

# KEISER UNIVERSITY

## News Release--Immediate Release

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Contact: Kelli Lane (954-235-0331) [kellil@keiseruniversity.edu](mailto:kellil@keiseruniversity.edu)

## **Keiser University's Melbourne Campus Culinary Student Wins National Recipe Contest**

Melbourne, FL --July 31, 2008--Cargill, maker of Diamond Crystal® kosher salt, today announced that the appetizer category winner was Drew Sanders of Keiser University, Melbourne, Florida. Sanders is one of three chefs-in-training chosen nationally to receive a scholarship to pursue his culinary dreams.

The popular contest is designed to identify future leaders in the culinary industry. Entrants are asked to create and submit an original recipe using 1 ½ tablespoons of Diamond Crystal® kosher salt as an ingredient.

An independent panel of culinary experts selected the winning recipes based on taste, appearance, consumer appeal, creativity and appropriate use of Diamond Crystal® kosher salt. This year's panel of judges included eight culinary-industry professionals, including Marjorie Johnson, the award-winning baker and author of "Blue Ribbon Baking with Marjorie," whose award-winning recipes made her a favorite guest of Jay Leno and Rosie O'Donnell; Ryan Caulfield, executive chef of Palomino, Minneapolis; and Mecca Bos-Williams, food editor and writer with *Metro Magazine*.

### **Well-Seasoned Appetizer and Entrée Creations**

Appetizer category winner Sanders also created a tantalizing combination of flavors in his original appetizer recipe, "Chicken Stuffed Mushrooms." The recipe was hailed as a "new twist on a classic" thanks to the use of Diamond Crystal® kosher salt in a blend of mozzarella and parmesan cheeses, pepper, garlic, parsley and whipping cream. Sanders received a \$1,000 scholarship for his recipe.

### **Chicken Stuffed Mushrooms Appetizer Category Winner – Drew Sanders**



*This recipe uses spices to add a bit of "heat" to a time-honored classic.*

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Prep. time: 35 minutes

Bake time: 15 minutes

Total time: 50 minutes

1 lb. medium button or mini-bella mushroom caps  
2 tablespoons unsalted butter  
1 large onion, finely chopped  
1 large clove garlic, minced  
1 cooked boneless, skinless chicken breast, finely diced\*  
1 1/2 tablespoons Diamond Crystal® kosher salt  
3/4 teaspoon coarse ground pepper  
1 tablespoon flour  
1 cup whipping cream  
5 tablespoons chopped parsley, divided  
Finely shredded Mozzarella or Parmesan cheese, optional

1. Heat oven to 350°F. Using a small melon baller, scoop out insides of mushrooms, leaving at least half shell. (This allows more room for the filling.) Finely chop mushroom stems and centers; set aside.

2. Melt butter over medium heat in large skillet. Add onion and garlic; cook 1 minute. Stir in chicken, chopped mushrooms, salt and pepper. Cook and stir 3 minutes longer. Blend in flour, cream and 3 tablespoons parsley. Cook and stir until bubbly and thickened. Remove from heat.

3. Spoon mixture evenly into mushroom caps. Place in shallow baking dish. Bake at 350°F for 10 minutes. Top with remaining 2 tablespoons parsley and garnish with Mozzarella or Parmesan cheese if desired. Bake 5 to 10 minutes longer or until hot and cheese melts. Garnish with additional parsley, if desired.

6 to 8 servings

\* Chicken can be left over, micro waved or steamed specifically for recipe. To microwave: place chicken and 3 tablespoons water in shallow baking dish. Cover and microwave at 70 percent power 10 to 12 minutes or until center is no longer pink. Cool slightly.

## **About Keiser University:**

Keiser University, a private career-focused university, is accredited by the Commission on Colleges of the Southern Association of Colleges and Schools. The Melbourne campus opened in 1989 and serves approximately 950 students.

Keiser University offers master's, bachelor's and associate degrees in high demand career fields meeting workforce and economic development needs in the communities we serve. The past three years (2006-2008), Keiser University was the nationwide leader in production of Associate of Science graduates in Health Professions and Related Sciences (Community College Week Analysis of US Department of Education Data Released June 16, 2008).

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