

Burn potatoes to a sooty crisp? New cook book lists other ideas

By JEANNE WHITTAKER

Whenever I see a newly produced cook book I am reminded of how many people there are who quite regularly stumble over the simplest rules of food preparation.

Trust us to boil away the water before the rice can be added, or leave it to us to bake the potatoes to a sooty crisp.

Fortunately, for both the novice cook and experienced chefs, the Holy Name Church Woman's Council has spent the past three years preparing a cook book form a banquet of tasty foods that will help anyone look like an expert in the kitchen.

The book is titled "Holy Name Woman's Council Recipes," which is not a very original name for 355 pages of kitchen tested contributions the council members have collected from among themselves and their friends.

There are also individual contributions from many of the area's best known restaurants, including Bedell's Bananas Maison Flambe (for two), and Charley's Chowder from—where else?—Charley's Crab.

The council has also added a number of convenient and helpful features, including a plastic cover for easy care, a discussion of wines, and color coded chapters to coincide with the seasons.

ACCORDING TO co-chairperson Marcia Tournay, each council member put in a minimum of three hours work per week over a three year period to collect, sample and categorize the extensive collection of recipes. Included is everything from the usual to the extremely unusual, with indexes for each section and an easy reference directory at the end of the book. Each recipe is also accompanied by the name of its donor.

NO MEMBER of the family has been ignored, Mrs. Tournay explained. That also includes Fido, for whom there is a recipe for home made dog biscuits.

"Every recipe was tried and tested and clarified," said Mrs. Tournay. "If someone said that the recipe called for a package of corn chips, we made her tell us what size package or how many corn chips. We also checked to make sure that the recipes are published in the right sequence of ingredients."

Much of the credit for the accuracy of the recipes goes to home economist Toni Bettsworth, a former food editor with the Detroit Free Press. Mrs. Bettsworth is the recipe editor for the cook book.

Advice on wine is delivered by Dr. Robert Clark, who notes, "While it is true there are well-founded general rules—light before heavy and dry before sweet—the final blending of a wine with a food can, and should, be a very individual choice based on continuing experience and trial."

In addition to the Bettsworth and Clark contributions, individual chairpersons, Ellen Fotter, Hilary Clag-

han, Sarah Koval, and Sara Paterson, were responsible for compiling the book according to the seasons.

Not content to be a co-chairperson with Bette Stephenson, Mrs. Tournay has also created dozens of attractive sketches to illustrate the book.

The initial printing of 1,000 editions went on sale for \$8.50 per book following Thanksgiving at the church's

annual antique sale. The council, said Mrs. Tournay, hopes that sales will take the book into a second printing, which will enhance the contributions the council is able to make to area charitable and community agencies. The books may be ordered through Jo Ann Baughman, president of the Woman's Council, at 822-8722. Each book also includes order blanks which may be completed and returned to 645 Woodland Ave., Birmingham, 48009.

'If someone said the recipe called for corn chips, we made her tell us what size package or how many chips.'

—Marcia Tournay,
cook book co-chairwoman

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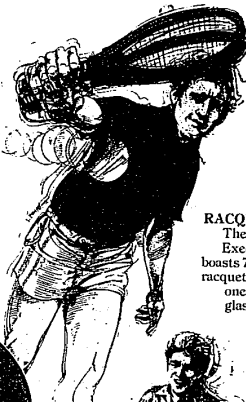
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