



family-tested  
winner dinner

Betsy  
Brethen

# Mother of 3 has answer to dilemma

Welcome! It is with great excitement and enthusiasm that I begin this first "Family-Tested Winner Dinner" column, hoping it will provide a way for mothers to reach out and help one another by sharing their family's favorite dinner menu. The dinner hour certainly does affect the lives of wives and mothers simply because it never goes away. Every 24 hours, it's back and is often one of the most stress-filled moments of the day.

As the mother of three growing boys who are usually starving until they sit down at the table, I have often experienced the frustration of preparing meals the boys don't like and won't eat. I found I was in a rut, cooking the same things over and over. I wanted to find other nutritional alternatives the boys would eat, and expand my repertoire of menus.

After talking with other mothers, I knew I wasn't alone. Thus, the idea

for "Family-Tested Winner Dinners" was born. Based on the premise that every family has at least one or two dinners everyone in the family likes and will eat. In some cases, these favorite recipes have withstood not only the test of time but also the test of time, as many recipes have been passed on from generation to generation.

THIS COLUMN will appear every Monday in the Taste section and will feature one family's tried-and-true dinner menu, recipes as needed, and a shopping list of all necessary ingredients.

I hope you and your family will enjoy this week's Winner Dinner. If you would like to share your family's favorite dinner menu, submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinners, P.O. Box 5503, Birmingham 48012.

# Wedding cakes can be surprising

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again after two years due to ill health.

And Ruby Marcel had just taken a cake decorating class.

"I told Roy, 'Let's go talk to her,'" Ruby said, "and a month later we were the owners."

She added her own cheesecake recipes, and picked up new customers as well as second and third generation customers from Thomas.

Though the shop doesn't deliver, customers will come in and buy cakes to take as far away as Germany and Australia.

It also has changed location to 29410 Five Mile, two blocks west of Inkster Road.

Marcel estimated that she bakes at least 500 cheesecakes in the two weeks before Christmas. Plain with a sour cream filling is the favorite, but they also do apple, chocolate, pumpkin and Amaretto, flavors,

among others.

AT \$2.50 per slice, that's a lot of cheesecake. And they're doing turnaway business, Roy said, so customers anticipating a cheesecake attack should order early in the week.

"Some weeks we can't keep them baked. We sell out almost as soon as they're made," Ruby said.

The only challenges she has to meet now are requests from her customers.

"One cake I had to decorate had fresh fruit — grapes, strawberries, apples, plums and kiwi berries," she said.

"Right now I have one with royal blue roses, turquoise roses and peach frosting," she said. "Sometimes I don't agree with the customers' choices, but I give them what they want."

And sometimes, the unusual combinations work out even better than she expected.

## Observer & Eccentric Winner Dinner

### Menu

Chicken and Shallots  
Herbed Rice  
Steamed Broccoli  
Fresh Fruit Salad

### Recipes

#### CHICKEN AND SHALLOTS

This is a very easy dish that can be made in advance and reheated. Cooking time can vary from 20-30 minutes, depending on how long the sauce is allowed to cook down. This recipe feeds our family of five, but can easily be doubled in order to feed more people. This recipe works just as well with turkey scallopine instead of the chicken.

1 boneless, skinned chicken breast per person  
2-3 shallots, chopped finely  
handful of parsley, chopped finely  
1 can of chicken broth (14½ ounce)  
1 cup flour  
seasoning salt to taste  
2 tablespoons butter or margarine (all fat can be eliminated in this recipe by using a small amount of chicken broth instead of butter or margarine)

Pound the chicken breasts flat between 2 pieces of foil. Dredge them in the seasoned flour.

Melt butter in large frying pan and add chicken breasts. Cook both sides of the chicken until lightly browned. Add shallots and parsley and ½ can of

chicken broth. Cover and let simmer for 10 minutes.

Continue adding the broth as needed and cool until a light gravy has been formed. Serve the chicken with the sauce spooned on top.

#### HERBED RICE

I usually use Aunt Jane's Crazy Rice, but any herbed rice available in the supermarket would go well with the chicken. Follow the directions on the box and start while the chicken is browning.

#### BROCCOLI SPEARS

Wash broccoli and remove the large leaves and the tough part of the stalks. Steam in 1 inch of water in a tightly covered saucepan until it is barely tender, 10-12 minutes. Serve as is or sprinkled with a little melted butter or margarine.

#### FRESH FRUIT SALAD

Cut up any fruit that you have on hand — apples, pears, bananas or melon, mix together and pour a little orange juice on top.

## Shopping List

1 boneless and skinned chicken breast per person  
4-6 shallots (one onion may be substituted for the shallots)  
1 bunch of parsley  
1 bunch of broccoli  
apples, pears, bananas, oranges, melon or other fruit of your choice  
1 can of chicken broth (14½ ounce)  
flour  
1 box of herbed rice  
butter or margarine  
orange juice (frozen or fresh)  
seasoning salt

## Which fish are safest?

By Larry Janos  
special writer

Are Michigan fish safe to eat? Should we all heed the warnings issued by assorted wildlife groups who have released independent studies cautioning people to stop eating Great Lakes fish?

The Department of Natural Resources Fisheries Division has related claims concerning health warnings from some independent wildlife groups.

The DNR has issued a free public health fish-consumption advisory, contained in the 1989 Michigan Fishing Guide, which is handed out to fishing licensees are bought. If you don't have a Michigan fishing license and want a copy of the fishing guide, send a self-addressed, stamped envelope to: DNR, Fisheries Division, 2455 N. Williams Lake Road, Pontiac 48054.

In the advisory, the DNR lists all major bodies of water and fish, with recommendations concerning consumption guidelines.

In general, the advisory suggests that you do not consume carp and catfish and that most brown and lake trout and walleye over 21 inches should not be consumed.

COHO SALMON and chinook salmon under 23 inches should be restricted to no more than one meal per week. The same goes for locally caught perch, bass and pike over 12 inches.

Special advisories for women, children, and nursing and pregnant women apply, and the DNR suggests special caution be taken by these groups.

Kevin Dean of Superior Fish in Royal Oak, and a member of the Great Lakes Fishing Association, suggests that, when buying Great Lakes fish from any fishmonger, deal with a reputable retailer and don't be afraid to ask questions about where the fish came from.

Dean also said that most reputable fish retailers and restaurants buy Great Lakes fish from much colder (and safer) Northern Canadian lakes. These fish are checked first by the Canadian Ministry of Health and again by the Michigan DNR and the health department for contamination prior to sale.

The public health advisory regarding the consumption of Great Lakes fish is not intended to discourage the public, but to help in selecting fish and fish preparation methods that represent the lowest potential health risks due to the presence of contaminants.

## Families have fun at farmers markets

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Huron River intersect and you will find the Ypsi market. There, about 30 farmers sell everything from fruits and vegetables to those neat hand-crocheted toilet-paper covers in hot pink and seafoam green.

Anyone who has ever visited the beautiful little town of Plymouth on a Saturday morning knows about the traffic and parking situation around Kellogg Park. The Plymouth City fathers built a covered structure a few years back to help shelter the Plymouth farmers who still load their pick-ups every Saturday morning.

This is where I discovered Kathy's Cheesecakes. My arms were filled with bags of sweet corn and apples, but how could anyone resist a sample slice of one of the best homemade cheesecakes in town? After depositing my purchases in the trunk, a leisurely stroll into some of the quaint little shops around topped off the morning, especially when fortified with a sweet roll from the Cozy Cafe.

Just a hop, skip and a jump from Chateau Janes is the Livonia Farmers Market, situated on the site of the old Wilson Dairy Barn at the corner of Middlebelt and West Chicago

roads. This tiny little market, comprised of a handful of farmers selling out of the backs of station wagons and flatbed trucks, sells out before noon to the many shoppers looking for the freshest produce in town. Check out the beekeeper who occasionally has assorted jelly jars filled with some of the best honey the area has to offer.

What a great opportunity to bring the family back together for a few short but wondrous hours on a crisp Saturday morning. A visit to any of the above-mentioned farmers markets will be remembered and enjoyed for a long time.

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