

# Red Wings show prowess in kitchen

By Chris Risk  
staff writer

**WHAT DO the Detroit Red Wings and cooking have in common?**

Little, save for the sometimes "hot" skirmishes that the players stir up on the ice and a recent publication guaranteed to give fans a different taste of the team.

"The Red Wings are Cookin' Wit, Wisdom and Culinary Coups from Wings Winners," is a compilation of favorite recipes of players, coaches, trainers and writers.

It's designed to show the humorous side of Detroit's high-flying hockey team. "These dishes have been time tested by the contributors themselves. Eat at your own risk," warns the author.

Researched and written by Farmington Hills physiologist, writer and cooking enthusiast Gail Reynolds, the book is more than entrees and side dishes.

"I asked the players to give me a favorite recipe and a quote about themselves," Reynolds said. "That's what was so fun, I think. It not only gives readers recipes, but a sense of what some of the players and other people in the Red Wings are like."



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— Gail Reynolds  
cookbook author

Goalie Glen Hanlon's "Outdoor Delight" ingredients couldn't be simpler: a lake, one fresh fish, three matches and two logs. Burn the logs until glowing red. Cook the fish over an open fire. The Farmington Hills resident doesn't know where he got the recipe, "but it sure is good."

Gerard Gallant, Wings left and right winger, offered a "no bake" cheesecake. "Athletes need their

carbohydrates," the Farmington Hills resident said.

ANOTHER HILLS resident, goalie Greg Stefan, got his "Lovers' Meatballs" recipe from "a resourceful mother-in-law."

Coach Jacques Demers, who also lives in the Hills, contributed a "Chinese Spareribs" recipe. He said friends spoiled him with this recipe. Owner Mike Ilitch, whose Little

Caesar Enterprises is based in Farmington Hills, offered his "Blueberry Cream Pie," which he proclaimed "the best cream pie you ever tasted."

The 75-page paperback is divided into appetizers, main dishes, desserts and "special touches" like Red Wing Hall of Famer Gordie Howe's "Recipe for Greatness."

Take "one six foot or taller male frame. Add 170 lb. muscle, one heart, large, strong, dedicated; one brain, open, sharp and aware; two wrists, strong and quick; two legs, powerful and smooth; and two elbows."

"It's well with one positive, come-to-play attitude, one heavy dose of determination, one shot natural ability, experience and skill to taste, and stir in coolness under pressure as needed. Simmer 3 or more years at junior or college. Play hockey, long, hard and for fun."

According to Reynolds, a little bit of jesting was interjected throughout the book.

"It's the kind of thing that not only would appeal to cooks but to the fans," Reynolds said. "And not just to today's fans, but to former Red Wing fans as well."

Former players Bill Gadby, defenseman Mickey Redmond, right winger, and Sid Abel, player and coach, are only a few who contributed recipes.

The preface also contains tips to healthy eating.

REYNOLDS and Wings assistant coach Don MacAdam have co-authored several books on physical conditioning.

The association with MacAdam granted her the "foot-in-the-door" she needed to begin her recipe project.

She has simultaneously worked on a hockey conditioning book that should appeal to pro and amateur teams, she said.

Her physiology training, her love of sports and her association with hockey has her geared up to continue writing books on physical conditioning. "It's nice to be able to follow a

hobby," she said.

Physiology has taken a back seat to her writing since her move, last year, from Canada, Reynolds said.

Not that she plans to ignore her physiology training.

Reynolds, 38, said that it has been through teaching classes and workshops that she's able to write about

sports training. "I've always had a knack for making technical things seem easy," she said.

The cookbook can be ordered by calling 567-7340. A portion of the proceeds will be earmarked for the Capuchin Community Center, which helps feed, cloth and otherwise help Detroit's needy.



## Beary nice

The Bon Ton Shoppe in the Downtown Farmington Center donated 789 stuffed bears worth \$19,000 to the Salvation Army shortly before Christmas. The store overestimated on a promotion and had the extra stuffed animals. "We didn't want them to go to waste," said owner Harry Wingerter, Downtown Development Authority president. Pictured are (from left) Wingerter, Lt. John Rich of the Salvation Army Corps in Farmington Hills and store manager Jerry Wingerter.

## Culinary favorites are shared

Three of the "personal favorite" recipes from "The Wings are Cookin'" by Gail Reynolds:

### DEMERS' CHINESE SPARERIBS

3 pounds country style ribs  
3 tablespoons soy sauce  
1/2 cup brown sugar  
pinch of dry mustard  
2 drops tabasco  
1/4 cup vinegar  
1/4 cup Maui's barbecue sauce  
4 minced garlic cloves  
1/4 cup water  
2 chicken bouillon cubes

Boil the ribs for 45 minutes. Stir ingredients over medium heat for five minutes. Pour sauce over ribs and refrigerate overnight.

To serve, place ribs in a covered pan and bake at 450 degrees for 30 to 45 minutes. Heat sauce in saucepan

### STEFAN'S LOVERS MEATBALLS

1 pound ground round  
1/2 pound bulk sausage  
1 egg  
1 cup bread crumbs  
1/2 cup minced onions  
1 tablespoon oregano  
1 teaspoon garlic powder.  
Mix well. Form into small balls. Brown in oiled frying pan.

two cans onion soup  
two cans tomato soup  
1/4 cup white vinegar  
1 teaspoon Frank's Hot Sauce  
6 tablespoons brown sugar  
3 tablespoons corn starch

Mix well. Pour over meatballs. Simmer for 30 minutes. Serve over white rice.

### LITCH'S BLUEBERRY CREAM PIE

3 ounces Philadelphia cream cheese  
1/4 cup powdered sugar  
2 tablespoons milk  
1 teaspoon vanilla  
1/2 pint whipped cream  
1 graham cracker pie crust  
1 can blueberry pie filling

Fold whipped cream into cheese mixture. Pour into pie crust. Top with blueberry pie filling. For best results, cover with plastic and refrigerate overnight. You can substitute strawberry or cherry pie filling.



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