

taste buds

chef Larry Jones

Stack up classy snack

The trouble with sandwiches is that they are so easy. Hardly anyone has any respect for them, which is too bad. Given a little attention, they can be not only inexpensive and quick to make, but really delicious and unique.

When you want to make a serious sandwich, one that commands respect, start with good bread.

With all due respect to store bought white bread, you can stuff it with the rarest roast beef, the tangiest mustard, but it's still just a sandwich!

PERSONALLY SPEAKING, a baguette or mini loaf of French bread with a crust that is hard, dark brown and covered with seeds or herbs, and a center that is chewy and perfectly flavored is just what this doctor ordered.

To locate one of these defensible loaves, find a bakery that specializes in European baking. Even the thrift bakeries are opting for healthier breads with more grain choices than ever before.

Specialty bakeries abound in Observer & Eccentricland with many featuring fresh baked baguettes, crusty pumpernickels and multi-grain wheats. Of course, if you're serving domestic beer and Fritos, any store bought loaf of dark Russian rye or a coarse cracked wheat will suffice.

When it comes to fillings, everyone has their own ritual of stacking overly flavored luncheon meats and pre-packaged sliced cheeses.

Yours truly has a personal favorite sandwich which is stuffed with grilled andouille sausage (hearty, robust and with just the right spiciness) and grilled red peppers.

DON'T TRY to brown whole sausages and expect them to sit placidly between the bread. Take the sausage and cut it crossways into thin slices, and lay the slices in a hot skillet. That way, you get the flavor from the fat, of which most of it will melt away.

Meanwhile, place a red pepper under the broiler and blister the skin. You will have to turn the pepper every few minutes or so. The entire process will take about 10 minutes.

When the skin is blistered all over, drop the pepper into a paper bag and twist the bag shut so that no air can get in. Leave the pepper there for 5 minutes and shake gently. The skin should just peel off.

Cut the pepper into pieces about 2 inches wide, being sure to remove all the seeds and white membrane inside. Cut through any curves in the pepper so that the pieces are absolutely flat.

Next, boil some water in a saucepan. Core a large fresh tomato and drop it into the boiling water for a second, then drain and run it under cold water while peeling the skin off.

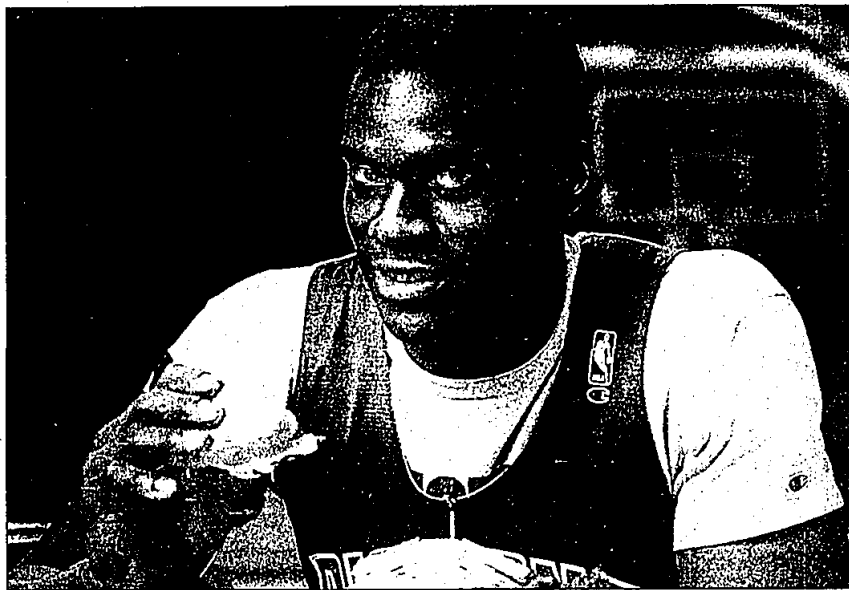
SINCE WINTER "hot house" tomatoes tend to have tough skins, this will ensure a tender bite every time. Cut the tomato into the thinnest slices you can unless you want to imitate Dagwood Busted when you eat the sandwich. The tomato will lend moisture as well as flavor. The main flavor, however, will emanate from the sausage and the contrasting sweetness of the pepper.

Now, for the most important addition, drizzle a little good olive oil (something imported and extra virgin would be nice) into a bowl or deep plate. Using a small brush, coat the cut side of each piece of bread with the oil.

Lay the ingredients on one slice, top with the other slice. Slather on a hefty dollop of honey mustard or something other than plain old yellow mustard and you'll think you've died and gone to heaven!

So forget the same old baloney and try something different, with a little class.

See recipes inside.



Detroit Piston forwards Orlando Woolridge and Dennis Rodman (left) enjoy their favorite sandwiches. (Sandwiches prepared by Matt Prentice of Dell Unique in West Bloomfield.)



Hometown hero sandwiches

By Charlene Mitchell
special writer

THE HERO sandwich has long been associated with hearty appetites. In some parts of the country, it's called a hoagie, or submarine. But the structure never changes. It's overstuffed and stuffed with a variety of ingredients with no particular combination.

THE NAME "hero sandwich" is so widely used that it even found its way to the silver screen in a 1977 film starring actress Cicely Tyson titled "A Hero Ain't Nothin' But A Sandwich." The movie had nothing to do with sandwiches, but plenty to do with images of men as heroes.

Our story has everything to do with

mouthwatering recipes for unforgettable sandwiches created by our hometown heroes who just happen to be members of the Detroit Pistons and Detroit Lions.

OUR HEROES love to eat, and although they usually have someone else preparing their meals, all shared his own favorite "hungry man" sandwich recipe with us.

We share them with you with the following warning: Be prepared for a long rest in an easy chair afterward. Some of these sandwiches are not intended for normal appetites.

• Dennis Rodman, No. 10, forward, Detroit Pistons
Resides in Bloomfield Hills

BALONEY SANDWICH
(makes 3 sandwiches)

9 slices of baloney (prefers Oscar Meyer brand)
6 slices homestyle white bread
Crispy lettuce leaves (from head lettuce)
Miracle Whip

Spread Miracle Whip on the bread generously. Stack lettuce alternately with baloney. Do not slice the sandwich. To be eaten with two hands.

Sandwiches must be served with 10 chocolate chip cookies on the side followed by Ruffles potato chips and Vernors!

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Supper worth singing for

family tested
winner dinner
Betsy Brethen

In the perennial pursuit of outstanding recipes, a bit of trivia has surfaced about the pedigree of this week's Winner Dinner that simply must not be suppressed.

For just as parents name their children, so it has been that some chefs have named special dishes they have created after themselves or in honor of their benefactors.

TAKE, FOR example, this week's Winner Dinner, Chicken Tetrazzini, which is said to have been named for the Italian opera singer Luisa Tetrazzini.

A star in her day, Ms. "T" lived from 1871 until 1940 and was considered one of the finest sopranos of her time.

Now when you prepare this delicious dinner, submitted by Kathy Tosolan of Farmington Hills, you can impress your family with this tidbit of history or, better yet, you can ask them to sing for their supper.

Tosolan is married and the busy mother of Jenny, 10 and Jeffrey, 6. She is a room mother at Longacre Elementary School and helps her husband, John, by answering phones and scheduling all appointments for his business, Corian Carpet and Furniture Cleaners.

Passed on to her husband by his father, the company has been in business since 1945 and does work all over the metropolitan Detroit area.

In her spare time, Tosolan loves to play tennis and regularly works out at a fitness center.

She enjoys cooking and often experiments with new recipes.

She served this winning menu to a group of friends and neighbors at a surprise birthday party recently and was pleased to receive several requests for the recipes from those who had attended the party.



DIANOR LEMIEUX/staff photographer

Kathy Tosolan (left) and her daughter, Jenny, 10, prepare this week's Winner Dinner, Chicken Tetrazzini which is said to have been named for Italian opera singer, Luisa Tetrazzini.

THANK YOU, Kathy Tosolan, for sharing your recipes with us and congratulations on being selected this week's Winner Dinner.

Readers, please take a moment to reach out and share your family's favorite recipes. Simply jot them down and send them in as soon as possible. I am especially looking for recipes

that are heart-healthy, easy and tasty.

Submit recipes to be considered for publication to: Winner Dinner, P.O. Box 3503, Birmingham 48012.

All submissions become the property of the Observer & Eccentric Newspapers.

OBSERVER & ECCENTRIC
WINNER DINNER

Recipes

Great for a crowd and easy to make, this delicious chicken casserole can also be made with leftover turkey. Serves six to eight.

CHICKEN TETRAZZINI
½ cup margarine or butter, softened
6 tablespoons flour
¼ teaspoon garlic powder
¼ teaspoon salt
¼ teaspoon black pepper
1 ½ cups, divided, sharp cheddar cheese, grated
2 cups milk
1 can cream of mushroom soup, 10 ½ ounce size
1 can chopped mushrooms, drained, 4 ounce size
1 jar chopped pimientos, drained, 4 ounce size
¼ cup chopped green pepper or to taste
6-8 ounces cooked spaghetti
4 cups cooked and diced boneless chicken breasts

In a medium-sized saucepan, melt the butter or margarine and add the flour, stirring to prevent lumps.

Cooking over medium heat, add the milk gradually and stir until sauce is made. Add ¼ cup of cheese, stirring until it is melted and well-blended and then add the remaining ingredients.

Stir gently until all the ingredients are combined and then pour into a greased 2 quart casserole dish or a 9 by 13 baking dish.

Top with the remaining ¼ cup of cheddar cheese and bake at 350 degrees for 30-45 minutes.

SWEET AND SOUR SALAD

This recipe can be varied by using spinach in addition to or instead of romaine lettuce.

Sliced water chestnuts and hard boiled eggs can also be added, if desired.

1-2 heads of romaine lettuce, washed, rinsed and torn into pieces
1 can mandarin oranges, 11 ounce size
¼ cup silver, d or sliced almonds
1 medium purple onion, sliced thinly
¼ cup crisp! cooked, crumbled bacon, op. onal

Dressing
¼ cup oil
¼ cup white vinegar
¼ cup sugar
salt to taste
Mix the ingredients together and toss with the salad.

BROWNIE A LA MODE

SUNDAE

One 3 inch by 3 inch chocolate brownie, per person
1 jar caramel topping or hot fudge sauce, warmed in microwave or in saucepan
French vanilla ice cream or frozen vanilla yogurt
Whipping cream

On separate plates, top each brownie with desired amount of ice cream or yogurt. Spoon caramel topping or hot fudge sauce over ice cream or yogurt and top with whipping cream.

If desired, garnish whipping cream with mini chocolate chips, chopped nuts, sprinkles or a cherry.