powder
- 1½ teaspoons cinnamon
- 1 teaspoon cloves
- 1 teaspoon nutmeg
- ½ teaspoon salt
- 3 cups sugar
- 1 cup vegetable oil
- 2 cups pumpkin
- 2 eggs
- 1 8-ounce can crushed pineapple (including juice)
- 2 cups chopped pecans

Glaze:

- 1½ cups confectionary sugar
- 3 ounces cream cheese
- 1 teaspoon vanilla
- 3 tablespoons water
- 6 walnut halves

Sift first 7 dry ingredients. Set aside. Mix sugar, oil, pumpkin and eggs well. Add dry ingredients to pumpkin mixture; mix well. Fold in pineapple and juice; add pecans. Pour into 3 greased and floured 9"x5½"x2¾" pans. Bake in 350°F oven for 1 hour. Cool.

Glaze: Mix sugar, cream cheese, vanilla and water with mixer. Drizzle on bread. Put 6 walnut halves on top.