

Winners

Chef Nedra Baldori (left) of the Gratzl Restaurant in Ann Arbor was the Grand Prize Winner in the Commodity Cuisine Competition for Michigan chefs at the "Holidays at the Emporium" nutrition and food seminar held Thursday at the Laurel Manor in Livonia.

The first prize winner, who was not present, was Chef Mark Brethauer, representing Roy's Steak House in Saginaw. Brethauer is now associated with Zehnder's of Frankenmuth.

(Below, right) second prize went to Chef Jim Milliman, a former Livonia resident, of Hattie's Grill in Sault Ste. Marie. (Below, left) third prize winner was Thomas Tontapanish (pictured) and Chan Dechsuwan (not pictured) of the Bangkok Club in Southfield.

The contest to create a Michigan meal was sponsored by the Michigan Apple Committee, the Michigan Beef Industry Commission, the Dairy Council of Michigan and the Michigan Potato Commission.



photos by JIM JAGFELD/staff photographer

Skitch Hendersons share country seasons

The sumptuous tastes that nature serves up all year round are highlighted in "Ruth and Skitch Henderson's Seasons in the Country" (Viking Studio Books; pub. Nov. 1, 1990; \$24.95). Full-color photography by Lars Christensen.

This cookbook, with 275 full-color photographs and 100 honey recipes, illustrates the Hendersons' country-style cooking and comfortable back-to-basics lifestyle. For the Hendersons, each season of the year offers dozens of opportunities to have friends over, to eat, be together, and to enjoy their farm.

Beginning with the fall season, Skitch's October Barbecue is a tribute to the bounty of the harvest, serving up Spit-Roasted Loin of Pork, Fire-Baked Stuffed Apples, Honey Lemon Chicken-in-a-Basket, Pineapple Slaw, Just-Picked Beets, Skillet Potatoes and Onions, and Sweet Peach Yeast Cake.

The countryside in the winter is the setting for the Hendersons' salute to the first snow of the season. In the book, the authors write, "At the cooking shed, there is winter life, too. We save branches from the old apple trees, make a fire, and throw a steak on the grill. We wrap potatoes in foil and throw them right in the fire. A pot of horseradish and a peppercorn are all the seasonings we need. Beer and wine chill in the snow and, while we cut into the steak, apples sizzle on the grill. There is nothing like the smell and sound — being outdoors — our parkas and fur-lined boots and the sun and fire keeping us warm."

OTHER COLD-WEATHER meals are presented, such as Sauerbraten for Six. This hearty dinner includes Sauerbraten, Lightly Steamed Parsnips, Carrots and Peas, Serviettenknoten (a savory bread pudding) and Plumped Fruit with Applejack Cream.

Like the fall and winter, spring and summer are equally welcomed by the Hendersons, with Asparagus



Country-style cooking is featured in new cookbook.

Soup, Medallions of Veal in Gravy with French Morels, Salad of Romaine, Fresh Lettuce, Spicy Beef with Thyme Vinaigrette, and Desserts of Watermelon Melange and Fresh Berries in White Chocolate Cups.

ROULADEN UND SOSSE

Serves 4, with enough left over for another meal.

This is Skitch's favorite meat dish. The beauty of it is that you can prepare it ahead of time. Also, serving lots of people becomes simple because each serving is self-contained. There's no slicing or spooning up portions.

- 8 thin slices top round of beef, about 7 ounces each
- 1/4 cup prepared mustard
- 8 strips lean bacon
- 4 dill pickles, quartered lengthwise
- 1 large onion, finely chopped
- 2 1/2 teaspoons dried marjoram
- 8 tablespoons (1 stick) unsalted butter
- 4 large mushrooms, halved
- 2 medium carrots
- 1 medium onion, halved
- 6 tablespoons all-purpose flour

1 quart beef broth, heated
2 bay leaves

Spread each piece of beef with 1 tablespoon mustard. Then, to each piece, add 1 strip bacon placed lengthwise, 2 spears of pickle placed crosswise, and 1 teaspoon chopped onion. Sprinkle beef with marjoram. Roll up and secure with a skewer or kitchen twine tied in several places. Melt butter in a Dutch oven or 5-quart casserole over medium heat. Add the beef rolls 3 at a time and saute until brown, about 2 1/4 minutes per side. Be careful not to scorch. Transfer beef rolls to a plate.

Add the mushroom, carrots, and halved onion to the pan; saute over medium heat until vegetables are lightly browned. Gradually whisk in the flour, continue whisking until flour is lightly browned. Slowly whisk in broth. Add bay leaves. Heat to boiling, reduce heat, and add rouladens; cover and simmer over low heat 1 hour.

Preheat the oven to 350 degrees. Transfer Rouladen to an ovenproof serving dish and remove the skewers or string. Strain the gravy or pass it through a food mill. Pour gravy over Rouladen, cover dish with foil, and heat in oven 30 minutes.

HONEY RAISIN LOAF BREAD

- 1/4 cup plus 1 tablespoon milk
- 1 1/2 ounces (1/2 cup) rolled oats
- 2 ounces (5 tablespoons) brown sugar
- 2 teaspoons honey
- 1 large egg
- 3 tablespoons vegetable oil
- 2 ounces (6 tablespoons) all-purpose flour
- 1/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- Pinch of salt
- 1/2 cup raisins

Preheat the oven to 325 degrees. Lightly grease a 7-by-3-inch loaf pan, line the bottom with wax paper, grease and flour the paper, and set aside. Combine all the ingredients in a large bowl and mix well. Pour batter into the prepared pan and bake until golden and center is firm to the touch, 50-60 minutes.

cooking calendar

• KETTLE KREATIONS

Weight Watchers will present free cooking demonstrations featuring soups and chowders that are hearty yet low in fat and calories. Warm bread and muffin recipes also will be

featured.

The "Kettle Kreations" cooking demonstration of "Soup-er Selections" will be 10 a.m. and 7 p.m. Monday, Nov. 12; 10 a.m. Thursday, Nov. 15, and 9:30 a.m. and noon Fri-

day, Nov. 16, at the Weight Watchers Center at the Wonderland Shopping Center in Livonia. Call Weight Watchers at 1-800-487-4777 for further information.

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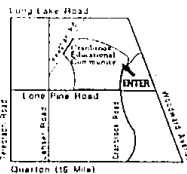


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