

# This delicious entree worth having seconds

Monday, February 26, 1990 O&E

(O38)

## The Observer & Eccentric® Winner Dinner

What is it about certain combinations of food that just taste so good? So good, in fact, that you end up going back for seconds and, shhh, don't tell anyone — even for third!

As mentioned in last week's column, Marnie Balog's turkey tetrazzini had that effect on me. And, because it was so good, I have had to take steps toward polishing up my rather tarnished eating control habits.

Balog, who hails from Livonia, first tasted this delicious casserole at a bridal shower given in her honor more than 19 years ago. Since then, it has continued to be a family favorite and is frequently offered to visiting friends and relatives as well. Served with a tossed green salad with a celery seed dressing and minute bran muffins, hot out of the oven, this meal is bound to be a Winner Dinner.

Since January, the busy mother of two has returned to the work force as a substitute home economics teacher in the Livonia school district. Having earned her college degree in home ec, she is delighted to be back in a school setting. She has enjoyed sharing with her students information learned not only from a textbook but also from her years of first-hand experience as a wife and mother.

FOR THE LAST 19 years, Balog and her husband have been co-directors of Kids Kamp, held every August at Camp Cherish in Oscoda. Affiliated with their church in Livonia, Ward Presbyterian, this camp offers children in grades 3-6 a co-ed, traditional camp experience.

Thank you, Marnie Balog, for sharing your yummy recipes with us. I wish you continued success with your teaching and hope that it continues to be fulfilling and rewarding for you. Congratulations and enjoy your apron.

Here's hoping your family will turkey trot to the table for yet another, terrific Winner Dinner. After all, there are no turkeys in this column.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3583, Birmingham 48012. All submissions become the property of the publisher. Each week's winner receives an apron with the words Winner Dinner Winner on it.

Recipes are printed the same size so that you may clip and save them in a three-ring binder. Use a



family-tested winner dinner

Betsy Brethen



Marnie Balog of Livonia has been making this family favorite — turkey tetrazzini — for 19 years.

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.

## Recipes

### TURKEY TETRAZZINI

This tasty dish can be prepared early in the day or a day ahead or even way ahead and frozen. Marnie suggests doubling the recipe and freezing one casserole. This is a good recipe for company as well as for your family and makes good use of left-over turkey. Cooked chicken breasts can be used in lieu of the turkey meat.

3 cups turkey or chicken, cooked and cut up into bite-sized pieces  
1/2 pound vermicelli, cooked according to package directions

**Cheese Sauce Ingredients:**  
3 tablespoons butter or margarine  
3 tablespoons flour  
1 1/2 cups chicken stock (or bouillon cubes and water)  
1 1/2 cups evaporated milk  
1 1/2 cups shredded sharp cheese  
1 teaspoon salt (optional)  
1/2 teaspoon pepper  
1/2 teaspoon paprika

**Topping Ingredients:**  
1/2 pound fresh mushrooms, sliced and sautéed  
1 cup green pepper strips, sliced finely  
1 jar sliced pimientos, 4-ounce size  
1/2 cup slivered almonds

While the vermicelli is cooking, prepare the cheese sauce as follows. On low heat, melt the butter. Stir in the flour with a wire whisk. Add chicken stock, evaporated milk and cheese. Add salt, pepper and paprika. Stir until smooth. Cook on medium heat until the cheese melts. Cover the bottom of a 1 1/2 quart casserole with the cooked vermicelli. Cover the

vermicelli with one half of the cheese sauce and the cooked turkey (or chicken) pieces. Top with the remaining half of the sauce and garnish with the vegetables and almonds. Bake at 350 degrees for 40 minutes. If you have children who don't like pimientos or green peppers, just omit them on a small portion of the casserole.

### TOSSED GREEN SALAD WITH SWEET AND SOUR CELERY SEED DRESSING

Salad greens of your choice  
1 can mandarin oranges, 11-ounce size, drained  
1 medium sweet, red onion, sliced very thin in rings

**Dressing:**  
1/2 cup vinegar  
1/2 cup sugar  
1 cup salad oil  
1 teaspoon dry mustard  
1 teaspoon salt  
1 teaspoon celery seed

Blend the salad dressing ingredients in a tightly covered jar. Shake well. Chill before using. Serve over salad greens.

### MINUTE BRAN MUFFINS

Because the batter can be refrigerated for up to two weeks, this is a wonderful muffin recipe to have on hand.

1 1/2 cups unprocessed bran  
1 egg  
1/2 cup melted butter or margarine  
1/2 cup honey  
1 cup buttermilk  
1 1/2 cups whole wheat flour  
1 1/2 teaspoon baking soda  
1 teaspoon salt

Blend together and let stand for 5 minutes.

## Shopping List

3 cups left-over turkey or chicken meat  
1/2 pound vermicelli  
butter or margarine  
1 1/2 cups chicken stock  
1 can evaporated milk, 12-ounce size  
1 1/2 cups shredded sharp cheddar cheese  
1/2 pound fresh mushrooms  
1 green pepper  
sliced greens of your choice  
1 medium-sized sweet red onion  
1 jar sliced pimientos, 4-ounce size  
1 small package slivered almonds  
vinegar  
salad or olive oil  
sugar  
dry mustard  
salt  
pepper  
paprika  
celery seed  
1 1/2 cups unprocessed bran  
1 egg  
honey  
buttermilk  
whole wheat flour  
white flour  
baking soda  
1/2 cup boiling hot water  
1 1/2 cup unprocessed bran

**Cream together:**  
1 egg  
1/2 cup melted butter or margarine  
1/2 cup honey

Thoroughly blend into creamed mixture:  
1 cup buttermilk  
bran mixture

Blend and add to moist ingredients:  
1 1/2 cup whole wheat flour  
1 1/2 teaspoon baking soda  
1 teaspoon salt

Blend just until mixed. Fill 12 greased muffin tins. Bake at 350 degrees for 20 minutes.

## cooking calendar

### • New Orleans

Nell Benedict will teach the secrets of making the dishes that New Orleans is famous for during a session "Dining in New Orleans" from 7:30-9:30 p.m. Tuesday, March 6, at the Community House in Birmingham. Benedict will highlight recipes from the city's best known restaurants. Cost is \$13. For more information call 644-5832.

### • Recipe contest

Consumers are being invited to submit their favorite, original recipes using Bays English Muffins in breakfast, lunch and dinner entrees as well as appetizer, snack or dessert dishes.

All entries must be received by March 31. Send original recipes plus the top label from a package of Bays

English Muffins to: Bays English Muffins, P.O. Box 450, Chicago 60690-0450.  
The grand prize package is a trip for two to France, with a week of

cooking lessons at the La Varenne in Burgundy cooking school. Airfare, accommodations at the chateau, food and \$500 spending money is also included.

## Scones are hot for breakfast

AP — Move over muffins, scones are the hot new breakfast bread. The low-fat version of this sweet treat is made with egg whites and skim milk, trimming both fat and cholesterol content. Serve them with reduced-calorie jam or jelly instead of margarine or butter, or enjoy them plain.

### OATMEAL-RAISIN SCONES

1 cup all-purpose flour  
3 tablespoons brown sugar  
1 1/2 teaspoons baking powder

1/2 teaspoon ground cinnamon  
1/2 cup margarine or butter  
1 cup quick-cooking rolled oats  
1/2 cup raisins, chopped  
2 egg whites  
2 tablespoons skim milk  
skim milk

In a medium mixing bowl stir together flour, sugar, baking powder and cinnamon. Cut in margarine until mixture resembles coarse crumbs. Stir in oats and raisins. Add egg whites and 2 tablespoons milk; mix well. (Dough will be sticky.)

On a lightly floured surface roll or pat dough into a 7-inch circle. Cut into 12 wedges, dipping knife into flour as needed to prevent sticking. Place on an ungreased baking sheet; brush tops lightly with more milk. Bake in a 400-degree F oven for 10 to 12 minutes or until golden. Serve warm. Makes 12 servings.

**Nutrition information per serving:**  
144 cal., 3 g. pro., 21 g. carb., 6 g. fat (34 percent of calories from fat), 0 mg. chol., 108 mg. sodium. U.S. RDA: 13 percent thiamine.

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