



DELAWARE DEPARTMENT OF AGRICULTURE

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To: Newsroom Directors and Assignment Editors

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Delaware Beef and Potato Cook-off winners announced Contest held at Delaware State Fair

On Saturday, July 23, an exciting Beef and Potato Cook-off contest was held at the Delaware State Fair in the Agricultural Commodities and Education building. The contest was sponsored by the Wal*Mart Super Center in Camden, Hastings Butcher Shop in Laurel, the Delaware Beef Advisory Board, the Delaware Potato Board, and the Delaware Department of Agriculture. Three amateur chefs competed for the prizes by preparing their original beef and potato recipes before a crowd of fair goers. Each one created an outstanding, delicious dish for the judges and the public to sample. Linda Brown, Culinary Arts Director, Easton High School, and one of the judges, said, "I really had a hard time choosing. Each of the beef and potato dishes was very good, well prepared, and attractively presented."

The first prize, \$300 to be spent on beef at a butcher shop in Delaware, was awarded to Darla Koff of Frederica for her "**No Beans About It**" Chili. The second prize, a \$200 gift certificate from Hastings Butcher Shop in Laurel, was presented to Bonnie Robinson of Seaford for her "**Lakeshore Italian Steak and Potato Salad.**" The third prize, \$100 to be spent on beef at a butcher shop in Delaware, was awarded to Barbara DeBastiani of Georgetown for her "**Delmarvalous Hash.**" Each contestant received 50 lbs. of Delaware potatoes from Sayre-Baldwin, Inc. of Bridgeville.

The winning recipes are attached. For more information on the Delaware Beef and Potato Cook-off Contest, the Delaware Beef Advisory Board, the Delaware Potato Board, and the Delaware Department of Agriculture, contact Anne Fitzgerald, Chief of Community Relations at (302) 698-4520 or by e-mail: anne.fitzgerald@state.de.us. A picture of the winners is available on the DDA website or by e-mail:

<http://www.state.de.us/deptagri/default.shtml>.

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Left to Right:

2005 Delaware Beef and Potato Cook-off Contest Winners:

- Bonnie Robinson, Seaford
- Darla Koff, Frederica
- Barbara DeBastiani, Georgetown

Prize Winning Recipes follow:

“No Beans About It” Chili (First Prize)

INGREDIENTS

1 ½ LBS. GROUND BEEF CHUCK ½ CUP YELLOW CORN
1 ONION CHOPPED 1 PACKET OF CHILI SEASONING
1 JALAPENO SEEDED AND DICED 1 CAN OF BEEF BROTH
1 RED BELL PEPPER CHOPPED SALT/PEPPER TO TASTE
1 GREEN BELL PEPPER CHOPPED 14 OZ. CAN OF DICED TOMATOES
3 YUKON GOLD POTATOES CUBED

Brown ground beef on grill*. (You don't have to cook it to well done, just trying to cook off some of the fat and get the grill flavor).

In a heavy duty pot, cook potatoes, stirring occasionally with onion for 5 minutes, add all peppers and cook for 3-5 more minutes. Add chili to the rest of the ingredients, including the ground beef. Simmer for 10 minutes. Enjoy!

*Meat can be cooked on the stove top if a grill is not available

By: Darla Koff
761 Bower Beach Road
Frederica, Delaware 19946

“Lakeshore Italian Steak and Potato Salad” (Second Prize)

INGREDIENTS

2 LBS. OF COOKED AND SALTED SMALL RED SKIN POTATOES (CUT IN SMALL QUARTERS)
2 SMALL VIDALIA ONIONS (SLICED VERY FINE)
2 LBS. OF TOP ROUND STEAK (SLICED VERY THIN, MARINATED IN ½ CUP OF RASPBERRY VINAIGRETTE DRESSING FOR AT LEAST ONE HOUR)
½ JAR REAL BACON BITS
2 HEAD OF ROMAINE LETTUCE
1 BOTTLE OF ITALIAN RASPBERRY VINAIGRETTE DRESSING
1 PACKAGE OF GRAPE TOMATOES (CUT IN HALF)
½ CUP WATER FOR SIMMERING STEAK
3 TABLESPOONS PARMESAN CHEESE
3 CUPS BROCCOLI FLORETS (CUT IN SMALL PIECES)
½ TEASPOON SALT FOR BEEF AND 3 TABLESPOONS FOR POTATOES

Cook potatoes as directed. In a frying pan simmer steak and onions until tender. Keep steak and potatoes both warm. Warm dressing in microwave. Drain potatoes. Put bacon pieces on top of potatoes. Then add in warm dressing, steak and onion mixture, romaine lettuce, tomatoes, parmesan cheese, and broccoli. Stir gently. Serve in a large salad bowl.

By: Bonnie Robinson
22241 Brinsfield Avenue
Seaford, Delaware 19973

“Delmarvalous Hash” (Third Prize)

INGREDIENTS

COOKING SPRAY

1 LB. GROUND BEEF CHUCK

½ CUP CHOPPED CELERY

2 CUPS POTATOES, PEELED, AND DICED

1-10OZ. CAN OF DICED TOMATOES AND GREEN CHILES

¾ CUP SHREDDED MONTEREY JACK CHEESE

SPRIGS OF FRESH CILANTRO FOR GARNISH

1 TEASPOON SALT

½ CUP CHOPPED GREEN PEPPER

½ CUP CHOPPED ONION

½ CUP CANNED CORN, DRAINED

Spray the bottom of a large frying pan with cooking spray. Brown ground beef chuck over medium heat. Add onion, celery, green pepper, and potatoes. Continue to fry for five minutes. Add can of diced tomatoes and chilies, and sprinkle with salt. Cover and cook for 10 minutes. Uncover and continue cooking for 10-15 minutes or until potatoes are tender and most of the liquid is absorbed. Add corn and cook for 5 minutes more. Transfer hash to a casserole dish and sprinkle with cheese. Place under broiler until cheese is melted and bubbly. Garnish with cilantro. Serves four.

By: Barbara DeBastiani
404 Robinson Street
Georgetown, Delaware 19947



“No Beans About It” Chili



Lakeshore Italian Steak and Potato Salad



“Delmarvalous Hash”