

News For Home Cooks

Chicken Cooking Contest May Help Cooks Build Nest Egg

(NAPSA)—A national cooking contest awards up to \$25,000 for chicken recipes at the top of the pecking order.

The 45th National Chicken Cooking Contest challenges home cooks to enter original recipes that serve four to eight people, and take less than three hours to cook. The only required ingredient is chicken, prepared whole or in any combination of parts.

Fifty-one contestants (one from every state and the District of Columbia) whose recipes are selected will be invited to the 45th annual Chicken Cook-off, to be held May 30, 2003 at the Baltimore Convention Center.

The first-place winner will receive \$25,000. Second place is a \$5,000 prize, third is \$3,000, fourth is \$2,000 and fifth place is \$1,000. In addition, any of the top-five winners who predominantly use leg meat in their recipes will win an additional \$1,000.

The contest is sponsored by the National Chicken Council and the U.S. Poultry & Egg Association.

Contestants can submit an unlimited amount of recipes. Recipes should be on separate pieces of paper and include the entrant's name, address and phone number. Mail to: NCCC, Box 28158, Washington, D.C. 20038-8158, or fax to 202-293-4005. The contest can also be entered electronically at www.eatchicken.com.

For a delicious and unusual dish, try this recipe for Tuscan Chicken



Tuscan Chicken Cakes with Tomato-Basil Relish was awarded the \$25,000 grand prize at the 44th National Chicken Cooking Contest in 2001.

Cakes with Tomato-Basil Relish, the winning dish from the 44th Cook-off.

Tuscan Chicken Cakes With Tomato-Basil Relish

- 3 cups cooked chicken, shredded and chopped**
- 1 cup Italian seasoned bread crumbs, divided**
- ¼ cup mayonnaise**
- 1 egg, lightly beaten**
- ¼ cup prepared basil pesto**
- 2 teaspoons honey mustard**
- ½ cup finely chopped roasted red peppers, drained**
- ½ cup finely chopped red onion**
- 2 tablespoons olive oil**
- 1 package (5 oz.) mixed salad greens**

- ½ cup prepared balsamic vinegar & oil dressing**
- Golden Aioli: recipe follows**
- Tomato-Basil Relish: recipe follows**

In large bowl, mix together chicken, ½ cup of the bread crumbs, mayonnaise, egg, pesto, honey mustard, roasted peppers and red onion. Using a ½-cup measure, shape chicken mixture into 8 cakes; lightly coat each with remaining ½ cup bread crumbs. In large nonstick frypan, place oil over medium high heat. Add chicken and cook until golden brown, about 3 minutes per side; drain on paper towels. Toss salad greens with dressing and divide among 4 serving plates. Top each with 2 chicken cakes; drizzle with Golden Aioli. Top each cake with dollop of Tomato-Basil Relish. Makes 4 servings.

Golden Aioli: In small bowl, whisk together ½ cup mayonnaise and 2 tablespoons honey mustard.

Tomato-Basil Relish: In small bowl, mix together 1 cup seeded and chopped plum tomatoes, ½ cup chopped red onion, 3 tablespoons (drained) chopped sundried tomatoes, 2 tablespoons slivered basil leaves, 2 tablespoons prepared balsamic vinegar & oil dressing and 1 teaspoon prepared basil pesto.