

It's a simple contrast to rich holiday food

Having put in days of sheer "trudgery" around town, I am grateful that Christmas is but one day away. At last, with all the weeks and months of preparation over, the yearly celebration can now begin.

As families and friends gather together, the air is filled with the scents and sounds of Christmas, and it is with a sigh of relief that the time has finally come to sit back and watch as this magical season begins to unfold and presents us with the gift of Christmas spirit.

As quickly as it comes, however, it's over, and time to pick up the mountain of wrappings and undo everything that has taken weeks to do. This week's Winner Dinner was selected with the thought in mind that you, your family and any visiting relatives or friends might be ready for a good, simple meal after all the richness of the holiday food. Featuring Italian Meat Balls and Spaghetti Sauce and homemade Dill Bread, this meal is real comfort food and will surely hit the spot on a cold winter evening.

Sandy Futterknecht of Bloomfield Hills, this week's Winner Dinner Winner, is a busy wife and mother of two children. Originally from Elkhart, Ind., which is where I grew up as well, she and her family have lived in the Detroit area off and on for 15 years.

AN ACTIVE volunteer at Detroit Country Day School, she and her husband chaired last year's successful fund-raising auction. This year, she is an eighth grade representative of the Mothers' Council and recently helped organize the Teacher Appreciation Day at the lower junior school.

Apart from her involvement at her children's school and as a sustainer in the Junior League, Futterknecht enjoys playing tennis and golf and is looking forward to an upcoming skiing trip with her family in Aspen, Colo.

Thank you, Sandy Futterknecht, for sharing your time-tested recipes with us and congratulations on being this week's Winner Dinner Winner.

Wishing you and all of your family the happiest of holidays, may the



family-tested winner dinner

Betsy Brethen



STEPHEN CARROLL/Hill photo-grapher

Sandy Futterknecht of Bloomfield Hills makes an easy meal of Spaghetti and Italian Meat Balls, Dill Bread, Tossed Salad and Fresh Fruit.

Joy and spirit of the season feed your hearts and souls with yet another Winner Dinner.

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 as 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.

Observer & Eccentric

Winner Dinner

Recipes

A family favorite for two generations, this recipe for Italian meatballs and spaghetti sauce is delicious and easy to make. Double the recipe and you will have enough for two meals.

ITALIAN MEATBALLS
1/2 pound ground beef
3 slices very dry brown toast or 1/2 cup dry bread crumbs, combined with 1/2 cup milk
2 tablespoons parsley, chopped finely
1 clove garlic, chopped finely
1 egg
2 tablespoons grated Parmesan cheese
1 teaspoon salt
1/2 teaspoon black pepper

Combine all ingredients and work together until thoroughly blended. Form 12 balls and fry them slowly in a small amount of oil until brown. Do not turn the meatballs until they are absolutely browned.

Add several tablespoons of water to the skillet and with a spoon scrape the drippings and add them to the sauce. Simmer the meatballs slowly in the sauce for about 20 minutes.

ITALIAN TOMATO SAUCE FOR THE SPAGHETTI
2 cans tomato paste, 6-ounce size
1 can Italian tomatoes, 20-ounce size
2 tablespoons butter or oil
1/2 cup onion, chopped finely
1 clove garlic, chopped finely
1/2 cup celery, chopped finely
1/2 teaspoon salt
1 teaspoon granulated sugar
1/2 teaspoon nutmeg
1/2 teaspoon oregano
1/2 teaspoon pepper
1/2 cup parsley, chopped finely
1/2 cup grated Parmesan cheese
1/2 teaspoon baking soda
1 cup fresh mushrooms, sliced
Italian meatballs

Saute onion, garlic and celery

slowly in butter or oil for about 5 minutes.

Put the tomatoes through a food strainer and discard the seeds, or simply crush the tomatoes with hands until they are broken apart into pieces. Add the tomatoes and tomato paste to the onion, garlic and celery mixture.

Add all the other ingredients, except for the baking soda and mushrooms, and simmer in a covered saucepan for about 1 hour, if you are adding the baking soda. Cook at least 4 hours on low if the soda is omitted. Stir often to prevent scorching. Then add the meatballs that have been browned on all sides and simmer, covered, for about 30 minutes longer, or until the meatballs are tender. Mushrooms may be added during the last 15 minutes of cooking.

Baking soda should be added 10 minutes before the sauce is done. Baking soda helps neutralize the acidity in the tomatoes, making the sauce more palatable. Add the soda, a very little at a time, and cook the sauce several minutes longer. Taste and add more soda if needed.

If the sauce should become too thick, a little water or stock (beef broth) may be added as needed. If the sauce is too thin, cook the sauce uncovered for about 15 minutes. This recipe serves 4-6 people.

Serve the spaghetti and meatballs with a tossed green salad with your choice of dressing. Select your choice of fresh fruit for a light and refreshing dessert.

DILL BREAD

This recipe makes 2 loaves of bread. Here are some tips that will help you make this delicious bread.

- Have ingredients at room temperature.
- Add sugar first.
- Knead for 15 minutes.
- Put on a warm stove top so the dough can rise.

Shopping List

1/2 pound ground beef
3 slices very dry brown toast or bread crumbs
Milk
Parsley
Garlic
3 eggs
Parmesan cheese
Salt
Pepper
2 cans tomato paste, 6-ounce size
1 can Italian tomatoes, 20-ounce size
Butter
Oil
1 onion
Celery
Sugar
Nutmeg
Oregano
Baking soda
Fresh mushrooms
2 packages yeast
1 pint small-curd cottage cheese
Dill weed
Spaghetti
Salad greens
Salad dressing
Your choice of fresh fruit

• Cover the bowl with a towel

2 packages yeast
2 cups small-curd cottage cheese
4 tablespoons butter
4 tablespoons sugar
2 tablespoons minced onion
4 teaspoons dill seed
2 teaspoons salt
1/2 teaspoon baking soda
2 eggs
4-5 cups flour

Dissolve the yeast in 1/2 cup warm water. Stir in the remaining ingredients plus 4-5 cups flour. Knead and cover and let rise for 1 hour. Punch the dough down and cover again. Let the dough rise for 45 minutes in greased 9-by-5-inch loaf pans. Bake at 350 degrees for 25-30 minutes until golden brown. Remove from pans immediately and butter and salt the tops.

Parish Choir compiles cookbook 'Cranbrook Cuisine'

Recipes ranging from basic everyday fare to elegant, special-occasion dishes are included in "Cranbrook Cuisine," a cookbook compiled by the Parish Choir of Christ Church Cranbrook in Bloomfield Hills.

Featured are favorite recipes submitted by members and friends of Christ Church. Music director Charles Haines contributed two recipes for chicken dishes.

The spiral-bound, 160-page, soft-cover cookbook is available for \$8 at several Detroit area outlets, including Borders Books in Southfield and Novi, Birmingham Bookstore, Metro News Center at Bloomfield Plaza, Cranbrook Art Museum, Cranbrook Institute of Science and the Book Table at Christ Church Cranbrook. The book is one of the principle fund-

raisers for the choir's 1991 tour of England.

To purchase the book directly by mail, send a check for \$9.50 (includes postage) payable to MACCOC (Music at Christ Church Cranbrook) to: MACCOC, Christ Church Cranbrook, 470 Church Road, P.O. Box 601, Bloomfield Hills, MI 48303-0801.

CHUTNEY "SHERRY" PATE
8 ounces cream cheese
1 cup sharp Cheddar cheese, grated
1/2 teaspoon curry powder
1/2 teaspoon garlic powder
1/2 teaspoon salt
1 cup chutney, chopped
1/2 cup green onions, minced (or more)
Mix the first 5 ingredients and

place on serving dish. Pat into shape, about 1 1/2-inch thick. Chill. At serving time, spread chutney over cheese mixture, then sprinkle green onions on top. Serve with any crisp cracker.

A unique and delicious hors d'oeuvre which men especially enjoy.

Betty Williams

KAHLUA MOUSSE
1 cup sugar
1 cup water
12 ounces semi-sweet chocolate
4 eggs
Dash of salt
1/2 cup Kahlua
1/2 cup cognac
3 cups whipped cream

Combine sugar and water in a saucepan; heat slowly until sugar is melted (approximately 5 minutes). Place chips in blender with eggs and

salt on slowest speed; add sugar in a steady slow stream. Blend until smooth. Add Kahlua and cognac. Fold in whipped cream. Put in indi-

vidual dishes, molds, or casserole dish. Chill for several hours. Serve with a dollop of whipped cream.

Mrs. Jeffrey Lord Kero

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Saves Money. A 1 lb. container of Plumb Clean holds up to 41 drain treatments. Even if drain openers could fix slow drains, it would take over 10 quart bottles to get the same number of treatments. Plumb Clean costs about 15¢ per treatment. We don't know of anything that cleans drains for less.

Safe Too. Conventional drain openers are dangerous, harmful. They can injure eyes on contact. They can release steady vapors, in some situations. Some may damage your fixtures. Plumb Clean will not burn skin, or eyes. It will not release harmful fumes. When used as directed, it's 100% safe for people, and of course, all plumbing.

So, if your drains are giving you a SIGNAL, act now. Get safe, guaranteed Plumb Clean today!

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