



Byrd's Kitchen

by Vivian Byrd

Valentine for a terrific lady (and good cook)

Rhele Lundin is a special lady. She is one of those rare people who are warm and caring, and at the same time, straightforward, down-to-earth and easy to trust. She long ago earned my admiration.

Trained as a nurse at Henry Ford Hospital, Rhele has worked at the University of Michigan, Oakland County and Ford hospitals. Her terrific bedside manner comes mostly from a sincere interest in her patients and concern for their recovery.

When she married Dave Lundin, a marketing specialist at General Motors, about three years ago, each of them brought along a child, daughter Twell, who is 9, and son, John, 8. The family was expanded with the birth of Alissa nine months ago.

An excellent cook, Rhele has been

filling the family's new house in Bloomfield Hills with some delicious aromas, such as might come from the recipes she shares below.

COLLEEN'S SWEDISH GREEN POTATOES

6 medium large potatoes, peeled, boiled and mashed, no salt in water (Idaho potatoes)
1 10-ounce pkg. frozen chopped spinach, prepared to package directions and well-drained
1 tsp. Lawry's seasoning salt
1 tsp. regular salt
1/2 tsp. freshly ground pepper
1 tsp. chives (heaping or more if you like)
3/4 cup cream
1 stick butter (don't use margarine)

Prepare potatoes and spinach and mix. Melt butter and add to mixture. Add cream and seasonings and mix well, but don't overdo as potatoes may get gloey. Bake in buttered casserole at 350 degrees for 20 to 30 minutes, until warm and slightly brown on top.

This dish can be made ahead same day and refrigerated, or it can be frozen.

SPINACH FILO TRIANGLES

These make good nibbles for company, freeze well and are always bringing raves, Rhele says.

1 pkg. (1 lb.) Filo dough (in freezer section)
1/2 cup butter, melted
Filling:

2 pkgs. (10 oz.) frozen chopped spinach, thawed and drained
2 cups sour cream
2 tsp. salt
1/2 tsp. dill weed
Dash of pepper

Squeeze water from spinach and stir together with sour cream, salt, dill weed and pepper. Mix well.

To assemble: Place one sheet filo dough on flat surface. Brush with melted butter. Place another sheet of filo on top. Cut in half lengthwise with kitchen shears and cut the halves lengthwise again, forming four narrow strips. Place 1 tbs. of filling on end of each strip. Roll strips, flag style, to form triangles.

NOTE: Flag folding: With end of strip toward you, fold the right bottom

corner over to the left, creating a pointed end. Then, using that end "triangle," fold upward, triangle over triangle, until the strip of dough is used up and a rolled triangle results.

Place on greased baking sheet, seam side down. Brush with melted butter. Freeze and use later, or bake in 375 degree oven for 20 to 30 minutes until golden brown.

DELL'S ITALIAN MEATBALLS

This recipe comes from Rhele's mother and is Italian. It can be made cocktail size for a buffet or egg-size and served as a side dish for spaghetti. Leftovers make superb sandwiches.

1 1/4 lb. ground beef
1 small to medium sized onion.

finely chopped
1 10-ounce pkg. chopped frozen spinach, cooked and drained
1 clove garlic
1/2 cup bread crumbs
1/4 cup grated Parmesan cheese
1 egg, beaten
1/4 tsp. salt
1/4 tsp. pepper

Mix all the ingredients together thoroughly. Shape into balls and brown in 3 tbs. olive oil, cooking slowly. Cover and cook for 20 minutes. Pour off excess fat. The remainder of the pan juices can be used to make gravy.

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Lynne Deutch

Celebrity Spotlight

By ELAINE STULBERG

Dynamic is the best description of Lynne Deutch. Educated at Skidmore College and Parsons School of Design in New York, she enjoyed a successful merchandising and retailing career before she began her career in public relations.

Mrs. Deutch moved to Michigan after marrying Southfield attorney Irwin Deutch, and began raising a family. Since her move to our area, she has been involved in fund-raisers and spearheaded many charitable events. Mrs. Deutch has been especially involved with the American Cancer Society and was co-chairwoman of one of three benefits honoring the opening of the Lord & Taylor stores here.

Currently, she is busily pursuing her career as a partner in the Southfield firm of Diversified Public Relations. Apart from her business life, she enjoys at-home entertaining and frequently hosts small dinner parties for 10 with an occasional buffet dinner for 50 or 60 people.

Mrs. Deutch says, "When not worrying about one's figure, here is a fabulous recipe."

BLUM'S COFFEE TOFFEE PIE

Pastry shell:
1/2 pkg. pie crust mix
1/2 cup light brown sugar, firmly packed
1/4 cup finely chopped walnuts
1 sq. unsweetened chocolate, grated
1 tsp. vanilla extract

Filling:

1/2 cup soft butter
1/2 cup granulated sugar
1 sq. unsweetened chocolate, melted and cooled
2 tsp. instant coffee
2 eggs
Topping:
2 cups heavy cream
2 tsp. instant coffee
1/2 cup confectioners sugar
Chocolate curls

Preheat oven to 375 degrees.

Make pastry shell. In medium bowl, combine pie crust mix with brown sugar, walnuts and grated chocolate. Add 1 tbs. water and vanilla, mixing with fork until well blended. Turn into well-greased 9-inch pie plate and press firmly against bottom and sides of pie plate. Bake for 15 minutes. Cool pastry shell on pie plate on wire rack.

Meanwhile make filling. In small bowl, with electric mixer at medium speed, beat the butter until creamy. Gradually add granulated sugar, beating until light. Blend in cool melted chocolate and 2 tsp. instant coffee. Add 1 egg; beat 5 minutes. Add remaining egg and beat 5 minutes longer. Turn filling into baked pie shell. Refrigerate, covered, overnight.

Next day, make topping. In a large bowl, combine cream with 2 tbs. instant coffee and confectioners sugar. Refrigerate mixture, covered, 1 hour. Beat cream mixture until stiff. Spread on pie, decorate with chocolate curls. Refrigerate at least 2 hours before serving.

Surprise him with this cake

Among the good things in life are chocolate and peppermint. Surprise your husband this Valentine's Day with Old-Fashioned Peppermint Fudge Cake.

2/3 cup butter or margarine
1 1/2 cups sugar
3 eggs
1/2 tsp. vanilla
2 cups unsifted all-purpose flour
1/2 cup cocoa
1 1/2 tsp. baking soda
1/2 tsp. baking powder
1 tsp. salt
1 1/2 cups water
1/2 cup crushed peppermint candy

Grease and dust without flour two 9-inch layer pans. Preheat oven to 350 degrees. Combine butter, sugar, eggs and vanilla in large mixer bowl. Beat on high speed 3 minutes. Combine flour, cocoa, baking soda, baking powder and salt; add alternately with water to creamed mixture. Blend just until combined, add candy. Pour into pans. Bake for 30

to 35 minutes, or until cake tester inserted in center comes out clean. Cool 10 minutes; remove from pans and cool completely. Frost with your favorite cocoa butter-cream fudge frosting.

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