



family-tested
winner dinner
**Betsy
Brethen**

Spooky Stew is great for goblins

Halloween was my favorite day of the year when I was growing up — except for Christmas day, of course. Even now as an adult, I look forward to it almost as much as my boys do. I still take great delight in coming up with wonderful, creative ideas for their costumes, even though they are usually summarily rejected with cries of, "Oh, Mom, get real!" We muddle through and eventually compromise so that they are happy with their costumes and I'm not totally mortified by their appearance.

For me, Halloween is the turning point of the autumn season, signaled by the pungent smell of burning leaves and the sight of carved pumpkins on doorsteps. The changing color of the leaves against a deep blue October sky and a nip in the air make me look forward to being warm and cozy.

With the change in temperature comes the desire to have heartier meals that fill the house with fragrant aromas.

Thus, when I received a recipe for Spooky Stew, submitted by Tsch Hunter, shortly before she moved from Bloomfield Township to Lake Forest, Ill., I was most excited to try it.

Hunter's husband, Tom, grew up on this stew, which was a favorite and frequent meal during the hockey season he participated in during high school.

HAVING FIRST-HAND experience of the excitement and confusion that most families go through at dinner on Halloween, I understand the importance of having a dinner that

can be quickly and easily served.

Taking a little poetic license, I offer you this week's Winner Dinner, Spooky Stew, a.k.a. Hockey Stew, as a filling and nutritious meal for your little ghosts and goblins. Because the colors orange and black are so symbolic of Halloween, a grated carrot and raisin salad is a most appropriate choice and will, you might remind your trick or treaters, enhance their ability to see better in the darkness. Slices of freshly baked pumpkin bread help round out this fun and festive dinner.

Wishing all the best to Hunter and her family as they begin a new life in Illinois, with thanks for sharing this recipe, and congratulations on being our Winner Dinner Winner of the week.

Have a safe and happy Halloween. Here's hoping that this week's Winner Dinner will light up your pumpkin.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 2543, Birmingham 48012. Please include a complete dinner, with recipes as needed. All submissions become the property of the publisher.

Each week's recipes are printed the same size, so that you may clip and save them in a three-ring binder. Use a paper punch to make holes in the clipping, or paste the clipping on a blank sheet of three-ring notebook paper. Another option is to simply file the clippings in a folder with pockets that will hold them.

Observer & Eccentric Winner Dinner

Menu

Recipes

SPOOKY STEW

This hearty beef stew takes about 20 minutes to prepare. It can be made in the morning, covered and refrigerated until placed in the oven. If it overcooks, just add more wine, water or beef broth. It is delicious reheated and amply feeds 4-6 people.

2 pounds boneless beef (chuck or stew meat in cubes)
3 cups sliced carrots
1 cup sliced celery
2 medium onions, sliced
3 tablespoons flour
1 tablespoon sugar
1 tablespoon salt
1 teaspoon basil or marjoram (dry)
1 can (16-ounce) tomatoes
1½ cups hearty Burgundy wine
1 can water chestnuts, drained and sliced
4 potatoes, peeled and cooked separately

Spray a large, covered casserole dish or ovenproof Dutch oven with a non-stick spray and combine the following ingredients: Meat, carrots, celery and onions. Mix flour, sugar, salt and basil and stir into meat mixture. Add the canned tomatoes and 1 cup of wine. Cover tightly and bake at 300 degrees for 3½ hours. Cook the quartered potatoes separately. During the last half hour of cooking, add the potatoes, water chestnuts and the remaining ½ cup of wine. Stir and cook 15-20 minutes longer.

CARROT AND RAISIN SALAD

2½ cups shredded carrots (about 3-4 large carrots)
1 medium-sized stalk of celery, sliced
½ cup raisins
½ cup mayonnaise
1 teaspoon lemon juice

Combine all ingredients. Chill and serve on a bed of lettuce. Serves 4-6 people.

PUMPKIN BREAD

2 eggs
½ cup margarine, melted
½ cup water
1 cup pumpkin (canned)
½ cup sugar
½ cup flour
1 teaspoon soda
½ teaspoon salt
½ teaspoon baking powder
½ teaspoon cinnamon
1 teaspoon ground cloves
1 teaspoon grated lemon rind
½ cup chopped nuts (optional)

Mix the eggs, margarine, water and pumpkin and grated lemon rind. Sift together remaining ingredients except nuts. Add sifted ingredients and nuts to mixture. Mix well and pour into greased and floured pans (2 small or one 5x9x3 inch). Bake at 350 degrees for 30 minutes for the 2 small or 1 hour for the large.

Shopping List

2 pounds of stew meat
carrots
celery
onions
potatoes
water chestnuts (sliced)
one 16-ounce can of tomatoes
Burgundy wine or any other hearty red wine
basil or marjoram
mayonnaise
raisins
1 lemon
2 eggs
canned pumpkin
margarine
sugar
flour
soda
salt
baking powder
cinnamon
ground cloves
chopped nuts

Notes

Dish has apricot stuffing

The tenderloin is the leanest pork cut; start with it for this elegant stuffed entree. Each serving contains only 5 grams of fat out of the 67 that's the recommended maximum for most of us. Tenderloin costs more per pound than some cuts, but there's no waste and you can plan on 6 servings from a pound.

PORK PINWHEELS WITH APRICOT STUFFING
one 1-pound pork tenderloin
1 teaspoon instant chicken bouillon granules
½ cup hot water
½ cup snipped dried apricots
2 tablespoons chopped onion
2 tablespoons chopped celery
1 tablespoon margarine or butter
¼ teaspoon ground cinnamon
dash pepper
2 cups whole-wheat bread cubes
1½ teaspoons cornstarch
dash ground nutmeg
1 cup apricot nectar

Split tenderloin lengthwise, cutting to, but not through, opposite side; open out flat. Pound tenderloin lightly with meat mallet to a 10-by-6-inch rectangle.

For filling, dissolve bouillon granules in hot water; pour over apricots. Let stand 5 minutes. In a small skillet cook onion and celery in margarine until tender but not brown. Remove from heat; stir in cinnamon and pepper. In a large mixing bowl combine bread cubes, onion mixture and apricot mixture; toss lightly to moisten.

Spread filling evenly over tenderloin. Roll up jelly-roll style, starting from short side. Secure meat roll with wooden toothpicks or tie with string at 1-inch intervals beginning 1½ inch from end. Cut meat roll into six 1-inch slices.

Place meat slices on rack of unheated broiler pan, cut side down. Broil 4 inches from heat 12 minutes. Turn; broil 11-13 minutes more or until done. Remove toothpicks or string; transfer meat to a serving platter.

Meanwhile, for sauce, combine cornstarch and nutmeg. Stir in apricot nectar. Cook and stir until mixture is bubbly. Cook and stir 2 minutes more. Serve with meat slices. Makes 6 servings.

cooking calendar

A mini-class entitled "Lovin' Gifts from the Oven" is designed to teach simple ways to create delicious, attractive holiday gifts. Actual recipes will be demonstrated, along with some packaging ideas.

Thursday, Nov. 9, at the Cooperative Extension Service, North Office Building, 1200 N. Telegraph, Kitchen Classroom, in Pontiac. Fee is \$5. For further information, call The Food and Nutrition Hotline at 858-0904.

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