

# 3 little ingredients feed hungry wolves

While researching the origins of St. Valentine's Day, I had to chuckle when I read that some sources believe it goes back to ancient times when there still were hungry wolves outside Rome.

The Romans believed in many different gods, and the god Lupercus was said to watch over the shepherds and their flocks and protect them from the wolves. Therefore, in February Romans celebrated a feast called the Lupercalia in his honor. Even after the danger from these fierce animals was over, people continued to celebrate the festival.

When Christianity became powerful, the priests wanted their converts to give up former heathen practices. Thus, the ancient pagan celebration called the Feast of Lupercalia was Christianized by church officials and became St. Valentine's Day.

Although there are many different versions as to which saint named "Valentine" was the actual namesake for this holiday, it was, as it is now, celebrated Feb. 14 each year. As time passed, this new Christian holiday became a time for exchanging love messages, and St. Valentine became the patron saint of lovers.

IT IS A GREAT relief to know that none of us has to contend with hungry wolves outside our doors, but I must admit there are times when I feel I have a pack of them howling at the kitchen table. This week's Winner Dinner, submitted by Mary Linda Murphy of Bloomfield Hills, is bound to be a special feast for your wolves, uh, er, I mean sweethearts, on Valentine's Day.

Murphy is co-author of a cookbook called "Three Little Ingredients," with Katie Valenti and Wendy Peterick. As the title indicates, each recipe in this book consists of only three ingredients. This week's Winner Dinner menu, selected from the cookbook, starts off with a tasty chicken dish called Heaven and ends with a dessert called Hog Heaven. Everything in between promises to be a real treat for your little cherubs.

Murphy is the mother of two college-aged students who served as trusty tasters when she worked on the first book. She now has a job as a clinical social worker in Birmingham. Murphy is working on a second cookbook called "More Three Little Ingredients" and is still marketing the first cookbook, which continues to be a steady seller across the country.



## family-tested winner dinner

Betsy Brethen



Linda Murphy of Bloomfield Hills makes her Winner Dinner of a chicken dish called Heaven, Italian Fettuccine Alfredo, Casino Beans, Parmesan Pita Hearts and a dessert called Hog Heaven.

If you are interested in ordering the "Three Little Ingredients" cookbook, each book costs \$10 including postage and handling. Michigan residents must add 4 percent sales tax. If you order more than one book, the cost goes down to \$9 per book. Make your check payable to Three Ingredients and send it to the following address: Box 256, 1994 A Woodward Ave., Bloomfield Hills 48303.

As a reminder, St. Patrick's Day is just a little more than a month away so if you have a favorite meal you

like to serve on this special day, please send it my way.

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.

## Observer & Eccentric

# Winner Dinner

### HEAVEN

This dish takes minutes to prepare. It can be made in the morning, covered and refrigerated until placed in the oven. It simply feeds 6 people.  
6-8 boneless chicken breasts  
dijon mustard  
Italian bread crumbs

Preheat the oven to 325 degrees. Apply the mustard to the chicken very lightly with a brush. Roll the chicken in the bread crumbs and bake for one hour.

### ITALIAN FETTUCCINE ALFREDO

This easy pasta dish should be made just before serving dinner.  
1 pound fettuccine  
1/2 pound sweet butter  
1/2 pound Parmesan cheese, grated

Cut butter into thin slices. Cook fettuccine al dente, drain and put into a deep, hot serving bowl. Add the butter slices, mix briefly, then add the grated Parmesan cheese and mix quickly. Serve at once.

### CASINO BEANS

This recipe calls for Casino salad dressing, which is made by Kraft. If you are unable to find it, Catalina dressing may be substituted. Although the beans may be made the night before serving, they do taste better the longer they marinate in the dressing.  
2 cans green beans (16 ounces each), drained  
1 bottle Casino or Catalina dressing (8 ounces)  
1 teaspoon chopped parsley

Drain the beans. Pour the dressing over the beans to taste. Refrigerate 2-3 days. Before serving, shake or stir and drain well.

### FROZEN RASPBERRY GEL

As a special treat for your

family, put the Jello-o into heart-shaped molds, available at any cooking store, and serve on individual salad plates, lined with fresh, green lettuce leaves.  
6 ounces package of raspberry gelatin  
1 package frozen raspberries (10 ounces), mostly defrosted  
1 jar applesauce (16 ounces)

Dissolve gelatin in 1 cup boiling water. Add the raspberries and the applesauce. Pour into heart-shaped molds and chill until firm.

### PARMESAN PITA HEARTS

Although any bread can be used, pita bread is easy to work with, and you can get two hearts out of each round of bread. Using a 4 1/2-inch heart-shaped cookie cutter, press the cutter onto a round of pita bread. Take a sharp knife and trace around the edge of the cutter until the heart shapes are freed from the bread. If you don't have a heart-shaped cookie cutter, use well-cleaned scissors and cut out a heart just as you would if you were cutting paper.

Spread the heart shapes with a little margarine or butter and sprinkle generously with Parmesan cheese. If desired, sprinkle on a little garlic powder or other herbs of your choice. Place on a cookie sheet and broil until lightly browned.

### HOG HEAVEN

This delicious recipe needs to be made at least 5 hours before serving. It can be made in an 8-inch-by-8-inch pan or in a 9-inch pie dish. It makes enough for 8 servings.  
1 package Oreo cookies (1 1/4-pound size)  
1 quart vanilla ice cream  
1 cup Hershey's chocolate syrup

Crush the Oreos in a blender or food processor until they are fine crumbs. Place half the mixture in an 8-by-8-inch pan or in a

## Shopping List

6-8 boneless chicken breasts  
dijon mustard  
Italian bread crumbs  
1 pound fettuccine  
butter  
Parmesan cheese  
2 cans green beans (16 ounces each)  
1 bottle Casino or Catalina salad dressing  
parsley  
6 ounce package raspberry gelatin  
1 package frozen raspberries (10 ounces)  
1 jar applesauce (16 ounces)  
1 package pita bread  
1 package Oreo cookies (1 1/4 pound)  
1 quart vanilla ice cream  
Hershey's chocolate syrup  
1 package candy red hot  
4 1/2 inch heart-shaped cookie cutter

9-inch pie dish. Soften the ice cream and spread over the Oreos. Place the dish in the freezer for about 20 minutes or until the ice cream has hardened a little. Then, spread the rest of the Oreo crumbs on top of the ice cream. Drizzle the chocolate syrup and freeze. When serving, cut into squares or slices depending on the dish you used and sprinkle each piece with some candy and red hot.

# Cheese fondue goes Tex-Mex

This recipe is from the article "Return of the Fondue Party" in the February issue of Bon Appetit magazine.

### NOT EVEN REMOTELY SWISS TEX-MEX CHEESE FONDUE

1 1/4 pounds Gruyere or Swiss cheese, grated  
1 pound Monterey Jack cheese, grated  
1/2 cup all-purpose flour  
2 garlic cloves, halved  
2 1/2 cups dry white wine  
3 tablespoons tequila  
1/4 cup chopped fresh cilantro  
2 tablespoons chopped jalapeno chile with seeds  
salt and freshly ground pepper  
crusty bread cubes  
sausages (such as kielbasa or hot Italian), cooked and sliced  
assorted fresh vegetables  
tortilla chips

Place both cheeses in large bowl. Add flour and toss to coat. Rub inside of fondue pot or flameproof ear-

ramic pot with garlic. Discard garlic. Add wine and tequila to pot and warm over medium heat until tiny bubbles appear around edges of pot. Add one handful of cheese to wine mixture and stir constantly until cheese melts. Adjust heat so mixture does not boil. Repeat with remaining

cheese; stir until thick and creamy. Stir in cilantro and chilies. Season with salt and pepper.

Set pot over candles or Sterno on serving table. Serve with skewers of bread cubes, sausages and/or vegetables and offer tortilla chips for dipping.

## new products

### New desserts

Entenmann's has introduced a line of cakes and cookies that has no fat, no cholesterol and less than 100 calories per serving. The baking was done with natural ingredients; no

new or different ingredient including artificial sweeteners were used.

The line consists of Golden Loaf Cake, Chocolate Loaf Cake, Pineapple Crunch Cake, Blueberry Crunch Cake, Banana Crunch Cake, Oatmeal

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