



3rd December 2007

**NORTHUMBERLAND LADY
GOBBLES UP TURKEY AWARD!**
- National turkey recipe competition results -

Shirley McGlade from Prudhoe, 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

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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.

As part of her prize, Shirley was presented with a trophy by Sharron Davies at an awards luncheon in London and will now see her recipe, 'Spicy Turkey Salad' reproduced in a 'Your Ideas' recipe booklet available on the Bernard Matthews web-site, www.turkeyfortoday.com.

Judges felt that Shirley's dish was an inventive way of making a tasty, unusual salad, perfect for a quick, light lunch. Shirley, who is a housewife and used to be a scientist, entered the competition because she enjoys cooking and is always very optimistic about entering competitions. She said: "My recipe is a new invention – it's great to pop in a box and take with you when you're on the go."

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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