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## **NORTHUMBERLAND LADY GOBBLES UP TURKEY AWARD!**

*- National turkey recipe competition results -*

Sarah Howie from Acklington, Northumberland has scooped up a prestigious award in a national turkey recipe competition, sponsored by Bernard Matthews.



The 'Turkey for Today' competition, launched earlier this year by former Olympian Sharron Davies, called for turkey-based recipes which are quick, easy and tasty solutions for a range of eating occasions: Healthy Eating, Alfresco, Entertaining, Packed Lunches, Snacks, Kids' Creations and Cooking for Beginners.

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As part of her prize, Sarah was presented with a trophy by Sharron Davies at an awards luncheon in London and will now see her recipe, 'Turkey Ham Medley' reproduced in a 'Your Ideas' recipe booklet available on the Bernard Matthews web-site, [www.turkeyfortoday.com](http://www.turkeyfortoday.com).

Judges felt that Sarah's dish was an inventive way of making a delicious yet healthy meal, packed with vegetables. Sarah, who runs a business doing Post Production Paperwork and research for television programmes, entered the competition because she likes to create healthy low fat meals. She says: "My recipe is an old favourite which I've been dishing up for a couple of years now. I like to vary the ingredients from time to time but I always use Bernard Matthews Wafer Thin Turkey Ham."

Sharron Davies, who helped judge the competition said: "Turkey is a nutritiously nourishing meat that the whole family can enjoy. It is low in fat, high in protein and versatile enough to be dished up at any eating occasion, be it brunch, lunch or dinner. In my view, turkey makes a fantastic ingredient for a range of everyday meals and snacks and this was evident from the very high standard of recipes we received in this competition."

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