

'Chili Joe' cooks up a prize-winning dish

I have found that certain meals tend to elicit a particular sort of response from my three sons.

For example, they don't eat chili the same way that they eat meatloaf. In fact, they don't eat anything that has a bean in it without launching into one of their all-time favorite songs. "Beans, beans, the musical fruit..."

But all songs aside, beans are an important source of protein, carbohydrates, several B-complex vitamins and minerals.

THIS WEEK'S winner dinner includes a recipe for cooking pinto beans that is simple and very economical.

Combined with a prize-winning chili recipe sent in by "Chili Joe" Wnuk of Westland, and served with Chippewa Corn Bread and a refreshing Fruit Bowl Dessert, this dinner promises to spice up your life.

Wnuk works as an automotive engineer for United Technologies in Dearborn, but when he comes home from work he trades in his coat and tie for an apron and chef's hat.

First bitten by the chili bug 10 years ago, Wnuk is a regular participant in chili cook-offs and has earned lots of trophies for his efforts.

A year and a half ago, he started doing a cooking show for Omnicon Studios. He has just completed a cookbook, containing more than 40 different chili recipes, called "Chili Today, Hot Tomale!" that should be available in bookstores next year.

Wnuk's four children have been enthusiastic sous chefs, and his wife has helped by designing aprons for his television shows.

AN AVID Tiger fan, Chili Joe is eagerly anticipating opening day at Tiger Stadium.

Loyal fans will be able to find him cooking up 60 quarts of his special Tiger Chili on the corner of Michigan Avenue and Trumbull for radio station WLLZ.

Thank you, Chili Joe, for sharing your special recipes with us, and congratulations on being our Winner Dinner Winner of the week. Here's



family-tested winner dinner

Betsy Brethen



ART EMANUELE/Staff photographer

'Chili Joe' Wnuk of Westland makes Old Mission Lighthouse Chili, 1837 Michigan Bean Recipe, Chippewa Indian Corn Bread and Fruit Bowl Dessert.

hoping this week's dinner will be a gastronomic success for you and yours.

Submit your recipes, to be considered for publication in this column or elsewhere, to: Winner Dinner, P.O. Box 3503, Birmingham 48012. All submissions become the property of the publisher. Each week's winner receives an apron with the words Winner

Dinner Winner on it.

Recipes are printed the same size so that you may clip and save them in a three-ring binder. Use a paper punch to make holes in the clipping, or paste the clipping on a blank sheet of three-ring notebook paper. Another option is to simply file the clippings in a folder with pockets that will hold them.

Men, if you're about to turn 18, it's time to register with Selective Service at any U.S. Post Office. It's quick. It's easy. And it's the law.

Free Federal Consumer Information Catalog, Dept. 10 Pueblo Colorado 81009

Observer & Eccentric

Winner Dinner

Recipes

6 cups water
1 teaspoon salt

Bring the beans to a boil in a large pot, simmer them for 5 minutes and then let them sit for at least 1 hour. Mix with the Old Mission Lighthouse Chili.

CHIPPEWA INDIAN CORN BREAD

Quick and easy to mix together, this bread is best when baked just before serving. It makes 8 ample servings. Garnish with plenty of butter or margarine.

1 cup yellow cornmeal
1 cup flour
2 tablespoons sugar
4 teaspoons baking powder
1/2 teaspoon salt
1 cup milk
2 large eggs
1/2 cup shortening
1 can kernel corn (8 ounces), drained

Preheat the oven to 425 degrees and use a nonstick spray on a 9- by 9- by 2-inch pan. Mix all the ingredients, pour into the pan and bake for 20 minutes.

FRUIT BOWL DESSERT

Refreshingly cooling after the spiciness of the chili, this recipe tastes better with fresh fruit, however, frozen fruit can be substituted.

1 cup sweet cherries, fresh or frozen
2 cups strawberries, fresh or frozen
1 cup blueberries, fresh or frozen
1/2 cup sour cream
1 tablespoon honey
1 tablespoon apple cider or juice

Place the fruit into a bowl. Cover the bowl and chill. Before serving, combine the sour cream, honey and cider and pour on the fruit and toss. Serves 8.

Brown the cubed meat with a dash of oil in a large pot. Drain any excess liquid. Sauté the chopped vegetables until tender and add to the large pot along with the remaining ingredients. Quick and easy! Simmer for 2 hours. Mix in the beans and garnish with sour cream, grated cheese, crushed red pepper or any other topping of your choice.

1837 MICHIGAN BEAN RECIPE

In chili cook-offs, beans are never added to the chili so that the judges can get the true flavor of the sauce.

If you use canned beans, Chili Joe recommends that you take a minute to rinse them, as the flavor of the sauce that the beans are canned in imparts a different and metallic flavor to the chili.

This recipe for beans is simple, economical and nutritious.

1 pound dry pinto beans, washed and drained

Shopping List

2 1/2 pounds beef chuck or stew meat, cubed
2 large onions
1 large green bell pepper
1 small jar jalapeno peppers
5 garlic cloves
1 can tomato sauce (15 ounces)
1 can beef (12 ounces)
chili powder
salt
pepper
1 pound dry pinto beans
yellow cornmeal
flour
sugar
baking powder
milk
eggs
shortening
1 can kernel corn (8 ounces)
cherries, fresh or frozen
strawberries, fresh or frozen
sour cream
honey
apple cider or apple juice

Notes

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