



**FOR IMMEDIATE RELEASE**  
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## **Winners announced in two N.C. Mountain State Fair cooking contests**

FLETCHER – The 2019 N.C. Mountain State Fair cooking competitions kicked off this weekend with tomato and trout contests. Following are winners in both contests.

On Friday, four Buncombe County residents placed in the N.C. Tomato Growers Association competition. Susie Zuerner took top prize with her Tomato Bacon Jubilee Salad recipe and earned \$100. In second place, Sharon Gates picked up \$75 with her Mocha Mater Cake recipe. Gina Sprinkle placed third with her Spicy Tomato Cake recipe and earned \$50. An honorable mention and \$25 also was awarded to Mary Alice Ramsey for her Tomato Garden Salad. Each recipe required chefs to prepare dishes with at least a cup of locally grown tomatoes.

On Saturday, four Buncombe County residents earned ribbons and prize money in the N.C. Aquaculture Association contest. Sharon Gates took top honors and earned \$200 for her Smoky Trout Quiche recipe. Justin Pegg's Trout Taquitos earned him second place and \$150. In third place, Connie Pegg earned \$100 for her PB&J Trout dish. Mary Alice Ramsey earned another honorable mention and \$50 for her Carolina Trout and Crusted Pie.

Following are the winning tomato and trout recipes:

### **TOMATO BACON JUBILEE SALAD**

2 cups sliced N.C. multicolored grape tomatoes (set aside 12 for garnish)  
2 cups chopped N.C. multicolored tomatoes  
9 slices crispy bacon, crumbled  
6 slices mozzarella cheese  
1/2 cup mayonnaise  
4 cups chopped mixture of iceberg lettuce and Romaine lettuce hearts  
6, 6-inch tortillas  
1 teaspoon salt  
1/4 teaspoon pepper  
1 teaspoon chopped parsley

Cook bacon and set aside to drain. Combine chopped lettuce and tomatoes in medium bowl. Crumble bacon and add to mixture. Add mayonnaise and mix gently with large spoon. Add salt and pepper and mix once more.

Place each tortilla in a small, 4-inch ceramic bowl, pressing down securely into the bowl.

(More)

Spoon in tomato mixture and fill to the top. Place a slice of mozzarella cheese over each bowl and cook on high broil for 2 minutes. Remove from oven when cheese is melted. Garnish with small grapes and parsley.

### SMOKY TROUT QUICHE

1 refrigerated pie crust  
1 smoked N.C. mountain trout, flaked into small pieces  
1 cup smoked Gouda cheese, shredded  
1/2 cup red onion, minced  
5 large eggs  
2/3 cup heavy cream  
1/2 teaspoon dried oregano  
1/2 teaspoon ground black pepper  
1/2 teaspoon salt

Preheat oven to 350 degrees. Unroll pie crust into 9-inch round pie plate and flute edges as desired. Place trout pieces, shredded cheese and onions on the crust.

In a large mixing bowl, combine eggs and cream. Beat until fluffy. Add oregano, pepper and salt and combine. Pour egg mixture over trout.

Bake in a preheated oven for 40-45 minutes until center is completely set and top is browned. Cool for 5-10 minutes before cutting into wedges.