



Nancy Murphy shows a matchstick carrot to Joe Poon while making her Matchstick Carrot Bread.

B&B bread finishes fifth

Fifth-place finalist Nancy Murphy of Oneonta got to see the cook-off from a different perspective this year.

Owner of The Murphy House Bed and Breakfast and author of the cookbook, "An Oneonta Good Morning," Murphy served as a judge for the 2007 cook-off alongside Sharon Wilsey. This year, her Matchstick Carrot Bread won her a spot on the cook-off stage for the first time.

"I've been waiting for (the cook-off) all winter, looking forward to it," Murphy said as she began setting up. "I used the winning recipe from last year for our Christmas Eve dinner, and it was a big hit."

A cookbook collector, Murphy plucked her winning recipe from her collection and "made it my own," she said, out of necessity.

"My granddaughter likes it a lot. You can make it in muffins, and if she's had one of these muffins, you know she's had some carrots and some raisins in the morning, so that's good," Murphy pointed out.

Besides being nutritious, Murphy's recipe came together in a flash, thanks in part to her key ingredient.

"I never have enough time or enough room in my kitchen," Murphy said, "so that's why I use these": bagged carrots pre-cut into short slivers, or "matchsticks."

The recipe had called for shredded carrots, but Murphy said the pre-cut version saves time and also adds a heartier texture to the bread.

With her quick bread mixed up and ready to go into the oven, Murphy began tidying up her work space, prompting judge Joe Poon to ask, "Are you a professional? Look at you cleaning up!" "No, I'm a woman," Murphy responded to laughter from the audience.

Her cleanliness paid off with one of the judges; Poon tacked on an extra point when scoring Murphy's performance, noting that he did so "because she is clean and neat."

As fifth-place finalist, Murphy received a Corningware set and a 10-quart stock pot.

FIFTH PLACE — COMMUNITY

MATCHSTICK CARROT BREAD

Nancy Murphy
The Murphy House B&B
Oneonta

Ingredients:

2 cups flour
1½ cups sugar
2 teaspoons baking soda
2 teaspoons cinnamon
½ teaspoons salt
2 cups (matchstick) shredded carrots
½ cup chopped walnuts
½ cup shredded coconut
½ cup raisins

3 large fresh eggs
1 cup vegetable oil
1 teaspoon vanilla extract

Directions: Preheat oven to 350 F. Grease the bottom only of a loaf pan.

Sift together flour, sugar, soda, cinnamon and salt in a large bowl. Stir in the shredded carrots. Add the nuts, coconut and raisins; mix well.

In a smaller bowl, lightly beat the eggs; add the oil and vanilla. Combine the wet mixture with the dry mixture.

Pour into the loaf pan and bake for about 1½ hours. Makes one loaf. Can also be prepared as one dozen muffins, baked for 30 minutes.

MAIN DISHES

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RICE URUGUAYAN

Allegra M. Cole
Otego

Ingredients:

1 cup rice
4 medium sized carrots, chopped
3 medium sized onions, chopped
1 pound ground beef
¾ teaspoon chopped parsley
2 cups water
½ teaspoon no salt
⅓ teaspoon pepper
3 medium sized potatoes, peeled and diced

Directions: Wash and drain rice. Combine with carrots, onions, beef, parsley and water and seasonings, mixing lightly with fork. Cover and cook over low heat 15 minutes. Add potatoes and continue cooking for 45 minutes. Serves 6.

MOMMY'S VEGGIE

SPAGHETTI

Susan Kohout
Davenport

Ingredients:

2 broccoli crowns
1 red pepper
1 red onion
1 small package baby bella mushrooms
2 plum tomatoes
1 small zucchini
1 small yellow squash
fresh parsley
1 box Lipton herb and garlic soup mix
4 tablespoons flour
1 quart heavy cream
½ gallon milk
Mrs. Dash
salt
pepper
1 pound angel-hair pasta
butter or margarine

Directions: Cut all vegetables into bite-sized pieces.

In a large sauce pan, melt butter. Add broccoli, saute. After 10 minutes, add red bell pepper and red onion; saute for another 10 minutes. Add pars-

ley, squash and zucchini. After a few more minutes, add baby bella mushrooms.

Continue to saute.

Add 1 box Lipton herb and garlic soup mix and flour to make a roux. Add heavy cream and milk. Let simmer for 30 minutes. Add fresh tomatoes, salt, pepper and Mrs. Dash to taste. Heat for another 10 minutes. Serve over angel hair pasta.

Note: This is my kids' favorite pasta sauce, and I know with this recipe they will eat their veggies without a problem.

QUICK CHICKEN, TURKEY OR SEAFOOD PIE

Tara Sumner
Cooperstown

Ingredients:

2 cups cooked chicken or turkey
1 large potato, peeled and diced
1 cup canned or homemade (see below) chicken or turkey stock
2 tablespoons butter
1 large onion, diced
2 stalks celery, diced
¼ cup sherry, white vermouth or white wine
½ cup leftover gravy (optional)
1 can cream of mushroom soup
½ pint heavy cream
½ teaspoon thyme
⅓ teaspoon cayenne pepper
½ cup chopped flat leaf parsley

1 cup frozen petite peas
1 box Pillsbury rolled pie dough

Directions: Preheat oven to 375 F.

Strip chicken or turkey meat from bones. Discard bones and skin, or save for stock. To make stock, simmer bones in water to cover for ½ hour with 1 bay leaf, 5 peppercorns, 1 stalk celery and a few sprigs of parsley. Strain before using.

Simmer diced potato in canned or homemade stock for about 10 minutes until tender but not falling apart.

Meanwhile, sauté onions and celery in butter over medium heat until translucent. Add sherry, vermouth or wine, stirring until evaporated. Add cream of mushroom soup, heavy cream, leftover gravy, thyme and cayenne, chopped parsley and peas.

Add potatoes scooped from broth with a slotted spoon. Add broth if mixture seems too dry. Adjust seasonings with salt and pepper. Bring just to a simmer, stirring frequently. Turn off heat.

Line ceramic or glass pie plate with dough, pressing bottom and sides firmly, and wetting edge with a small amount of water. Pour in chicken filling, but do not overfill. Add top crust, tucking it under the bottom crust. Crimp edges, pressing down to seal. Make large vent holes in top crust. (A lattice crust may also be used.)

Place pie on lower rack of oven on a cookie sheet or on foil to catch any drips. Check pie after 25 minutes. Poke vents again with a knife if they have sealed over.

Bake for about 10 more minutes. Pie should be golden, with filling visibly bubbling through the vent holes. Let rest for 15 minutes before serving.

Serve with salad.

Seafood pie variation

Substitute any combination of scallops, raw shelled shrimp, raw shucked oysters and crab sticks in place of chicken. Use clam juice or fish broth in place of chicken broth. Add more cream or milk as necessary. Add a pinch of saffron or a teaspoon of tomato paste for color.

Note: This is an excellent use for leftover chicken or turkey.

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