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TRAIL MIX CHICKEN**Bob Soules****Otego****Ingredients:**

1 cup trail mix, including almonds, peanuts, raisins, semi-sweet chocolate and sunflower seeds. May also include banana chips, pumpkin seeds, pineapple, coconut or cashews.

3 to 5 Poblano peppers, or to taste

½ cup onion

3 large cloves garlic

3 tablespoons tomato paste

¼ cup oil

2 teaspoons salt

2 teaspoons smoked pepper (ancho or chipotle)

2 teaspoons cumin

1 teaspoon black pepper

½ teaspoon cloves

½ teaspoon cinnamon

½ teaspoon nutmeg

2 cups beef stock

3 to 5 pounds chicken or turkey

Directions: Split poblanos and remove seeds. To decrease the heat of the peppers, remove the white veins.

Roast peppers for about 30 minutes at 350 F, skin side up. Remove the peppers and slide off the blackened skin.

Combine remaining ingredients, excluding meat and stock, in a blender or food processor and blend into a paste.

Add about half the paste to the beef stock to thicken it, creating enough liquid to cover the meat. Add water if necessary.

Place meat on a baking dish and pour the mixture over the meat until the top is just covered. Bake for about 1 hour.

Note: Recipe can be adjusted by changing balance of trail-mix ingredients.

CREAMY CHICKEN WRAP**Patricia Tucker****Milford****Ingredients:**

4-6 thin chicken breast filets
1 package cream cheese with chives

1 to 2 cloves garlic, chopped

2 tablespoons sun-dried tomato pesto

8 to 12 pieces bacon

Directions: Blend cream cheese, garlic and pesto. Spread 1½ tablespoons onto each filet and roll up.

Wrap each filet in two pieces of bacon and place in a baking dish, seam side down.

Bake at 350 F for 30 minutes. Finish under broiler until bacon is crisp.



Above: From left, Catering Supervisor Bryan Bennett and Executive Chef Bill O'Donnell describe the garnishes they created during their demonstration.

At right: Master Chef Joe Poon assembles garnishes that he carved during his demonstration.

**SIMPLE AND QUICK****STIR FRY****Werden Goodemoot****Delhi****Ingredients:**

½ pound stew beef

1 bell pepper

1 small onion

1 can Campbell's cream of mushroom soup or any cream soup

garlic powder

Italian seasoning

salt and pepper to taste

Directions: Dice pepper and onion. Cut meat into small chunks. Place ingredients into large cast-iron skillet. Stir and cook in olive oil until onions are clear and meat browns, about 10 minutes.

Add can of soup and milk; cook 5 minutes and stir.

Serve over peasant bread. Serves 4.

VEE'S STUFFED**PORK CUTLETS****Veronica Diver****Oneonta****Ingredients:**

4 ¼-pound thin-cut pork cutlets, trimmed of fat

4 slices roasted red pepper

¼ cup dried parsley, packed

1 heaping tablespoon jarred diced garlic

1 tablespoon lemon juice

½ cup grated Romano cheese

Directions: Pre-heat oven to 400 F. Spray baking dish with nonstick olive oil spray. Combine parsley, garlic, lemon juice and cheese in small bowl.

Place cutlets between plastic wrap and pound to flatten. Place a red pepper slice in middle of each cutlet and top with ¼ of cheese-parsley mixture.

Fold over sides and hold together with toothpicks. Place in baking dish and cook about 20 minutes.

4-3-2-1 HAM AND CHEESE**GRAND DELIGHT****Carol Bennett****Sidney Center****Ingredients:**

1 package Pillsbury wheat Grands

4 eggs

3 cups canned ham or cooked ham, processed in blender or food processor

2 cups grated cheddar cheese

1 tablespoon onion, chopped

Directions: Mix eggs, ham, cheese and onions thoroughly. Cut each Pillsbury Grand in

half to get 16.

Use rolling pin to flatten each to fit into cupcake tin. Fill each cup with mixture.

Bake at 375 F for 12 to 15 minutes or until mixture is done.

E-Z MACARONI AND CHEESE**Carol Bennett****Sidney Center****Directions:**

Cook and drain one cup of macaroni and set aside.

Ingredients:

1 cup macaroni

1½ cup milk

thin slice of onion

½ teaspoon salt

½ teaspoon pepper

¼ teaspoon dry mustard

2 tablespoons flour

½ pound cut-up cheddar cheese

½ cup Ritz crackers, crushed

2 tablespoons melted butter

Directions: Cook and drain macaroni. Set aside. Combine remaining ingredients and blend until smooth.

Spray baking dish. Mix macaroni and cheese sauce. Pour

in baking dish. Mix cracker crumbs and melted butter. Spread evenly over macaroni. Bake at 350 F for 25 minutes or until warmed through. Serves 4 to 5.

SCALLOPED CORN**CASSEROLE****Eva Pindar****Oneonta****Ingredients:**

2 cans kernel corn

4 eggs, beaten

2½ cups milk

pinch each salt and pepper, or to taste

2 pats butter

Directions: Drain corn and set aside. Create a 2-quart casserole dish. In a large bowl, combine eggs, milk, salt, pepper and 1 pat of butter. Beat well. Stir in corn.

Pour mixture into casserole dish and put remaining pat of butter on top.

Cover with lid and bake at 450 F for about 35 minutes or until casserole is set to a firm custard consistency.

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