

Apple stuffing, honey cake are delightful

Here are some more honey & apple recipes.

APPLE STUFFING

1/4 cup margarine
1/2 cup chopped celery
1/2 cup chopped onion
3 tablespoons chopped fresh parsley
6-8 cups peeled, diced apples
1/4 cup brown sugar
1 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon sage
2 cups bread cubes

Cook onions, celery and parsley slowly in melted margarine. Add apples and brown sugar. Cover and cook slowly until apples are tender but firm. Add salt, pepper, sage and bread cubes. Toss lightly with a fork. Place in a greased casserole and bake at 350 degrees F. for 45 minutes. Makes 8 servings.

Recipe from "Apple-Lover's Cook Book."

Little known bee facts

■ Honey bees are identifiable by their fuzzy bodies, a trail which wasps and hornets do not possess.
■ Bees may make three times the honey they need to survive the winter, so humans can enjoy the extra.
■ Bees do not hibernate during the winter but instead keep the temperature of their hives livable by heating their wings to produce heat.
■ Worker bees are female. They find and gather nectar, feed the young, care for and groom the queen bee and protect the hive.
■ The average life span of a

worker bee is six weeks. The average life span of a queen is three to five years.
■ Bees communicate by wagging their bodies. With this method, one worker bee can direct other bees to pollen.
■ Honey is formed in the honeycombs, when more than 80 percent of the water distills from the nectar.
■ Bees also produce wax to seal and store the nectar or honey in the honeycomb. Wax is worth more per pound than honey.

Information supplied by Cranbrook Institute of Science.

2 teaspoons ginger
1/2 cup chopped nuts (pecans are excellent)
1/2 cup raisins
Glaze:
1/4 cup orange juice
2 tablespoons honey
1 tablespoon butter or margarine

Mix together the honey, oil and milk. In a separate bowl, mix the dry ingredients. Combine the two mixtures, stirring thoroughly. Fold in nuts and raisins. Pour batter into

a greased tube pan (bundt pan). Bake at 325 degrees F. for approximately 45 minutes or until a toothpick comes out clean. Cool completely.

To make glaze: Combine orange juice, honey and butter. Boil together for 2-3 minutes. Pour over cake.

Recipe from "Just Naturally Sweet" by Patricia D. Mitchell. The honey in this cake harmonizes well with the whole wheat flour. It adds moistness and tenderness and gives the cake "keeping" quality.

UKRAINIAN HONEY CAKE (MEDIVNYK)

1 cup honey
1/4 cup vegetable oil
2 cups milk
3 cups plus 2 tablespoons whole wheat flour
1 1/2 teaspoons baking powder
1 teaspoon baking soda
2 teaspoons cinnamon

'Nuclear' chili out of this world

BY KEELY WYGONIK STAFF WRITER

Leo Buk of Trenton won the 17th annual Michigan Championship Chili Cookoff on Sept. 10 and will represent our state at the World Cookoff in Reno, Nevada on Oct. 1.

The cookoff was at Muskie's Urban Pier Restaurant in Auburn Hills.

Vaughn Irish of West Bloomfield placed second; Ken Brundage of Livonia, third; and Ken Horn of Plymouth, fourth.

Local cooks participating in the contest included: Diane Adamski (Redford), Richard Becker (Livonia), Marilyn Frederick (Farmington Hills), Walt Hunt (Plymouth), Paul Huyck (Farmington Hills), Mike Malman (Birmingham), Ed McCoy (Plymouth), Gary Ray (Livonia), Pamela Perry (Bloomfield Hills), Nick Roncone (Birmingham), and Larry P. Strawn (Troy).

Marilyn Frederick reports that this year's Winter Freeze Chili Cookoff has been upgraded to Regional status. The cookoff will be Jan. 13 at the VFW Hall, 16738 Ecorage Road, Allen Park. First place winner advances to the world cookoff in Reno in 1996.

There will be refreshments, food, entertainment, first place cash prize and trophies. All pro-

ceeds to benefit Elks' Michigan Major projects for handicapped children.

Entry is \$30 for International Chili Society members; \$50 for non-members. Mail application to: Cookoff Chairman Frank Klancnik, 27861 Grix, New Boston, MI 48104. Call (313) 783-3122 for information.

Here's the winning chili recipe.

LEO'S NUCLEAR CHILI

1 pound pork (ground)
1 pound chicken (ground)
4 pounds round steak (cubed)
1 white onion, (chopped)
1 hot yellow pepper, (chopped)
1 green pepper (chopped)
1 cup chopped celery
7 cloves garlic
1 (6 ounce) can chilies
1 can whole tomatoes
1 can tomato sauce
15 white peppercorns (ground)
1 (12 ounce) beer
2 tablespoons Giardiniera's with oil
2 tablespoons dark chili powder
3 tablespoons California Chili Powder — Kroger brand
2 1/2 teaspoons hot chili powder
1 tablespoon beef soup base
2 teaspoons cumin powder
1 teaspoon oregano

3 tablespoons Gerhart Chili powder 1/2 teaspoon coriander powder
2-3 tablespoons salt

In 10 quart pot add 1 tablespoon oil, 1 clove garlic, pinch of ground pepper and 1/4 the beef. Cook until brown, reserve in bowl. Scrape pot and repeat with other 1/4 of the beef. Scrape clean, re-oil.

Cook pork and chicken with dark chili powder. Cook until no pink is showing and scrape clean.

In same pot, add a little oil and garlic, cook 1 minute. Add onion, cook 5 minutes. Add celery, cook 5 minutes. Then add the pepper. At this time add juice from meat and 1 tablespoon chili powder. Add sauce, tomatoes, chopped, beer, oregano, beef base, 1/4 of the salt, cumin, coriander, Kroger Chili powder and hot chili. Add reserved beef, rest of the spices. Bring to a boil. Add a little water, about a cup or so. Simmer about 1 hour, uncovered, stirring so the bottom does not stick. Taste, add more salt if desired. If too salty, add 1 teaspoon sugar.

Editor's note: Use recipe as a guide. Some items in recipe might not be readily available at your neighborhood grocery store.

Learn how to wrap up healthy meals

Learn how to wrap up nutritious Mexican meals in tortillas at "Healthy Mexican Fiesta," a cooking demonstration, 7-9 p.m. Thursday, Sept. 21, Botsford De-

velopment Health Network, 39760 Grand River, Novi. Samples and recipes will be provided. The cost is \$5. Pre-registration required. Call (810) 477-0100.

Chef Larry Janes demonstrates how to prepare quick and delicious gourmet dishes — "Five Minute, Five Ingredient Healthy Gourmets" on Sept. 28.



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"Our House," a home energy-efficiency show brought to you by Detroit Edison, has some timely suggestions that can help you lower your energy bills. Starting August 6, watch "Our House," Sundays at 11:00 a.m. on UPN 50. Co-hosts Tom Tynan and Paula Engel offer many energy-saving projects for the home and tips to help preserve the environment. You don't have to be a home repair weekend warrior to make your home energy efficient. Let Tom and Paula take you through easy-to-follow, step-by-step instructions to get your home energy project started. "Our House" is the only show that gives you the energy saving know-how. And it's Detroit Edison's way of helping you save energy at your house and money on your energy bills.



"Our House," Sundays, 11:00 a.m., UPN 50, through October 29th



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