

2011 Delaware State Fair Winning Recipes

Chili versus Chowder Contest

Southwest Seafood Chowder - 1st Place Winning Recipe by Dawn Fridas

1/4 cup vegetable oil
1 yellow onion, chopped
5 garlic cloves, minced
2 chilies in adobo sauce, chopped
1 teaspoon fennel seeds
1 cup white wine
1 (28-ounce) can crushed tomatoes
4 cups low-sodium chicken broth
1 cup milk
Cracker pepper
1 pound potatoes, peeled and cut into small cubes
1 red onion, diced
1 stalk of celery, diced
1 fennel bulb, chopped
1 (11-ounce) can sweet corn
1 1/2 teaspoons smoked paprika
1 (6-ounce) can diced clams
1 pound of firm fish (like Halibut), cubed
1 pound wild caught shrimp, peeled and deveined
1 dozen small clams, cockles or mussels, scrubbed

In a large pot heat 2 tablespoons of the oil. Add the yellow onion, garlic, chilies and fennel seeds and cook over medium heat, stirring frequently until the onion is browned. Add the wine and cook until reduced by half. Add the crushed tomatoes and chicken broth; bring to a boil. Cook over medium heat until the vegetables are very tender. Stir in the milk. Using an emulsion blender, puree the soup. Add pepper to taste.

In separate medium pot, add remaining 2 tablespoons of oil and heat until simmering. Add the potatoes and cook over medium-high heat until lightly browned. Stir in the red onion, celery, fennel, corn and paprika. Cook over medium heat, stirring often until celery is softened. Add vegetable mixture to the soup. Bring to a soft boil. Reduce heat to simmer and add remaining four ingredients. Cover and simmer for about 8 minutes until clams are open and shrimp are pink. Serve with a nice crusty bread roll.

Shorty's Snow Storm Chili - 2nd Place Winning Recipe by Lesley McClements

1 pound hot Italian sausage, cut into small pieces
1 pound pork tenderloin, cut into small pieces
2 pounds lean ground beef
1 large green pepper, diced
1 large yellow onion, diced
2 to 3 cloves garlic, minced
2 (28-ounce) cans crushed or diced tomatoes
3 tablespoons tomato paste
1 cup beef broth
1 jalapeno pepper, minced
2 tablespoons chili powder
2 tablespoons chili sauce
3 tablespoons brown sugar
2 teaspoon apple cider vinegar
1 teaspoon crushed red chili flakes
1 teaspoon crushed basil
1 teaspoon crushed oregano
1 teaspoon ground cumin
2 (14- to 16-ounce) cans dark red kidney beans, rinsed and drained
Salt and pepper to taste

In a large pot, combine sausage, pork tenderloin and ground beef and brown. Drain and remove from pot, reserving 1 to 2 tablespoons drippings. Add green pepper, onion and garlic to pot; cook until tender. Add tomatoes, tomato paste and beef broth. Add meats back into the pot. Add all other ingredients except the kidney beans. Cover and let simmer for 1 hour. Add kidney beans and season with salt and pepper to taste. Cover and let simmer for another 30 minutes or until ready to serve.

Creamy Cheese Potato Crab Chowder - 3rd Place Winning Recipe by Bonnie Robinson

6 potatoes, cubed
6 cups water
1/3 cup chopped onion
2 cans cream of celery soup
4 ounces Velveeta cheese, cut into small pieces
1 cup sour cream
1/2 teaspoon salt
1/4 teaspoon ground pepper
1/2 teaspoon Old Bay seasoning (or to taste)
1 pound backfin crabmeat

In large saucepan combine the potatoes, water and onion. Bring to a boil. Reduce heat and stir in soup and cheese. Cook and stir over low heat until cheese is melted. Stir in sour cream, salt, pepper and Old Bay. Add crab meat and cook just until heated through. Do not boil!!! Serve with assorted crackers or breads.