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## **GREEN-FINGERED NORFOLK LADY GOBBLES UP TURKEY AWARD!**

*- National turkey recipe competition results -*

Lynne Hague from Barroway Drove, Norfolk 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, Lynne was presented with a trophy by Sharron Davies at an awards luncheon in London and will now see her recipe, 'Mediterranean Turkey Bake' reproduced in a 'Your Ideas' recipe booklet available on the Bernard Matthews web-site, [www.turkeyfortoday.com](http://www.turkeyfortoday.com).

Judges felt that Lynne's dish was a deliciously warming creation – perfect to impress guests at a party! Lynne, a Business Systems Analyst, entered the competition because cooking is her passion.

She says: "My recipe is a new invention, based on the fact that I love cooking Italian food like lasagne. Bernard Matthews Turkey Breast Slices are also a great healthy alternative, especially for diabetics."

Lynne cooks a lot and even grows her own vegetables: "The recipe I sent in contained some of my own produce. I have also won first and second position at the local horticultural show for my Italian beans, garlic, yellow courgettes and mixed veg."

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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