

Fall back into routines with quick, easy meal

Editor's note:
Because of an error in last week's paper, some of readers didn't get the Winner Dinner recipe so we are repeating the column in its entirety.

By Betsy Brethen
staff writer

Welcome back to the beginning of the third year of "Winner Dinners." I hope you and your family enjoyed the summer, and are ready to shift gears and return to life in the fast lane. For ready or not, now that Labor Day has come and gone, the checked flag has been waved and summer is officially gone.

This week's Winner Dinner, submitted by Mary Kroneman of Birmingham, offers a delicious transitional menu that was selected with the tempo as well as the temperatures common to the next few weeks in mind.

Quick and easy to make, it is a perfect meal for those still warm September evenings that typify summer's end. Featuring a chicken and rice salad, a luscious-colored raspberry gelatin dish and "wacky" chocolate cake, this is one meal that is sure to bring rave reviews from all who partake of it.

A native Michigander, Kroneman has lived in Birmingham for eight years with her husband, Chip, and their two children. She is looking forward to being vice president of the Cranbrook Kingswood Middle School Mothers' Council this year, and is actively involved at her daughter's elementary school as well.

Her volunteer efforts extend to her church where she just completed two years as vice president of the



family-tested winner dinner
Betsy Brethen

Women's Society at the Kirk of the Hills Presbyterian Church. One day a week, Kroneman works with her husband, a nephrologist (kidney specialist), when he has office visits, greeting his patients, and making sure everyone feels "at home" and comfortable.

In fact, the recipe for Raspberry Dazzle comes from one of her husband's patients, Elita Mermel, who always brings the Kronemans gelatin molds whenever she comes into the office.



STEPHEN CANTRELL/staff photographer
Mary Kroneman of Birmingham with her Winner Dinner.

Observer & Eccentric Winner Dinner

Recipes

CHICKEN RICE SALAD

The combination of tastes and textures in this salad promises to please even the most persnickiest palates.

Quick and easy to assemble, this recipe can be made in advance. It is an ideal entree to serve your family on those busy but warm September evenings. This recipe serves 4-6.

2 packages Uncle Ben's long grain and wild rice, 6-ounce size
4 cups chicken, cooked and diced
2 cans sliced water chestnuts, 5-ounce size
3-4 green onions, including green tops
20 green olives, chopped
1 small jar artichokes, drained and chopped
1 cup mayonnaise
1 small bottle Italian salad dressing, 8-ounce size
1/2 cup toasted almonds, optional

Cook the rice according to package directions. Add to the rice the next five ingredients and mix well. Mix in the mayonnaise, the Italian dressing and the toasted almonds and toss well. Chill and serve on a bed of lettuce.

RASPBERRY DAZZLE

As pretty as it is delicious, your family will love this easy-to-make gelatin salad.

1 package raspberry gelatin, 6-ounce size
2 packages frozen sweetened raspberries, 6-ounce size
1 cup boiling water
1 cup cold water
1 pint sour cream
fresh raspberries for garnish

Combine the gelatin and the boiling water in a bowl. Stir until the gelatin is dissolved. Add the raspberries and the cold water and mix well.

Pour this mixture into a saucepan and add the sour cream. Cook at a low temperature until the sour cream is dissolved. Pour into a mixing bowl and let the mixture harden partially.

Pour into a crystal or glass bowl and refrigerate until chilled. Garnish with fresh raspberries.

WACKY CAKE

Delicious and easy, even children will enjoy making this cake.

1 1/2 cups flour
1 cup sugar
1/4 cup cocoa
1 teaspoon soda
1/2 teaspoon salt
6 tablespoons cooking oil
1 tablespoon vinegar
1 teaspoon vanilla
1 cup water

Sift the dry ingredients into a greased 8-by-8-inch cake pan. Add the liquid ingredients and stir well with a fork. Make sure that all the dry ingredients are moistened. Bake 25 to 30 minutes at 350 degrees.

CHOCOLATE FROSTING

1 cup sugar
1 stick margarine
1/2 cup cocoa
1/2 cup milk

Mix the above ingredients together in a saucepan. Bring to a boil and boil on low heat for 4 to 5 minutes or until it reaches the soft ball stage when dropped into a cup of cold water.

Remove from heat and beat well until slightly cooled. Spread on cake, being careful to spread quickly before frosting hardens.

Shopping List

2 packages Uncle Ben's long grain and wild rice, 6 ounces size
2 whole chicken breasts
2 cans sliced water chestnuts, 5 ounce size
1 bunch green onions
1 small jar green olives
1 small jar artichokes, 6 ounce size
Mayonnaise
1 bottle Italian salad dressing, 8 ounce size
sliced almonds, optional
1 package raspberry gelatin, 6 ounce size
2 packages frozen, sweetened raspberries, 6 ounce size
1 pint sour cream
Fresh raspberries
Flour
Sugar
Cocoa
Baking soda
Salt
Cooking oil
Vinegar
Vanilla
Margarine
Milk

Notes

Wine uncorks flavor in food

See Larry Jones' Taste Buds column on Taste front.

BASIC RED WINE SAUCE

2 cups dry red wine
3 large shallots, minced
1 bouquet garni
1 tablespoon flour
6 tablespoons (3/4 stick) butter
Pinch cayenne pepper to taste
salt to taste

In a medium sized, heavy duty saucepan over high heat, boil the red wine, shallots and bouquet garni for 10 minutes. Strain the sauce and boil again.

In the meantime, in a small bowl, cream the flour and 2 tablespoons of the butter together to make a paste. Add this paste to the boiling wine, a little at a time, stirring after each addition until smooth.

Then adjust the heat to low and simmer the sauce until thick, about 3 minutes. Remove from heat and whisk in remaining butter a little at a time. The butter will cool the sauce slightly and emulsify easily. Do not overheat or let the butter melt. The sauce should be light and creamy.

Season with the red cayenne pepper and salt, if necessary. Serve warm. Makes 1 1/2 cups.

Source: The Complete Book of Sauces, 1990, MacMillan Publishing, \$19.95.

NO FAIL CHEESE FONDUE

2 cups dry white wine
1 pound Swiss cheese, grated (the more imported, the better)
3 tablespoons flour or cornstarch
1 large clove garlic
dash Tabasco or hot sauce
flour the wine to a slow simmer in a heavy saucepan. Grate the cheese and dredge with the flour or cornstarch. Toss well to coat. Add whole garlic to simmering wine.

Slowly sprinkle in grated Swiss cheese, mixing well until slightly thickened. Stir any remaining cheese mix. Remove garlic clove. Season with a dash of hot sauce, if desired. Simmer for 5 minutes before serving, stirring constantly.

Professional tasters pick the best Michigan wines

Continued from Page 1

The chief promoter of vinifera in Michigan is Chateau Grand Traverse owner Ed O'Keefe.

"Michigan will not be recognized as a serious wine producer until we get at least 2,000 acres of vinifera planted," O'Keefe states emphatically. Chateau Grand Traverse

received a silver medal for its 1989 Merlot. The wine represents a promise for the future with this vinifera varietal.

Only three percent of the wine drunk in Michigan is Michigan wine. "With these statistics, our biggest stumbling block is getting Michiganders to drink Michigan wine," Lemon Creek's Jeff Lemon said.

LET'S SEE a showing of grass roots pride, Michigander's October is Michigan Wine Month and you might as well get started with the winners.

Each year, the wine competition judges pick a "Best of Show" white and red wine from among the gold medal winners.

For the second year in a row, Fenn Valley's Chancellor was awarded "Best of Show" red wine for the 1989 bottling.

If YOU didn't taste the 1988 version, don't miss out on this one. The wine is rich in flavor, but approachable in the finish which is solid without being tannic.

Warner Vineyard's Michigan Brut Champagne was declared "Best of Show" white wine. This is a high quality sparkling wine with abundant complexity and one you'll be proud to serve.

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