

Turkey cooking draws crowd

Several hundred spectators looked on in Raeford this week as five contestants competed in the Fourth Annual North Carolina Turkey Cooking Contest. Amid tempting aroma of turkey cooking on five electric ranges and turkeys being grilled for spectators to sample, it was announced that Frances Andrews of Wilson was the first place winner of \$500 for her "Gingered Turkey Salad".

Mrs. Andrews, who has entered several previous contests, was among five excited women competing for the \$1,050 in prize money awarded at the event.

The Fourth Annual Turkey Cooking Contest was held in conjunction with the First Annual NC Turkey Festival in Raeford. Hundreds of visitors turned out to view the cook-off and attend other festivities surrounding the contest and festival. Spectators showed great interest and anticipation as the five winning dishes were displayed under the beautiful Carolina pines in a flower garden setting just off Main Street in Raeford.

"I am pleased that turkey products were in the spotlight in Raeford, and all across North Carolina this week," said N.C. Commissioner of Agriculture Jim Graham. "North Carolina is the number one state in the country in turkey production, and the recognition given to turkey as a food product for year-round consumption will no doubt help beleaguered farmers in this state."

The second prize winner was Janet Irwin of Rt. 2, Sparta, NC, who received \$250 for her "Tasty Turkey Puff". The three runner-up recipients of \$100 each were Susan Ward Little ("Turkey Quiche") of Rocky Mount; Ginger McGhee (Turkey Wings Sweet 'N Sour") of Yadkinville; and Rosemarie Berger ("Turkey Lasagne Mornay") of Jamestown.

The tantalizing Tarheel turkeys featured in the winning dishes were

all produced by the state's turkey producers. Turkey producers in North Carolina have given the state the distinction of "Turkey Capital of the Nation". North Carolina is the largest producer of turkeys in the country.

The state is expected to produce some 32 million turkeys in 1985. The number of turkeys produced in North Carolina this year is expected to be equivalent to over five turkeys for every person in North Carolina.

During the cook-off, NC Turkey Federation officials treated spectators to samples of a number of products now available from Tarheel turkey processing plants. The products available for tasting included smoked turkey, tangy turkey cocktail franks, turkey ham, grilled turkey steaks and turkey dip.

GINGERED TURKEY SALAD (First Place)

- 1 6-oz. pkg. long grain and wild rice
- 3 c. smoked turkey breast, cubed
- 1 c. green peas, cooked
- 1/2 c. green onion, sliced
- 1/2 c. celery, sliced
- 1/2 c. fresh parsley, chopped
- 1/2 c. red pepper, diced
- 1 T. ginger root, grated
- 1/2 c. sliced almonds, toasted
- 1/2 c. olive oil
- 3 T. red wine vinegar
- 1 t. salt
- 1/2 t. freshly ground black pepper
- 1 T. Dijon mustard
- Endive or curly leaf lettuce
- Cook long grain and wild rice according to package directions. In a large bowl combine rice with the next 8 ingredients. In a small jar place the remaining ingredients except lettuce, shake to blend well. Add to turkey-rice mixture and toss to mix. Serve warm on endive or curly leaf lettuce. Serves 6.

TASTY TURKEY PUFFS (Second Place)

- 2 c. cooked turkey, cubed
- 2 T. margarine
- 2 T. flour

- 1 c. broth
- 1/4 c. milk
- 2 eggs, beaten
- 1 T. grated Parmesan cheese
- 3 oz. cream cheese
- 1/4 t. pepper
- 1/4 t. nutmeg
- 1/2 c. margarine, melted
- 12 sheets frozen phyllo dough, thawed

Sauce: 1 can cream of chicken soup, undiluted (optional), 8 oz. sour cream (opt.)

In saucepan, melt margarine and add flour gradually. Add broth and milk. Cook over medium heat until thickened. Remove from heat and gradually add eggs. Add cheeses, pepper, nutmeg and turkey.

Brush insides of muffin cups with melted margarine. Set aside. Stack 6 sheets of phyllo dough together and cut into six pieces. Place each in greased muffin cup. Brush with melted margarine. Repeat with other six sheets. Fill each pastry lined cup with turkey filling. Fold corners of pastry over filling to cover. Brush with melted margarine. Bake 375 degrees for 25 to 30 minutes or until golden. Let stand in pan 5 minutes before removing. Heat chicken soup with sour cream; do not boil. Serve topped with sauce, if desired. Serves 6.

TURKEY QUICHE (Runner-up)

- 6 oz. pkg. chicken flavored stuffing mix to equal 3 cups, or you may use 3 cups of left-over turkey stuffing
- 1 c. chopped turkey
- 1 c. shredded Swiss cheese
- 4 eggs, beaten
- 5 1/2-oz. can evaporated milk
- 1/8 t. pepper
- Press prepared stuffing into 9-inch pan forming a crust. Also do the same if you are using real stuffing. Bake at 400 degrees for 10 minutes.
- Combine turkey and cheese and sprinkle into crust. Beat eggs, milk



Finalists cooks

Mrs. Frances Andrews of Wilson (center) captured the title as the best turkey cook in the state with a win last week in the North Carolina Turkey cooking con-

test. Mrs. Andrews also took home a check for \$500 for her Ginger Turkey Salad recipe.

and pepper together. Pour mixture on top of turkey and cheese. Bake at 350 degrees 35 minutes. Let stand 10 minutes before serving. Serves 6.

TURKEY WINGS SWEET 'N SOUR (Runner-up)

- 6 turkey wings
- 4 c. water
- 1 rib celery
- 1 t. salt
- 1/4 t. pepper
- 3 T. cornstarch
- 1 1/2 c. turkey stock
- 1 c. brown sugar
- 1/2 c. vinegar
- 1/2 c. soy sauce
- 1/2 c. catsup or chili sauce
- 2 T. oil
- 1 c. carrots, roll cut
- 1 c. green pepper, cut into strips
- 1 c. pineapple chunks, drained
- Separate wings at joints and

discard tips. Wash, drain and cook in water along with celery, salt and pepper either in pressure pan or simmer, covered over low heat until tender. Combine in small saucepan, cornstarch, stock, brown sugar, vinegar, soy sauce and catsup; cook and stir until thick and clear, set aside. Heat oil in large skillet and stir-fry carrots for 1 minute. Add green pepper and pineapple and heat through. Add sauce and tender wing pieces and simmer for 5 minutes. Serve hot over rice. Serves 6.

TURKEY LASAGNE MORNAY (Runner-up)

- 1 lb. lasagne noodles
- 1/4 c. butter
- 1/2 c. onions, chopped
- 1/4 c. flour
- 1 t. salt
- 1/4 t. white pepper
- 2 c. chicken broth, warmed
- 1 c. milk, warmed
- 1/2 c. freshly grated Romano cheese
- 1/2 c. freshly grated Parmesan cheese
- 1/4 c. dry sherry
- 1 lb. Deli Turkey Breast, or oven

roasted breast, sliced thinly
12-oz. pkg. sliced mozzarella cheese
1 lb. fresh mushrooms, sliced (save a few whole for garnish)
2 T. grated Parmesan cheese
1 can (16 oz.) cranberry sauce
Cook lasagne in boiling; salted water according to package directions until tender. Rinse with cold water; drain. In saucepan, melt butter and saute onions until tender. Add flour, salt and pepper; blend thoroughly. Slowly stir in broth and milk, stirring constantly, until thickened. Stir in grated Romano, Parmesan cheese and sherry; simmer 5 minutes. In 9x13-inch baking pan, layer lasagne as follows: 1/2 noodles, 1/2 each of turkey slices, mushrooms, mozzarella, 1/2 of sauce. Repeat layers. Top with remaining 1/2 noodles and sauce. Sprinkle with Parmesan cheese. Bake in preheated 350 degree oven for 45 minutes. Garnish with cranberry sauce slices and fluted mushrooms (dip in lemon juice to preserve whiteness). Serves 6-8.

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