

Chili champion busy traveling, competing



MEELY WYOMIK

Champion chili cook: Marilyn Frederick and her husband Ray of Redford Township have been taking their famous "Time Bomb Chili" to different parts of the country.

On March 7, Marilyn tied for third at a competition in St. George, Fla. Next was the Heartland Cook-off in Alton, Ill. She finished eighth out of 60 cooks. A friend of theirs who wrote to me said "It was very cold, rainy and not windy along the Mississippi on April 25 the day of the cook-off. The stove kept going out, we alternated sitting in the car to get warm, and keep out of the rain."

On May 2, Marilyn defended her crown as North Central Region Champion in Saline and placed third. On June 7, she went to Ontario, Canada, to compete. Her chili won first place in 1990, but placed fourth in 1992.

She was scheduled to compete in a cook-off at the Livonia Spree on June 28, and was asked to cook at two cook-offs in Illinois later in the year.

"As long as I can make a good pot of chili that the judges like, I'm happy. It's great to make the finals table at all the cook-offs we've been to."

Can safely

Canning season is almost here, and Selma Treisman, home economist for the Oakland County Cooperative Extension Service, says canners may have a problem with food safety unless they are using the 32nd edition of the "Ball Blue Book."

Canning methods and U.S.D.A. processing recommendations have changed in recent years. "One very reliable source of accurate canning times and methods is the 32nd edition of the 'Ball Blue Book,'" said Treisman. "Most local stores that carry canning supplies also carry this inexpensive paperback book."

The Cooperative Extension Service also has the latest Ball Blue Book for sale. For ordering information, call the Food and Nutrition Hotline at 858-0964 between 9:30 a.m. and 5 p.m., Monday through Friday.

CLARIFICATION

There was an error in last week's story about natural food substitutions. One tablespoon cornstarch or arrowroot, 1 tablespoon white vinegar, and 1 cup water equals one egg.

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Have old-time picnic on the Fourth

See related story on Taste front.
SHARON'S FRIED CHICKEN

12 chicken legs and thighs
flour
2 eggs, beaten with 3 tablespoons water
coarsely rolled cracker crumbs, seasoned with salt and pepper
1/4 pound butter
2 cups vegetable shortening or 1 1/2 cups lard

Flour all parts well, dip into beaten egg, and then roll in cracker crumbs. Chill for 1 hour, being careful to press the seasoned crumbs firmly into the chicken.

Melt the butter and vegetable shortening or olive oil in a heavy skillet or two. The fat should be about 1 inch deep. Add pieces of chicken and be sure to begin the thighs and legs skin-side down.

Cook over fairly high heat until nicely browned, then turn and brown the other side. Reduce the heat, and continue cooking for about 15 to 18 minutes. Cover the pan for some of the cooking. Remove chicken pieces to absorbent paper placed on a baking sheet.

FOURTH OF JULY STRIPED JELL-O

1 package strawberry Jell-O
1 package blueberry Jell-O
2 envelopes Knox Gelatin
2 cups hot water
1 1/2 cups cold water
2 cups milk, boiled

1 cup sugar
1 pint sour cream
1/2 teaspoon vanilla
whipped cream
fresh raspberries, strawberries or blueberries

Assemble three mixing bowls, one for each color of Jell-O. Lightly oil a 9 x 13 glass baking dish.

In bowl No. 1, mix 1 package strawberry Jell-O with 1 cup hot water. Stir to dissolve Jell-O; add 1/2 cup cold water. Pour mixture into greased dish and put into refrigerator until just set.

In a saucepan, boil 2 cups milk, and mix in 1 cup sugar. In bowl No. 2, dissolve 2 envelopes of Knox gelatin in 1/2 cup cold water. Add milk mixture. Set aside, cool to room temperature. Add 1 pint sour cream and 1/2 teaspoon vanilla.

Pour carefully, or spoon, over set red Jell-O. Put into refrigerator until just set.

In bowl No. 3, dissolve blueberry Jell-O, the same as red Jell-O. When white mixture is just set, carefully pour, or spoon, blue Jell-O on top. Refrigerate until firm.

If you have the patience, you can do all three steps all over again, ending with six alternating red, white and blue layers.

To serve, cut Jell-O mixture into cubes. Serve in sundae glasses, garnished with whipped cream, fresh raspberries or strawberries and blueberries.

ries and blueberries.

INDIAN PUDDING

1/4 cup cornmeal
2 cups hot milk
1 cup cold milk
1/4 cup sugar
1/4 teaspoon baking soda
1/4 teaspoon ground ginger
1/4 teaspoon ground cinnamon
1/4 cup molasses
1/4 teaspoon salt

Stir corn meal, a little at a time, into the hot milk and cook over low heat or in the top of a double boiler, stirring constantly, for 15 minutes or until thick. Remove from heat. Mix together sugar, baking soda, salt, ginger and cinnamon, then stir into the cornmeal mixture. Add molasses and cold milk, mixing into the cornmeal mixture. Add molasses and cold milk, mixing thoroughly. Pour into a 1-quart casserole and bake in a preheated 275-degree oven for two hours. Serve warm with whipped cream and a light sprinkling of freshly grated nutmeg. Serves 6 to 8.

Indian Pudding was a dessert Abigail Adams would have served at a Fourth of July dinner. Other items on the menu included turtle soup, broiled salmon steaks or New England poached salmon with egg sauce, green peas, small broiled new potatoes, in jackets, coffee and tea.

Early celebrations included lots of feasting

By JOAN BOHMAN
SPECIAL WRITER

When John Adams signed the Declaration of Independence, he wrote to his wife, Abigail, that the day of the signing "... ought to be solemnized with pomp and parade, with shows, games, sports, guns, bells, bonfires, and illuminations, from one end of this continent to the other, from this time forward, forevermore."

From the earliest days, it has been a tradition all through New England, where the

Adams came from to serve Poached Salmon with Egg Sauce, along with the first new potatoes and early peas, on the Fourth of July.

But, on June 23, 1797, First Lady Abigail Adams wrote to her sister from Philadelphia (then the capital of the country), "... the Fourth of July is still a more tedious day, as we must have then not only all Congress, but all the gentlemen of the city, the governors and officers and companies, all of whom the late president used to treat with cake, punch and wine. What the House would not hold

used to be placed at long tables in the yard. As we are here we cannot avoid the trundle or the expense."

Describing an 1837 Fourth of July celebration, Frederick Marryat wrote, "but what was most remarkable, Brandy being three miles long, and the booths lining each side of it. In every booth there was a roast pig, large or small, in the centre attraction. Six miles of roast pig, and that in New York City alone, and roast pig in every other city, town, hamlet and village in the union."

Making fresh lemonade at home — It's a fine art

LEMONADE SYRUP

2 cups sugar
1 cup water
the rind of 2 lemons, cut into thin strips
1/4 teaspoon salt
the juice of 6 lemons

Boil the sugar, water, salt and lemon strips for not more than 5 minutes. Strain the syrup and remove the peels. Store in a covered jar and add the lemon juice. To use

eight ounce glass of fresh cold tap water or carbonated water, add one tablespoon syrup and two tablespoons of orange, apricot or pineapple juice. Stir and serve over ice.

ICED TEA

1 tablespoon plus one teaspoon tea leaves
2 1/2 cups cold tap water

Place the tea leaves in a non-reactive preheated pot. You can preheat the pot by pouring boiling water in the pot and allowing to

stand for one minute. Drain all water from pot. Bring the cold tap water to a boil and immediately pour over the leaves. Allow to steep for three, but not more than five minutes. Strain tea leaves, cool and add ice, sugar or lemon, if desired.



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