

Women from page B1

much of herself and time to help mentor to old and young alike, and has been a large contributor to numerous charities. She is a huge leader and visionary in our profession. Her bistro food evokes enthusiasm as well as feelings of well being from her patrons. She recently enjoyed redecorating Diamond Jim's, following in the path of French bistros. Mary enjoys cooking at home on her grandmother Chamber's gas stove. She says she can picture gram and gramps and the wonderful memories of past meals and visits are always with her.

Denise - Caurdy - Executive Chef, Travis Point Country Club, Ann Arbor

Chef Denise, a longtime friend, gives a whole new definition to the word "energy." Her passion for cooking, and love of food is equalled by her love of teaching, sharing and learning. Her position allows a lot of diversity. "One day I could be dishing over the lush green surroundings to a poolside luau and the next day be preparing elegant food for

Denise is militant about using only the freshest, most seasonal products in her planning.

Elizabeth had many great experiences in Chicago. Shortly after her return, she began working at the metro Detroit area's largest, independent restaurant organization - Unique Restaurant Corp., owned by Chef Matt Prentice. Elizabeth has held many chef positions within the corporation including Executive Chef at Duet. She was recently promoted to corporate chef, which is a huge job. Her responsibilities include lending a hand at all the different restaurants within Unique Restaurant Corp., recipe development, and standardization. Elizabeth enjoys all aspects of cooking, but she especially enjoys creating new sauces and pastas.

Chili from page B1

"He's been bugging me big time to compete," said Marilyn. "Jason's been on the renegade trail," said Ray. That's chili talk for competing in cookoffs that aren't I.C.S. sanctioned. No beans about it, competition chili isn't like the stuff you make at home. I.C.S. rules don't allow beans or other fillers, judges are told, "chili is chili, it's not stew, and it's not soup."

Marilyn's brother Frank Klancnik interested her and Ray in cooking competition chili. At first they all got together as a family and concentrated on showmanship. Then, one year, Frank suggested that Marilyn compete to up the odds of their family winning. Marilyn cooked her first bowl of competition chili in 1990. Ray followed in 1993 and Jason's been cooking in Renegade chili cookoffs since 1998.

"She and the rest of the chili cooks talked me into it," said Ray explaining how he got started. "Jason dropped over one day and said he wanted to make a pot of chili. We gave him some spices, and he won the Wayne

County Fair Cookoff." Success breeds more success, and there's nothing like winning to make you want to keep competing, but that's not the whole story.

"It's fun," said Ray. "We've met so many nice people, and we have a ball. All the proceeds go for charity, that's what we're here for."

Ray and Marilyn are in Chicago this weekend for the Northern Illinois Chili Cookoff, Ray's second from last chance to qualify for the World. They've competed in 14 cookoffs this year.

What started out as a family activity, has become something more. They've made new friends from all over the country. "We have a group of a dozen couples," said Marilyn. "We look forward to getting to see them, and we make a weekend out of it."

Some of the most rewarding times were the times when she cooked with her brother, Frank. "As the years have gone by, we've gotten more competitive,"

she said. "It's fun, but in a different way. We're not rookies anymore."

Ray said his chili is milder than Marilyn's. She agrees, and says her chili is hotter than his, and a little sweeter.

"We have a basic recipe and modify it for every cookoff," said Marilyn. "We try to cook what we think the judges will like."

Last year was also a banner year for Ray and Marilyn. They both cooked at the World. "We made it to the preliminary and final table," said Marilyn. "Our containers were right next to each other on the final table. We were in the top 25 of 125 cooks. That was pretty amazing, and we got the same amount of points too."

Annette not only knows how to host chili cookoffs, she's won a few herself. So has her husband Ken. The Horns will be among the judges at the World Championship Chili Cook-off on Oct. 10 in Las Vegas.

Pretzels from page B1

Add remaining flour, 1 cup at a time, until a smooth dough forms. If the dough is too dry, add water 1 tablespoon at a time.

Knead dough for about 10 minutes; then place in a greased bowl covered in a warm draft-free place for 60 minutes, or until doubled in size. Turn out onto a lightly floured surface, and punch down. Cut off a piece of dough, about the size of a small plum, and roll it out into a rope until it's 18 inches long, and a little thicker than a pencil.

Now take the rope, and make a big U with the open end facing away from you. Cross the ends and bring the ends back toward you. Press the ends into the bottom of the U.

Place the pretzel in pan of boiling water with a slotted spoon for 10 to 15 seconds, or just until

Easy Beef Paprikash ready in 30 minutes

AP - A casual dinner party for friends is a sociable way to greet autumn and catch up on what everyone did during the summer.

An easy meal can be assembled around a savory 30-minute Beef Paprikash, a hearty dish that won't keep hosts away from guests too long. It's tender beef sirloin, stir-fried, plus sauerkraut and noodles cooked in the same skillet. Green peas would be a nice accompaniment.

A no-cook appetizer such as apple wedges with Cheddar cheese and crusty bread could start the meal, and plum crisp served for dessert would be a fine finish.

30-MINUTE BEEF PAPRIKASH

- 1 pound boneless beef top sirloin steak, cut 1-inch thick
- 1 tablespoon vegetable oil
- 2 medium onions, sliced
- 16-ounce package sauerkraut, rinsed, drained
- 1 tablespoon paprika
- 1/4 cup water
- 13 3/4-ounce can ready-to-serve beef broth
- 1/2 cup water
- 1/4 cup tomato paste
- 1/2 teaspoon caraway seeds
- 1/8 to 1/4 teaspoon ground red pepper

- 3 1/2 cups uncooked medium noodles
- Chopped fresh parsley
- 1/4 cup dairy sour half-and-half

Trim fat from steak. Cut steak into 1-inch pieces and then cut each in half. In large nonstick skillet or Dutch oven, heat oil over medium-high heat until hot.

Add beef one-half at a time and stir-fry 1 1/2 to 2 minutes or until outside surface is no longer pink. (Do not overcook.) Remove from skillet with slotted spoon; set aside.


In same skillet, add onions, sauerkraut, paprika and 1/4 cup water. Cook and stir until onions

are tender, about 3 minutes. Stir in broth, 1/2 cup water, tomato paste, caraway seeds, red pepper and noodles, stirring to separate noodles. Bring to a boil; reduce heat to medium. Cover tightly and simmer 10 minutes or until noodles are tender.

Remove from heat; return beef to skillet. Cover and let stand 1 minute. Sprinkle with parsley; serve with sour half-and-half. Makes 4 servings.

Nutritional facts per serving: 416 cal., 35 g. pro., 39 g. carbs., 14 g. fat, 935 mg. sodium, 113 mg. chol.

Recipe from: National Cattlemen's Beef Association.



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