

Prize-winning chicken soups will warm your heart

See related chicken soup contest story on Taste front.

DR. BENJAMIN OVERSTREET'S

CHICKEN SOUP RECIPE

Basic chicken stock ingredients

- 1 (4 pound) roasting chicken
- 2 large onions, quartered
- 6 celery stalks
- 4 large carrots, split lengthwise
- 4 cloves fresh garlic, halved
- 10 black peppercorns
- 1 teaspoon thyme
- 1 tablespoon salt
- 8 cups water

Soup ingredients

- 1 large parsnip, peeled and diced into 1/4-inch cubes
- 5 carrots, peeled and cut on the bias 3 celery stalks, diced
- 1 bag frozen peas (16 ounce bag)
- 1 bag frozen corn (16 ounce bag)
- 1 bag thin egg noodles (16 ounce bag)
- 4 chicken bouillon cubes

Salt and pepper to taste

Put chicken and all stock ingredients in a 12-quart stock pot, cover with 8 cups of water. Bring to a boil, then reduce to a simmer. Simmer for 2 hours.

Remove cooked chicken to a chopping board or plate. Strain stock to remove all vegetables and chicken parts. Reserve stock only. Skim the fat from the top of the stock. To make skimming the fat easier, place stock in the refrigerator for at least an hour, the fat will solidify and be easier to remove.

Debone chicken to remove all meat and cut into 1/2-inch cubes. Return strained chicken stock to the stock pot. Add the parsnip cubes, 6 cut carrots, cut chicken pieces and bouillon cubes. Bring stock to a boil, then reduce to a simmer. Simmer until carrots and parsnips are tender. Add peas, corn and 2 cups of the egg noodles. Cook for 15 minutes, salt and pepper to taste. Add additional noodles as desired. Makes 8 quarts.

Second prize winning recipe in the Temple of Ami Ultimate Chicken Soup Contest. Compliments of Chef Chili Joe

(Wnuk) and Chef Curtis Rellinger. Visit their Web site <http://chilijsandchefcurtis.webjump.com> for information about their TV cable show "Microwave Today, the Cooking Show of Tomorrow," broadcast on MediaOne Cable TV in Westland, Plymouth, and Canton.

Third prize winner John Gallagher said this soup can be made as either turkey or chicken soup. Prior to starting the soup, roast two whole chickens or one turkey, with or without the stuffing. Carve, leaving plenty of meat on the bones, and use the carved meat with a meal, salad or whatever you wish. Remember to set aside some of the meat to add to the soup.

OLD FASHIONED TWICE BOILED SOUP

- 2 chicken carcasses or 1 turkey carcass, with as much skin removed as possible

Water

- 3 medium yellow onions, coarsely chopped
- 1 medium onion, medium chopped
- 4 cups celery, coarsely chopped

- 1 cup celery, diagonally sliced
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon garlic powder
- 1/4 pound mushrooms, sliced
- 3/4 cup carrots, peeled and sliced
- 2 tablespoons celery leaf, chopped
- 2 cups roasted meat, cut into small pieces
- 4 cups cooked (1 minute less than recommended) egg noodles, extra wide
- Freshly ground black pepper
- Salt

Break up the carcass(es) into pieces and put them in soup pot (minimum 8 quart) and cover with water (remember a little more water, a little more soup, and at this stage it can't hurt because you can always reduce later).

Add the coarsely chopped onion, coarsely chopped celery, crushed red pepper, garlic powder, and about 1 1/2 teaspoons black pepper. Bring to boil, lower the heat, cover and simmer for 3 or 4 hours (maybe a little longer for the turkey), stirring occasionally.

Allow to cool to a temperate temperature and strain broth through a colander and a double layer of cheese cloth, pick through the bones and vegetables to remove larger pieces of meat and set aside to return to soup later.

Remove visible bones from mix, collect mash in cheese cloth and press to remove remaining broth (discard pressed mash and cheese cloth).

Allow broth to cool so that fat congeals on surface, remove all but 1 large tablespoon of fat.

Return broth to heat and bring to a boil, add the medium chopped onion, diagonally sliced celery and carrots. Allow this to boil 10 or 12 minutes, remove from heat; and immediately add mushrooms and celery leaf, stirring often for the next 2 minutes.

Add the noodles and meat pieces. Salt and pepper to taste.

Recipe compliments of John Gallagher.

Event offers handouts about vegetarian diets

Consumers can learn about eating a healthy vegetarian diet 2:430 p.m. Saturday, March 18, at the Royal Oak Senior Center.

There is no admission charge. The event will feature free food samples, free recipes and free handouts on health and nutrition, videos and other information resources. The event is also two days before the Great American Meatout scheduled for March 20.

Sponsors of the Meatout say its purpose is to help consumers kick the meat habit and explore a "more wholesome, less violent diet."

Local sponsors include the Royal Oak Medical Center and a coalition of vegetarian, animal

rights, religious, and environmental groups.

Some participating businesses are Amici's Pizza, Buday's Tasty Health, Good Food, Lenore's Natural Cuisine, Mei Ling Vegetarian Chinese, Om Café, Pita House, Salvatore Scallopini's and Whole Foods.

The Royal Oak Senior Center is at 3500 Marais in Royal Oak. Marais is north off 13 Mile Road, at the first traffic light east of Crooks. The senior center is in the second block on the right. A map is available on the Internet at www.all4veg.net/vim.htm.

For more information, call (248) 288-3430.

WHAT'S COOKING

Send items for consideration in Cooking Class Calendar to Ken Abramczyk, Observer Newspapers, 36251 Schoolcraft, Livonia, MI 48150, or e-mail kabramczyk@ec.home.com.net

■ **Potatoes** — Michelle Fuller will instruct how to prepare potato dishes, including caesar-style mashed potatoes and potato pancakes, along with cheesy ham and leek casserole. Classes are scheduled at Kitchen Glamor stores for 6:30 p.m. Tuesday, March 7, at the Novi Town Center (southeast of the Novi Road exit at I-96), and Thursday, March 9, at the Rochester store in the Great Oaks Mall at Walton and Livemore. Call (800) 641-1252.

■ **Pressure Cooking** — Toula Patsalis, author of The Pressure Cooking Cookbook, will provide information on how to handle, operate and cook with a pressure cooker, including how to prepare vegetable soup with sausage bits, chicken with arborio rice and peppers and South Pacific bread pudding with pineapple sauce. Sessions are scheduled for the Kitchen Glamor stores at 6:30 p.m. Tuesday, March 14, at the Novi Town Center (southeast of the Novi Road exit at I-96), Thursday, March 16, at the Orchard Mall on the northeast corner of Maple and Orchard Lake roads in West Bloomfield, and Friday, March 17, at the Rochester store in the Great

Oaks Mall at Walton and Livemore. Call (800) 641-1252 for information.

■ **Kids in the Kitchen** — Home economist Dana Reynolds will instruct parents and grandparents with their children or grandchildren (aged 7-12) about the enjoyment of cooking. Class is sched-

uled for 11 a.m. Saturday, March 25, at the Kitchen Glamor, at the Novi Town Center (southeast of the Novi Road exit at I-96), and Saturday, May 6, at the Rochester store in the Great Oaks Mall at Walton and Livemore. Call (800) 641-1252 for information.

How Anxious Are You?

Answer the following questions based on the last 2 weeks or more.

- | YES | NO | |
|--------------------------|--------------------------|--|
| <input type="checkbox"/> | <input type="checkbox"/> | 1. I feel keyed up, on edge or restless |
| <input type="checkbox"/> | <input type="checkbox"/> | 2. I feel stressed most of the time |
| <input type="checkbox"/> | <input type="checkbox"/> | 3. I have trouble sleeping (either too much or too little) |
| <input type="checkbox"/> | <input type="checkbox"/> | 4. I have trouble concentrating, or my mind goes "blank" |
| <input type="checkbox"/> | <input type="checkbox"/> | 5. I feel irritable; I can't relax |
| <input type="checkbox"/> | <input type="checkbox"/> | 6. I notice my heart beating rapidly |
| <input type="checkbox"/> | <input type="checkbox"/> | 7. I feel worried, anxious and fearful |

If you answered "yes" to 3 or more statements, you may be suffering from an anxiety disorder, a serious condition affecting millions of Americans. The Institute for Health Studies is currently looking for individuals experiencing the above symptoms to participate in a research study of investigational medication for anxiety. If you are selected, all research-related care and study medication are provided at no cost. Get answers and information about anxiety.

INSTITUTE FOR HEALTH STUDIES
(517) 349-5505 1 (800) 682-6663
Robert J. Bielaski, M.D.

WANTED: OPINIONS

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