

Below: State University College at Oneonta student and communications intern Jennifer Fernandez introduces a demonstration by judge and master chef Joe Poon.



The State University of New York
**COLLEGE AT
 ONEONTA**
 800-SUNY 123 www.oneonta.edu



**Cook-off at
 the College**

At left: Americo Imperatore prepares his Sea Bass with Clams and Mussels.

MAIN DISHES

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MARY'S PONSET Mary Conklin Bainbridge

Ingredients:

½ cup carrots, ½-inch dice
 ½ cup chopped onion
 2 tomatoes, diced
 1 clove garlic, chopped
 2 teaspoons oil
 2 tablespoons annatto seasoning
 (Goya or other brand)
 1 tablespoon Accent (MSG)
 1 tablespoon salt
 ½ cup soy sauce
 1 cup boiling water
 ½ cup shredded cabbage
 ½ pound chicken and pork, cubed
 1 package Chinese egg noodles or
 6 ounces spaghetti

Directions: Steep annatto in boiling water for 15 minutes. Drain and squeeze out juice.

Stir-fry carrots, cabbage, onion, garlic and tomatoes until just tender. Add Accent, salt, annatto water and

soy sauce.

Add chicken and pork; cook until meat is done.

Cook noodles according to package directions.

Drain noodles and combine with meat and vegetables to serve.

STEAK SANDWICH Melissa Atcher Otego

Ingredients:

mayonnaise
 lettuce
 tomato
 red onion rings
 steak strips, cooked
 cheese
 potato steak fries
 ciabatta bread

Directions: Cut bread in half. Add mayonnaise, lettuce, tomato and onion.

Put cooked steak strips on top. Add cheese, then potato fries.

Fold and eat.



Daily Star Community Editor Emily Popek introduces the first round of contestants for the 48th annual Daily Star cook-off at the State University College at Oneonta, as youth finalist Danny Hoppe looks on in the background.