



Connecting through Cuisine

While there are plenty of horse people that live on the road and eat out for most of their meals, or collapse in front of the TV at the end of a long day at the barn with a frozen pizza and a beer, there are also numerous equestrians who enjoy the finer aspects of the culinary arts, including the preparation and cooking of healthy and sumptuous meals.

BY AMBER HEINTZBERGER

Around the world and across the borders of breeds and disciplines, horse people gather together around tables of home-cooked food to share stories about their horses and their lives. The following is a collection of their stories, along with a few favorite recipes. Why not heat up the oven, invite a few horsey friends over and try them out? Or organize a potluck with your local riding club and get everyone to choose a recipe, cook something up and bring along. *Bon Appetit!*

Gina Miles' Asian Sweet and Sour Meatballs

International event rider Gina Miles, 32, of Creston, CA, has achieved much acclaim on the international eventing scene with the 17.2-hand Irish Thoroughbred gelding, McKinlaigh, owned by Thom Schulz and Laura Coats.

With the help of her husband, Morgan, this mother of two balances family life with the rigors of training and travel so that she can compete at the highest level of eventing, representing the U.S. at the FEI World Equestrian Games in 2002 and bringing home the Bronze medal from the FEI World Cup Finals in Pau, France, in 2003. She is also competing Philippa, a Holsteiner/Russian Thoroughbred mare that she owns in partnership with Schulz and Coats at the intermediate level. She is hoping to move her up to advanced this year.

Over the winter, Miles trained with Darren Chiacchia in Ocala, FL. She said that he threw fantastic dinner parties for large groups of people, bringing horse people together for a gourmet meal.

Miles cooks on a regular basis, but said that special occasions and holidays are a chance for her to really put her talents in the kitchen to work. "I was competing in Germany in 2003, and I wanted to have a big 30th birthday party when I came home to the U.S.," she recalled. "I did all the catering myself, from the hors d'oeuvres to dessert. I think, as horse people, we don't have a lot of time to cook, and with two children, I am really busy. But, at holidays like Christmas and Thanksgiving the family is together, and we do a lot of cooking."

Kelly Whyman's Avocado Salad

Amateur/owner jumper and adult equitation rider Kelly Whyman, 25, of Wellington, FL, is very focused on how important good nutrition is for riders. Currently preparing for certification with the National Strength and Conditioning Association, she hopes to eventually do personal training specifically tailored to equestrians.

"We train our horses, but we don't train ourselves," she says. "Being thin is not the same as being fit." Whyman spends about 20 minutes every morning doing stretching and strengthening exercises, and walks four to six miles every day to stay fit for riding. "I'm a firm believer that you're an athlete and must fuel your body as you would do for any sport. I also do a lot of stability and core exercises. We eat a lot of berries and vegetables rich in antioxidants that help prevent diseases later in life."

Sound nutrition plays a key role for Whyman, who said that because of her busy schedule she has learned to prepare simple but healthy meals. "In college I got into cooking quick, nutritious meals," she said. "Horse people usually don't have time to come home and cook a seven-course meal."

Eating at horse shows can be a challenge, so Whyman has learned to pack her own food in a cooler and bring it along. "I have a hard time at shows because the only thing available is hamburgers or grilled cheese sandwiches. It's important to get a

Asian Sweet & Sour Meatballs

(A great party appetizer - Yields about 40 meatballs)

- 1/2 cup finely chopped water chestnuts
- 1 teaspoon peeled, finely chopped fresh ginger root, divided; (can be found in produce section in tubes, ready to use)
- 1/3 cup thinly sliced green onions with tops
- 1 1/4 pounds lean ground turkey or beef
- 1 1/2 cups soft white bread crumbs
- 3 tablespoons soy sauce
- 1 garlic clove, pressed
- 3/4 cup plum preserves
- 1/4 cup chili sauce

Instructions

1. Preheat oven to 400°F. Finely chop water chestnuts, ginger root and slice green onions.
2. Combine turkey, breadcrumbs, water chestnuts, 1/2 teaspoon of ginger root, green onions, soy sauce and garlic. Mix gently, but thoroughly.
3. Shape meat mixture into balls, place in a single layer in a shallow 9x13" pan (lightly greased if using ground turkey). Bake 15 minutes; remove from oven. Remove juices from pan using a baster and discard.
4. Meanwhile, combine preserves, chili sauce and remaining 1/2 teaspoon ginger root; pour over meatballs, and mix gently to coat meatballs evenly. Return to oven; continue baking 15 minutes. Stir before serving.

To make ahead: Prepare meatballs as directed. Bake 25 minutes without plum sauce. Cool and place in re-sealable plastic freezer bag for up to one month. To re-heat, thaw overnight in refrigerator. Remove from bag and place in baking pan. Prepare plum sauce; pour over meatballs and mix gently. Bake at 400°F for 15 minutes or until heated through.





Avocado Salad (Guacamole)

- 6 avocados
- 1-3 jalapeno peppers
- 1 bunch cilantro
- 6 Roma tomatoes
- 1 small red onion
- Salt and pepper to taste
- 3 limes



Instructions

1. Dice the avocados. Chop the cilantro (leaves only) and cut jalapenos into small slices (the smaller the slices, the spicier the mixture will be).
2. Remove seeds from tomatoes, then dice.
3. Mix all ingredients, then squeeze lime juice over mixture. (Lime juice will prevent avocado from turning brown.)
4. Dice red onion and sprinkle on top. Add salt and pepper to taste.
5. Refrigerate for several hours to let flavor develop. Serve with corn chips.



good breakfast before you go to the show,” she said. “I keep a cooler stocked with fresh fruit, vegetables and cheese. You don’t feel well if you eat a hamburger and then go in the ring to jump.”

Whyman enjoys spending time with the other riders from her barn, and finds that a simple avocado mixture, served with green salad or corn chips, is a healthy treat that is easy to make and fun to share.

Boots Wright’s Shrimp Skyjack

2005 USEF National Four-In-Hand Pony Combined Driving Champion Boots Wright was born and grew up in Wilmington, DE.

“I always wanted to ride horses and, much to my mother’s dismay, that is what I did for over 30 years,” she said. “I rode hunters and jumpers in the amateur owner and green hunter divisions for years and was lucky enough to be amateur owner national champion with Blind Faith waaaay back in the '80s. I never found another horse I got along with like her so when she decided it wasn’t fun to show anymore, that’s when I went back to sailing. I had been taught to sail as a little kid at my parent’s summer place, and somehow, I never lost that addiction.”

And so, adventure-loving Wright became a Trans-Atlantic sailor. “I had a catamaran named Skyjack, and I raced her in the 1990 Two-Star, a double-handed race from Plymouth, England, to Newport, RI,” she recalled. “My crew and I are still the only American

Shrimp Skyjack

- 1 lb. large shrimp, peeled, de-veined and washed
- Several cloves garlic
- Butter
- 2 cups orange juice
- Arrow root or cornstarch
- Fettuccine or pasta of choice

Instructions

1. In a large frying pan, sauté the garlic in butter until just golden.
2. Add shrimp and cook until pink and firm. Remove and set aside.
3. To the juices left in the pan, add the orange juice and arrow root (or cornstarch) a little at a time, over medium heat, stirring constantly. Cook until sauce is thickened slightly. It should be about the thickness of maple syrup. It will be a glaze for the shrimp, so it should coat them easily.
4. Return shrimp to sauce and stir until heated through.
5. Serve over fettuccine or pasta of choice.

women to have completed the course. I believe our record still stands.”

When she rode, Wright lived in Texas and then Middleburg, VA. When she started driving seriously, she and her husband, Dave, moved to Southern Pines, NC, in 1993. They were there until February of this year, when they moved to Ocala, FL. “I always said I wasn’t far enough south in North Carolina,” she quipped.

“I am lucky enough to be able to be a full-time pony person,” she explained. “I do give clinics when asked, and I have been a clinician in the first two young drivers camps in Southern Pines.”

Wright now competes a four-in-hand of Welsh C cobs in combined driving. They are the current four-in-hand national champions and represented the U.S. in the Pony World Championships in Catton Hall, England, in 2005. She is also a Registered combined driving judge through the USEF and the American Driving Society.



Waldenberry

Dell Hendricks' Beer Barbecue

North American Reining Horse Association (NARHA) President Dell Hendricks, 38, of Tioga, TX, would rather eat than cook, but after traveling to horse shows, the champion reining rider likes to throw some beef on the barbeque and relax with a beer.

“I’ll take a couple of big steaks and make a marinade out of everything I find in the fridge. I’ll let them sit overnight in a mixture of something like onion, garlic, A-1 sauce and beer,” he said. “I’ll throw them on the grill the next day, along with some asparagus drizzled in a little olive oil. Then

my wife, Terri, and I relax together after spending time on the road.”

With a busy training program to run, Hendricks does the riding, and Terri manages the ranch. They are usually pressed for time, so they end up eating out most nights. Hendricks said he likes to cook with beer, and barbecuing is a great way to do it.

Hendricks has earned a little relaxation time. Born and raised in Idaho, he began riding horses early and enjoyed roping and working cows. He graduated in 1992 from Colorado’s Lamar College with a degree in horse training and management. He and Terri now own and operate Hendricks Reining, a successful Quarter Horse breeding and training operation.

A five-time winner of the National Reining Breeders Classic Open Championship, Hendricks is one of a few select riders to earn over one-million dollars in the sport of reining. He competed in the first United States Equestrian Team (USET) Festival of Champions in 1999. On the way to qualifying, he rode Hangten Peppy to the highest qualifying score of the year in USET competition. He’s been a qualifier for every USET reining championship since then, and for the past two years, Hendricks has been a member of the Nations Cup team that represents the U.S. in international reining competition, earning Gold and Silver medals in the U.S. and abroad. In 2002, along with U.S. team members Tim McQuay, Craig Johnson and Shawn Florida, Hendricks rode Dunit In Hollywood to win the Gold medal in the CRIO Nations Cup at the USET Festival of Champions, and he rode Dunit In Hollywood to the Individual Gold medal as well.

Hendricks is also a popular clinician and has conducted clinics around the world—in Australia, Italy, Canada and throughout the U.S.

Suzanne Dansby-Phelps' Poached Salmon with Basil Mayonnaise

Owner of Dancing Horse Dressage in the Buckhead area of Atlanta, GA, Suzanne Dansby-Phelps is a talented rider and trainer as well as a mother of two children and an active philanthropist. Training with Germany’s Conrad Schumacher, Dansby-Phelps is currently campaigning two grand prix horses, Cooper and Kasper. Along with Cooper, she was named as an alternate rider for the U.S. dressage team representing the U.S. at the FEI World Equestrian Games in Aachen, Germany. She is also aiming for next year’s FEI World Cup, and is already designing a musical freestyle with the theme music from this summer’s Hollywood release, *Superman Returns*.

Dansby-Phelps said that she eats mostly fish and vegetables as part of a healthy lifestyle that keeps her fit for riding. “I try to eat a balanced diet with a lot of salads and





Poached Salmon Filets

(Yields four servings)

- 4 individual salmon fillets
- Buttermilk
- 1 yellow squash
- 1 small zucchini
- 1 carrot
- 1/4 cup olive oil
- Coarse sea salt
- Fresh tarragon sprigs*
- 1 lemon, squeezed*

(*Dried tarragon and lemon juice concentrate can be used.)

Instructions

1. Clean salmon filets and place into Pyrex dish. Marinate in refrigerator with generous amount of buttermilk (at least three hours). The buttermilk "smooths" the flavor. (Trust me...I've made non-fish eaters actually enjoy eating salmon with this one!)
2. Julienne zucchini, squash and carrots into very thin slices. Set aside.
3. Divide aluminum foil into four, 8-10" rectangles and place on cookie sheet. Put pieces of salmon into each.
4. Place julienne vegetables on both sides of salmon, then pour a bit of olive oil, lemon juice and sea salt on top of each piece of salmon. Garnish with tarragon sprig.
5. Close aluminum foil by making a "tent," providing space above salmon filet. Cook in 350°F oven for 10 minutes.
6. Open foil, turn oven to broil at 500°F, for approximately five minutes, or until medium rare (pink in middle). Remove from oven.
7. With spatula, remove salmon and vegetables from foil and place on plates. It may separate from the skin. Garnish with fresh tarragon sprigs. Serve.

Basil Mayonnaise

- 2 cups fresh basil leaves, packed lightly
- 1/4 teaspoon white pepper
- 2 egg yolks
- 1 teaspoon Dijon mustard
- 1 tablespoon fresh lemon juice
- 3/4 cup salad oil
- 1 teaspoon salt

In food processor, mince basil; add other ingredients, except oil. Then, add oil gradually. Add a little additional lemon juice, if desired.

legumes, but not a lot of beef," she said. "I have two children, and I encourage healthy eating for them, too."

Dancing Horse is often the site of dressage clinics, and Dansby-Phelps enjoys cooking for participants. "The time I really love is for a clinic," she said. "If it's really nice outside, I have a terrace with an arbor under

white lights. I like everything to be really romantic. If it's just a few people, I might have a nice sit-down dinner and have people serve and do the whole kit-and-caboodle. If it's more casual, I'll just make chicken and hot dogs on the grill."

She added, "It's more of a philosophy of life that I do everything as best as I can. It helps keep me disciplined for dressage, too."

Though in winter she might cook a pork roast with trimmings, in summer she prefers lighter fare. She points out that poached salmon is rich in omega-3 fatty acids, and is complemented by basil mayonnaise, used either to top the fish or delicious on fresh, sliced tomatoes. "I use both of these recipes extensively for entertaining during the warmer months, and they are a hit!"

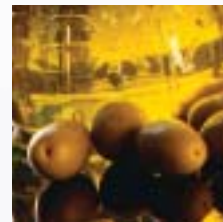
Shawna Harding's Cornish Game Hens

Grand prix dressage rider and trainer Shawna Harding, currently based in Aiken, SC, associates cooking with pleasurable memories of her time training and competing in Europe. Harding returned to the U.S. in 2005 with her new horse, Come On 3, which she discovered in Denmark when he was sent to her for training and to be sold, but then she purchased him herself.

"I have always loved to cook for myself and for friends," said Harding. "I became most intrigued with cooking and wine while living in Europe for seven years. I went to France and Italy a lot and fell in love with the fresh simplicity of their cooking and a big appreciation for wine. While living in Southern Germany, we had 'Ladies Night' every Tuesday evening at our stable and we would cook. People would bring wine, and we would eat and talk for hours about the horses. We didn't have a TV, and we always had an open door for anyone who wanted to come to dinner. On Sunday nights when we were not competing we would make a big dinner with seven or eight courses and always have a full table."

Returning to the States, Harding said that she began to recreate some of those dinners with her racing friends in Kentucky. "During the races, everyone would rather come to my house for dinner than go out," she said. "Cooking for my friends is one of the most fulfilling things, and I love to do it."

Harding also cooks for herself every night at home. "I enjoy fresh food that is in season and knowing what is going into a meal," she said. "After a long day riding and training, I love to open a nice bottle of red wine and cook



Chicken

with Fine Herbs Sauce

- 4 chicken boneless chicken breasts
- Salt
- Pepper
- Flour
- 1 tablespoon butter
- 2 tablespoons olive oil

Instructions

1. Season chicken breasts with salt and pepper and dredge in flour.
2. Heat sauté pan to medium heat and add olive oil and butter.
3. Sauté breasts until golden brown and completely cooked. Remove and keep warm.

Sauce

- 1 teaspoon butter
- 1 tablespoon minced shallots
- 4 oz. dry white wine
- 1 teaspoon finely chopped parsley
- 1 teaspoon chives
- 1 teaspoon tarragon
- 6 oz. chicken stock
- 2 oz. heavy cream
- Salt, as needed

Instructions

1. Sauté shallots in butter until soft, about three minutes.
2. Add wine and herbs and simmer until reduced.
3. Add chicken stock and simmer to good flavor and then add cream.
4. Turn heat to high, and boil for one minute until reduced slightly. Salt to taste.
5. To assemble, strain sauce over chicken and garnish with finely chopped parsley.

a nice dinner. It is the best way for me to relax and go over my day in peace.”

Mike Goebig's Chicken with Fine Herbs Sauce

Mike Goebig of Broadmoor in Kutztown, PA, is a third-generation horseman who attributes most of his love for horses to his father. Born and raised in the Philadelphia area, Goebig began his career as a Morgan trainer more than 35 years ago. In 1986, Goebig opened Broadmoor, and today, he and partner Dwayne Knowles are regarded as one of the top teams in the Morgan world.

Goebig is a recipient of an American Morgan Horse Association (AMHA) Golden Reins Award; the 2006 USEF



Baked Cornish Hen

with roast potatoes and carrots

(Ingredients in this recipe are used “to taste.”)

- Cornish Game hens
- Butter
- Olive Oil
- Balsamic vinegar
- Coarse sea salt
- Freshly ground pepper
- Cayenne pepper
- Chopped fresh garlic
- Red new potatoes
- Carrots
- Rosemary sprigs

Instructions

1. Halve the hens. Wash and lay them in a glass baking pan, skin side up.
 2. Slip two pats of butter under breast skin to keep moist and tuck wing under top of breast skin.
 3. Coat and rub hens in olive oil and a bit of balsamic vinegar; sprinkle on coarse sea salt, pepper, a bit of cayenne red pepper and chopped fresh garlic.
 4. Wash and quarter red new potatoes. Coat in olive oil, sea salt and garlic.
 5. Spread carrots around hens and potatoes around carrots. Top with fresh springs of rosemary.
 6. Bake for 50-60 minutes at 375F°.
- You can use 1/2 cup of chicken broth in the bottom of the baking dish to get more moisture, if desired.*
7. Baste hens with four pats of melted butter and two tablespoons of balsamic vinegar mixed together every 10 minutes during the last 1/2 hour of cooking to get a nice glaze. Turn potatoes and carrots to cook evenly.

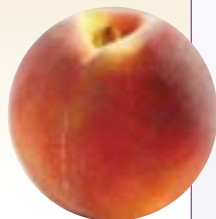
Blueberry & Peach Pie

(Fast and easy, and people are impressed.)

- 2 sheets of Pillsbury pie dough
- 4 tablespoons flour
- 1-1/3 cups sugar
- 4-5 fresh peaches (frozen may be used)
- 3 cups blueberries

Instructions

1. Place one side of dough in pie plate, sprinkle with two tablespoons flour and 1 cup of sugar.
2. Fill with four or five fresh, cut-up peaches (or frozen) and three cups of blueberries.
3. Sprinkle with 2 tablespoons flour and 1/3 cup sugar.
4. Cover with crust and seal edges.
5. Bake at 450°F for 15 minutes. Reduce heat to 350° and continue backing for 30 minutes or until brown and bubbly.



Lemon Sauce for Gingerbread Cake

(A delicious sauce for pre-baked gingerbread cake, this one is a little work. But few people seem familiar with the combination. My mother made this when I was a child.)

- 1 cup sugar
- 3 tablespoons cornstarch
- 1/8 teaspoon salt
- 2 cups boiling water
- 2 tablespoons grated lemon rind
- 4 tablespoons butter
- 6 tablespoons lemon juice

Instructions

1. Combine sugar, corn starch and salt in saucepan.
2. Add boiling water gradually, stirring constantly. Add rind.
3. Cook over low heat, stirring constantly until clear and thick.
4. Stir in lemon juice and butter.
5. Pour over warm gingerbread cake.



C.J. "June" Cronan, Jr., Trophy; the International Morgan Connection Sportsmanship Award and Saddle Seat Trainer of the Year and People's Choice Trainer of the Year.

Currently serving his second term as the president of the AMHA and director from Region 2, he is also active on the Registry Committee, and in the past, served as chairperson of the Professional Horsemen's Committee. He is the former president of the Mid-Atlantic Morgan Horse Club.

Goebig is also an internationally sought-after clinician who enjoys sharing his knowledge of the breed and training techniques with Morgan enthusiasts of any age.

"I started cooking because it was a nonphysical hobby and something that I could do any time of the year," he said. "I do enough physical things training horses, and cooking fit into what I wanted to do in my leisure time." He continued, "As I started to cook, my interests expanded to not only cooking, but restaurants, and interesting and fresh ingredients. Along that line, I'm fortunate to have a year-round farmers market nearby that provides me with those ingredients."

Horses and cooking go hand in hand for Goebig. "We do a large amount of entertaining here at the farm, so I'm constantly cooking for friends and clients," he explained. "We have two guest rooms for our out-of-state clients, who usually spend several days on the farm when they come to see their horses work. I also donate my time to cook for a client's business Christmas party with 25 people. I have prepared a four-course dinner for this occasion for the past 17 years."

Joan MacIntyre's Famous Desserts

An award-winning professional equine artist for over 40 years, Joan MacIntyre of Tryon, NC, is also famous for her pies, and owns the popular local restaurant, The Hungry Fox, which is managed by her daughter and son-in-law, Janna and Darryl Hinely. One of her favorite desserts is her mother's famous blueberry and peach pie and lemon sauce used on her gingerbread cake.

MacIntyre attended the Tyler School of Art, Temple University, the Phoenix School of Art and numerous workshops. *The Thoroughbred of California*, *The Chronicle of the Horse*, *Western Horseman*, *Horse Illustrated* and *Equine Images* have featured articles and covers with MacIntyre's paintings. She is an associate member of the Academy of Equine Art. Her art has been represented in the Harness Tracks of American Art Show and Auction since 1991. She also creates the annual posters for the Blockhouse Steeplechase.

MacIntyre's work includes portraits, racing scenes and other interpretations of equestrian life. Using the mediums of acrylics and oil, she brings her subjects to life on canvas, and their personalities shine through. "When I do a portrait, it is not just a representation of the subject, but an enjoyable piece of art," she said.

A longtime resident of California, MacIntyre has owned and raced Thoroughbreds, shown Arabians and Saddlebreds and driven a Welsh pony. She and her husband, Jerry, belong to the Green Creek Hounds, for which he is a road whip. MacIntyre often contributes her cooking skills to hunt breakfasts. ■

Amber Heintzberger is a freelance equestrian journalist based in Toronto, Canada. Currently reporting on the three-day eventing world, she also covers dressage, and her articles have appeared in numerous national publications. She can be reached at Amberwriter@aol.com.