

# FOOD & NUTRITION

The Portland Observer

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## Portland Resident Wins Grand Prize In Bays English Muffins "High Tea On The High Seas" Recipe Contest



ary Institute and a return voyage to the United States via the Queen Elizabeth 2.

As a Portland resident and home-maker, Durrett began entering contests six years ago. Winnings include everything everything from taking a Caribbean cruise to starring in a national print advertisement. "I never really thought that I would receive this kind of recognition of my recipes," Durrett says when thinking of her contest success. "Coming from a big family we all had to pitch in with preparing dinner and nobody had the same taste in food. To please everyone, we had to become creative with basic foods, and I keep that in mind when I develop my recipes. "Recipes submitted in the dessert category included more refreshing fruit and nut combinations, and the snack recipes tended to have a mediterranean feel by utilizing whole grains, fresh vegetables and gourmet oils," says George Bay, vice president of marketing for Bays Corporation. "This is the 10th anniversary for our national recipe contest, and over the years, I have noticed that the interest in creative cooking has been steadily increasing. From the response of this year's contest, I am encouraged it will continue."

In preliminary judging, six finalists and 30 runners-up were selected. The six finalists were flown to Chicago to prepare their original recipes in a Chicago test kitchen for a panel of national magazine food editors, including Mary Bemis, Lady's Circle; Marla Edelstein, Parents magazine; Henry Hanson, Chicago magazine; and Margery Tippie, Redbook. The recipes were judged in five categories: taste, appearance, practicality, imagination and appropriateness for the snack/dessert theme.

Karen Durrett of Portland, Oregon displays her winning recipe, "Bays Blueberry Crumb Cakes," after placing first in the 1993 Bays English Muffins "High Tea on the High Seas" Recipe Contest. Selected from more than 3,000 entries nationwide, Durrett uses English muffin halves as a base for her creamy blueberry cheesecake mixture and topped with a crunchy crumb topping, baked until golden brown.

Karen Durrett of Portland, Oregon took home first prize in the Bays "High Tea on the High Seas" National Recipe Contest of her original dessert, "Bays Blueberry Crumb Cakes." Durrett's recipe was selected from a field of more than 3,000 entries. Durrett uses English muffin halves as a base of her unique blueberry cheesecake spread. She tops it off with crunchy crumb topping that is baked until golden brown. In celebration of Bays 10th Annual National Recipe Contest, Durrett and a companion will enjoy a trip to London, complete with a five-day tour of the English countryside, one week of classes at the famous Le Cordon Bleu London Culinary Institute and a return voyage to the United States via the Queen Elizabeth 2.

### RECIPE

#### BAYS BLUEBERRY CRUMB CAKES

- |  |   |
|--|---|
| Serves 6                                   | 1 teaspoon vanilla extract              |
| 1 (8 ounce) package cream cheese, softened | 3 Bays English Muffins, lightly toasted |
| 1/4 cup sugar                              | 1 cup frozen blueberries, thawed*       |
| 1 egg                                      |   |

In medium bowl, beat cream cheese, sugar, egg and vanilla until smooth. Place about 2 rounded table spoons of cream cheese mixture on each muffin half. Evenly arrange blueberries on top of cream cheese. Sprinkle about one tablespoon crumb topping over each muffin. Place muffins on a cookie sheet; bake in a preheated 350 F oven, 20 to 25 minutes. Cool 30 minutes before serving.

#### CRUMB TOPPING

- |                                   |   |
|-----------------------------------|---|
| 2 tablespoons butter or margarine | In small bowl, with pastry blender, cut butter into flour until mixture resembles coarse crumbs. Stir in brown sugar and oats. Place about 3 tablespoons crumb topping on each muffin half. |
| 2 tablespoon flour                |   |
| 1/4 cup packed brown sugar        |   |
| 1/4 cup quick-cooking oats        |   |

\* Fresh blueberries may be substituted.

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### Cool Weather Makes Vegetable Plants Bolt

The cool weather in May and June this year has increased the likelihood that young vegetable starts in home gardens might bolt, or flower and set seed prematurely, before producing the vegetable.

Bolting is often a problem with biennial vegetable plants such as cabbage, beets and carrots, according to Ross Penhallegon, horticulture agent with the Oregon State University (OSU) Extension Service. Annuals including celery, chard, onion and spinach also bolt under certain conditions.

### Pesticides In The Diets Of Infants And Children

On June 29th, the National Research Council is going to release its report on "Pesticides in the Diets of Infants and Children". The study was designed to examine current scientific methods of assessing the risk of pesticides residues in infants and children. The report is bound to generate a renewed interest in products produce with organically grown ingredients and organically grown farm produce.

Food Front Cooperative Grocery has been at the forefront of the organics movement for over twenty years. Our Produce Manager, Lisa Goldrosen, would be pleased to respond to any questions concerning sustainable agriculture and the impact organics will have on the future of the American diet. The report from the National Research Council exposes an explosive issue that may have major implications.

### On The Fulani! Show This Week: Schools Or Prisons For Our Youth?

Who decides that an inner-city block in a poor neighborhood, that was reserved for a community high school, will be used instead for a \$60 million prison? On Multnomah Community

### Espy Says Childhood Study Stresses Need For Aggressive Anti-Hunger Strategy

Secretary of Agriculture Mike Espy said that a Tufts University study showing that 12 million American children are going hungry is further evidence that alleviating hunger must be a high priority.

"On June 17th, we held a national forum on hunger that helped us develop an aggressive strategy to address this on-going tragedy," said Espy. "If you look at these childhood poverty statistics and the continuing rise in food stamp participants (USDA Release No. 0428.93) there can be no doubt that we can and we must do better."

The Center on Hunger, Poverty and Nutrition Policy at Tufts University, Medford, Mass., released its report earlier, based on Census Bureau data for 1991, showing that more than 12 million children or 18 percent of the 66 million Americans who are under 18 years old experience hunger. The study is consistent with data from the Current Population Survey of the U.S. Census Bureau, which show that child poverty between 1970 and 1991 increased by 37 percent.

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## Fourth of July Concert in Laurelhurst Park

Pack a Picnic and Come Enjoy a Free Concert at Laurelhurst Park, SE 35th & Oak Sunday, July 4, 6:00pm

The Granite Youth Symphony Orchestra, a 90-member band from Salt Lake City public high schools, will follow the Cultural Recreation Band, Portland elementary school performers, under the baton of Greg McKelvey, Music Director at Wilson High School.

For more information on concerts in the parks call Portland Parks and Recreation, 823-2223 v/tt

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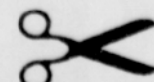
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