



By Dee Ann Campbell
The Choctaw Sun

PUSHMATAHA – “Since we’ve been here, I’m trying to use my time and talents to help others,” says Anita Huey, “whether it is my children, my church, or cooking for the football team.”

She’s worked as a chef in prestigious restaurants and taught as a chef’s instructor at the college level. Her culinary skills have been praised by connoisseurs at glamorous restaurants from California to Mississippi in a career that has spanned some 25 years.

But today, she is using her skills in a simpler way, not at a fancy restaurant in the city, but at her new home in Choctaw County.

For the Huey family, the past two years have meant tragedy and transition. They’ve meant closing one door and opening another. They’ve meant losing a home and their jobs on the Mississippi Gulf Coast, and finding new ones in West Alabama.

Anita and her husband Andy came to this area after Hurricane Katrina destroyed their home in Pass Christian, Mississippi in August of 2005. Making the decision to relocate to avoid further storms, the Huey family opted to move to Choctaw County where Andy took a job as math



Anita Huey

Choctaw Sun photo by Dee Ann Campbell

The Choctaw Sun’s Cook of the Month for March, Anita Huey is pictured with her special ‘helper’ – her daughter Katie, age 4 1/2. Anita is married to CCHS teacher Andy Huey. In addition to Katie, the couple has two sons – Kevin, 10, and Kyle, 14 months. The recipes on this page are from Anita’s own private collection.

teacher at Choctaw County High School.

“He wanted to teach in a place where he could make a difference,” says Anita. “He feels like he

can at Choctaw County High.”

A native of California, Anita attended California Culinary Academy in San Francisco. She and her

additional tablespoon of olive oil may be needed. Sprinkle the interior cavity of the chicken with coarse salt, 1/2 teaspoon of the Chinese Five Spice. Rub the remaining Chinese Five Spice over the entire outer body of the chicken and sprinkle outside with more coarse salt. With prongs of a fork, pierce tangerine, orange, and lime so that entire circumference of each fruit is punctured. Cut orange in half and place into the cavity of the chicken as far as possible. Place the whole tangerine and whole lime into cavity and fill the remaining space with the other half of the orange, making sure that the skin side of the orange faces the exit hole of the chicken (this acts as a seal for the juices).

To roast: Place chicken in preheated oven and cook for approximately 2 hours OR 20 minutes cook time per pound of bird. To check doneness, pierce upper joint of leg closest to the body of the chicken and if juices run clear then chicken is done. Leg will also move easily in

socket if done. To serve: Citrus Chicken is best using the natural cooked-in juices and served with roasted or mashed potatoes. A dark green vegetable or green salad completes the meal.

Garlic-Rosemary Roasted Potatoes

Serves 6

Preheat oven to 350 degrees

Ingredients:
20 small red new potatoes, washed and cut in half
3 tablespoons melted butter
5 tablespoons olive oil
6 large cloves of garlic, peeled and smashed with base of knife.
2 tablespoons fresh rosemary leaves, chopped
1 teaspoon coarse salt
1 teaspoon pepper
Fresh Rosemary sprigs for garnish

Place potatoes in large mixing bowl. Add butter, olive oil, salt, pepper, and chopped rosemary. Toss potatoes with other ingre-

dients until potatoes are completely coated. Place coated potatoes in baking dish and ‘sprinkle’ smashed garlic cloves evenly on potatoes. Cover potatoes tightly with plastic wrap and cover sealed potatoes with a layer of aluminum foil. Place pan in oven and bake for approximately 30 minutes. At 30 minutes, remove foil and plastic wrap, stir potatoes, and cook uncovered for an additional 15-20 minutes or until potatoes are tender when pricked with fork. Serve with fresh rosemary sprigs as garnish.

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“I still take time to prepare some special dishes at home sometimes, too,” she adds. “But cooking for a family of five is one thing, and cooking for hundreds of people is another.”

Whether she is preparing a feast for the football team, cooking a special dish for her family, or simply serving corn-dogs and chicken nuggets to her three young children, Anita’s culinary skills are being called upon in a much different way than they were before Katrina. But, she says, for now, it’s just what she needs to be doing.

“Right now, I’m focusing on my family,” she says. “I’m home with the children, and Andy can come home to his family every day. Moving here has been just what we’ve needed.”

But Anita has not put aside her culinary skills

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1/2 cup regular rolled oats
1/4 cup wheat germ
2/3 cup packed brown sugar
1/4 cup all-purpose flour
1/2 teaspoon ground cinnamon
1/4 teaspoon butter or margarine, softened
1/4 cup chopped pecans
Vanilla ice cream or orange flavored whipped cream

For the filling:

In large mixing bowl, gently combine frozen berries, granulated sugar and orange extract. Toss until berries are coated with sugar. Place fruit in a 2-quart baking dish.

For the Streusel topping: In medium-sized mixing bowl, combine oats, wheat germ, brown sugar, flour, and spices. Combine until incorporated. Cut in the butter until mixture resembles small pebbles. Mix in chopped pecans. Sprinkle topping over fruit mixture.

Bake in 375 degree oven for 30-35 minutes or until fruit is bubbling and topping is golden brown.

This dessert is best served with a scoop of vanilla ice cream or flavored whipped cream.

Citrus chicken

Serves 4-6

Preheat oven to 350 degrees

Ingredients:
1 5-7 lb whole chicken
3 tablespoons olive oil
1 teaspoon Chinese Five Spice

(available at most grocery stores)
coarse salt
1 tangerine – skin on
1 large orange – skin on
1 lime – skin on

To prepare chicken for roasting:

Remove giblets from interior cavity of chicken. Rinse chicken inside and out and shake or pat dry. Use a roasting pan or baking dish that fits the bird without having a lot of excess room in the pan or without trying to squeeze the bird in too tightly. Coat the bottom of the roasting pan with 1 tablespoon of the olive oil. Shake some coarse salt on the bottom of the pan and distribute evenly. Rub the inside cavity and the entire outside of the chicken with the remainder of the olive oil. If using a large bird, an

Reagan’s Chocolate Cake

My niece Reagan has a severe dairy allergy. She loves chocolate, but is limited to what she can eat. I had been making this cake for years and adapted it to make it as chocolaty as possible for her. Now at family gatherings, my niece can feel special with her very own cake.

Preheat oven to 350 degrees

Ingredients:
3 cups all-purpose flour
2 cups granulated sugar
8-10 heaping tablespoons unsweetened cocoa
2 teaspoons baking soda
1 teaspoon salt
1/2 cup + 3 tablespoons vegetable oil
2 teaspoons vanilla extract
2 teaspoons white vinegar
2 cups warm water (can substitute 2 cups liquid coffee if desire mocha flavor)
Confectioner’s sugar

In large mixing bowl, mix all dry ingredients. All wet ingredients to dry and mix until all is incorporated and no lumps are visible

Pour cake mix into a greased and floured Bundt® pan, or 13x9x2. Bake at 350 degrees for 40-45 minutes. If using a Bundt® pan, remove cake from pan and continue to cool on rack. If using a 13x9x2, cake can be left in pan for the remainder of cooling. Dust cake with ample amount of confectioner’s sugar. Serve plain or with fresh fruit. Enjoy!

Nominate
your
favorite
cook for

**COOK
of the
MONTH!**

Call Dee Ann
for details
251-843-6397



Submitted photo
Winners of the first annual Chef 4-H competition were: (Back) Brandon Thompson, (Front) Sommer Horshok and Chynna Ernest. Also pictured is County Extension Agent Jennifer Miller.

4-H Chefs take prizes

By Jennifer U. Miller
County Extension
Coordinator

BUTLER – I enjoy watching Rachael Ray’s 30 Minute Meals, Paula Dean’s Home Cooking, and Emeril Live on the Food Network. On March 3, local 4-H’ers were able to demonstrate their cooking skills at the Extension office. One of Extension’s newest contests is called Chef 4-H.

In this program, students prepare a dish from scratch in front of a panel of judges. The judges for this year’s Chef 4-H were Betty Cowan, Rebecca Downing, and Verna Thompson. We really appreciate all of our volunteers who take time out of their schedule to assist with 4-H events. Without our volunteers, 4-H would not be the program it is today.

After the demonstrations, everyone enjoyed tasting the food that the participants had prepared. This year’s winners are: Chynna Ernest, 1st Place, Jr. Level I; Brandon Thompson, 1st

Place, Jr. Level II; and Sommer Horshok, 2nd Place, Jr. Level II.

The first and second place winners will represent Choctaw County at the Regional Congress on May 19 at Choctaw County High School.

I have included the winning recipes below.

Confectioner’s Cookies
By Brandon Thompson

3/4 cup butter
1 teaspoon vanilla
2 cups self rising flour
3/4 cup sugar
1 egg

Place butter and sugar in mixing bowl. Mix until blended. Add egg and vanilla. Beat for about one minute. Add flour and mix. Shape dough into a flat ball. Wrap in plastic wrap. Chill in refrigerator two to three hours.

Divide dough into thirds. Roll each portion 1/4 inch thick on lightly floured waxed paper. Cut with cookie cutters and place on lightly greased baking sheets. Sprinkle tops of cookies with sugar. Bake at 375 degrees for seven to 10 minutes, or until edges are light

brown. Remove from baking sheets immediately and cool on wire racks.

Pink Arctic Freeze
By Chynna Ernest

2 3-oz. cream cheese
3 Tbsp. mayonnaise
3 Tbsp. sugar
1 pound can whole cranberry sauce
1 small can crushed pineapple (drained)
1/2 cup chopped pecans
1 cup Cool Whip®
Soften cream cheese, blend mayonnaise and sugar. Add fruit and nuts and fold in Cool Whip®. Freeze overnight. Let stand at room temperature for 15 minutes before serving.

Chicken Dip
By Sommer Horshok

2 8-oz. softened cream cheese
1 cup mayonnaise
1 large can of chicken
garlic salt to taste
Mix together cream cheese and mayonnaise. Add large can of chicken and stir. Add garlic salt to taste. This dip is good with Wheat Thins®.