

# Grandma inspired products

See related story, Page 1B.

Here are a few Italian family recipes using Houlahan's Italian Herbed Olive Oil and Elena's Bread Dipping Sauce.

## SUMMER PASTA SALAD

**WITH DILL**  
 1/2 cup herbed olive oil with dill  
 8 ounces rotini pasta, cooked al dente, rinsed and cooled  
 3 medium carrots, sliced  
 1 cup broccoli florets, uncooked  
 1 red bell pepper, cored and cut into strips  
 1/2 cup sweet onion, sliced thin  
 20 black pitted olives, sliced  
 1/2 pound cooked crab meat, cut into chunks  
 1/4 pound Provolone cheese, sliced  
 1 cup grated Parmesan cheese  
 1/2 cup fresh lettuce  
 1/2 cup grated Parmesan cheese, for garnish  
 Salt and pepper to taste

In a medium skillet, saute raw vegetables in hot herbed olive oil for 2 minutes. Remove from heat and pour contents of skillet into a large

bowl. Add cooked pasta, olives, crab meat, Provolone cheese and 1 cup Parmesan cheese. Toss well. Season with salt and pepper. Chill 2 hours. Serve on red leaf lettuce and sprinkle with Parmesan cheese. Serve 6 — lunch, 4 — dinner.

## BRACIOLE WITH BASIL

2 pounds beef round steak, trimmed  
 4 ounces herbed olive oil with basil  
 1/4 cup seasoned bread crumbs  
 1/4 cup finely chopped onion  
 1/4 cup grated Romano cheese  
 17 ounces bread-dipping sauce  
 1 cup water

Preheat oven to 350 degrees. Pound the round steak to 1/2 inch thick. Brush steak with 2 ounces herbed olive oil. Sprinkle on bread crumbs, chopped onion and grated cheese. Roll steak jelly roll fashion. Using about 1 yard of white house-hold string, secure meat roll, tying the meat roll lengthwise, securing every 3 inches. Slice the meat roll in 3-inch pieces. Heat remaining oil in an ovenproof skillet and brown beef circles. Remove from heat and cover with bread-dipping sauce and 1 cup

of water. Bake for 40-50 minutes or until fork tender. Serves 4.

## THREE PEPPER LINGUINE WITH BASIL

4 ounces herbed olive oil with basil  
 1/4 large green bell pepper, trimmed and cut into strips  
 1/4 large red bell pepper, trimmed and cut into strips  
 1/4 large yellow bell pepper, trimmed and cut into strips  
 1/4 medium onion, chopped  
 8 ounces plum tomatoes, canned Italian style, drained and chopped  
 1 pound linguine pasta  
 1/2 cup Parmesan cheese, grated

Bring 6 quarts of water to a boil and cook pasta. While the pasta is cooking, heat oil in a heavy skillet over medium heat. Add pepper strips and saute about 6 minutes until soft. Remove peppers, set aside. Add onions to skillet and cook 2 minutes. Add tomatoes to skillet and cook 7 minutes. When pasta is al dente, drain. Add pasta to skillet and toss. Pour in serving dish. Reheat peppers in skillet 1 minute. Arrange peppers on top of pasta and sprinkle with grated Parmesan cheese.

Serves 4.

This recipe uses the Italian flat bread and herbed olive oil.

## ELENA'S ITALIAN FLAT BREAD WITH ROSEMARY

(Toasted Bread)  
 Gourmet Dinner Bread  
 or Hors d'Oeuvre  
 Serves 4

1 pound Italian/French Bread Dough (purchased at a bakery)  
 1 bottle Elena's Italian Herbed Olive Oil with Rosemary  
 1/2 cup freshly grated Parmesan cheese  
 Garlic salt (optional)

Preheat oven to 375 degrees. Brush cookie sheet with olive oil. Place dough on sheet, flatten and stretch with hands so that the bread will fill the cookie sheet. Generously brush dough with olive oil. Sprinkle with Parmesan cheese. Sprinkle with garlic salt (optional). Bake for about 20 minutes or until golden brown. Cut with kitchen scissors into serving pieces. Serve warm. Preparation time: 10 minutes.

# Watching weight go up and down

See Larry Janes' column Taste Budds, Page 1B.

**LOW-CALORIE STUFFED MUSHROOM CAPS**  
 12 large mushrooms  
 1 carrot, chopped fine  
 2 ribs celery, chopped fine  
 2 green onions, chopped fine  
 2 tablespoons Dijon-style mustard  
 1 tablespoon fresh grated Parmesan

cheese

Separate caps from the stems. Chop stems with remaining vegetables or place in a food processor and process until finely chopped. Combine vegetables with Dijon mustard. Mix well. Stuff mixture into mushroom caps and sprinkle with Parmesan cheese. Pop under a broiler for 4 minutes or bake at 375 degrees,

covered, for 15 minutes.

## FOILED FISH

(When I prepare fish, this is how I do it.)

1 pound fresh fish fillets  
 1 green onion  
 1 cup green leaves (from celery, broccoli or cilantro)  
 On a sheet of foil, place green onion and green leaves. Place fish

fillet on top. Sprinkle fillet with a little lemon juice or lime juice, if desired. Fold foil, securing to keep steam and juices intact. Bake at 350 degrees for 20 minutes or until fish flakes easily with a fork.

Chef's note: the greens are full of chlorophyll and they keep the fish odor and strong taste in check.

# Redford woman is best chili-maker

Three area residents swept the top prizes, by taking first through third place in the recent North Central Regional Chili Cook-Off in Saline. Marilyn Frederick of Redford placed first, with her Timebomb Chili. She received \$500, a trophy and a guaranteed cooking spot in the International Chili Society's World Championship Cook-Off in California this fall. Eighty cooks competed in the Great Chili Cook-Off, which followed the rules of the International Chili Society.

Walter and Clare Hunter of Plymouth were second, with their Fire on the Mountain Chili, and Ken and Annette Hume of Plymouth came in third with Fireworks Chili. Both cooking teams won a trophy and a guaranteed spot in the 1992 North Central Regional Chili Cook-Off.

Fourth through 10th place finalists include two area residents: Rob Hines of Canton, who placed seventh, and James Adamski of Redford, eighth.

**FORTY COOKS** brewed chili in the Ameritech Pages Plus Renegade Chili Cook-Off, which was part of the Great Chili Cook-Off. The renegade cook-off allows beans and other fillers. Bill Thomas of Plymouth was third, with his Wild Willie's Nuclear Chili. He received \$50, a trophy and a guaranteed spot in the 1992 Renegade Chili Cook-Off. Four through 10th place winners include area residents Barb Kobelski of Livonia, who was fifth.

Following is the Official North Central Regional Cook-Off Winning

Recipe from Marilyn Frederick of Redford:

## TIMEBOMB CHILI

1 1/2 pounds cubed beef  
 3/4 pounds cubed beef  
 1 cup Western oil  
 One 10 1/2 ounce can beef broth  
 1 can beer  
 1 large onion  
 1 large green pepper, chopped  
 1 large red pepper, chopped  
 1 banana pepper, chopped  
 12 cloves garlic, minced  
 Three 1 1/4-ounce cans Hunt's tomato sauce  
 1/2 cup Gebhart's chili powder  
 1 tablespoon MSG  
 2 teaspoons salt  
 1 tablespoon honey  
 1 tablespoon molasses

1 teaspoon ground oregano  
 1/2 teaspoon ground anise seed  
 1 1/2 tablespoons ground cumin  
 1 tablespoon paprika  
 1/2 teaspoon black pepper  
 1/4 teaspoon cayenne  
 1 tablespoon Tabasco pepper sauce

In a large pot, brown meat. Drain excess grease. Add beef and chicken broth. Cook 1/2 hour on simmer. Add beer. Cook 1/2 hour longer before adding vegetables.

While cooking meat, rub separate pot with 2 tablespoons of the minced garlic. Saute chopped vegetables in hot oil until soft. Add vegetables to meat mixture with tomato sauce, garlic and remaining ingredients. Stir well and bring to boil. Reduce heat and cook 1 1/2 hours. Serves 6-8.

# Canton woman wins \$4,000 top prize

Linda Worful of Canton is a \$4,000 winner in the Favorite Pantry Recipe Contest cosponsored by Del Monte Foods and Better Homes and Gardens.

Worful's flavor-packed Pasta Italiano recipe won first prize in the Best Vegetable/Stewed Tomatoes Combination category.

"I've been making the dish for about a year," she says, "and each

time I make it everyone asks for the recipe. So when I turned the page in Better Homes and Gardens and saw the contest announcement with a best Vegetable/Stewed Tomatoes category, I said to myself, 'I should enter this dish.'"

But she might not have done so, she says, if her husband hadn't kept pushing her. "He thinks the dish is great," she explains, "and kept re-

*'I've been making the dish for about a year, and each time I make it everyone asks for the recipe.'*

— Linda Worful of Canton

mind me, 'You should enter.' He was thrilled when I won."

**WORFUL, THE MOTHER** of two young daughters, says she likes using chunky pasta style stewed tomatoes and the green beans she specified in her winning recipe because of their good taste and convenience.

"I keep plenty on hand in my cupboard," she says. "Then when I make the dish, I make enough for four nights at a time. I like not having to worry about fresh tomatoes — and prefer using pre-seasoned stewed tomatoes with liquid. The moistness and flavor contribute to my recipe."

One 8-ounce can mushrooms stems and pieces, drained  
 1/4 cup dry white wine  
 2 teaspoons Italian seasoning, crushed  
 One 16-ounce can Del Monte Blue Lake Cut Green Beans, drained  
 10-ounce uncooked cut til or cork-screw pasta  
 3 ounces shredded Monterey Jack cheese (4 cup)  
 2 1/2 tablespoons grated Parmesan cheese  
 Red pepper flakes, optional

In a 12-inch skillet cook sausage, onion, and garlic over medium-low heat about 10 minutes or till sausage is brown and onion is tender. (Add oil, if necessary, to prevent sticking.) Drain well. Add undrained tomatoes, mushrooms, wine and Italian seasoning. Bring to boiling, reduce heat. Cover and simmer 15 minutes. Uncover, add green beans and simmer about 10 minutes more. Meanwhile, cook pasta according to package directions just till done, drain.

To serve, transfer pasta to serving platter, top with sausage mixture. Sprinkle cheeses and red pepper over all. Makes 4 main-dish servings.

For a recipe booklet with 78 main dishes, send name and address plus \$1 for postage and handling to: Del Monte Meat & Tomatoes Recipe Book Offer, P.O. Box 77148-Dept. N, New Hope, MN 55471-1148.

## clarification

**● FRUIT 'SHORTCAKE'**  
 The recipe for Fat-Free Fresh Fruit 'Shortcake' that appeared in Taste on May 6 had the line of type missing from the directions. It should have read: Add to flour mixture, stir until smooth. Pour into prepared pan. Bake in 350-degree oven 20-25 minutes or until toothpick in-

serted in center comes out clean.

**● CARROT CAKE**  
 The recipe for carrot cake, in the April 22 story on Monchelle Lamouré, the French bakery and cafeteria, did not specify a pan size. An eight-or-nine-inch pan is recommended.



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