

## **For Immediate Release**

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### **Local Township, Missouri Resident wins National Recipe Contest**

**Baton Rouge, La.** – The Louisiana Sweet Potato Commission, along with *Louisiana Cookin'* magazine, have announced the conclusion of the fourth annual Sweet Rewards Recipe Contest for Canned Sweet Potatoes, naming five first-place winning recipes and one grand-prize winner.

Sally Sibthorpe, from Shelby Township, Missouri, won first place in the Soups Category. Sibthorpe's *Ginger Thai Sweet Potato Bisque* won the category and earned her a \$500 cash prize.

This year, there were over 665 entries from 46 states nationwide. Entries were grouped into five categories: breads and breakfasts, soups, sides, desserts, and professional, a new category added to this year's competition for professional chefs. Twenty-six students from the Culinary Arts program at Delgado Community College in New Orleans prepared the final recipes for judging.

Judges for the contest assigned a first, second and third place winner from each category, as well as an overall grand-prize winner. The winning recipes were decided based on overall flavor, texture, visual appeal and creativity.

*Louisiana Cookin'* magazine featured the winners' names and recipes in its October issue and posted the winning recipes on their website. Recipes are also posted in the recipe section on the Louisiana Sweet Potato Commission's website.

The Louisiana Sweet Potato Commission is the main sponsor for the 2009 Sweet Rewards Recipe contest. Their mission is to promote the consumption of Louisiana sweet potatoes by educating consumers on the yam's many nutritional attributes and its amazing versatility in popular, delicious recipes. Bruce Foods, Allen Canning, the Culinary Arts Department at Delgado Community College and nomenu.com also sponsored this year's contest.

The next Sweet Rewards Recipe Contest for Canned Sweet Potatoes will begin in January 2009. Contest information, free recipes and nutritional information about sweet potatoes are available on the commission's website at [www.sweetpotato.org](http://www.sweetpotato.org).

#### **1<sup>st</sup> Place Soups**

*Ginger Thai Sweet Potato Bisque*

Makes 6 to 8 servings

1 tablespoon vegetable oil

1/2 cup chopped onion

1 clove minced garlic

4 cups canned Louisiana sweet potatoes, drained  
2 tablespoons grated ginger root  
1 15-ounce can coconut milk  
2 cups chicken stock  
1 teaspoon salt  
1/4 cup soy sauce  
2 tablespoons lime juice  
1 teaspoon red curry paste  
4 tablespoons minced cilantro, in all  
4 tablespoons shredded coconut

Heat vegetable in a 3-quart saucepan or stockpot on medium setting. Add onion and garlic, and sauté until tender. Remove mixture to a food processor or blender. Add sweet potatoes and ginger, then puree until mixture is smooth. Return mixture to saucepan. Add coconut milk, chicken stock, salt, soy sauce, lime juice and curry paste to saucepan. Bring to a simmer, and cook for 15 minutes. Stir in 2 tablespoons of the cilantro. Simmer for 2 minutes more. Ladle soup into serving bowls, and garnish with shredded coconut and remaining cilantro.

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