

# Cookbook raises funds for Olympic ski team

The excitement of Olympic fever finally peaks this month with the approach of the 1984 winter games, which begin on Feb. 7 and conclude on the 21st. It is considered a time when national spirit runs high. A healthy competitiveness comes on in all of us, and with it a unique opportunity to take pride in one's country or place of origin.

It is with this sense of pride that a group of people got together in Denver to raise money for the United States Olympic Ski Team.

Project chairwoman and idea originator Patty Mack saw firsthand just how much the ski team needed more financial assistance than could be provided by private donations.

Mack's husband Robert is an orthopedic surgeon who, along with about 40 other doctors, travel with the ski team on a rotating, voluntary, basis. It was after working with the men and women of the ski team that she thought of putting together a national community cookbook.

Mack got together with Jaydon Boal (editor-in-chief) and Regina Blederman (managing editor) and a cast of thousands from across the country to put together "America's Best: A National Community Cookbook to Benefit the U.S. Ski Team" (Workman Publishing) by Patricia Mack.

The profits from this book will go toward not only the present Olympians, but more importantly, to the future ones.

After sending out press releases to newspapers across the country asking for recipes representing all 50 states, from skiers or just people interested in supporting a good cause, the response was enormous.

Over 4,000 recipes in all were sent in on behalf of the ski team, which were tested and narrowed down to the 400 which appear in the book.

The testing was another story altogether. The recipes were tested at three different altitudes, sea level, 5,000 feet and 9,000 feet (who else but skiers would think of that!).

According to Mack, the idea of different altitude was used so that people would not think that this was just a cookbook for skiers. The appeal of this book is meant to be general. And, although a number of testers for the book were skiers, she attributes this to the fact that skiers just love to eat.

The recipes were tested by 250 volunteers broken down into groups, each with a leader. The testing was done over an eight-month period of time, and each recipe was tested twice.

There are even ski trail markers on the recipes indicating their degree of difficulty. A recipe with a circle means a simple recipe; the square, a more difficult recipe; and the diamond, a recipe for the expert cook.

There are diverse recipes representing sections of the country and many different categories. Included in the categories are the more traditional divisions such as soups, meats and desserts as well as the less common: brunch specialties, picnic fare and homemade pasta.

This cookbook contains a little bit of everything, including fascinating little tidbits on the history of the men's and women's past Olympic ski teams in the margins of the recipes.

The recipes are written in an easy-to-follow manner, and go with ease from simple-and-hearty to gourmet.

In honor of the Olympics being held in Sarajevo, Yugoslavia, where lamb is the national dish, the following recipe for lamb stew reproduced from the book, seems most appropriate.

## LAMB STEW

Serves 8

2 1/2 to 3 pounds lamb breast, cut into 2-inch pieces  
2-3 tbsp vegetable oil  
1 tbsp granulated sugar  
2 tbsp all-purpose flour  
Salt and freshly ground pepper to taste  
4-5 cups Beef Stock (see below)  
3 tomatoes, peeled, seeded and chopped  
1 cup tomato paste  
1 clove garlic, crushed  
Bouquet garni (6 parsley sprigs, 1 bay leaf, 1 stalk celery and 6 whole peppercorns, tied in cheesecloth)  
1/4 tsp dried rosemary  
1 cup 2-inch green beans  
16 small new potatoes, peeled  
16 small white onions, peeled  
3-4 small turnips, peeled and cut into 2-inch pieces  
8 carrots, peeled and cut into 2-inch pieces  
1 1/2 cup frozen peas  
Garnish: Chopped fresh parsley

Preheat the oven to 450°.  
Pat the meat dry with paper toweling. Heat the oil in a large, heavy, ovenproof skillet over medium-high heat. Add the meat in batches and brown on all sides. Do not crowd the meat while browning. Remove the meat, as it is browned, to a large Dutch oven. When the meat is browned, return it all to the skillet and sprinkle it with sugar. Place the skillet over high heat and stir constantly until the sugar caramelizes, about 2 minutes. Remove the skillet from the heat. Sprinkle the meat with the flour and bake, uncovered, in the preheated oven until the flour is brown, about 5 minutes. Remove from the oven and reduce the oven heat to 350°.

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Return the meat to the Dutch oven. Season with salt and pepper and add enough beef stock to cover. Add the tomatoes, tomato paste, garlic, bouquet garni and rosemary. Bring to a simmer over medium-high heat, stirring frequently. Cook the meat in the 350° oven, covered, for 1 hour, stirring occasionally. Add the beans, potatoes, onions, turnips and carrots and cook for 30 minutes, or until the vegetables are tender. Add the peas and cook for 10 minutes more. Adjust the seasoning with salt and pepper. Sprinkle with parsley and serve.

## BEEF STOCK

4-5 pounds beef shank, rib bones, or beef soup bones  
2 large carrots, cut into large pieces  
2 large onions, cut into large pieces  
1/2 to 1 tsp dried thyme  
1 large bay leaf  
6-8 sprigs fresh parsley  
6-8 peppercorns, crushed

Preheat oven to 450°.

Place the meat and vegetables in a large, shallow roasting pan, and cook for 30-35 minutes, turning, occasionally, until well browned.

Remove the bones and vegetables to a large soup kettle. Discard the fat in the roasting pan. Scrape the browned pieces from the pan into the kettle. Add the seasonings to the soup kettle, along with enough cold water to cover. Bring the water to a boil, then reduce the heat. Skim and discard the scum that rises to the surface.

Simmer, uncovered, for 4 to 5 hours, adding water if necessary to keep the bones and vegetables covered.

Strain the stock through a large sieve into a bowl. Discard the solids. Return the strained stock to a large saucepan and cook, uncovered, over high heat, until reduced by one third. Refrigerate until cold.

Remove and discard hardened fat from the surface. The stock may be refrigerated for 2-3 days or frozen. Reheat to boiling before using.

# Happy Chinese New Year!

Chinese New Year falls on a different date each year. On Feb. 2, the year 4852, according to Chinese astrology, starts the Year of the Rat.

The Oriental calendar is governed by a cycle of 12 different animal signs — rat, ox, tiger, cat, dragon, snake, horse, goat, monkey, rooster, dog and pig. The new year signifies a chance to start with a clean slate of good luck.

During the first four days of the new year the Chinese do a lot of entertaining. Some of their traditional dishes have names like "A Happy Reunion," "Good Luck

Soup," "All Luck and Prosperity" and "Success and Happiness."

You need not prepare an exotic Chinese dish to celebrate the New Year. Serve pork, a favorite with the Chinese for centuries.

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pork butt and shoulder are excellent when cut in small cubes or strips for stir-frying. Since these are less tender cuts of meat it's best to marinate one pound of pork for about a half hour in a mixture of two tablespoons of soy sauce, one

tablespoon of dry, white wine and one teaspoon of sugar.

Once you have all ingredients ready for stir-frying, heat a small amount of oil over high heat. Use either a Chinese wok or large frying pan. Season the oil with a slice

of fresh ginger. After one minute, remove the ginger and stir fry the marinated pork. Turn the pork continuously with a spatula, until the pink color disappears. Add any other ingredients to complete the dish and serve immediately.

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