

2 cooks share their prizeworthy recipes

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BOSSIO'S HUSBAND, Bob, is a professional chef, employed by the Huron River Hunting and Fishing Club in Farmington Hills. Because he works very long hours, she does much of the food preparation for their family.

"He is a delight to cook for," she said. "He understands the time and labor that goes into it."

Bossio is kept busy with her children's activities, which include music, dance programs and Indian Maidens at the Livonia Family YMCA. She also collects antique canning jars and enjoys knitting.

"I think everybody is looking for uncomplicated meals," she said. Her idea of a great meal is a savory soup, chock-full of vegetables and flavorful broth. She teams the soup with a fresh salad and a crunchy loaf of bread.

BOSSIO BLENDS family outings into her food plans. These include trips to U-pick strawberry and raspberry farms to gather fruit for jams and preserves.

During the fall, she packs a picnic lunch and the family heads for U-pick apple orchards.

She also likes to put up batches of grape-cranberry marmalade, using Concord grape juice, fresh cranber-

'My husband always liked homemade bread.'

— Evelyn Dugal

ries, sugar and grated orange peel. "You can find something that is on sale and make something of it and benefit from the low cost," she said.

FOR SAFETY reasons Bossio doesn't like to give canning advice.

When people seek her expertise, she generally refers them to the county extension service or to the Ball Blue Book published by the Ball Corp., the Muncie, Ind., manufacturer of canning equipment.

Her one canning disaster occurred around three years ago. She had spent days "working like a maniac," putting up grapes, pickles, tomatoes and other vegetables.

A table overloaded with jars of the finished product collapsed, causing a hideous mixture of broken glass, sticky smears of jam and rivers of pungent cucumber and tomato relish.

"I'm laughing now, but it was such an unbelievable mess," Bossio said. "The smell was awful. I had to clean up with a shovel."

lightly greased bowl, turning dough once. Cover and let rise until doubled, about 1 1/2 hours. Punch down, divide in half, then cover and let rest 10 minutes. Shape into 2 long loaves, tapering ends. Place on greased baking sheet sprinkled with cornmeal. Cut diagonal gashes about 1/4 inch deep. Cover and let rise until dou-

bled, about 1 hour. Bake at 375 degrees for 20 minutes. Brush with mixture of 1 egg white and 1 tablespoon water. Bake 10 to 15 minutes longer. (Recipe courtesy of Evelyn Dugal)

JEWISH SOUR RYE BREAD

2 packages active dry yeast
1 1/2 cups warm water (105 to 115 degrees)
2 cups stirred rye flour
1 tablespoon sugar
1/4 cup warm water
1 cup beer (room temperature)
2 tablespoons shortening
2 teaspoons salt
2 tablespoons caraway seed
6 1/2 to 7 cups sifted all-purpose flour
1 egg white
1 tablespoon water
caraway seed

In medium glass, plastic or stone-ware bowl, sprinkle 1 package yeast over 1 1/2 cups warm water; stir until dissolved. Stir in rye flour until well blended. Cover lightly with plastic wrap and rubber band. Let stand at room temperature for 72 hours. In large bowl sprinkle remaining package yeast and sugar over 1/4 cup warm water; stir until dissolved.

Add beer, egg, shortening, salt, 2 tablespoons caraway seed, 2 cups all-purpose flour and rye mixture. Using mixer at low speed, beat until well blended. Increase speed to high; beat 2 minutes more. Stir in enough additional flour to make a soft dough. Turn out dough onto lightly floured surface. Knead until smooth and elastic, about 6 to 8 minutes. Place in greased large bowl, turning over dough so that top is greased.

Cover with towel and let rise in warm place until doubled, about 1 hour. Punch down dough. Divide dough in half. Cover and let rest 5 minutes. Shape each half into an oval. Place 4 inches apart on greased large baking sheet. Cover and let rise until doubled, about 45 minutes. Diagonally slash each loaf, crosswise, 3 times. In small bowl mix together egg white and 1 tablespoon water. Brush each loaf with egg white mixture. Sprinkle with additional caraway seed. Bake in 375 degree oven 30 to 40 minutes, or until loaves are browned and sound hollow when tapped. Immediately remove from baking sheet. Cool on racks. To retain crisp crusts, store loaves in paper bag. Makes 2 loaves. (Recipe courtesy of Evelyn Dugal)

MOLASSES CRINKLES

Mix together thoroughly:
1/4 cup soft shortening
1 cup brown sugar
1 egg
1/4 cup molasses

Sift together and stir in:
2 1/4 cups sifted flour
2 teaspoons soda
1/4 teaspoon cloves
1 teaspoon cinnamon
1 teaspoon ginger

Chill dough. Roll into balls the size of large walnuts. Dip tops in sugar. Place sugared-side up, 3 inches apart, on greased baking sheet. Sprinkle each cookie with 2 or 3 drops of water to produce a crackled surface. Bake just until set but not hard, 10 to 12 minutes, at 375 degrees. Yields about 4 dozen 2 1/2-inch

cookies. (Recipe courtesy of Evelyn Dugal)

ITALIAN BEEF SOUP

1 pound ground beef
1 large onion, chopped
1 cup sliced celery
1 cup sliced carrots
2 cloves garlic, chopped
1 can tomatoes, chopped, with juice
1 can potato or kidney beans, drained
1 cup water
5 cups beef broth
1 tablespoon dried parsley
1 teaspoon salt
1/4 teaspoon oregano
1/4 teaspoon dried basil
1/4 teaspoon pepper
2 cups chopped cabbage
1 cup frozen green beans
1/4 cup elbow macaroni (if a clear broth is desired, cook pasta separately before adding to soup mixture)

Brown beef and drain fat. Add onion, celery, carrots and garlic to beef mixture; continue cooking. Drain again. Transfer ingredients to large cooking pot. Add tomatoes, beans, water, broth and seasonings. Simmer 1 1/2 hours or until vegetables are tender. Add green beans, cabbage and macaroni. Cook 30 minutes more, until green beans and cabbage are cooked. Chill for several hours and remove fat before reheating. (Recipe courtesy of Judy Bossio)

KANSAS BEEF SOUP

1 tablespoon oil
2 cups chopped onion
2 cups chopped celery
2 cups green beans, chopped
1 1/2 pounds beef chuck, cut in cubes
4 cups beef broth
4 cups water

1 can tomatoes, chopped, with juice
1 1/2 cups sliced carrots
1 cup red wine
1/4 cup barley
2 bay leaves
1 1/2 teaspoon salt
1 teaspoon dried basil
1/4 teaspoon pepper
1 cup frozen green beans

Saute vegetables in oil. Add meat and brown. Drain fat. Add broth and water, wine and seasonings. Simmer, covered, for 2 hours. Add frozen green beans and simmer for 30 minutes. Remove bay leaves. Chill and remove fat.

(Recipe courtesy of Judy Bossio)

WINTER BARLEY SOUP

1 pound stewing lamb, cut in small pieces
1 pound lean beef, cut in small pieces
2 tablespoons butter
1/4 cup barley
2 medium onions, chopped
1 tablespoon dried parsley
2 teaspoons salt
2 teaspoons thyme
1/4 teaspoon pepper
1 bay leaf
1/4 cups chopped celery
1/4 medium green pepper, chopped
1 1/2 cups chopped carrot
1 small turnip, chopped

Brown lamb and beef in butter. Transfer to soup pot. Add 6 cups water. Add barley, onions, parsley, salt, thyme, pepper and bay leaf. Simmer, covered, 1 1/2 hours. Stir in remaining ingredients and cook 45 minutes longer. Remove bay leaf. Chill and remove fat.

(Recipe courtesy of Judy Bossio)

ONION BREAD

1 package active dry yeast
1/4 cup warm water
1 envelope onion soup mix
2 cups water
2 tablespoons sugar
1 teaspoon salt
2 tablespoons grated Parmesan cheese
2 tablespoons shortening
6-6 1/2 cups flour

Soften yeast in warm water. Combine onion soup mix with water; cover and simmer 10 minutes. Add sugar, salt, cheese and shortening and stir well to blend; cool to lukewarm. Stir in 2 cups sifted flour and beat well; stir in yeast then add enough remaining flour to make a moderately stiff dough. Place in

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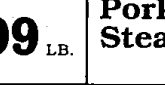


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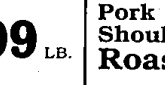
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