

# Hearty beef burgundy is perfect for potlucks

Having talked with other mothers, I know I'm not alone in my feeling that I simply don't have time to get sick. Short of giving birth, surgery or a really nasty case of the flu, most of us, like the Energizer battery, just keep right on going.

But occasionally the time does come when we are out of commission, unable to cook and flat on our back. When Peggy Mosher, a previous Winner Dinner Winner, found herself in this situation, her friends brought dinner to her family for two weeks.

Although all the meals she received were delicious, there were two meals in particular that she thought were Winner Dinner material. She sent me a letter with the cooks' names and their menus, and I followed up on her hot tip.

Good friends Karen Mason and Linda Martin, both from Farmington Hills, combined their culinary efforts and delivered beef burgundy and noodles, a winter fruit salad and a plate of cookies to the Mosher family.

In addition to being delicious and easy to make, the entire meal is one that is very transportable, making it a wonderful menu to keep in mind for potlucks or for ailing friends or relatives. For their thoughtful efforts, they have earned the honor of being named Winner Dinner Winners of the week.

Karen Mason is married and the mother of four young daughters. Originally from Detroit, she and her family have lived in Farmington Hills for seven years.

She likes to participate in activities at her daughters' school as much as possible and enjoys sewing and craft projects. Mason feels that her biggest joy in life is being a wife, mother and homemaker.

MARRIED AND the mother of three daughters, Linda Martin and her husband have been members of a couples' Bible study class at Ward Presbyterian Church with the Masons and the Mosher for two years.

Martin enjoys cooking and is a room mother for her daughter's class. A full-time homemaker, Mar-

family-tested winner dinner

Betsy Brethen



SHARON LAMIEUX/staff photographer

Linda Martin (left) and Karen Mason are two friends who together came up with this week's Winner Dinner: Beef Burgundy and Noodles; Winter Fruit Salad, and Chocolate-Filled Cookies.

tin babysits at her home for her niece and nephew and participates in a church women's group for full-time moms.

Thank you, Karen Mason and Linda Martin, for sharing your recipes with us and congratulations on being this week's Winner Dinner Winners.

Until next week, all the best. And please, be a good Samaritan, and send in your family's favorite spring dinner.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner

Dinner, P.O. Box 3503, Birmingham, MI 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 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

BEEF BURGUNDY AND NOODLES  
WINTER FRUIT SALAD  
CHOCOLATE-FILLED COOKIES

### Recipes

#### BEEF BURGUNDY AND NOODLES

You will love the taste of this quick and easy dinner. It takes only a few minutes to assemble, can be made in advance and can be frozen. As a reminder, Campbell's Soup has come out with low-salt versions of their Cream of Mushroom and Cream of Chicken soups. This recipe serves six.

2 pounds stewing beef, cubed  
1 can cream of chicken soup  
1 can cream of celery soup  
1 can cream of mushroom soup  
1 package onion soup mix  
1/4 cup Burgundy wine or apple juice  
Parsley

Combine the three undiluted soups, the onion soup mix and the wine or apple juice and mix well. Add the cubed and trimmed uncooked beef and place the mixture in an uncovered casserole dish. Bake at 300 degrees for 3 hours and serve over cooked noodles or rice.

As a variation, combine the cooked meat mixture with the noodles and stir well to coat the noodles. Garnish with finely chopped parsley.

#### WINTER FRUIT SALAD

Refreshing and colorful, kids love this salad.  
1 cup mini marshmallows

1 can chunk, pineapple, 17-ounce size  
2 cups seedless grapes  
1/4 cup chopped nuts  
1 cup coconut  
2 cans mandarin oranges, 11-ounce size  
1 container sour cream, 8-ounce size

Drain the pineapple chunks and mandarin oranges well. Mix everything together and chill. Serve on a bed of lettuce.

#### CHOCOLATE-FILLED COOKIES

1/4 cup sugar  
1/4 cup brown sugar  
1/4 cup shortening  
1/4 cup butter or margarine, softened  
1/4 teaspoon vanilla  
1 egg  
1 1/2 cup flour  
1/4 teaspoon baking soda  
1/4 teaspoon salt  
3 dozen chocolate kisses

Preheat oven to 400 degrees. Mix sugars, shortening, margarine, vanilla and egg in a large bowl. Stir in the flour, baking soda and salt. Mold 2 level teaspoons of dough around each chocolate kiss. Place about 2 inches apart on an ungreased cookie sheet. Bake until the cookies are light brown, about 6-7 minutes. Makes 3 dozen cookies.

### Shopping List

2 pounds stewing beef, cubed  
1 can cream of chicken soup  
1 can cream of celery soup  
1 can cream of mushroom soup  
1 package onion soup mix  
Burgundy wine or apple juice  
Noodles  
Parsley  
Mini-marshmallows  
1 can chunk pineapple, 17-ounce size  
Seedless grapes  
Chopped nuts  
Shredded coconut  
2 cans mandarin oranges, 11-ounce size  
1 container sour cream, 8-ounce size  
Lettuce  
Sugar  
Brown sugar  
Shortening  
Butter or margarine  
Vanilla  
1 egg  
Flour  
Baking soda  
Salt  
3 dozen chocolate kisses

### Notes

# Keep growing kids tuned into healthful foods

AP — Babies and small children should be introduced straight away to food that is "fresh, nutritious and delicious," say Martha and David Kimmel, whose new book shows parents how to do just that.

"Mommy Made and Daddy Too! Home Cooking for a Healthy Baby & Toddler" (Bantam, \$13.95) assures parents that with minimal effort they can prepare their own fresh baby foods and keep growing children interested in healthful eating.

The 308-page book, complete with recipes and an extensive text on children and nutrition, is an outgrowth of the Kimmels' own experience with their two daughters and their 3-year-old enterprise, Mommy Made and Daddy Too, which they describe as the country's first freshly prepared baby and toddler food business.

"AS PARENTS, we develop children's palates. We train them," says Martha Kimmel, an early childhood development specialist and teacher.

"The earlier you introduce them to the smells, the touch, the feel and taste of fresh food, the sooner they make the appreciation and the association that this is the way they want to eat."

The Kimmels began preparing fresh baby food with the birth of their first daughter, Todd, in July 1986. David recalled in a recent interview that when they fed Todd a jar of blueberry-pear puree at a Lamaze alumni party, their guests were so impressed they persuaded Martha to put together and teach a course on babies and food.

First taught out of the Kimmels' brownstone on Manhattan's Upper West Side in the summer of 1987, the class is currently offered at The New School for Social Research in Manhattan. The Kimmels, who now live in Brooklyn, used the basic course outline to help structure the book.

"We were really pushed to write the book by the people we were

teaching," says David, explaining that new parents crave information on how to prepare foods and what foods are best for their babies at the different stages.

"We wanted to create a book that parents could use for the rest of their lives."

DAVID DREW on his expertise as a graduate of the Culinary Institute of America, developer of recipes for Time-Life books and president of Caraway Associates, a Manhattan-based food consulting firm.

To fill the information gap, the Kimmels have devoted the first 95 pages of the book to basic information, including introducing babies to food, information on nutrition and food allergies and their detection; teaching children to eat by themselves; and food preparation, storage and handling techniques.

The remainder of the book contains the recipes they developed themselves, including their No-Tomato Marinara Sauce based on a

sweet red pepper puree; a variety of basic purees for early eaters; entrees, fruits and vegetables; snacks; shakes; toppings; baked goods; soups and noodles; breakfast and "spoonable" treats.

They say that their idea was to help parents cook one basic meal and then pull out what they needed to puree for baby food or prepare for toddlers. The book ends with a nutrition glossary and a food introduction guide and record.

"WE REALLY wanted each page to be user friendly," says Martha. Recipe pages offer column inserts with information on the particular food, when it should be introduced in the diet, the food's nutritional values, and how you select and store it.

"Every single recipe is easy," she says, adding that recipes were developed "with the idea that a mother had a baby in her arms and possibly a toddler under her feet."

What have the Kimmels learned about food and children, based on

their professional and personal experience with Todd and their 3-year-old daughter, Renee?

"Moisture in the mouth is critical to success with kids," says David, explaining that two of kids' favorite foods — pasta and Chinese food — are moist. Children like foods that are flavorful, colorful, bite-size, all of which are characteristics of Chinese food, he adds.

"YOU CAN disguise food," says Martha, who often presents food in cookie cutters or other fun shapes. A teacher of cooking classes for toddlers and their parents, she believes

that if you get children involved in the cooking process, they'll be better eaters.

How parents cook and serve food, how they behave at the table and what they say about food, all create patterns for their children, says the Kimmels.

"The kind of time that you spend with your children now, how you feed them and what you feed them, is going to make all the difference in the world," says David.

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