Grandmother finds cooking therapeutic

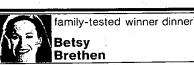
Energelle, loving, patient and committed are adjectives that apily describe this week's Winner Dinner Winner, Ann Miller of Redford. Miller is the mother of four children, one of whom is deceased. Her grandchildren, four of whom she cares for during the week while their mothers work.

cares for during the week while their mothers work.

The state of the

newborn bables until they were adopted.

TEN YEARS AGO, she and husband Jim got involved in Leukemia Research Life Inc., a volunteer group that raises money for cancer research at Children's Hospital in Detroit. This group holds four major fundralsers a year, and through the control of the





Ann Miller of Redford shows her Winner Dinner to grandchildren, Jamie Rachoza, 5, (left) and Scott Fryer, 5.

dren, Jamie Bachoza, 5, (left) and Scott Fryer, 5.

She also enjoys gårdening, is a stamp collector and is a member of the Livonia Civitan, a community service organization that helps with Special Olympic programs and senior citizen projects.

Congratulations, Ann Miller, for being selected this week's Winner.

Congratulations, Ann Miller, for being selected this week's Winner properly of the public planer Winner. Thank you for supporting this column and continued success with your many cheavers.

You'r family as well as the communi-

Observer & Eccentric

Winner Dinner

Recipes

OVEN BEEF STEW

This is a perfect dinner to pre-pare on those days when you are out of the house and on the go. You will love this recipe as it is quick and easy to put together and once assembled, needs no attention. If you prefer, this dish can be cooked in a slow cooker or crockpot all day.

1½ pounds beef stew meat 1 can tomato sauce, 15-ounce

can tomate sauce, 15-ounce size
 small to medium potatoes, peeled and cut into bite-sized chunks
 medium carrots, peeled and cut into pieces

cut Into pieces
1 medium onion, chopped
3 tablespoons cornstarch,
mixed with 3 tablespoons
cold water
1 bay leaf
Sait and pepper to taste

1 cup water, optional 1 tablespoon sugar

Mix all the ingredients in a cas-serole and cook tightly covered in the oven at 250 degrees for 5 hours.

CORN BREAD

CORN BREAD
2 cups cornmeal
15 cup flour
3 fevel teaspoons baking powder
15 teaspoon salt, optional
3 tablespoons sugar
2 coos eggs

11/4 cup milk, regular or butter-milk

Combine the comment, flour, baking powder, salt and sugar. Mx together. Heat the oven to 425 degrees and add the cooking oil to a skiller or pan. Place the pan with the oil in it into the oven and let it get hot. Add the

eggs and the milk to the dry ingredients and stir the batter until it is smooth, adding more milk, if necessary. Remove the heated of from the over and add it to the mature, string until smooth. Pour the batter back into the pan, Bake for about 45 minutes or until the top is golden brown.

SEVEN-DAY SLAW

Made without mayonnaise, this satad will last in the refrigera-tor for seven days, hence the name. It is so good, though, that chances are it will be eaten be-fore the week is up.

1 head cabbage 1 red onion

la cup sugar
1 cup oil
1 cup oil
1 cup vinegar
2 tablespoons sugar
15 tablespoon dry mustard
14 tablespoon salt
14 tablespoon black pepper

Slice the cabbage and the onor their or, if you prefer, stred them. Toss with 15 cbp sugar. Multier remaining ingredents and bring them to a both Pour the boiling misture over the cabbage Let it set for 5 minutes and tree mis with Chillin the refrigerator.

ORANGE JELL-O 1 large package orange Jell-O 1 small can frozen orange juice.

Dissolve the Jelf-O in 2 cups hat water Add % cup cold water. Add the ice cream, arange juce and oranges. Pour into a mord and chilf until set.

Shopping List

1% pound beef stew meat 1 can tomato sauce, 15 ounce

size
3 medium potatoes
3 medium carrots
1 medium onlon

1 medium onloi Cornstarch 1 bay leaf Salt Pepper Sugar Cornmeal Flour Baking powder 2 eggs Oil

Milk or buttermilk 1 head cabbage

Vinegar
Dry mustard
1 large package orange jello
1 small can frozen orange juice

Vanilla ice cream
1 can mandarin oranges, 11
ounce size

Notes

Opera Ball to serve Viennese pastries

Douglas Flick, pastry chef at the Rist-Carlion, Dearborn, will make Viennese pastries for the fifth annual Michigan Opera Theatre Opera Ball on Friday, May 3, in the hotel's Grand Ballroom.

The ball is in conjunction with performances of Mozart's "The Magic Flute" Saturday, April 27, Wednesday, May 1, and Saturday, May 4, at the Masonle Temple in Detroit. The \$300-per-person, black-tie ball will evoke the magic of Mozart's Vienna. Ticket information is available by calling \$474-7850. calling 874-7850.

calling 874-7850.
For the event, Flick offers classical apple strudel and other Viennese pastries including Vienna Raspberry Fancies. He plans to serve 20 kinds of pastries, plus chocolates, truffles

VIENNA RASPBERRY FANCIES

I pint cream

Le cup raspherry puree

Melt chocolate over double boiler.

Mix puree and cream together, making sure it is very cold. Whip until

soft peak Pour chocolate onto wax
paper and let harden. Cut out circles
and pipe cream in between Garnish
with raspherry or other fancies.

and petit fours. Musical notes and flutes will decorate his creations, and 10-20 miniature chocolate pianos will adorn the dessert table. Whether or not you plan to attend the opera ball, you can still enjoy Flick's Viennese pastry. Here is one of his recipes.

Learning about wine at the source makes an impression that is hard to forget. With the prohibitive cost of European travel, a California wine-country trip may be a sensible travel alternative.

Plying to may be a sensible travel alternative.

Plying to tither San Francisco or Oakland will put you within an hour's drive of Sapa Vall Napa is bour's drive of Sapa Vall Napa is hour's drive of Sapa Vall Napa is bour's drive of Sapa Vall Napa is proposed to be the same that it is becoming a busing place to visit. Travelling in off-season is best, but not everyone can plane his or her time that well.

In addition to more tourists each year, Napa Valley features bed and breakfasts, hot air balloons, gourmer testaurants, a wine train and nearly 200 wineries. All this is packed into a valley that its only 30 miles long and five miles wide.

If you would like to take a trip back in time and get a peck at what life used to be like in this old farming community, we suggest a visit to Villa Mt. Eden winery. Exhabished in 1881, Villa Mt. Eden is Napa Valley's 11th bonded winery and still products only 16,000 cases of wine annually.

IT 18 OFF the highway, almost

IT IS OFF the highway, almost hidden from view, at the end of a curving gravel drive that takes you back 30 years. The cluster of small, white, frame buildings, complete with old water towers, offer a sense of history and a reminder that farm-

A visit to California wine country

WINE SELECTIONS
OF THE WEEK
1990 Villa Mt. Eden Chenin
Blanc, Napa Valley (8.50) is one
of the best made in California. It is
meant to be enjoyed when it is
is an excellent alpret built in a
is an excellent alpret built in a
is an excellent alpret built in a
syle to accompany food. It
buasts wenderful aromas of
peach, fig and boneydew melon,
with smooth, round fruit flavors
and a touch of vanilla.
1985 Conn Creek Ziafande,
Napa Valley (312) highlights cherTy, spice and anise aromas with a
supple, approachable mouthfeel,
in a style that is ready to enjoy.

supper, approximation mounter, as a style that is ready to enjoy.

1883 Conn Creek Barrel Selector Coherent Sawignon, Napa Valleti amounts of meriot and eabened france. It features broad flavors, good front and balanced oak winemaker Jeff Booth says it has the aromas of tobacco-leaf, mint and tar, ending with a note of chorolate All Conn Creek Cabernys-assis character in a style that can be enjoyed when first released or aged for 10 years or more

ing existed here long before indoor plumbing This land originally belonged to

Conn Creek Winery is at the junc-tion of the Silverado Trail and Conn Creek Road (Highway 128)

focus on wine Eleanor and Ray Heald

Mexican General M.G. Vallejo and then George Yount, a stricultural pioneer in Napa Valley's early year, a fire California gained statehood. You will not have to battle the tourist crowds here. Take a deep breath of fresh air and enjoy lunch with a chilled bottle of Villa Mt. Eden Chenn Blanc (18.50) at the pirac tables right next to the vineyards Other Villa Mt. Eden wines available locally include the 1985. Cabernet. Sauvignon (\$15), 1989. Cabernet. Sauvignon (\$15), 1989. Chardonnay (\$14), and 1988 tred) Zinfamiled (\$111.75). After lunch, take a drive north on the Silverado Trail truns along the foothills of the Atlas Mountains on the east side of Napa Valley, parallel to Highway 29, Napa's crowded main artery. The traiffic is light because most of the wincers are small and do not exter to large crowds.

Winemaker Jeff Booth has a fuscina-tion for scientific study and the tech-nical advancements that have helped him improve the quality of Conn Creek wines.

DESPITE MODERN winemaking

DESPITE MODERN winemaking technology Booth's vineyard decisions — for harvesting grapes that have reached the peak of perfection are based on taste. "I never lose sight of the gustatory pleasures of wine." Booth confesses," It taste for a living and make it a part of every aspect of my winemaking." Conn Creek's wines are made to enjoy with food, and Booth's taste for the piquant and spiery is obvious in his wines. At six years of age the die was cast for Booth when he piquad his father on a 30.000-mile culinary adventure through Mexica. The elder Booth, with a passion for fised, with earl dieds, was creating the foundation for America's first authentic Mexican cookbook and a carred in the pleasures of the palate carred in the pleasures of the palate

cooking calendar

• WINE TASTING

WINE TASTING
 The Community House in Birmingham will hold a Mini Wine Tasting 3-5 p.m. Sunday, May 3. Cost is \$22 per person, and reservations may be made by calling the Program Department at the Community

House, 644-5832.

tiouse, 644-5832.

Mare Jonna and Joe Bruno from
the Merchant of Vino will present
American wines. The Community
House's Bates Street Catering Company will serve a variety of hors
d'ocuvres.

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