

Recipe stands test of time and tummies

Sometimes I wonder if telephone directories aren't beginning to replace cookbooks. What with the fast pace of life today, many people opt for dialing "M" for meals, preferring to order out for a dinner that will be delivered rather than preparing it themselves.

Frozen dinners also have had their impact felt in the kitchen, with meal preparation often consisting of pulling a tray out of a box and zapping it in the microwave for the allotted time.

Although these are fast ways to get food, all of this dining and ordering out does change the way in which we live and eat, as well as the way we cook. Ultimately, it is bound to have an effect on the way in which we share and pass on recipes from one generation to another.

It was with great pleasure I received a letter from Gina Morgante-Raup, who included a recipe for a dish that has been a family tradition through four generations. Originally prepared by Morgante-Raup's Italian-born Grandma Dileo, this dish has successfully withstood not only the test of time but also the test of many tummies. Based on that information, I knew it had the right stuff to qualify for being this week's Winner Dinner.

Hailing from Farmington, Morgante-Raup is a buyer in purchasing in the Climate Control Division of Ford Motor Co. Currently she is one month into what will be a six-month medical leave, the first time in years she hasn't been working or going to school. Besides housebreaking her brand-new English springer spaniel, she has attended training sessions presented by the Oakland County Literacy Council and is looking forward to spending a few hours each week helping to teach another adult how to read.

WITH SO MUCH spare time on her hands while she has been convalescing, she also has been doing some sewing at home for the Dominican Monastery in Farmington Hills.

Morgante-Raup's love of cooking comes to her naturally, as her grandmother was a noted cook and her



SHARON LEMUEUX/staff photographer

Gina Morgante-Raup of Farmington is the fourth-generation member of her family who has been making Grandma Dileo's Bread Crumb Roast.



family-tested winner dinner
Betsy Brethen

mother, Frances, cooked for the nuns at the Mary Magdalene Convent in Hazel Park for 12 years. Married and the stepmother of four grown daughters, she loves to travel with her husband. The couple especially

enjoys staying in Bed and Breakfast inns throughout the United States and Canada. The two have become particularly fond of Santa Fe, N.M., and are considering retiring there someday.

Thank you, Gina Morgante-Raup, for sharing your time-tested family recipe and congratulations on being this week's Winner Dinner. When you continued good health, I'm sure that your grandmother would be pleased to know that her recipes were shared with so many people.

Observer & Eccentric

Winner Dinner

Recipes

GRANDMA DILEO'S BREAD CRUMB ROAST

This dinner has a slow-like consistency because everything is cooked in one pan, making it quick and easy to prepare. For reheating, the recipe may be doubled and prepared well ahead of serving.

Trimmed round steak, cut into serving-size pieces, may be used in place of the chicken for different taste treat. The chicken dish takes only 1 hour to cook but you would need to increase the cooking time for tougher cuts of meat.

1 chicken, cut in pieces — round steak may be substituted
2 large potatoes, cut into chunks
1 medium onion, quartered
1 cup Italian seasoned bread crumbs
¼ — ½ cup grated Parmesan or Romano cheese
1 can peas, 17-ounce size

Sauce
1 can or jar of all-purpose Italian sauce, 15-ounce size (Morgante-Raup recommends the Del Fratelli brand)
1 tablespoon sugar
1 teaspoon salt
¼ teaspoon pepper
¼ teaspoon oregano

Place meat, potatoes and onion in a roaster pan or 13-by-9-by-2 baking dish. Add 1 or 2 inches of water and cover. Bake at 350 degrees for 40 minutes. Remove the cover and drain almost all the liquid at the bottom of the baking dish. Mix the drained peas with the sauce and pour that mixture over the chicken. Cover and bake at 375

degrees for an additional 20 minutes. Remove the cover and sprinkle the bread crumbs over the baked mixture. Spread the grated cheese on top of the bread crumbs and place the entire dish under the broiler until the cheese starts to melt and the bread crumbs are lightly browned. Serve with Italian bread.

GREEN BEAN SALAD

A refreshing change from the tired and true tossed salad, this green bean salad is easy to make and gets better the longer it has to marinate.

1 pound fresh, cooked green beans or 1 can straight or French cut green beans, 17-ounce size
½ teaspoon garlic powder
½ teaspoon salt-free seasoning (Mrs. Dash)
¼ cup red wine vinegar
2 tablespoons olive oil
2 green onions, chopped
2 tablespoons sesame seeds, optional

After cooking and chilling the green beans, sprinkle them with garlic powder, minced onions and salt-free seasoning. Add wine vinegar, olive oil and sesame seeds, and chill.

MANDARIN CAKE

1 cholesterol-free pound cake
Low-cholesterol mandarin orange frozen yogurt
1 can mandarin orange segments, drained, 16-ounce size

Slice the pound cake and top with 1 scoop frozen yogurt. Sprinkle with mandarin orange segments on top.

Shopping List

- 1 chicken, cut in pieces (round steak may be substituted)
- 2 large potatoes, cut into chunks
- 1 medium onion, quartered
- Italian seasoned bread crumbs
- Grated Parmesan or Romano cheese
- 1 can or jar all-purpose Italian sauce (Del Fratelli brand), 15-ounce size
- 1 can peas, 17-ounce size
- Salt
- Sugar
- Pepper
- Oregano
- 1 pound fresh green beans or 1 can straight or French cut green beans, 17-ounce size
- 2 green onions
- Garlic powder
- Salt-free seasoning, Mrs. Dash
- Red wine vinegar
- Olive oil
- Sesame seeds, optional
- Cholesterol-free pound cake
- Low-cholesterol mandarin orange frozen yogurt
- 1 can mandarin orange segments, 16-ounce size
- 1 loaf hard crust Italian bread

Notes

Meritage uses blends of Bordeaux grape varieties

Meritage (rhymes with heritage) is the name adopted for California proprietary wines styled in the Bordeaux image. These wines are always in the super-premium category but may not be labeled with a varietal name since they contain less than 75 percent of a single grape variety.

Meritage wines must be blended entirely from Bordeaux grape varieties. For red wines, this includes cabernet sauvignon, cabernet franc, merlot, malbec, and petit verdot. For white wines, the blend is limited to sauvignon blanc, semillon and muscadelle.

Until 1978, the best California cabernet sauvignons were made entirely from cabernet sauvignon grapes and most California wineries followed this model.

Winemakers generally agree that, of the Bordeaux varieties grown in California, cabernet sauvignon is most complex in aroma and flavor. It is the slowest to develop and pro-

vides the structure which holds the other elements together.

MERLOT BROADENS the palate impression of cabernet sauvignon while contributing a fleshier, more expansive mouthfeel and a subtle perfume of strawberries and raspberries.

Cabernet franc has an aroma that emphasizes the cherry and bell pepper character of cabernet sauvignon. Malbec highlights the wine's fruit intensity with raspberry flavors reminiscent of zinfandel.

One of the leaders in the effort to produce proprietary Bordeaux-style wine is Les Vineyards. Lyeth blends grape varieties and vineyard characteristics to build a wine that has both concentration and richness. "For my palate, 100 percent varietal cabernet sauvignon is frequently too aggressive," says winemaker Bill Arbios.

On average, Lyeth Red is 75 per-



focus on wine

Eleanor and Ray Heald

cent cabernet sauvignon, 20 percent merlot, and 5 percent cabernet franc and malbec.

Merlot from Alexander Valley contributes a hint of raspberry, plummy fruit aromas and flavors, along with richness and body. Cabernet franc is delicate and light with berry character that is often spicy and black pepper. Malbec provides depth of color, berry-like aromas and black raspberry and peppery flavors.

"WE'RE LOOKING for a complex, harmonious, balanced, rich,

soft and approachable wine with no single component sticking out," Arbios says. "Cabernet sauvignon gives the wine structure. It has muted bell pepper qualities with plums, currants and varietal spiciness in the eucalyptus, mint end of the spectrum."

The other three varieties flesh out the wine and give it complexity. Merlot shows green olives and cassis. Cabernet franc highlights strawberries and general fruitiness while malbec is chewy and spicy."

Arbios' goal with Lyeth White is to pattern it after the great white Bordeaux, Laville Haut Brion. Principally a blend of sauvignon blanc and semillon, the proportions vary from vintage to vintage depending on the ripeness of sauvignon blanc.

WINE SELECTIONS OF THE WEEK

1988 Lyeth White (\$14) features melon, pear, orange rind and fig-like aromas with an effusive floral character. Its lush fruit and generous mouthfeel make this one of California's top white Bordeaux-styled blends.

1986 Lyeth Red (\$25) exhibits the aromas of violets, cherries, vanilla, chocolate, berries, toasty oak and spice. Rich, supple, full-range flavors reflect the nose with balanced oak, chocolate and nutmeg accents.

The well-integrated finish is long and persistent. Thumbs up.

WINE BULLETIN BOARD

Also wine complement oriental food perfectly. Sample them together at the Gustave Lorentz Five-Course Winemaker Dinner at 7 p.m. Wednesday, Nov. 14, at Mon Jin Lau, 1515 E. Maple Road, Troy. Cost is \$47 per person, gratuity and tax not included. Call Jim Luffly at Cloverleaf Market in Southfield, phone 357-0400.

Semillon adds a rich fig-like character to the wine that is particularly important in years when the sauvignon blanc is lean and crisp.

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