

TIDBITS

For Taste of Home, head to Corbin

If you missed the Taste of Home Cooking School earlier this month in Winchester, here's another opportunity. Taste of Home will present its cooking school in Corbin at 7 p.m. May 14 at the Corbin Civic Center.

In conjunction with the cooking school, the Corbin Times-Tribune is having a recipe contest. Cooks may submit their best 30-minute recipes in one of three categories — entrees, sides and desserts — beginning Monday. The deadline is April 14. The Times-Tribune is at 201 North Kentucky Avenue in Corbin.

Tickets for the cooking school are \$10. Call (606) 528-2464 or go to www.tasteofhome.com.

Giving something for Lent

In observance of Lent, Entrée Vous will donate 10 percent of March sales to the Lexington Catholic Action Center. By placing an order at www.takeandbake.com, the company will donate to the center that aids the homeless.

Spreading the word

Lexington pastor Lee Claypoole appeared on Christian Broadcasting Network News earlier this

month and talked to senior Washington correspondent Paul Strand about losing weight and eating right.

Less than four years ago, Claypoole, who is pastor of The Bridge, weighed 284 pounds. He has lost 100 pounds.

"We just basically cut out processed foods, quick fixes like chips and snacks. We just laid those things aside," Claypoole told Strand.

Claypoole and his wife, Regina, buy lean protein and lots of fruits and vegetables, plan meals and shop strategically. They follow the advice of Lexington dietitians Patti Geil and Tami Ross, authors of *Diabetes Meals on \$7 a Day — or Less!* (American Diabetes Association, \$12.95).

You can read the full report at www.cbn.com/cbnnews.

Just in from Florida

Kroger stores are selling fresh seafood from Florida. Included are stone crab claws and rock shrimp. Recipe brochures are available at the seafood counters.

Reach Sharon Thompson at (859) 231-3321 or 1-800-950-6397, Ext. 3321.



FOOD NETWORK

Brigitte Nguyen was a finalist in the second season of *Ultimate Recipe Showdown* hosted by Guy Fieri, right. Her dish was a Vietnamese bistro burger.

NGUYEN | New York apparently doesn't know of Texas toast

From Page C1

Vietnamese sandwich that's built on a baguette. Her lab partner put the sandwiches in the broiler and walked away.

"Within a minute the bread's smoking and everything is burned," Nguyen said. "We had spent all morning getting all the ingredients ready. The only bread available in the entire school was these little dinners rolls out of the baking lab. We ended up turning them into sliders, and everyone loved it. This Vietnamese recipe was a hit in Kentucky."

Nguyen, a devout fan of Food Network, recalled hearing about Sutter Home's national Build a Better Burger contest and wondered whether her sandwich could become a burger. She went online for details and found that the entry deadline was that day.

"I had a few hours to put this together. Since I caught it on the very day, it must mean something," she said. "So I sat down and wrote a recipe."

After winning that competition, Nguyen entered Food Network's *Ultimate Recipe Showdown* — again on the very last day for entries. Her recipe made the final set of cuts, and the competition was at the Food Network's studio in New York City.

There were two rounds of cooking, the signature burger and a speed round. She created a Vietnamese bistro burger and Bluegrass beer cheese melt with bourbon barbecue glaze. She scored 95 points for the signature burger. She was the contestant to beat, but

when both rounds were over, Nguyen scored one point below Harold Cohen of Hollywood, Fla., and his Southern pimento cheese burger.

"I lost by a point, which was heart-breaking," she said.

She blamed the loss on soggy bread. Her beer cheese burger called for Texas toast, and the staff had bought Texas Toast with garlic and butter.

"We quickly found out Manhattan does not have a large chain grocer. They don't seem to know of Texas toast. They ended up getting me a brioche loaf, which was too soft and didn't hold up."

Even though Nguyen didn't win the top prize, the experience was her reward.

"I was so excited to see the studios where all the shows are filmed and seeing those beautiful kitchens and seeing this place, where I would eventually love to have one day as my stomping ground."

The excitement of a near win prompted Nguyen to look for another contest. She entered the National Chicken Cooking Contest and was chosen as a finalist to compete May 2 in San Antonio. She entered six or seven recipes, and "wouldn't you know the one they called me on was a burger. I entered one chicken burger. I've sealed my fate in the burger world."

At right is the recipe Nguyen will prepare at the chicken contest.

Reach Sharon Thompson at (859) 231-3321 or 1-800-950-6397, Ext. 3321.

FRU-GAL | Look what else is free for you and yours

From Page C1

to your utility bill. I had an audit done last year. Call 1-800-251-7808 to set up an appointment.

Also, you can learn five steps to high-performance energy-efficient homes and save on energy bills at a seminar presented by building science expert Bob Geswein of Harrison REMC. The seminar is offered 6:30 to 8:30 p.m. every third Wednesday of the month at Bluegrass Community and Technical College, 470 Cooper Drive. Call (859) 523-4773 to register.

Helping others

The Great American Bake Sale is a fun and rewarding project to do with your family. Sign up now to receive a participant kit that includes an official bake sale poster, brochure with recipes and tips, and valuable coupons from sponsors. You'll also get your own team Web page to promote your bake sale and collect donations online. Proceeds help combat childhood hunger.

Pay less, save more

All 2009 Entertainment coupon books are now 50 percent off. You can get a preview of what's inside before you buy. Our area book is \$12.50.

They don't cost a thing

■ The next Family Fun and Learning Night at

the Carnegie Center for Literacy and Learning will be 5:30 to 7:30 p.m. Tuesday. Registration is required; call (859) 254-4175. Music Mania is the theme. Visit the instrument petting zoo, meet musicians, hear singers, gather around the drum circle, and make your own instruments to take home. All activities and dinner are free. The center is at 251 West Second Street.

■ Free photo print from Canon. You upload the photo, and Canon will send you the print in the mail.

■ The University of Maryland Home and Garden Information Center is offering free publications on personal gardens, flower gardens, lawn maintenance and more. The limit is 10.

■ Free Keepin' It Rural bumper sticker from the Farm Credit System.

■ Free dog treats from Pegetables.

■ Free bracelets from dosomething.org to help spread the word about stopping violence in teen dating. Download posters, read about the warning signs of dating abuse, and the Teen Dating Bill of Rights.

■ Free sample of Dunkin' Donuts coffee.

LEXGO.COM

Harriett Hendren writes a shopping, fashion and beauty blog called "Fash Food" on LexGo.com.

SIGN UP NOW!
New Sessions Starting!
Mar. 9 - May 9
Let us help your child become more co-ordinated, stronger & agile plus increase their spacial awareness
All-Star Cheer Squad
Mon. & Wed. 7-8:30pm
AMERISPORT
GYMNASTICS 255-5231
www.amerisportusa.com

Easter Lunch
Sunday, April 12
Seating 11-3PM
See the Menu at www.vardens.com
Call for Reservations
arden's
Café, Specialty Foods & Emporium
509 Main St • Paris • 987-4700 • www.vardens.com

SKINTYTE
"After my SkinTyte treatments, I look less tired, and my neck and hands look younger. I love it!" -P.R.
BEFORE Results may vary. **AFTER**
Safe skin tightening treatment performed on any area of the body - popular areas include face, neck, abdomen and arms
Treatments performed by physician.
Best Nip Tuck voted by Ace Weekly readers 2 years in a row
• FDA approved to treat wrinkles & fine lines
• Nonsurgical skin tightening (also helps reduce skin crepiness)
• Combine with fillers & BOTOX® Cosmetic to further optimize your results
• **CALL TODAY to schedule your complimentary consultation.**
Sharon M. Napier, M.D.
Board Certified ABO
Fellow of the American Academy of Cosmetic Surgery
(859) 223-FACE (3223)
220 Lexington Green Circle Office Bldg 2

What's Up, Doc?
How about a delicious cake from **Caramanda's**
CARAMANDA'S
Bake Shante

STOP BACK PAIN...NOW!
Computerized Technology Treats Herniated and Degenerative Discs without Surgery!
NECK OR LOW BACK
Research released by doctors at the Mayo clinic and Duke University has shown that FDA cleared non-surgical spinal decompression has an unheard of success rate in relieving debilitating back pain even with multiple herniated discs.
FREE CONSULTATIONS!
• Clinically Supervised Chiropractic Program!
• Auto Injuries and On-the-job Injuries Covered!
• No Surgery Involved!
Call Now
859-278-8000