



## For Immediate Release

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## Morris Press Cookbooks Announces Contest Winners

KEARNEY, NEB. (Jan. 29, 2015) – Morris Press Cookbooks in Kearney, Neb., is pleased to announce the winners of the 2014 Morris Press Community Cookbook Awards, chosen from among cookbooks published in 2013 and 2014. 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 45 organizations a total of \$116,000 to benefit each of their causes.

The contest winners were selected out of ten finalists by a panel of three judges from across the country: Hannah Agran, Food and Features Editor for *Midwest Living* magazine, Robert Cano, Chef Instructor at College of Dupage, and Mark Aker, Executive Chef at Chicago Highlands.

Winning **first place and \$2,500** is *Maine Family Favorites*, created by the Bangor Federal Credit Union of Bangor, Maine. Bangor Federal has joined the Campaign for Ending Hunger effort in Maine. Their cookbook earned \$8,400, and proceeds assisted local food banks and shelters. Judges loved the recipe selection, ranging from easy and simple to trendy and gourmet choices. The recipes contributed by employees and members are a blend of regional seafood specialties and traditional comfort foods. Beautiful divider photos highlight Maine's stunning landscapes and unique history.

The **second place winner of \$1,000** is *Treasured Recipes of the Junior League of Boise*. This Idaho Junior League used their cookbook to raise funds as well as chronicle the history of the League's growth and accomplishments over 85 years. Custom artwork from a local artist and favorite recipes chosen by current League members made this cookbook an instant local treasure and gave "something more valuable, a permanent place in history." Cookbook sales reached \$13,075 and the funds aid in the Junior League's continuing contributions to their community.

Taking **third-place and winner of \$500** is *Giddy Up N Cook*, created by the Event Staff Buyers Group in Coupland, Texas. Texas pride is evident in the photos of idyllic Texas life and in recipe categories such as "Appetizing N Grazin." The group raises funds to purchase livestock for 4-H and FFA youth at local auctions, teaching them the benefits of hard work. The money raised helps fund kids' future projects and college educations. The \$10,895 raised will help prepare youth for the future while the recipes will make you want to giddy up 'n cook!

After 15 years, the contest is hanging up its apron. "We are grateful to end the contest on a high note with our final three winners, exemplifying why we started this contest in the first place," 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.morriscookbooks.com](http://www.morriscookbooks.com) and [www.cookbookawards.com](http://www.cookbookawards.com) to learn more about the company and cookbook contest winners. Sample recipes from this year's award winners follow.

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## **First-Place Winner**

### ***Maine Family Favorites***

#### **Haddock Chowdah**

from Steve Clark

3 lg. Aroostook County Russet potatoes	2 lbs. haddock (frozen is fine, but fresh is preferred)
1 lg. Vidalia onion	4 T. flour
1 stalk celery	1 tsp. cornstarch
2 T. butter	1 T. Old Bay Seasoning
1 (10-oz.) can evaporated milk	1 tsp. freshly ground black pepper
1 (8-oz.) ctn. half & half	½ tsp. sea salt
32-40 oz. skim milk	

Peel and cut the potatoes into 1 inch cubes. Peel and cut the onion into ½ inch cubes. Cut the celery into ¼ inch slices. Combine the potatoes, onion, celery, and butter in a kettle with enough water to nearly cover all ingredients (roughly 2-3 cups). Boil for approximately 5 minutes, stirring vegetables frequently (watching to make sure the kettle does not boil dry). Add all remaining ingredients and bring a boil. Once it begins to boil, quickly reduce the heat to a simmer and cover the kettle. Let simmer as low as possible for 4-6 hours, stirring every 20 minutes. Make sure chowder does not begin to boil. Serve in bowls with your favorite saltine or oyster crackers.

**Note:** Leftovers the next day will be even better!

**For more information about *Maine Family Favorites*, please contact:**

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## **Second-Place Winner**

### ***Treasured Recipes and Projects***

#### **Spudnuts**

from Beyond Burlap

#### **Doughnuts:**

4½ tsp. yeast	1 c. mashed cooked potatoes
1 c. lukewarm water	2 lg. eggs
⅔ c. butter or margarine, melted & cooled	1 c. scalded milk, cooled
½ c. sugar	5-6 c. flour
1 tsp. salt	Vegetable oil for deep-frying

Dissolve yeast in lukewarm water. Combine with butter, sugar, salt, potatoes, eggs, milk and flour; mix until a soft dough forms. Grease a medium bowl, place dough inside, cover with a towel, and let rise. Knead the dough and let rise until doubled in size. Roll ½ inch thick on a lightly floured surface. Cut into doughnut shape. Let rise 30 minutes. Add oil to a deep fryer or skillet and heat until very hot. Deep-fry doughnuts in the oil until golden brown. Drain and let cool. Drizzle with glaze (see recipe). Makes 2 dozen doughnuts.

#### **Glaze:**

1 (32-oz.) package confectioners sugar	1 c. hot milk
⅛ tsp. salt	2 tsp. vanilla extract

Combine ingredients in a bowl and mix until the desired consistency. Drizzle glaze over the cooled doughnuts.

**For more information about *Treasured Recipes and Projects*, please contact:**

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## **Third-Place Winner**

### ***Giddy Up N Cook***

#### **Firecracker Flank Steak**

from Marge Gebhardt

1 c. vegetable oil

1 c. Samuel Adams Boston Ale

½ c. soy sauce

½ c. lemon juice

3 garlic cloves, minced

2 tsp. brown sugar

2 tsp. crushed red pepper

2 (1½ lb.) flank steaks

½ tsp. prepared honey mustard

sautéed onions and mushrooms (opt.)

In a large bowl, combine all the marinade ingredients, except for the honey mustard. Mix marinade thoroughly. Place both flank steaks into a large Ziploc storage bag. Pour the marinade into the bag over both steaks and seal bag, taking care to remove as much air from the bag as possible. Place bag into refrigerator and chill for several hours, preferably overnight. When ready to cook, preheat grill to high heat. Remove steaks from bag and place on grill. Sear steaks for 4 minutes; flip and sear second side for 4 minutes. While the second side sears, lightly coat the cooked side of each steak with a thin layer of honey mustard. Once second side has seared for 4 minutes, flip steaks and sear for 2 additional minutes, coating the second side with honey mustard. Sear second side for 2 additional minutes and remove from heat. Allow steaks to cool for 5-7 minutes before carving. Top with sautéed onions and mushrooms, if desired.

**For more information about *Giddy Up N Cook*, please contact:**

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