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## **EAST SUSSEX LADY GOBBLES UP TURKEY AWARD!**

*- National turkey recipe competition results -*

Lyn Funnell from Uckfield, East Sussex 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, Lyn was presented with a trophy by Sharron Davies at an awards luncheon in London and will now see her recipe, 'Gobble 'n Squeak' reproduced in a 'Your Ideas' recipe booklet available on the Bernard Matthews web-site, [www.turkeyfortoday.com](http://www.turkeyfortoday.com).

Judges felt that Lyn's dish was an inventive way of incorporating vegetables into a tasty old favourite that the kids will love to help cook! Lyn, who is a writer and journalist, entered the competition because she loves cooking and devising new recipes. She says: "My recipe is a completely new invention and I had great fun experimenting in my kitchen to conjure up this winning creation, which is a delicious recipe that will satisfy the heartiest of appetites!"

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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