

**By Elizabeth Rosch**  
staff writer

**SAMPLINGS OF** Chaldean food she recently served to visitors bore out that statement. She prepared a glistening cream caramel pudding, not unlike the *flan* eaten in some Latin American countries; molded strudel dough stuffed

"I WAS really making a little book for myself."

One difficulty she encountered was that Chaldeans subscribe to the pinch-of-this-and-a-dab-of-that school of cooking. To standardize the recipes for the cookbook, she had to translate such quantities into measurements.

The children's favorite is spiced fried rice. In her cookbook are three recipes for that dish, one of them meatless. The other two contain chicken, ground beef, hard-boiled eggs, potatoes and various spices.

**ONE WAY** she gets her children to eat their vegetables is to serve them in stuffed grape leaves, apparently another favorite.

In Iraq, "We ate cracked wheat every single day for lunch or dinner. Hardly we ate any meat, hardly we ate any sweets." Stewed vegetables, which

JOHN STANO/staff photographer

Najor's cookbook contains a variety of recipes, including fancy desserts like this cake

Chaldean food may seem similar to food from other Middle Eastern coun-

For example, certain spices are different. Chaldean cuisine has its own versions of curry powder, allspice, pickling spices and dough spices, and

The ingredients are all available at the supermarket." She should know her husband owns a grocery store in Detroit.

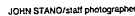
Rounds of preliminary competition will be held at 9 a.m. and 1:30 p.m. Jan. 23, 30 and 31. The teams that score the highest in accuracy, speed and efficient use of the computer during the preliminary rounds will return to U-D for the championship playoffs Sunday, Feb. 14. Five runner-up teams also will be invited back for the finals.

Dr. Michael Skaff, a U-D professor and a coordinator of the contest, said

"The students selected to compete are truly the 'cream of the crop' — high-aptitude students who train hard

The winning school will receive a \$500 scholarship to U-D, a team trophy and individual trophies for team members. Team trophies also will be presented to each school making the final rounds. Certificates will be awarded to

Schools from the city of Windsor, as well as Livingston, Macomb, Oakland, St. Clair, Washtenaw and Wayne counties, will compete in the contest this year.



**NAJOR:** 'I was really making a little book for myself.'

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