



Joel Dunkelberger (left), Donna Czarnecki, Kedra Kears and John Rundell put together Winner Dinner of Chicken a la Cheddar, wild rice and broccoli, cherry cobbler and Company Jell-O.

DAN DEAN/staff photographer

## Observer & Eccentric

# Winner Dinner

## Recipes

### CHICKEN A LA CHEDDAR

Easy to make, these delicious chicken rolls can be assembled in advance and baked just prior to serving. This recipe serves four.

- 4 chicken breast fillets, boned and skinned
- 4 chunks cheddar cheese, cut into cubes approximately 1/2 inches by 1/2 inches by 1/2 inches
- 1 egg, slightly beaten
- 1 cup dry bread crumbs

Flatten each chicken breast by placing it flat, over it by spreading it with the edge of a saucer or the middle part of a rolling pin. Place each breast and place a chunk of cheese in the middle of each fillet, then wrap the meat around the cheese, securing it with a toothpick. Roll each piece in a beaten egg, then dip in bread crumbs until coated. Brown the outside of each roll in margarine. Place the chicken rolls on a cookie sheet and bake at 400 degrees for 25 minutes, being careful not to overcook them. Serve each roll on a bed of Uncle Ben's Wild Rice.

### STEAMED BROCCOLI

Remove the outer leaves and the stalk part of the stalks. Cut off the stalks or, if preferred, cut the stalks into 1-inch pieces. Cook in a pan of boiling salted water in a covered pan for 5-8 minutes. Drain with a fork and continue to cook until just tender, usually about 10 minutes. Cook to taste, varying according to the size of the broccoli pieces.

### COMPANY JELL-O

- 1 package strawberry Jell-O
- 1 box frozen strawberries, thawed
- 1 banana, sliced

Put the gelatin in a cup of water. Add the thawed strawberries and juice. Stir, then add 1 banana which has been sliced. Pour into a mold and chill overnight.

Just prior to serving, remove the Jell-O mold from the refrigerator and dip the bottom of the mold in a sink filled with hot water for 10 seconds. Place a serving plate on top of the mold and quickly flip the plate over so the mold can fall out onto the plate. Garnish with lettuce leaves, if desired, or serve as is.

### CHERRY COBBLER

- 4 cups fresh or frozen, unsweetened, pitted, tart red cherries
- 1/2 cup granulated sugar
- 1 tablespoon quick-cooking tapioca
- 1 tablespoon butter or margarine
- 1 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1 1/2 teaspoons baking powder
- 1/2 cup butter or margarine
- 1 egg, slightly beaten
- 1/2 cup milk
- Light cream or vanilla ice cream

### Cherry Filling

In a medium-sized saucepan, combine the cherries, 1/4 cups of granulated sugar, tapioca, and 1/2 cup water. Let stand for 5 minutes, stirring occasionally. Cook and stir until slightly thickened and bubbly. Add 1 tablespoon butter or margarine. Set aside and keep warm.

### Biscuit Topping

Thoroughly stir together 1 cup flour, 2 tablespoons granulated sugar, baking powder, and 1/2 teaspoon salt. Cut in the 1/2 cup butter or margarine until the mixture resembles coarse crumbs. Combine the beaten egg and milk, add all at once to the dry ingredients, stirring just to moisten. Turn the hot fruit filling into an 8-qt. quart casserole dish. Immediately spoon on the biscuit topping in 8 mounds. Bake in a 400 degree oven for about 20 minutes. Serve warm with light cream or vanilla ice cream.

## Shopping List

- 4 boneless chicken breast fillets
- 4 chunks cheddar cheese
- Bread crumbs
- 2 eggs
- 1 box Uncle Ben's Wild Rice
- 1 bunch broccoli
- 1 package strawberry Jell-O
- 1 box frozen strawberries
- 1 banana
- 4 cups fresh or frozen, unsweetened pitted, tart, red cherries
- 1 tablespoon quick-cooking tapioca
- Butter or margarine
- Milk
- Sugar
- Flour
- Baking powder
- Light cream or vanilla ice cream, optional

## Notes

# Lahser High students create winning meal

One of the things I like best about writing this column is receiving the many thoughtful letters and menus sent in by people from throughout suburban Detroit.

I always open each piece of mail with great anticipation. Perhaps you can imagine my pleasure when I recently opened a letter inviting me to Bloomfield Hills Lahser High School to help select a Winner Dinner Winner from among several dinners that would be planned and prepared by students in Barbara Lange's home economics class. I eagerly accepted the kind invitation and made plans to be there.

The awaited day arrived, and when I walked into the classroom, I was impressed with the organization that each of the five "kitchens" displayed. As the class period is only 55 minutes long, each kitchen team had prepared as much of its meal as possible the day before. Within 30 minutes of my arrival, the dinners were being completed.

I had the tough job of testing each meal and selecting a Winner Dinner, basing my decision on how well-balanced, attractively presented and easy each meal was to make. Although all the meals were delicious,



## family-tested winner dinner

**Betsy Brethen**

Kitchen 3, with Donna Czarnecki, Joel Dunkelberger, Kedra Kears and John Rundell at the stove, got the nod.

THEIR DINNER included Chicken a la Cheddar, served on a bed of Uncle Ben's Wild Rice, with broccoli, plus Company Jell-O and Cherry Cobbler. The meal was well thought out, and the combination of the cheddar cheese with the chicken was particularly tasty.

Czarnecki, a sophomore, loves to cook. She is a member of the French Club and plays softball on the Junior Varsity team. Dunkelberger is a freshman who enjoys cooking and sometimes prepares his own meals. His hobbies are photography and skeet shooting. Kears, a sophomore, also enjoys cooking at home. She is a member of the pom-pom squad as well as the French Club.

Rundell is a senior, who signed up for this class because he wanted to learn how to cook before he graduated from high school. He believes cooking is a survival skill he will need in the future. Rundell is a staffer on Bloomfield Hills Channel 16, writes poetry and short stories, enjoys skiing and, for his Community Service requirement, has worked at the Peachwood Inn Retirement Home. His career goal is to become a screenplay writer, and he plans to attend the University of Detroit in the fall.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3503, 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.

# Mashed potato casserole gets its color from carrots

AP — This mashed potato casserole looks and tastes as good as gold. Carrots, cooked and mashed with the potatoes, are the secret of its rich color and flavor. Serve as a side dish with beef, pork, ham, or poultry.

## CREAMY POTATO-CARROT CASSEROLE

- 2 cups peeled, diced potatoes (4 pounds)
- 1/2 cup diced carrots
- 2 slices bacon
- 1/2 cup milk
- 2 beaten eggs
- 1/2 cup grated Parmesan cheese

- 1/2 cup sliced green onion
- 3 tablespoons dairy sour cream or plain yogurt
- 1 tablespoon grated Parmesan cheese

In a medium saucepan cook potatoes and carrots, covered, in boiling water about 12 minutes or until carrots are tender. Drain. Meanwhile, in a small skillet cook bacon until crisp. Drain, crumble and set aside.

In a large mixer bowl mash potatoes and carrots with a potato masher or an electric mixer on low speed. Gradually beat in milk until

mixture is creamy. Stir in eggs, the 1/2 cup Parmesan cheese, green onion, sour cream or yogurt.

Transfer to a 1-quart casserole. Bake, uncovered, in a 350-degree oven for 20 minutes. Sprinkle with the bacon and 1 tablespoon Parmesan cheese. Bake for 15 minutes more or until center is set. Makes 4 servings.

Nutrition information per serving: 232 cal., 13 g. pro., 19 g. carb., 12 g. fat, 158 mg. chol., 385 mg. sodium. U.S. RDA: 137 percent vit. A, 23 percent vit. C, 11 percent thiamine, 14 percent riboflavin, 26 percent calcium.



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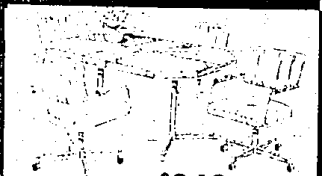
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