

**PUMPKIN CHILI**

**Andrea Brush**  
Oneonta

**Ingredients:**

2 pounds ground beef or turkey  
1 28-ounce can diced tomatoes

1 pepper, chopped  
1 onion, chopped

1 46-ounce bottle tomato juice

1 or 2 15-ounce can(s) kidney or black beans

¾ can pumpkin puree  
2 tablespoons pumpkin pie spice

2 tablespoons chili powder  
salt, pepper, red pepper to taste

3 tablespoons white sugar or 2 tablespoons brown sugar  
dash of cinnamon

**Directions:** Brown beef or turkey. Combine meat with tomatoes, chopped peppers and onions; cook until tender (about 5 to 6 minutes). Stir in beans, pumpkin puree and tomato juice. Add spices and sugar and simmer for at least 1 hour. Add hot sauce if desired.

**ITALIAN HEALTHY MEATLOAF**

**Alan D. Rowe**  
Edmeston

**Ingredients:**

2 egg whites, lightly beaten  
2 cloves garlic, minced  
¾ teaspoon dried basil  
½ teaspoon salt

½ teaspoon dried rosemary  
¼ teaspoon crushed red pepper

1 apple, cored and shredded

½ cup chopped onion  
½ cup fine seasoned bread crumbs

1 pound ground turkey breast

⅔ cup reduced-fat spaghetti sauce

2 tablespoons grated Parmesan cheese

**Directions:** Heat oven to 350 F. In a large bowl, stir together egg whites, garlic, basil, salt, rosemary and red pepper. Stir in apple, onions and bread crumbs. Add turkey and mix until well combined.

Place in a 8-by-4-by-2-inch loaf pan, sprayed with no-stick cooking spray. Pat into pan. Bake at 350 F for 15 minutes.

Spread sauce over top and bake 25 minutes or until no longer pink. Let stand 5 minutes.

Transfer to serving plate. Sprinkle with Parmesan cheese, slice and serve.

**CHEDDAR CHEESE SOUFFLE**

**Danny Gillingham**  
Maryland

**Ingredients:**

2 tablespoons butter  
2 tablespoons flour

½ teaspoon salt  
dash cayenne pepper  
dash paprika

¼ cup milk  
2 cups (8 ounces) grated sharp cheddar cheese

4 eggs, separated

**Directions:** Melt butter. Remove from heat; stir in dry ingredients, mixing well.

Stir in milk and return to heat. Bring to boil, stirring in cheese gradually. Remove from heat and cool.

Stir in slightly beaten egg yolks. Beat egg whites until stiff peaks form. Fold cheese mixture into egg whites.

Spoon mixture into ungreased 1½-quart straight-sided dish. Mark top of souffle with the back of a spoon.

Set souffle dish in a pan with ½-inch of hot water. Bake for 50-55 minutes at 300 F.

**SWEET AND SPICY BARBECUE PORK PEPPERS**

**Eric Lenge**  
Otego

**Ingredients:**

1 pound boneless pork grilling ribs

3 bell peppers (red and orange)

half a medium onion, sliced lengthwise

2 finger hot chilis, finely chopped

½ cup sweet corn

1½ cup water

¾ cup white rice

1 tablespoon butter

1½ tablespoons chili powder

honey barbecue sauce  
salt and pepper, to taste

**Directions:** Coat ribs in salt, pepper and chili powder. Place in 12-by-20-inch baking pan. Remove tops. Seed and hull peppers and add to pan, hollow side up.

Dice tops and add to pan along with onion, chili, corn, water, butter and remaining salt, pepper and chili powder.

Bake at 350 F until boiling. Add rice, turn ribs and cover. Bake 20-25 minutes.

Remove ribs and coat with barbecue sauce and grill until blackened. Fill peppers with rice and place ribs protruding from top.

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**SUCO student's fish nets fourth**

Fourth-place winner Americo Imperatore had the home-field advantage during The Daily Star's 48th annual cook-off. Decked out in chef's whites branded with the State University College at Oneonta insignia, the SUCO sophomore got a hearty cheer from his fellow students when his Sea Bass with Clams and Mussels was announced.

Imperatore, who goes by Ricky, distinguished himself before he even started cooking. He was one of only two students to enter in the College category. (The other entry, Andrea Brush's Pumpkin Chili, is seen on this page.)

In addition, Imperatore beat out the very instructor who encouraged him to enter the contest in the first place. Oscar Oberkircher — "Mr. O" to Imperatore — also submitted a recipe of his own, which is seen on Page 6.

"Mr. O pushed us pretty hard to enter something. I just tried to pick out something unique," Imperatore said.

The recipe he chose was one with some family history. "We have this a lot on Christmas Eve — we do a lot of fish," Imperatore said, prompting one of the judges to ask if his family did the traditional Italian Feast of the Seven Fishes.

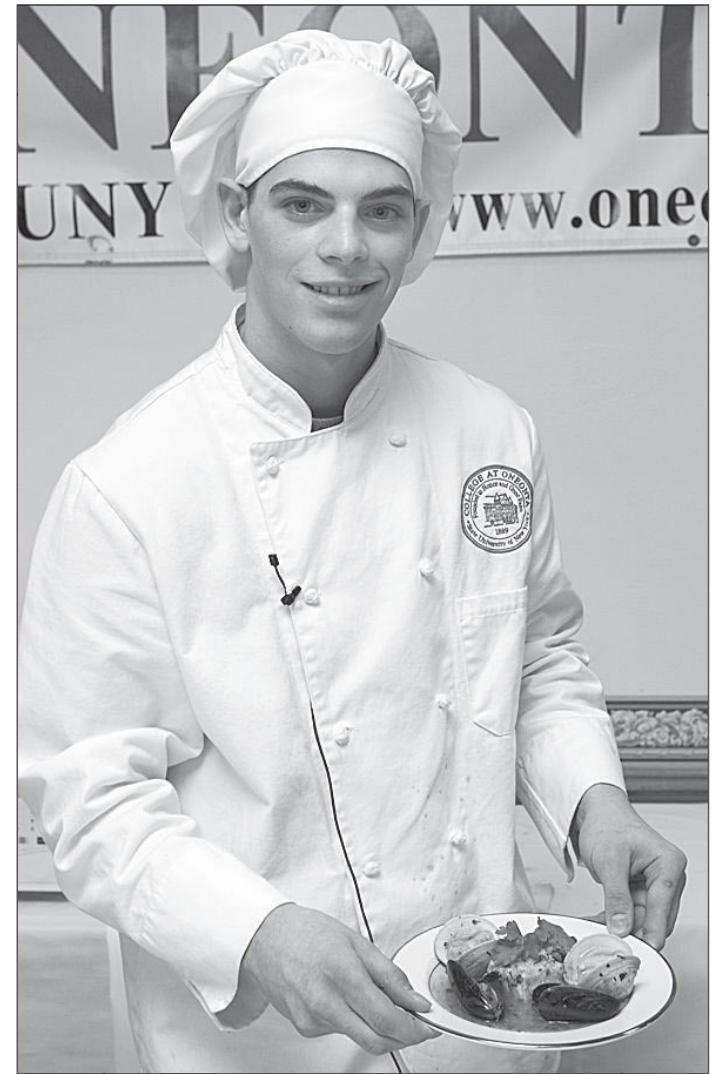
"We do — I think we do even more than seven," Imperatore said, drawing a laugh from the crowd. When judge Joe Poon asked Imperatore to name all seven, he rattled off at least six while hardly missing a beat in his preparation.

The flavorful seafood entree began with a sea bass filet pan-seared in oil and garlic. As the fish sizzled, releasing a savory aroma, Imperatore showed off his knife skills, deftly chopping up a handful of fresh parsley.

Once he added the last batch of ingredients to his pan, Imperatore had little to do but wait.

"The fish right now is just soaking up all that flavor," he said. "That's why you don't really want to cook it all the way through when you sear it, because it's going to continue to cook."

Imperatore took his time plating his creation onto elegant, gold-trimmed serving dishes, delicately wiping away stray drops of the savory sauce before presenting to the judges.



**FOURTH PLACE — COMMUNITY**

**SEA BASS WITH CLAMS AND MUSSELS**

**Americo Imperatore**  
Oneonta

**Ingredients:**

3 tablespoons olive oil  
3 garlic cloves

1-inch-thick sea bass steak  
flour for dredging

2 tablespoons chopped parsley

⅔ cup dry white wine  
4 clams

salt and pepper to taste  
4 tablespoons fresh tomato puree

1 cup clam broth  
4 mussels

1 teaspoon butter  
red pepper to taste

**Directions:** Over medium-high heat in large skillet, heat olive oil. Finely chop garlic and saute until brown.

Dredge fish lightly in flour. Saute until lightly browned; drain excess oil from pan.

Add parsley, wine, clams, salt and pepper, and saute for 2 minutes. Then add tomato puree and broth. Simmer rapidly for 4 minutes then add mussels, butter and red pepper.

Continue to simmer until all shellfish have opened. Plate and serve immediately.

Though the cook-off was his first cooking competition, Imperatore has had plenty of practice behind the stove. As a culinary arts student, Imperatore said he's "always cooking" and plans to pursue a career in catering or a related field. "I love to cook, so it's going to be food, no matter what I do," he said.

Judge Joe Poon seemed to agree, writing on Imperatore's score sheet, "Keep learning, keep practicing. You'll be the best — No. 1."

For his fourth-place finish, Imperatore will receive a 12-piece set of Farberware chef's knives and a \$50 gift certificate to The Body Shoppe in Oneonta.