

Working mom from page 1B

fast from fresh peaches (or any other kind of fresh fruit), cream cheese, whipped topping and jam, completes the meal. Sighthorpe, Emily and Sharon will sit down to this evening.

Normally, Sighthorpe said, they skip dessert and have a salad and vegetable to compliment the main dish. Or the girls go for her homemade biscuits which she serves frequently because they can also be prepared quickly.

On weekends she spends much of her leisure time "heading out for fruit stands," so she can make jam. "This time of year she also bakes a lot of peach and apple pies."

Do her daughters share their mother's love of cooking?

Emily says she likes to make spaghetti. She browns some ground beef and adds Ragù spaghetti sauce.

"Only the original Ragù — the spin-off sauces are too sweet," added Sighthorpe.

But most of the time the girls are as busy as mom. Emily is a sixth grader at Hart Middle School in Rochester, and Sharon attends adult education at Rochester High School in the evenings and goes to beauty school at the Michigan College of Beauty in Troy during the day. She doesn't get home until 10 p.m. — so it's nice to get Mom's delicious leftovers from dinner.

Although you might think Sighthorpe always loved to putter

around in the kitchen, she didn't. But when she was a teenager her younger three sisters (she had two older brothers as well) would "experiment" after her mother left the house.

"She didn't let us cook a lot, but she would let us take scraps of pie crust, sprinkle cinnamon and sugar on top and bake them," Sighthorpe said.

Does she have any recipe contests coming up?

Sighthorpe said she plans to enter the National Pillsbury Contest where you can submit "any recipe" and a chicken company contest "where you have to come up with a chicken recipe."

She leaned over the kitchen counter, putting her elbows behind a bright splash of yellow and purple spotted mums and a large turban squash.

"This is what I like," she said smiling. "I love to come up with new recipes — to cook and to compete."

See recipes inside.

Look for Super Supper on the second Monday of the month in Taste. To submit recipes for consideration in this column write: Keely Wygonik, Taste/Entertainment editor, Observer & Eccentric Newspapers, Inc., 30251 Schoolcraft, Livonia, MI 48150, or fax 591-7279. Call 953-2105 for information.

Blue-ribbon cook shares recipes

See related story on Taste front. Evelyn Dugal shared two of her prize-winning recipes.

OATMEAL-RAISIN COOKIES

- 1/2 cup soft shortening
- 1 1/4 cup granulated sugar
- 2 eggs
- 6 tablespoons molasses
- 1 1/4 cups unbleached flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon cinnamon
- 2 cups rolled oats
- 1/2 cup cut-up walnuts or pecans

Mix together thoroughly: shortening, sugar, eggs and molasses. Sift together in a separate bowl: flour, baking soda, salt, and cinnamon. Mix all together on low with electric mixer. Stir in oats and raisins.

Crup by rounded teaspoons onto lightly greased baking sheet. Bake in 400 degree oven, 8-10 minutes. Remove before they brown. Let cool and cookies will set-up.

Yield: 4 dozen. Store in airtight container. Freeze a few in plastic bags to add to lunches.

EVELYN'S WHITE BREAD

- 2 packages active dry yeast
- 2 tablespoons sugar
- 1 1/2 teaspoon salt
- 5 1/2 to 6 1/2 cups sifted flour
- 1 cup milk
- 1 cup water
- 2 tablespoons shortening

In large bowl, stir together yeast, sugar and 1/2 cup flour and 1/2 cup water. In 2-quart saucepan over low heat, heat milk, water and shortening until very warm (120 to 130 degrees).

Using mixer at low speed, gradually beat milk mixture into yeast mixture until well blended. Increase speed to medium; beat 2 minutes. Add 1 cup flour. Increase speed to high; beat 2 minutes.

Stir in enough additional flour to make soft dough. Turn out dough onto lightly floured surface. Knead until smooth and elastic, about 8 to 10 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 45 minutes.

Punch down dough. Cover and let rise again, until almost doubled, about 30 minutes. Punch down dough. Divide dough in half. Cover and let rest 10 minutes.

With lightly floured rolling pin, roll out each half into a 16 by 6-inch rectangle. Starting with one short

side, roll up each rectangle, jelly-roll fashion. Pinch seams and ends to seal. Place each roll, seam-side down, in greased 8 1/2 by 4 1/2 by 2 1/2-inch loaf pan.

Cover and let rise until doubled, about 45 minutes.

Bake in 400 degree oven 35 minutes, or until loaves are golden brown and sound hollow when tapped. Immediately remove from pans. Cool on racks. Makes 2 loaves.

Variation — Braided Best-Ever White Bread:

Prepare dough and let rise as directed. Roll each third into a 10-inch long rope. For each loaf, braid three ropes and let rise in a greased loaf pan, tucking ends under. Let rise and bake as directed.

Autumn best time of year to enjoy squash

See related Taste Buds column on Taste front.

SIMPLE MASHED WINTER SQUASH

- 1 winter squash (about 2 cups, cooked)
- 2 tablespoons butter or margarine
- 2 teaspoons brown sugar
- 1/2 teaspoon salt

1/4 teaspoon ginger or cinnamon

1/4 cup orange juice

1/4 cup crushed pineapple

1/4 cup chopped walnuts

Preheat oven to 375 degrees.

Scrub the outside of the squash, then pierce once or twice. Place on a rack in the oven and bake until it can be pierced with a fork. A four pound squash will take a little over

an hour. Remove squash from the oven. Peel, if desired or cut in half and remove seeds.

Scoop out the cooked squash and place in a saucepan. Mash gently with a large fork. Add remaining ingredients and cook, over low heat for 5 minutes or until heated throughout. Serve immediately. Serves 4.

prepared pie shell and bake for 15 minutes.

Reduce heat to 325 degrees and bake about 45 minutes or longer or until a knife inserted in the center comes out clean. Serves 4.

SQUASH SOUP

- 3 cups cooked squash (variety of your choice)
- 3 cups hot chicken broth
- 1 tablespoon butter
- 1 tablespoon flour
- 2 tablespoons brown sugar
- Salt and pepper to taste
- A dash of cinnamon and nutmeg
- 3/4 cup cream

Place the squash and the broth in a medium saucepan. Heat until well mixed. Melt the butter and stir in the flour to make a paste. Whisk into the soup. Stir in brown sugar, salt, pepper, cinnamon and nutmeg and mix well. Remove from heat. Add a little of the soup to the cream to raise the temperature of the cream. Whisk cream mixture into warm soup. Serve immediately. Serves 4-6

Wine auction to benefit art school

Well-aged wine and cutting-edge art are the focus of a week-end of special events benefiting Detroit's Center for Creative Studios October 14-16.

The weekend begins 7 p.m. Thursday, Oct. 14 with a Wine Makers Dinner at Opus One restaurant, 565 E. Larned, Detroit. Tickets are \$50 per person. The event is sponsored by Retirement Funding of Bingham Farms.

A Taste of Wine and Art will combine a celebration of the creative achievements of CCS students with a Bordeaux tasting, 6 p.m. Friday, Oct. 15. The event will take place at the center, 201

E. Kirby, Detroit. Tickets are \$35 per person.

The auction will take place 6 p.m. Saturday, Oct. 16 at The Fairlane Club, 5000 Fairlane Woods Drive, Dearborn. Tickets are \$175 per person. For more information, or to purchase tickets for these events, call 872-9463 or 872-9118, Extension 282.

For the past 11 years, the Detroit International Wine Auction has gathered the area's wine and art lovers for one night of festive imbibing and feverish bidding, raising over \$1 million for the center.

Get dinner on the table fast

See related story on Taste front.

QUICK BEEF PASTES

- Pasty for two pie crusts, or two frozen pie crusts (dough)
- 1 pound ground beef
- 4 small potatoes (1 pound), scrubbed
- 1 cup frozen peas and carrots
- 1 1/2-ounce jar beef gravy
- 2 teaspoons onion powder
- 1 teaspoon salt
- 1/2 teaspoon pepper

In a frying pan, brown the ground beef over medium heat. Stir occasionally. While the beef is browning, microwave potatoes on full power for 12 minutes. Prepare pastry crust. (I do this while the beef and potatoes are cooking.)

Chill the potatoes until they are cool enough to touch. Peel and dice them. Microwave the peas and carrots in a covered dish for 5 minutes on full power.

After beef is browned, place in a bowl. Stir in seasonings. Add cooked, diced potatoes and microwave peas and carrots. Stir in 1/2 cup beef gravy. Divide dough into six equal parts. Roll out into circles. Place one-sixth of the hamburger mixture on the pastry round. Brush edges of the crust with milk. Fold the round over, and press with the tines of a fork to seal. Brush top of paste with milk to make the crust turn a golden brown color when baked.

Place on a lightly greased cookie sheet. Bake at 375 degrees for 30 minutes, or until golden. Heat remaining gravy and serve with pasties. Serves 6.

PASTRY CRUST

- 2 cups flour
- 7/8 cup shortening (butter flavored, preferably)
- 1/2 teaspoon salt
- 1 egg yolk
- 3-5 tablespoons cold water
- 3 tablespoons milk

Place flour, salt and shortening in a bowl. Cut in shortening with a pastry cutter. Add egg yolk and three tablespoons water, fluff with a fork. Add more water, if necessary.

Divide dough into six equal parts. Roll out into circles. (Trim with a knife if necessary; use in Quick Beef Pasty recipe.)

PEACH MOUSSE PARFAIT

- 1 8-ounce package cream cheese
- 1/2 cup sugar
- 2 cups whipped topping
- 1/2 cup peach jam (chilled)
- 1/2 teaspoon almond extract
- 1 1/2 cups fresh sliced peaches (peel if desired, or use canned peaches)
- 2 teaspoons lemon juice

Combine cream cheese, sugar, jam and almond extract; whip until fluffy. Fold in whipped topping.

Combine peaches with lemon juice to keep peaches from darkening. Layer cream cheese mixture with peach slices in a parfait glass or sundae dish. Garnish with a peach slice. Chill until served.

COMPANY CHICKEN

- 2 pounds boneless, skinless chicken breasts
- 1 cup each green and red pepper, cut in strips
- 1/2 cup carrots, sliced
- 1/2 cup green onion, sliced crosswise
- 2 teaspoons each onion and garlic powders
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 cup vegetable oil
- 3 teaspoons chicken bouillon
- 1 cup water
- 2 tablespoons corn starch
- 3/4 cup orange marmalade
- 3 cups cooked rice

Cube the uncooked chicken. Place in a bowl with all spices, stir to coat chicken. Let set 1 hour for flavors to blend. Heat oil in skillet. Quickly add chicken, stirring until lightly browned. Lift from pan with a slotted spoon, and place in a bowl. Add carrots, and saute for 4 minutes or until crisp-tender. Add pepper strips, and cook a few minutes more. Remove vegetables with slotted spoon to bowl with chicken.

Mix chicken bouillon with water and cornstarch. Quickly add to saute pan, stirring constantly until bubbly and slightly thickened. Stir in orange marmalade, stirring until blended. Add vegetable/chicken mixture, and heat through. Serve over rice.

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