Hawaiian Haystack is a warm reminder

Every year about this time I find myself wishing I could trade places with the Calgon lady and be transported to some exotic site. Somehow, spring and warm weather seem at times tantalizingly close until Old Man Winter comes along to remind us that he still reigns supreme and blasts us with more cold weather. Until those four magic words, "Calgon, take me away" start work. "Calgon, take me away" start working for you and me, we will have to be content with this week's Winner Dinner, which will bring a taste of Hawaii to your drans start, get out your wkulele and start beating the druns for "Hawaiin Hayatach," a yummy, colorful dish that is bound to help chase away the winter dinner doldruns.

ldrums. Katie Kish of Rochester Hills sub-

doldrums.

Katie Kish of Rochester Hills submitted this week's winning menu.

Kish enjoys cooking and is known for the delicious and nutritious cookies and muffins she bakes for her children's lunches. Her recipe for Crary whole-Wheat Apple and Spiec Cake, is one of her Jamily's Javerites and is an easy dessert or snack to make.

The mother of three teenagers, Kish works part-time as a church secretary. She is also a very activative deburch that she, her husband and children attend. There, she works as the church clerk, keeping track of the records, and as accompanist for the children's choir. She sings solos and duets whenever she is asked and works as the wedding director for the church. Her three children also, keep her life three children she wedding director for the church.

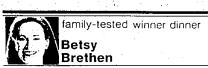
le churen. Her three children also keep her Here three children also keep her busy, and she always attends and supports the many athletic and mosted events in which they participate. Currently, her children and their church youth groups are involved in putting together a high-school, youth-group musical that will be performed at their church. Thank you, Katie Kish, for sharing your recipes with us and congratulations on being this week's Winner Dinner Winner. Your recipes will help us endure these last weeks of winter and give us the Hawaiian punch that we need.

Until next week. I'm off to give those four magic words one more

those four magic words one more try. "Calgon, take me away. Calgon, take me away. Calgon, take me" -oops, they worked. A-looo-ha!

Submit your recipes, to be con-sidered for publication in this col-umn or elsewhere, to: Winner

cooking calendar





Hawaiian Haystack, Rice, and Crazy Whole-Wheat Apple and Spice Cake.

Dinner, P.O. Box 3503, Birmingham 48012. All submissions become the property of the publisher. Each week's Winner Dinner Winner receives an apron with the words Winner Dinner Winner on it.

on it.
Recipes are printed the same

site so that you may chip and sure them in a three-sing builder Use a paper panel in make holes in the chipping or paste the chipping on a think sheet of three-sing includes is paper. Another option is to sing bit file the chipping in a folder with peckets that will hold them.

The course is designed to prepare professional chefs, apprentices and culinary arts student to display platters at the American Culinary Federation approved—competition.

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Observer & Eccentric Winner Dinner

Recipes

HAWAIIAN HAYSTACK

Notatious: Navorful and full of Notificus, Bavortal and fall of cotor and texture. This Issly receipe will help you stell this chicken and the broth can be prepared ahead and frozen or refrigerated at these sant enough time to do all the cooking in one day. Screes 6. ves 6 Prepare the Chicken and

- whole chicken, skinned as much as possible
 medium onions, peeled and quartered

quartered 2 stalks celery, cut up into a few large pieces 6 cups water 1-2 teaspoons thyme, depend-ing on your flavor prefer-ence Salt or pepper

As a shortcut, use 4 generous cups prepared chicken with 2 cans chicken broth, 141;-ounce size

Country trackers may during be with the bidges of water, the experience and the versionings are to experience to a body of the trackers to about our trackers to the trackers to a body of the trackers the country to consider the trackers to confusion the trackers to confusion the trackers to confusion that the fact the experience of the trackers has a color from the first the country trackers and other trackers and other trackers and other trackers during the trackers and other trackers during the confusion of t

- To find the preparations for provincing on the following of to also neglected bowls of tends et large green peoper medium-sized tomatous cups shredded cheddar chedar

1 cup sticed almonds 1 can pineapple chunks, 14½-16-ounce size 2 stalks celery 2 bunches green onion 1 targe can Chinese noddles Bottle of soy sauce

Bottle of soy sauce

Skinn off the fail from the broth and docard. Heat the broth in a large sauceban and remove 1 could offer the sauceban and remove 1 could offer the constanch to therein Taske the broth at the point to see if it heads any extra reasoning or chair housen it is boost the flavor. And 2 hathrepsons of the saver And 2 hathrepsons of broth you have set and and offer in the sauceban comes amost to a bit she in the post of the saver and keep through the profit of the sauceban comes amost to a bit she in the post of the through and the same and segmenting the same and segmenting to the post of the through and the same and segmenting to the post of the through and the same an

or through and beginning to those in the student his meat to now and drive the chacken passers and diseas to throughly warm though of a to the chacken passers and diseas to throughly be the chacken according to the parked processor work of a copie of vice the chacken and both most only in the design and meating the first passers and the family bend to the habe and the family bend to the habe and the family on the chacken and both Remander of the items.

Remainder of the items Sprinkle with say sauce, if de-

1 cup whole wheat flour

- 1 cup sugar 1 cteaspoon cinnamon
- f : teaspoon cinnamon
 'teaspoon ground cloves
 's cup whole bran cereal
 's cup weigtable oil
 'teaspoon vanilla
 Confectioner's sugar
 's cup all-purpose flour
 'teaspoon baking sodil
 's teaspoon nutmeg
 Dach of salt
 'toup cold, strong coffee

Shopping List

Pepper 1 large green pepper 2 medium-sized tomatoes Shredded cheddar cheese

Sliced almonds
1 can pineapple chunks, 141/516 ounces
2 bunches green onion
1 large can Chinese noodles
Soy sauce
Minute Rice

Whole wheat floui

Whole wheat flour Sugar Cinnamon Ground cloves Whole bran cereal Vegetable oil Vanilla Confectioner's sugar All-purpose flour Baking soda' Nutmeg Strong coffee Vinegar 1 large apple

1 tablespoon vinegar 1 large apple, peeled and large apple chopped

who turns to All combine the creal and bother Led stand the Commission of the kills of the cream of the region of the remainder of the region of the remainder of the shaped on the remainder of the shaped of the cream of the cr

Pepper, zucchini add color to dish

Al. The Greeks have a word for these sandwiches — and that word is grent. Five of the tender, well-sca-sined, little meathalls, generously fill a pita bread half to make a sup-per in a pocket. Another time, serve the meathalls and sauce over hot cooked modeles.

GREEK MEATBALL SANDWICHES

SANDWICHES

1 beatine age
1 tablespoons fine dry bread crumbs
1a cup shredded carrol
1a cup finely chapped onlon
1a teaspoon salt
1b teaspoon salt
1c teaspoon self
1d cup finely chapped
1d ounces tean ground beef
1d teaspoons curnstarch

In a medium imaning bowl combineting, broad crimits, carrot, onion, garlic, salt, is testspoon thyme and popper. Add beef and may well. Shape maxture into Jacenty 11s anch lifts, Flace mentaballs on a rack in a 15-byyloby-t-inch baking pan. Bake in a 375-degree oven for 15 to 20 minutes or until done. Drain meat-balls on mater towel.

balls on paper towel.

In a medium skillet combine

I teaspoon instant beef bouillon granules and water Str in ketchup. Worcestershire and 't teaspoon thyme. Cook and str until therkened and bubbly. cook and str 2 minutes more. Place metaballs in skillert and heat through sheep warm 's medium cucumber, thinly silced 't cup plain low-fat yogurt.

Cut pitas in half crosswise and open pockets. Line pockets with co-cumber slices. Spoon meatballs into pita pockets. Serve with yogurt Makes 4 servings.

Nutrition information per serving 289 cai, 22 g pro, 27 g carb, 10 g fat 106 mg chol, 698 mg sodium US RIDA 25 percent vid A 22 percent thamine, 31 percent riboflavia, 32 percent macin, 13 percent calcium 16 percent iron

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