



## For Immediate Release

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## Morris Press Cookbooks Announces Contest Winners

KEARNEY, NEB. (Jan. 30, 2013) – Morris Press Cookbooks in Kearney, Neb., is pleased to announce the national winners of the annual Morris Community Cookbook Awards, chosen from among cookbooks published in 2011 and 2012. Morris Press Cookbooks, the leading publisher of community cookbooks, publishes millions of cookbooks every year as keepsakes and fundraisers for churches, schools, organizations, families, and businesses. Established in 1999, the contest recognizes outstanding cookbooks and has awarded nearly \$100,000 to the fundraising efforts of organizations across the country.

The contest winners were selected out of ten finalists by a panel of four judges from across the country: Hannah Agran, Food and Features Editor for *Midwest Living* magazine, Robert Cano, Student Success Manager from Le Cordon Bleu Cooking School, Dawn Saxton, Co-Founder and VP of Product Development at Specialty's Cafe & Bakery, and Mark Aker, Executive Chef at Chicago Highlands.

Winning **first place and \$5,000** is *The Sun and the Rain & the Appleseed*, created by the First Presbyterian Preschool of Richmond, Virginia. The preschool's foundational goal is to provide an environment where children have the confidence and security to "explore, learn, and grow." Cookbook proceeds of \$15,000 are contributed to the preschool's scholarship fund to provide families in need with access to educational opportunities. Preschoolers contributed to the cookbook by creating custom artwork for the dividers and sharing their charming insights on how to cook and bake. The judges commented on the nice variety of recipes included in this cookbook, and enjoyed the personal touches.

The **second place winner of \$2,000** is *Treasured Recipes* from the Associates of Lubbock Christian University in Lubbock, Texas. This is the third edition of their *Treasured Recipes* cookbooks, first printed in 1961. This edition raised \$41,250 and all the funds, current and previous, have enabled university building improvements and refurbishments, classroom equipment, and the restoration of the historic Arnett House, which was donated for the establishment of the university in 1956. The Arnett House is highlighted throughout this elegant cookbook in mono-chromatic photography which help showcase the university's rich history.

Taking **third-place and winner of \$1,000** is *Gogo Cookbook - Serving Up Hope*, created by the Rancho Baptist Church Gogos in Temecula, California. The judges were impressed by the use of the cookbook to highlight the vision of the women's ministry chosen mission. Gogo means grandparent in Malawi, and the group was chartered after learning of the needs of grandparents raising their orphaned grandchildren, due to the AIDS pandemic, in Malawi, Africa. These families grow what they eat, and the \$10,400 raised will help provide the families with fertilizer and seeds for their gardens, as well as blankets, mosquito nets, school supplies and more.

"With so many exceptional cookbook entries every year, it's difficult to select finalists for our judges." said Tamara Omtvedt, Director of Marketing at Morris Press Cookbooks. "Community cookbooks preserve history and regional cuisine, and more importantly, raise thousands for worthy causes. We are honored to be part of that process." Visit [www.cookbookawards.com](http://www.cookbookawards.com) and [www.morriscookbooks.com](http://www.morriscookbooks.com) to learn more about the annual cookbook contest and winners. Sample recipes from this year's award winners follow.

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## First-Place Winner

### *The Sun and the Rain & the Appleseed*

#### Spicy Apple Chick 'N Grits Gorgonzola

from Kara Edmunds

4 chicken breasts  
¼ c. apple butter  
¼ c. spicy brown mustard  
¼ tsp. salt

¼ tsp. ground red pepper  
⅛ tsp. black pepper  
Gorgonzola cheese grits (see below)  
2 T. chopped green onions

Preheat oven to 350°. Place each chicken breast half between 2 sheets of heavy-duty plastic wrap and flatten to a ½-inch thickness using a meat mallet or rolling pin. Place the chicken breasts in a baking pan coated with cooking spray. Combine the apple butter, mustard, salt, red pepper, and black pepper; brush over chicken. Bake for 20 minutes. Cut the chicken into ½-inch thick slices. Spoon the gorgonzola cheese grits evenly into 4 shallow serving bowls. Top with chicken and sprinkle with green onions.

#### Gorgonzola Cheese Grits:

2 (14 ½-oz.) cans fat-free, less-sodium  
chicken broth  
¾ c. uncooked, quick-cooking grits  
1 c. crumbled Gorgonzola cheese

⅓ c. fat-free sour cream  
¼ tsp. ground nutmeg  
¼ tsp. black pepper

In a medium saucepan, bring broth to a boil; gradually add grits, stirring constantly. Reduce heat to low; cover and simmer for 5 minutes or until thick, stirring occasionally. Remove from heat; stir in remaining ingredients.

**Note:** This is a low-fat recipe, but you'd never know it!

**For more information about *The Sun and the Rain & the Appleseed*, please contact:**

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## **Second-Place Winner**

### ***Treasured Recipes***

#### **Granny Smith's Banana Cake**

from Debbie Haney

##### **Cake:**

½ c. margarine	4 T. buttermilk
1 ½ c. sugar	1 ¾ c. flour
2 eggs, beaten	1 tsp. baking powder
3-4 ripe bananas, mashed	1 pinch salt
1 tsp. baking soda	1 c. chopped nuts

Preheat oven to 350°. In a medium bowl, cream margarine and sugar; add eggs and bananas and mix well. Dissolve baking soda in buttermilk and mix into creamed mixture. Sift together flour, baking powder, and salt, and mix into creamed mixture. Fold in nuts and bake for 40 minutes in a greased and floured, 9 x 13-inch pan.

##### **Icing:**

1 ½ c. brown sugar	½ tsp. vanilla
¾ c. cream	1 c. shredded coconut
2 T. butter	½ c. chopped nuts

In a saucepan, cook brown sugar and cream until mixture makes a soft ball when dropped in cold water. When mixture is at the soft ball stage, add butter and vanilla; mix. Let cool, then add coconut and nuts and beat with a mixer. Ice cake.

##### **For more information about *Treasured Recipes*, please contact:**

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## **Third-Place Winner**

### ***Gogo Cookbook - Serving Up Hope***

#### **East African Meatballs**

from Moira Chimombo

2 cloves garlic	½ tsp. cinnamon
1 tsp. salt or garlic salt	1 tsp. curry powder
1 lb. lean, ground beef (can use ground soy beans)	½ tsp. ground cloves
1 onion, finely chopped	2 tsp. chopped, fresh coriander
2 fresh green chili peppers, finely chopped	2 T. flour
1 tsp. ground ginger	1-2 eggs, beaten
	oil for frying

Peel and crush garlic with salt to form a paste. In a large bowl, combine garlic paste, ground beef, onion, peppers, all the spices, coriander, and flour. Mix well with a fork; add eggs to lightly bind. Form into small balls and fry in a large skillet with oil until browned and cooked through. Drain on paper towel.

##### **For more information about *Gogo Cookbook - Serving Up Hope*, please contact:**

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