

# Put some spice in your life with chili

See related story on Taste front.  
Marlynn Frederick's award-winning chili recipe.

## TIME BOMB CHILI

**Step One:**  
3 tablespoons chili powder  
1 tablespoon dark chili powder  
1 1/2 tablespoons California chili powder  
1 teaspoon New Mexico hot chili powder  
1 tablespoon New Mexico mild chili powder  
2 tablespoons cumin  
1 tablespoon sugar  
1 teaspoon onion salt  
1 teaspoon garlic powder  
1/4 teaspoon oregano  
1/2 teaspoon black pepper  
1/4 teaspoon cayenne

**Step Two:**  
2 teaspoons salt  
1 beef bouillon cube  
1 (14 1/2 ounce) can chicken broth  
1 (14 1/2 ounce) can beef broth  
1 (8 ounce) can tomato sauce  
2 (4 ounce) cans green

chilies seeded and chopped  
1 small onion, chopped fine  
**Step Three:**  
3 pounds beef chuck, cut into 1/4-inch cubes  
2 tablespoons oil  
**Step Four:**  
1 tablespoon cumin  
Salt to taste

Mix spices together in step one. Remove 1/2 cup. Bring ingredients in step two to a boil in chili pot with the remaining spices. Stir well. Heat oil in fry pan and brown meat. Drain and add to chili pot. Cook 2 1/2 hours on low simmer. Add water if necessary.

Add the 1/2 cup of spice mix and cumin in step four and cook 1/2 hour longer until the meat is tender. Adjust salt if necessary.

Here's Ray Frederick's award-winning chili recipe

## TIGER'S BITE CHILI

2 1/2 pounds chuck, cubed  
1/2 pound ground chuck  
4 1/2 tablespoons chili powder

1 tablespoon paprika  
1 tablespoon New Mexico chili powder  
2 1/2 tablespoons cumin  
1 tablespoon brown sugar  
1 tablespoon onion powder  
1 teaspoon garlic powder  
1/2 teaspoon black pepper  
1 jalapeno pepper, seeded and chopped fine  
1 (14 1/2 ounce can) beef broth  
6 ounces beer  
1 (8 ounce) can tomato sauce  
2 (4 ounce) cans green chilies seeded and chopped fine  
Salt to taste

Mix all the dry ingredients together and remove 1/2 cup. Brown the meat in a non-stick pan and drain excess grease.

In a chili pot, mix the remaining spices with the jalapeno, beef broth, beer, tomato sauce and green chilies. Bring to a boil. Add browned meat and cook 2 hours until meat is tender. Add the 1/2 cup of spices and cook 30 minutes longer. Salt to taste.

# Women chefs share their recipes

See related story on Taste front.

This is a great dish for a casual gathering with friends and family," said Sharon Jauregui of Streetside Seafood in Birmingham. You will need one big pot and some crusty bread for the tasty broth.

## SEAFOOD STEW

12 clams  
40 clean mussels  
2 tablespoons chopped shallots  
2 tablespoons chopped garlic  
4 chopped anchovies  
1 heaping cup of peeled and seeded tomatoes  
3 cups dry white wine  
1 tablespoon chili flakes  
2 tablespoons chopped Italian parsley  
2 tablespoons chopped fresh oregano  
1 tablespoon chopped fresh thyme  
1/2 cup butter  
1 tablespoon olive oil  
1 roasted red pepper, diced  
Salt and pepper to taste

In a large pot over low heat sweat the shallots, garlic and anchovies in olive oil. Add the

mussels, clams, fresh herbs, chili flakes and wine. Cover the pot and steam over medium heat until shellfish open. Uncover and add tomatoes and roasted red pepper. Blend in the butter and simmer for 2 to 4 minutes. Season to taste and serve immediately. Serves 4.

**Wine notes:** The classic wine for shellfish is a crisp white wine with good acidity from either France or Italy. This dish possesses strong seasonings such as anchovies, garlic and fresh herbs, which calls for a wine with sufficient body.

My first choice would be an Arneis from Italy. Arneis is fresh and lively enough for seafood, and the acidity is there to give it power. Bruno Giacosa makes an example of Arneis.

My second choice, almost tied for first, would be Vignier from the Rhone Valley in the south of France. The appellation is Condrieu. Guigal makes a classic example of Vignier that is floral and herbaceous with incredible length in the finish.

This gourmet pancake recipe is compliments of Chef Denise Caudry, executive chef, Travis Point Country Club in Ann Arbor.

Arbor.

## YOGURT PUMPKIN PANCAKES

1 cup all-purpose flour  
2 teaspoons baking powder  
1/2 teaspoon salt  
1/8 teaspoon ground nutmeg  
2 tablespoons sugar  
3/4 cup milk  
1 egg  
3 tablespoons sweet melted butter  
1/2 cup yogurt  
1 cup pumpkin puree  
2 teaspoons lemon juice  
2 teaspoons vanilla extract

Mix dry ingredients together in a small bowl. Beat egg with milk.

In a large bowl, add melted butter, lemon juice, pumpkin, yogurt and vanilla extract. Gradually add flour mixture.

Preheat a skillet over medium heat, add a scant drop of corn oil and pour 1/4 cup batter per pancake onto hot skillet.

Cook pancakes on the first side until they are puffed and full of bubbles, looking dry at the edges. Turn and cook until the second side is golden.

Serve with maple syrup and butter.

## WHAT'S COOKING

Send items for What's Cooking to Keely Wygonik, Entertainment Editor, Observer & Eccentric Newspapers, Inc., 36251 Schoolcraft, Livonia, MI 48150, fax (734) 591-7279 or e-mail, hwygonik@oc.homecomm.net.

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