

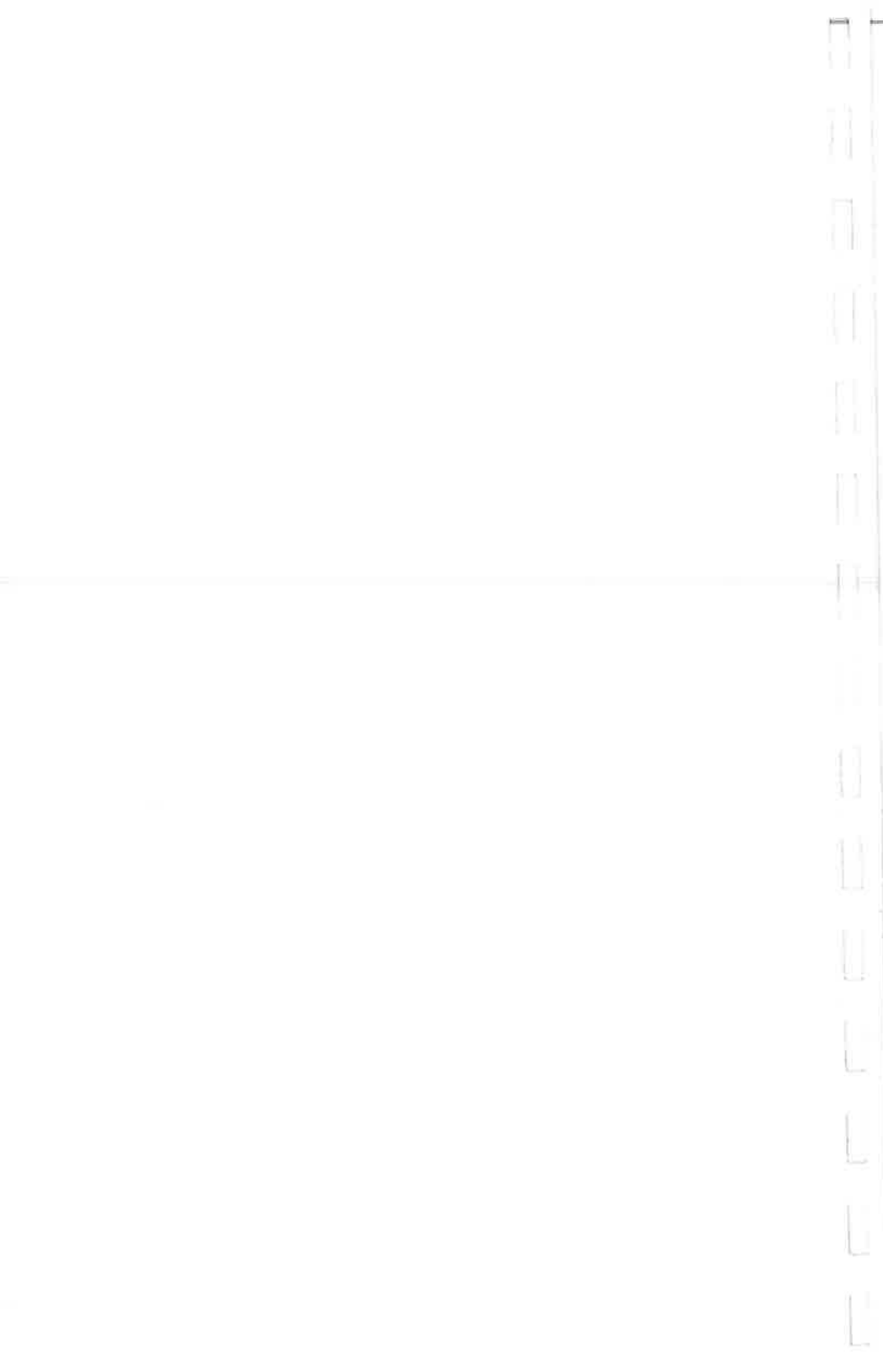


# SEASONED GREETINGS

Celebrity Cookbook, Christmas 1989

To Benefit the Toledo Area Special Olympics





# SPECIAL OLYMPICS

The Special Olympics of Northwest Ohio has been helping children and adults in the Toledo area to realize their true potential and strive toward their goals for more than 20 years.

Special Olympics is a world wide program of athletic training and competition for the mentally retarded. Since its inception in 1968, the program has grown to more than 1,000,000 athletes and 500,000 volunteers in more than 70 countries around the globe. The statewide organization is a private, non-profit corporation funded primarily through private donations and fundraising projects from across the state of Ohio.

The mission of Special Olympics is to provide year round training and competition in a variety of Olympic type sports for all children and adults with mental retardation. This gives them the opportunity to develop physical fitness, demonstrate courage, experience joy and participate in a sharing of gifts, skills and friendship with their families, other Special Olympic athletes and their community.

In Special Olympics, victory is secondary toward striving toward one's own athletic potential. This unconquerable spirit is reflected in the Special Olympics oath:

"Let me win, but if I cannot win,  
let me be brave in the attempt."

Through your generous support of this cookbook, Special Olympics will continue to instill these values and encourage the mentally retarded children and adults of the Northwest Ohio area. When you give part of yourself to Special Olympics, they give something in return.





-----

I want to help the Special Olympics help the mentally retarded children and adults of Northwest Ohio. Here is my contribution of

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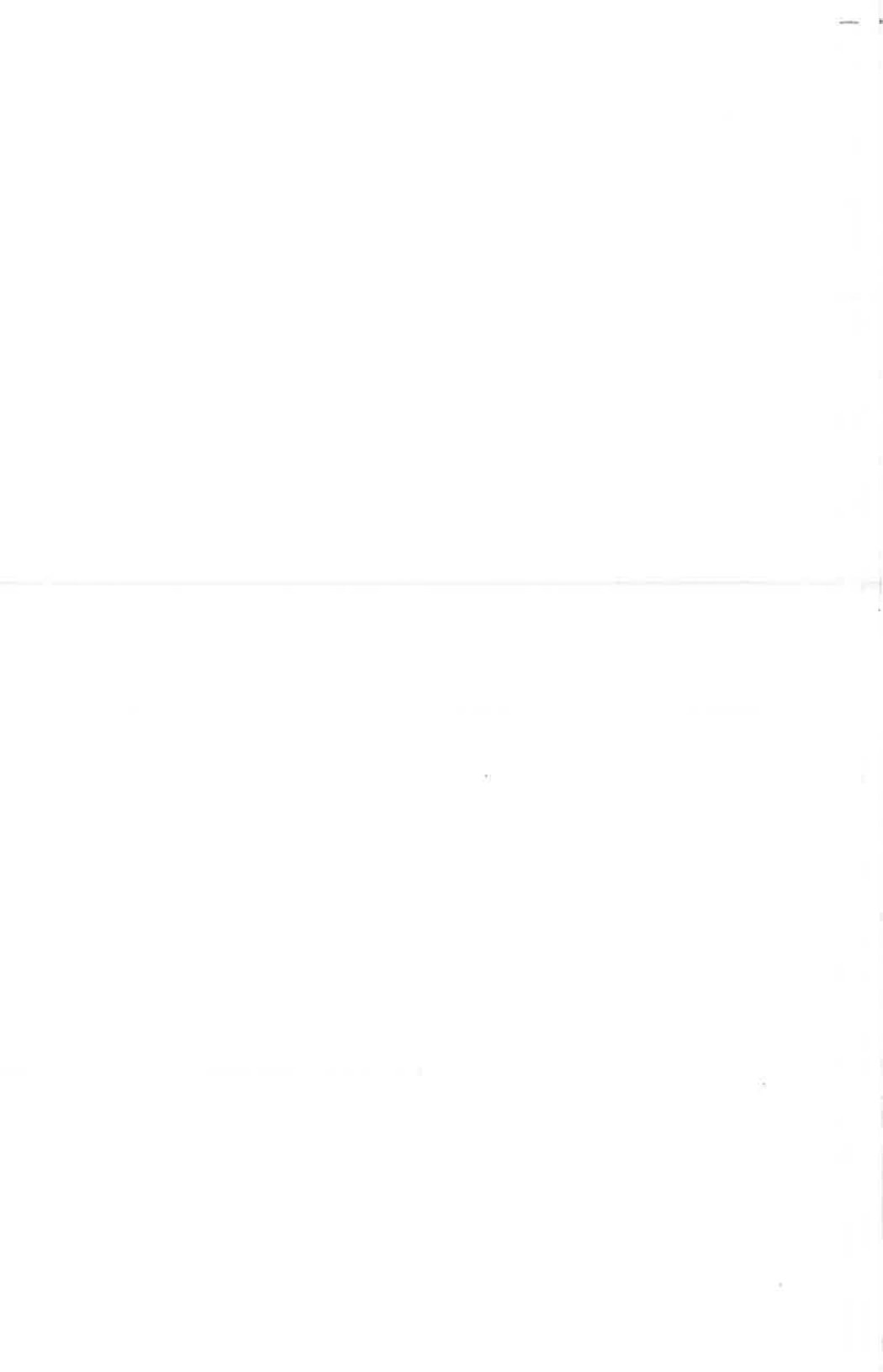
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Please make checks payable to:  
Area 4 Special Olympics  
c/o Jennifer Cole  
2001 Collingwood Blvd.  
Toledo, OH 43620

419-248-3585 or 419-244-0942

Contributions may be tax deductible.



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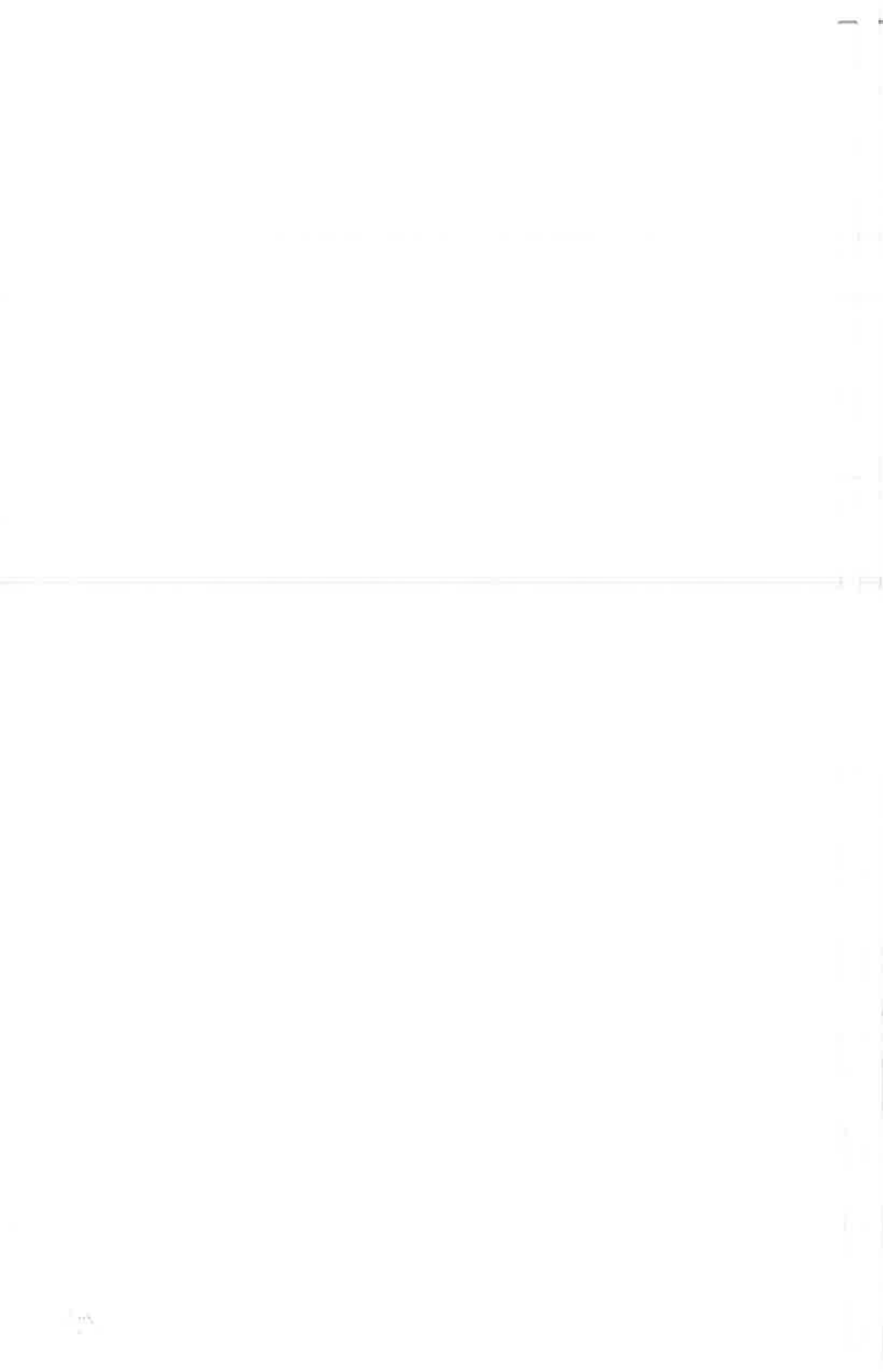
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# APPETIZERS





Carol Burnett  
*Actress*

## BROILED DEVEILED CLAMS

*24 hard-shelled clams (small)*

*¾ cup butter, softened*

*¼ cup shallots, minced*

*3 Tbsp. Dijon-style mustard*

*2 Tbsp. lemon juice*

*Salt and pepper to taste*

*Stale bread crumbs*

*Rock salt*

Clean and shuck clams, discarding the top shell, and release them from the bottom shells. In a bowl combine the butter, mustard, shallots, lemon juice, salt and pepper. Divide the butter mixture among the clams, spreading it evenly over each clam, so clam is completely covered. Cover clams with plastic wrap and chill 30 minutes.

Sprinkle 2 teaspoons of bread crumbs over each clam and arrange the clams on a bed of rock salt in a shallow baking pan. Broil clams 2 inches from flame for 3 to 4 minutes until the crumbs are golden.





Jerry Anderson  
*News Anchor*  
WTVG-TV 13

## CHEESE BITS

*2 ½ loaves Pepperidge Farm  
sandwich bread*  
*4 Jars Old English  
cheese spread*  
*1 lb. butter (or oleo)*

*1 tsp. Tabasco*  
*1 tsp. onion powder*  
*1 ½ tsp. Worcestershire sauce*  
*½ tsp. dill weed*  
*1 tsp. Beau Monde seasoning*

Trim crusts from bread. Use 3 slices for each sandwich. Mix together all ingredients for cheese mixture. Spread cheese mixture between slices. Cut in 3's both ways so you get 9 squares out of each three slice sandwich. Ice sides and tops of each square with cheese mixture, but not the bottoms. Place on cookie sheet in freezer. When frozen, they can be stored in the freezer in plastic bags.

Bake at 350° for 20 minutes or until browned. Do not thaw before baking. Makes 120 squares.





Gus J. Mancy  
General Manager  
Mancy's

## COCONUT SHRIMP

- |                                   |   |
|-----------------------------------|---|
| <i>1 cup pineapple juice</i>      | <i>12 uncooked jumbo shrimp,</i>        |
| <i>2 Tbsp. lemon juice</i>        | <i>peeled, deveined and</i>             |
| <i>2 Tbsp. soy sauce</i>          | <i>butterflied (leave tails intact)</i> |
| <i>2 tsp. fresh grated ginger</i> | <i>2 cups sweetened coconut,</i>        |
| <i>1 cup all-purpose flour</i>    | <i>shredded</i>                         |
| <i>Pinch of salt</i>              | <i>5 cups vegetable oil</i>             |
| <i>1 cup milk</i>                 | <i>Favorite Oriental or mustard</i>     |
| <i>1/2 cup cream of coconut</i>   | <i>dipping sauces</i>                   |
| <i>1 egg</i>                      | <i>Lemon wedges</i>                     |

Combine pineapple juice, lemon juice, soy sauce and ginger in medium bowl and marinate shrimp for 1/2 hour. Line baking sheet with wax paper. Place flour on a plate; add salt. Whisk milk, cream of coconut and egg in medium bowl.

Dredge shrimp in flour, shaking off excess. Dip shrimp (not tails) in milk batter. Press shrimp into shredded coconut, do not coat tails. Place shrimp on prepared baking sheet and freeze till firm.

Heat oil in heavy, large sauce pan to 350°. Add frozen shrimp to oil in batches. Cook until golden brown (approx. 3 minutes). Serve with your favorite Oriental and/or hot mustard dipping sauce and lemon wedges.

This tropical delight can be enjoyed as an appetizer or dinner. And, the best thing about Coconut Shrimp is it can be prepared a day or two before cooking.







Max Wright  
Actor  
"Alf"

*Max Wright*

## MUSHROOMS MAX

*12 Shitake mushrooms,  
generous size  
¼ cup extra virgin first  
pressing olive oil  
2 Tbsp. capers (without brine)*

*6-8 cloves of garlic  
(depending on taste)  
Optional garnish of lettuce  
leaves, wedges of lemon and  
fresh tomato*

Use garlic press to press capers; use everything but the skins.  
Press garlic. Mix both with the olive oil.

Put mushrooms cap side down in bowl, pour marinade over for  
about ½ hour. Turn at least twice during this time.

Grill on low flame on barbecue. Serve on lettuce leaves with  
wedge of lemon and fresh tomato.





Jeannine Lauber  
*News Anchor*  
WTVG-TV 13

*Jeannine Lauber*

## TACO DIP

*1 2 lb. can refried beans*  
*1 12 oz. tub sour cream*  
*1 12 oz. bottle of*  
*salsa/taco sauce*

*1 6 oz. bag shredded*  
*cheddar cheese*  
*Sliced black olives*  
*Tortilla/taco chips*

In a 9x9" pan, layer beans, sour cream, salsa sauce and cheddar cheese. Top with black olives and serve with tortilla chips. Only takes 5 minutes to whip up.





Betty White  
Actress  
"The Golden Girls"

*Betty White*

## CHICKEN WINGS PACIFICA

|  |                           |
|--|---------------------------|
| <i>3 lbs. chicken wings (or more,<br/>they disappear fast)</i> | <i>1 cup brown sugar</i>  |
| <i>1 stick butter or margarine</i>                             | <i>¾ cup water</i>        |
| <i>1 cup soy sauce</i>   | <i>¼ tsp. dry mustard</i> |

Arrange wings in shallow baking pan. Heat butter (or margarine), soy sauce, sugar, water and mustard until sugar and butter melt. Cool. Pour over wings and marinate at least 2 hours, turning once or twice. Bake in same pan at 375° for 1¼ - 1½ hours, turning occasionally. Drain on paper towels.





# SOUPS/SALADS





Malcolm S. Forbes  
*Chairman and Editor-in-Chief*  
*Forbes Magazine*

*Malcolm Forbes*

## CHILLED CANTALOUPE SOUP

*3 medium sized ripe  
cantaloupes*

*2 cups white grape juice*

*1 tsp. lemon juice*

*1/3 cup yogurt*

*Dash cinnamon*

*Dash nutmeg*

*1/2 cup Perrier water*

Remove skin and seeds from cantaloupes and puree in blender until very smooth. Pour in sauce pan and bring to a boil. Remove from sauce pan and pour into stainless steel bowl and place bowl in an ice water bath. When chilled, add lemon juice and yogurt by whisking it into soup. Season with nutmeg and cinnamon and stir in Perrier water. Serve very cold. Serves 8.





Brenda Hines  
*Anchor/Reporter*  
WTVG-TV 13

*Brenda Hines*

## NEPTUNE'S CHOWDER

- |   |  |
|---|--|
| 1 15 oz. can <i>Snows</i><br><i>Clam Chowder</i>          | 2 5½ oz. cans <i>crabmeat</i>                        |
| 1 10½ oz. can <i>cream of</i><br><i>mushroom soup</i>     | 1 6 oz. can <i>shrimp</i>                            |
| 1 13 oz. can <i>evaporated milk</i><br><i>(undiluted)</i> | ½ cup <i>chopped parsley</i><br><i>(or to taste)</i> |
| 1 4 oz. can <i>mushrooms (cut up)</i>                     | ¼ cup <i>dry sherry</i>                              |
| 1 6½ oz. can <i>minced clams</i>                          | 1 tsp. <i>Worcestershire sauce</i>                   |
|   | <i>Dash of Tabasco</i>                               |

Do not drain seafood.

Combine *Snows* clam chowder, cream of mushroom soup, evaporated milk and mushrooms. Heat slowly for 15 minutes. Do not boil.

Add remaining ingredients. Heat to serving temperature.





John D. Mihaly  
*Executive Chef/General Manager*  
*The Boody House*

## TARRAGON TOMATO DRESSING

4 egg yolks  
1 tsp. Dijon mustard  
24 oz. salad oil  
1 cup tomato meat and juice  
(fresh), chopped fine

1 Tbsp. chopped tarragon leaves  
3 oz. tarragon vinegar  
Salt and white pepper

Peel and deseed tomatoes, chop fine and save juice from cutting board.

In bowl put 4 egg yolks, mustard and dribble in salad oil to make a mayonnaise. Add chopped tomato, tarragon leaves, vinegar and mix well. Season to taste with salt and pepper.







Ted & Joanne Arvanitis  
*Owners*  
*Theos Taverna*

*Ted Arvanitis*  
*Joanne Arvanitis*

## THEOS GREEK VILLAGE SALAD HORIATIKI

- |  |  |
|--|--|
| <i>2 large tomatoes,<br/>cut in wedges</i>     | <i>2 Tbsp. chopped parsley</i>                           |
| <i>1 cucumber (peel skins), sliced</i>         | <i>1 tsp. oregano</i>                                    |
| <i>1 green pepper,<br/>cut in 1" squares</i>   | <i>Salt to taste</i>                                     |
| <i>2 green onions,<br/>cut in small pieces</i> | <i>1/3 cup olive oil<br/>(enough to coat vegetables)</i> |

Toss all ingredients together lightly and garnish with slices of feta cheese, black olives, salonika peppers and red onion rings.  
Serves 2-4 people.





Carol Rae  
*Manager*  
*Lion Westgate's Oak Room Restaurant*

*Carol Rae*

## FAMOUS TACO SALAD

*3 heads of lettuce, torn apart,  
small pieces*

*1¾ cups rinsed kidney beans*

*1½ cups diced American/  
Swiss cheese*

*1½ cups diced tomato*

*¾ cup chopped onion*

*1 cup chopped green pepper*

*8 oz. sour cream*

*1 lb. ground chuck, cooked well*

*2 pkgs. taco seasoning mix*

*½ cup red French/Russian  
salad dressing*

*Dorito's Nacho Chips*

Cook ground beef, break into small pieces while cooking, drain excess grease. Rinse meat with water, re-heat in pan and add taco seasoning - mix well. Cool meat before adding to the salad.

Mix ingredients together, adding the desired amount of dressing and serve sour cream on the side. Crush nacho chips on top of the salad. Serves 6-8.





Labib Hajjar  
*President*  
*Beirut Restaurant*

## FATOOSH

*2 medium tomatoes*

*1 small cucumber*

*2 green onions*

*1 small onion*

*¼ green pepper*

*2 loaves of pita bread*

*1 bunch parsley, chopped*

*¼ cup lemon juice*

*¼ cup olive oil*

*⅛ cup fresh mint, chopped*

*Salt and pepper to taste*

*2 Tbsp. sumac (thyme, oregano)*

Cut tomatoes, cucumbers, onion and pepper into small slices. Toast the bread until it's crisp. Place cut vegetables in a bowl, crack the bread into about square inch pieces over the vegetables. Add parsley, mint, salt, pepper and sumac.

Just before serving add the oil and lemon and mix.





Genevieve E. Dokurno  
*President*  
*Northwood Inn & Northwood Villa*

*Genevieve E. Dokurno*

## RASPBERRY RIBBON SALAD

|                                     |                              |
|-------------------------------------|------------------------------|
| <i>1 6 oz. pkg. raspberry jello</i> | <i>2 10 oz. pkgs. frozen</i> |
| <i>1½ cups boiling water</i>        | <i>raspberries</i>           |
| <i>1 13½ oz. can crushed</i>        | <i>¼ tsp. salt</i>           |
| <i>pineapple, DO NOT DRAIN</i>      | <i>2 cups sour cream</i>     |

Mix jello and boiling water, stir very well until dissolved. Add crushed pineapple, do not drain, stir well. Add frozen raspberries and salt and stir. Let thicken slightly.

Swirl in sour cream, DO NOT OVER MIX. Pour into a 9x13" glass casserole dish and refrigerate at least 4 hours. Delicious!

(May also use strawberries and strawberry jello.)





Richard F. Celeste  
*Governor  
State of Ohio*

*Richard F. Celeste*

## MUSHROOM SALAD

*3 boxes of mushrooms  
2 bunches of parsley  
1 whole clove garlic  
4 Tbsp. olive oil*

*4 Tbsp. wine vinegar  
Juice of 1 fresh lemon  
Salt and pepper to taste*

In a large salad bowl, thickly slice mushrooms, chop parsley, thinly slice garlic.

Add olive oil, vinegar, lemon juice, salt and pepper. Toss slightly before serving.





Mary Haddad & Michel Ansara  
*Owner                      Head Chef*  
*The Bungalow*

*Mary Haddad*

*Michel Ansara*



## TABOOLEY SALAD

*1½ cups cracked wheat*  
*5 bunches parsley*  
*½ cup fresh mint or*  
*1 Tbsp. dried*  
*7 medium size tomatoes*

*1 bunch green onions*  
*Juice of 5 lemons*  
*1 cup olive oil or salad oil*  
*Salt and pepper to taste*  
*Dash of cinnamon*

Wash wheat and soak. Clean and wash the vegetables, then chop fine. Squeeze water from wheat and mix with vegetables. Add seasonings and refrigerate.

Serve with pita bread and/or lettuce leaves.





Herbert J. Sigley  
*Manager*  
*Lion Westgate*

## SCOTTWOOD WALDORF SALAD

|                                      |                                     |
|--------------------------------------|-------------------------------------|
| <i>1 cup mayonnaise</i>              | <i>3 cups diced apples</i>          |
| <i>1 cup sour cream</i>              | <i>2 cups diced celery</i>          |
| <i>2 cups Cool Whip</i>              | <i>2 cups seeded red grapes</i>     |
| <i>2 Tbsp. honey</i>                 | <i>2 cups seeded green grapes</i>   |
| <i>2 cups miniature marshmallows</i> | <i>1 cup finely chopped walnuts</i> |
| <i>½ cup sliced dates</i>            |                                     |

Combine mayonnaise, sour cream, honey and Cool Whip for dressing. Combine remaining ingredients and fold in dressing. Serves 15+.







# ENTREES





Calvin Klein  
*fashion Designer*

*Calvin Klein*

## RISOTTO AI FUNGHI

*5 cups chicken broth  
2 Tbsp. butter  
2 Tbsp. olive oil  
½ cup minced onion  
1 clove minced garlic*

*2 cups Italian Arborio rice,  
well washed  
¾ lb. mushrooms, sliced thin  
or coarsely chopped  
½ cup white wine  
4 Tbsp. parmesan cheese*

In a 2 qt. sauce pan, bring chicken broth to a simmer. Keep broth hot while heating oil and butter over a low heat in a 3 qt. sauce pan. Add onion and garlic to oil and butter and saute until limp. Add rice, stirring with a wooden spoon, until the rice is well coated with butter and oil. Add wine, and mix in about ⅔ cup of broth at a time until all is used and rice is al dente.

Meanwhile, saute the mushrooms in butter for about 3 minutes. Add mushrooms, parmesan cheese and salt and pepper to taste. Serve hot. Serves 6.



Dave Hennen  
*Meteorologist*  
WTVG-TV 13

*Dave Hennen*

## SWEET POTATO CASSEROLE

*3 cups sweet potatoes,  
cooked and mashed  
1 cup sugar  
1 stick butter  
2 eggs  
1 tsp. vanilla*

*TOPPING:  
1 cup brown sugar  
½ cup flour  
⅓ cup melted butter  
1 cup chopped pecans*

Preheat oven to 375°. Mix together sweet potatoes, sugar, butter, eggs and vanilla. Put contents into a 1½ qt. dish.

Combine the topping ingredients and sprinkle over the potato mixture. Bake for 30-40 minutes.





J.P. McCarthy  
*WJR-AM Radio 76*

## SWISS CHEESE CHICKEN BREASTS

*5-8 boned chicken breasts  
Pepperidge Farms dressing  
8 oz. pkg. swiss cheese  
Salt and pepper to taste*

*1 can cream of mushroom soup  
butter or margarine  
¼ cup milk*

Melt ½ stick butter in 13 ½ x 8 ¼" Pyrex dish. Place chicken breasts in dish and put a slice of swiss cheese on each breast. Mix soup with ¼ cup milk and pour over top of swiss cheese. Melt enough butter to moisten Pepperidge Farms dressing. Pour over top and bake at 325° for 1 hour or until done.





Mary Alice Powell  
*Food Editor*  
*The Toledo Blade*

*Mary Alice Powell*

## YORKSHIRE CHICKEN

*¼ cup vegetable oil*  
*⅓ cup flour*  
*1 tsp. salt*  
*¼ tsp. pepper*

*1½ tsp. crumbled leaf sage*  
*1 3½ lb. broiler-fryer, cut up*  
*Yorkshire Pudding*  
*(recipe below)*

Pour oil into 2½ qt. round casserole or 9x13" baking pan. Combine flour, salt, pepper and sage on waxed paper. Coat chicken parts with flour mixture. (Choose favorite chicken parts if desired.)

Rub chicken parts, skin side down in oil. Turn, but do not add additional oil. Bake 40 minutes at 400°. While chicken bakes, prepare Yorkshire Pudding.

Pour Yorkshire Pudding over chicken, but do not remove excess fat from pan. Return to oven and bake an additional 25 minutes until puffed and brown.

## YORKSHIRE PUDDING

*1 cup sifted flour*  
*1 tsp. salt*  
*3 eggs*  
*1 tsp. baking powder*

*1½ cups milk*  
*¼ cup chopped parsley or*  
*4 tsp. dried parsley flakes*

Sift flour, baking powder and salt into medium bowl. Gradually beat in milk, eggs and parsley.





Fifi Berry  
*Fifi's Restaurant*

*Fifi Berry*

## HUNTER STYLE CHICKEN

*6 chicken breasts, boneless,  
skinless*

*4 Tbsp. butter*

*Salt and pepper*

*¼ cup cognac*

*1 large shallot, finely chopped*

*1 clove garlic, mashed*

*2 large tomatoes, peeled,  
seeded, chopped*

*¼ tsp. dried basil*

*½ cup dry white wine*

*⅔ cup demi-glace*

*½ lb. mushroom caps, sliced*

Cut chicken into bite size morsels. Brown the pieces in the butter over rather high heat. Add salt and pepper to taste. Pour cognac into skillet and carefully set ablaze. Remove pieces when flame expires and set aside, warm. Add to the drippings in the skillet, shallot and garlic, cook until soft. Add tomatoes, basil, white wine, demi-glace and mushroom caps. Simmer to blend flavor.

Return chicken to skillet and baste pieces with sauce. Garnish the plate with sauteed redskin potatoes, brushed with parsley and butter, and glazed carrots.





Sherman Hemsley  
Actor  
"Amen"

*Sherman Hemsley*

## SPICY CHICKEN MEATLOAF WITH BARBECUE SAUCE

*4 medium carrots  
2 onions  
1 bell pepper  
 $\frac{2}{3}$  cup wild rice,  
washed and drained*

### *BARBECUE SAUCE*

*$\frac{3}{4}$  cup ketchup  
2 Tbsp. Worcestershire sauce  
1 Tbsp. lemon juice*

*2 lbs. ground chicken  
 $1\frac{1}{2}$  Tbsp. salt  
 $\frac{1}{2}$  tsp. pepper  
1 egg  
1 Tbsp. mustard (optional)*

*2 Tbsp. honey  
 $\frac{1}{2}$  tsp. hot chili powder  
 $\frac{1}{2}$  cup water*

Chop carrots, onions and bell pepper in small pieces. In a large mixing bowl combine vegetables with ground chicken, rice, salt, pepper, egg and mustard, if desired. Place mixture into a  $2\frac{1}{2}$  lb. meat loaf pan. Bake at  $350^{\circ}$  for  $1\frac{1}{4}$ - $1\frac{1}{2}$  hours.

Meanwhile, make sauce by combining all ingredients in a sauce pan. Bring to a boil and simmer until the liquid is reduced by about one third. Serve sauce hot with meatloaf.

Preparation time: 10 minutes. Cooking time:  $1\frac{1}{4}$ - $1\frac{1}{2}$  hours.  
Serves 6.





Gene Cook  
*Toledo City Councilman*  
*General Manager, Toledo Mud Hens*  
*Baseball Club*

*Gene Cook*

## THICK AND RICH PHEASANT

*2 Pheasants*

*1/2 stick margarine*

*1 stick finely chopped celery*

*1 slice finely chopped onion*

*8 oz. can mushroom soup*

*1 cup water*

*1 cup burgundy wine*

*(or dry white wine)*

*1/2 cup sifted flour*

*pepper to taste*

*parsley*

Bone and quarter pheasant breasts. Cut up additional pieces of boneless pheasant into small cubes. Lightly flour and pepper. Brown in butter in frying pan, then place the pheasant in baking pan. Mix celery, onion, soup, water and wine and pour over pheasant. Sprinkle lightly with chopped parsley. Bake covered in pre-heated 350° oven for 1 hour. Serve along with cubes and pan gravy, with rice.

Chicken may be used instead of pheasant.







Adrien Arpel  
*Chairman & Chief Executive Officer*  
Adrien Arpel

*Adrien Arpel*

## CHICKEN TOUR D'ARGENT

*1 chicken (3 lbs.) or 2 whole  
chicken breasts, split  
3 Tbsp. butter, melted  
1 Tbsp. chopped shallots  
½ cup dry vermouth  
½ cup dry white wine*

*½ cup veal gravy  
4 Tbsp. chopped mushrooms  
1 Tbsp. chopped cooked ham  
¼ tsp. tarragon  
4 slices bacon, fried  
Salt and pepper to taste*

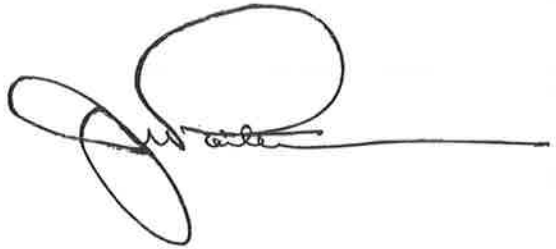
Brown chicken well in butter. Remove chicken. Add shallots to pan and cook slowly until transparent. Add mushrooms and cook 2 minutes. Deglaze pan with wine and vermouth. Add veal gravy and boil hard until slightly reduced. Return chicken to sauce and simmer uncovered for 10 minutes, basting frequently. Add chopped ham and tarragon. Season with salt and pepper. Sprinkle with crumbled bacon.

May be done well ahead and re-heated uncovered. Preparation time: 30 minutes. Cooking time: 10 minutes. Serves 4.





J. Michael Porter  
*President*  
*Toledo Area Chamber of Commerce*



## RED SNAPPER

*¼ cup onion*  
*4 Tbsp. butter*  
*½ cup mushrooms or*  
*1 3 oz. can*  
*1 7½ oz. can crabmeat,*  
*drained, cartilage removed*  
*½ cup coarsely crushed*  
*saltine crackers*  
*2 Tbsp. snipped parsley*

*Dash pepper*  
*2 lbs. red snapper fillets, skinned*  
*3 Tbsp. butter*  
*3 Tbsp. flour*  
*½ cup dry white wine*  
*4 oz. or 1 cup shredded,*  
*processed Swiss cheese*  
*½ tsp. paprika*  
*Milk*

In skillet, cook onion in 4 tablespoons butter until tender. Drain mushrooms, save liquid. Stir mushrooms in crabmeat and parsley, pepper and cracker crumbs. Spread mixture over snapper fillets. Roll up each fillet, hold with wooden picks. Place fillets seam side down in shallow 2 qt. casserole or 11x12" pan.

In sauce pan melt rest of butter. Blend in flour. Add enough milk to mushroom liquid to make 1½ cups. Add, with the wine, in sauce pan. Cook and stir until mixture thickens and bubbles. Pour over fillets and bake at 400° for 25 minutes.

Sprinkle with cheese and paprika and bake for 10 minutes more until it flakes easily. Serves 8.





Jack Nicklaus  
*Golf Professional*

## CHICKEN FLORENTINE

6 half breasts of chicken,  
boned and cut in pieces  
4 Tbsp. butter or margarine  
2 Tbsp. oil  
Salt and pepper to taste  
2 10 oz. pkgs. frozen,  
chopped broccoli  
1/2 cup mayonnaise

1/4 cup sour cream  
1 10 3/4 oz. can condensed  
cream of chicken soup  
1 Tbsp. lemon juice  
1 tsp. curry powder  
1/2 cup sharp cheese, grated  
1/2 cup corn flake crumbs

Saute, lightly salted and peppered chicken pieces in butter and oil for 10 minutes. Cook broccoli, drain well. Spread broccoli in bottom of 2 qt. casserole pan. Top with chicken pieces.

Mix mayonnaise, sour cream, soup, lemon juice and curry. Pour over chicken. Sprinkle with grated cheese, then top with crumbs. Bake at 350° for 25 minutes. Serves 6.

For variety, substitute spinach for broccoli.





Ed McMahon  
*TV Personality*

## ROAST TURKEY WITH ED'S DRESSING

### *ED'S DRESSING:*

*(1 cup for each pound of turkey)*

*Prepared bread stuffing*

*(Pepperidge Farms)*

*Cornbread stuffing*

*Celery*

*Onions*

*Pecans*

*Walnuts*

*Sage*

*Mushrooms*

*Jones country sausage*

*½ large jar of apple sauce*

*½ large can of crushed  
pineapple*

*1 small jar orange marmalade*

*½ bottle of brandy*

Mix equal proportions of prepared bread stuffing and cornbread stuffing. Dice desired amounts of celery, onions, pecans, walnuts, sage, mushrooms and sausage. Mix in apple sauce, pineapple, marmalade and brandy.

### **TURKEY:**

Stuff the turkey with the above dressing. Place turkey, breast side up, on a rack in an open roasting pan. Season to taste.

Tent the bird with heavy-duty foil. Cook at 250° for several hours (according to weight). Baste bird occasionally in the beginning hours of cooking and frequently during the last hours.





Jamie Farr  
*Actor*

## LENTILS AND WHEAT - IMJADARA

*2 cups lentils  
8 cups water  
1 cup cracked wheat*

*Salt and pepper to taste  
1 onion, diced  
½ cup oil*

Sort lentils and rinse with cold water. Add lentils to pan filled with approximately 8 cups water. Do not cover. Boil about 20 minutes, until lentils are soft, then add wheat. Add salt and pepper and cook another 15 minutes, stirring occasionally to prevent sticking, until all liquid is absorbed. Fry onion in oil. Add oil to pan of lentils and garnish platter of lentils with fried onions.

For leftovers, fix Lentils and Wheat with Kishik (Imajadara markoo'a). Serves 4-6 people.





Bill Blass  
*Fashion Designer*

## SOUR CREAM SOUFFLE

*½ cup freshly grated  
parmesan cheese*

*1½ cups commercial  
sour cream*

*½ cup sifted flour*

*5 eggs, separated*

*2 extra egg whites*

*1 generous tsp. salt*

*¼ tsp. cayenne pepper*

*2 Tbsp. chopped chives*

Butter a 2 qt. souffle dish. Coat with parmesan cheese and refrigerate. Pour the sour cream into a roomy bowl and sift the flour into the sour cream, then thoroughly whip together with a wire whisk. Add yolks one at a time, whipping briskly after each addition. Then stir in salt, pepper, chives and remaining cheese.

Beat egg whites until they hold firm, shiny peaks when batter is held straight up. Fold into yolk mixture gently with a rubber spatula. Place in a pre-heated 350° oven and bake for 30-35 minutes.





Jim Rudes  
*Senior/Consumer Reporter*  
WTVG-TV 13

*Jim Rudes*

## CHEROKEE CASSEROLE

*1 lb. ground beef*  
*¾ cup Bermuda onion,*  
*finely chopped*  
*Dash of pepper*  
*⅛ tsp. garlic powder*  
*⅛ tsp. thyme*  
*⅛ tsp. oregano*

*One half of a bay leaf*  
*1 lb. can of tomatoes*  
*1 can of mushroom soup*  
*1 cup minute rice*  
*Cheese*  
*6 olives, sliced*

This is a recipe that was handed down to me by my Mother-In-Law.

Brown ground beef. Add onion, pepper, garlic powder, thyme, oregano, bay leaf, tomatoes, mushroom soup and rice. Simmer for 5 minutes.

Top with sliced cheese, cut in strips, and olives. Broil until cheese melts and serve.

If you're watching your cholesterol, use mozzarella cheese and substitute ground turkey for the ground beef.

Our kids loved it and I think yours will too!





Andrew Kozbial  
*Head Chef*  
*The Willows*

## SIMPLE SEAFOOD POTPIE

### *LOBSTER STOCK:*

|   |                            |
|---|----------------------------|
| <i>8 cups warm water</i>  | <i>2 large onions</i>      |
| <i>2 oz. brandy</i>   | <i>½ bunch celery</i>      |
| <i>¼ oz. white wine</i>   | <i>2 bay leaves</i>        |
| <i>1 oz. triple sec</i>   | <i>4 cloves</i>            |
| <i>8-10 lobster shells (May<br/>substitute 2 lbs. fish bones)</i> | <i>6 whole peppercorns</i> |
| <i>2 large carrots</i>  | <i>2 lemons, quartered</i> |

### *ADDITIONAL INGREDIENTS:*

|  |  |
|--|--|
| <i>2 large potatoes, steamed,<br/>then cubed</i> | <i>Roux - ½ lb. butter and<br/>1 cup flour</i> |
| <i>2 large carrots, steamed,<br/>then cubed</i>  | <i>8 oz. shrimp</i>                            |
|  | <i>8 oz. bay scallops</i>                      |
|  | <i>8 oz. lobster or crab</i>                   |

Saute seafood in hot pan until tender. Set aside to cool.

Put all ingredients from lobster stock into 2-3 gallon pot and bring to simmer. Continue to simmer 1½ hours, then strain. Thicken with roux over low heat until desired thickness is reached. Strain again after thickening to remove any lumps.





Add seafood, potatoes and carrots to thickened lobster stock. Place in casserole dish. Your Seafood Potpie is completed except for Puff Pastry.

**PUFF PASTRY:**

Puff Pastry can be purchased at your grocery store in the dairy section. Cut puff pastry to fit casserole dishes and bake according to instructions. Top casserole dish with puffed pastry and serve.





Ted and Joanne Arvanitis  
*Owners*  
*Theos Taverna*

*For Aunt*  
*Joanne Arvanitis*

## THEOS MOUSSAKA

### *MEAT SAUCE:*

*2 large onions, chopped*  
*½ cup olive oil*  
*2 ½ lbs. lean ground beef*  
*Approx. 2 cans tomato paste*

*½ cup red wine or water*  
*Salt and pepper*  
*2 heaping tsp. cinnamon*  
*Dash of nutmeg*

Brown onion in olive oil. Add beef and brown well. Add tomato paste, wine, salt, pepper, cinnamon and nutmeg. Simmer until sauce is thick (about 20 minutes).

### *EGGPLANT:*

*5 egg plants*

Peel and slice eggplants into ½" slices. Flour and fry in hot vegetable oil until brown on both sides. Drain on paper towels.

### *WHITE SAUCE:*

*1 cup flour*  
*1 stick (¼ lb.) butter*  
*5 cups milk*

*6 egg yolks*  
*Salt to taste*

In a large sauce pan melt butter and blend in flour with wire whisk. Gradually stir in milk and cook until thick. Remove from heat and stir in egg yolks slowly, while beating with whisk.



*ADDITIONAL INGREDIENTS:*

*Bread crumbs*

*Grated parmesan cheese*

In a 10x14" pan arrange 1) a layer of eggplant, 2) a thin layer of bread crumbs, 3) parmesan cheese, 4) meat sauce, 5) eggplant, 6) bread crumbs, 7) parmesan cheese, 8) white sauce, 9) parmesan cheese.

Bake in pre-heated oven at 400° for 1 hour. Topping should be browned lightly. Serves 12.





Diane Larson  
*News Anchor*  
WTVG-TV 13

*Diane Larson*

## MOO GOO GAI PAN

*2 large chicken breasts,  
skinned, boned, halved*

*1 Tbsp. cornstarch*

*2 Tbsp. dry sherry*

*¾ tsp. minced, peeled  
ginger root*

*⅛ tsp. monosodium glutamate  
salt*

*⅓ cup salad oil*

*1 15 oz. can Chinese straw  
mushrooms (regular  
mushrooms are o.k.)*

*1 8½ oz. can sliced bamboo  
shoots, drained*

*¼ lb. snow peas*

With sharp knife, slice across width of chicken breasts to make very thin pieces. In medium bowl, mix well, chicken, cornstarch, sherry, ginger, monosodium glutamate and 1½ tsp. salt.

In hot oil in skillet or wok, stir-fry mushrooms, bamboo shoots, snow peas and ½ tsp. salt until snow peas are tender-crisp, about 3-5 minutes. Spoon vegetables into a medium bowl, leaving oil in wok or skillet.

In remaining oil, stir-fry chicken mixture 5 minutes or until chicken is tender; stir in vegetables. Spoon onto warm platter.





Jim Harpen  
*Reporter*  
WTVG-TV 13

## LEMON VEAL SCALLOPINI

*1 lb. thinly sliced  
veal scallopini  
½ cup flour  
salt and pepper*

*1 cup white wine  
2 tsp. finely grated lemon peel  
Lemon slices  
Margarine or butter*

Season the flour with salt and pepper. Lightly bread veal slices and brown them on both sides in margarine in a 12-14" skillet. Set the browned veal aside.

Grate 2 heaping teaspoons of lemon peel with the fine side of a steel grater (it'll take forever with a plastic grater). Put the skillet with the veal back on the burner. Add the wine, lemon peel, remaining flour and ¼ stick of margarine. Bring to a slight boil for about 1½ minutes. Serve on a plate with lemon slices on top. Rice pilaf makes a good side dish. La Dolce Vita!



Dan Simrell  
*Head Football Coach*  
*University of Toledo Rockets*

*Dan Simrell*

## MEATLOAF

*2 lbs. ground beef*  
*2 eggs, beaten*  
*1 chopped onion*  
*1 chopped green pepper*  
*1 tsp. garlic salt*

*½ tsp. pepper*  
*1 cup oats or bread crumbs*  
*½ pkg. onion soup mix*  
*½ cup mild salsa*  
*Parmesan cheese*

Combine and mix well. Shape into loaf. Shake parmesan on top.  
Bake at 350° for 1 hour.





Laura Palka  
*Producer*  
WTVG-TV 13

## PORK CHOP AND POTATO BAKE

*6 pork chops  
vegetable oil  
seasoned salt  
1 can condensed cream  
of celery soup  
½ cup milk*

*½ cup sour cream  
pepper  
24 oz. pkg. frozen hash brown  
potatoes, thawed  
1 pkg. shredded cheddar cheese  
1 can French fried onions*

Pre-heat oven to 350°. Brown chops, sprinkle with seasoned salt.

Mix soup, milk, sour cream, pepper and ½ tsp. seasoned salt. Stir in potatoes, ½ cup cheese and ½ cup French fried onions. Spoon into 13x9" pan, arrange chops over potatoes. Bake covered for 90 minutes. Top with remaining cheese and onion. Bake uncovered for 5 minutes. Serves 6.

Believe it or not guys...it's NOT Lean Cuisine.





Michael Tucker  
*Actor*  
"L.A. Law"

## MICHAEL TUCKER'S RISOTTO CON PORCINI

|                                     |                                     |
|-------------------------------------|-------------------------------------|
| <i>1½ oz. dry porcini mushrooms</i> | <i>2 cups Italian arborio rice</i>  |
| <i>1 qt. veal stock</i>             | <i>½ cup grated parmesan cheese</i> |
| <i>3 Tbsp. chopped onion</i>        | <i>1 large ripe tomato, peeled,</i> |
| <i>4 Tbsp. butter</i>               | <i>seeded, chopped</i>              |
| <i>3 Tbsp. olive oil</i>            |                                     |

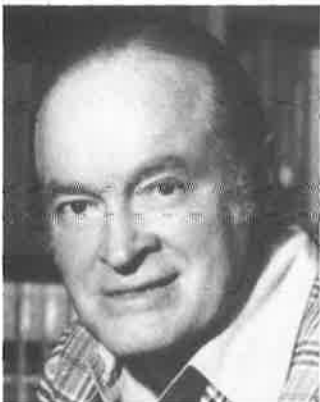
Soak mushrooms in 2 cups warm water for 45 minutes. When water turns dark, strain and set aside the water. Rinse mushrooms in warm water, squeeze dry in paper towels and set aside.

In heavy sauce pan saute onion in half the butter and all the oil until translucent. Add chopped tomato and the rice. Saute for a few minutes and then start adding the simmering veal stock  $\frac{3}{4}$  cup at a time. When stock is absorbed by the rice, add next amount, stirring frequently. After about 10 minutes, add the mushrooms and  $\frac{1}{2}$  cup of mushroom broth. When absorbed, add more broth,  $\frac{1}{2}$  cup at a time until used up.

Continue simmering broth until rice stops absorbing liquid. Remember to stir constantly. Turn off heat, mix in grated parmesan and rest of butter. Salt and pepper to taste. Serve with grated parmesan cheese on the table.







Bob Hope  
*Actor*

## BOB HOPE'S FAVORITE CHICKEN HASH

*2 chicken breasts, broiled  
2 strips of bacon, crisp  
½ small onion, sauteed  
2 Tbsp. butter*

*½ tsp. lemon juice  
2 Tbsp. sour cream  
1 tsp. dry sherry wine  
Salt and pepper*

Cut chicken in fine strips. Crumble bacon and combine with the onion, butter, lemon juice and seasonings. Saute until thoroughly heated in the butter and shortly before serving, add the sherry and sour cream.

Do not allow to cook after adding the two last ingredients. Just heat through.





Andy Lee  
*Executive Vice-President and  
General Manager  
WT'VG-TV 13*

## MEATLOAF

- |                                       |                                     |
|---------------------------------------|-------------------------------------|
| <i>1 lb. lean ground beef</i>         | <i>1 Tbsp. Worcestershire sauce</i> |
| <i>1/2 lb. lean ground pork</i>       | <i>1 Tbsp. horseradish</i>          |
| <i>1/2 lb. ground veal</i>            | <i>A few drops Tabasco to taste</i> |
| <i>1 cup Italian bread crumbs</i>     | <i>1/4 tsp. pepper</i>              |
| <i>1 cup milk</i>                     | <i>1/4 tsp. celery salt</i>         |
| <i>1 small can tomato sauce</i>       | <i>1/4 tsp. garlic salt</i>         |
| <i>1 egg, beaten</i>                  | <i>1/4 tsp. dry mustard</i>         |
| <i>3/4 cup onion, sauteed lightly</i> | <i>1/4 tsp. sage</i>                |

Mix all ingredients completely. Spread in an ungreased, deep rectangular pan. Pan should be small enough that loaf fills entire surface. Bake in a pre-heated oven at 350° for approximately 1 hour and 45 minutes. At end of baking time, drain off excess and serve.





Nancy Packo Horvath and  
Brittany Rose Horvath  
*Co-owner and Future Restaurateur*  
*Tony Packo's Cafe*

*Nancy Packo Horvath*  
X  
(Brittany's  
Signature)

## TONY PACKO'S SAUSAGE LOAF BREAD

*1 Pillsbury Pipin' Hot Loaf*  
 *$\frac{3}{4}$  lb. Tony Packo's*  
*hot dog sausage*  
 *$\frac{1}{2}$  cup Tony Packo's pepper*  
*rings, remove seeds*

*$\frac{2}{3}$  cup shredded*  
*Colby Jack cheese*  
*1 Tbsp. melted butter*

Unroll loaf bread to form rectangle. Place sausage in two rows about 1" apart in center of rectangle, piece sausage if necessary to reach both ends. Fill center with peppers. Add a few to cut side. Sprinkle cheese over all. Re-roll with cut side up. Spray pan with a coating of PAM. Bake at 350° for 28-32 minutes until deep golden brown. Do not underbake.

Let cool for 10 minutes on a loaf rack. Brush with 1 Tbsp. melted butter before slicing.





Kathryn E. Mobley  
*Associate Producer*  
WTVG-TV 13

*Kathryn E. Mobley*

## CHICKEN ROJO

*4 chicken breasts, skinned  
2 cups diced mushrooms  
2 cups onions  
1 can tomato sauce*

*Basil  
1 can chunky pineapple  
Dry mustard  
2 green onions*

Here is a fun and zesty dish for those watching their waistline but who don't have a lot of time to fuss in the kitchen.

Bake chicken in a pan in the oven at 350° until they are lightly brown. Meanwhile, in a separate skillet, brown the mushrooms and onions. (Use PAM instead of butter if you are on a low salt diet.) Throw in a dash of basil (equal to a pinch according to all chefs). Add green onions, tomato sauce and a pinch of dry mustard. This spices things up a bit.

Drain most of the juice from the pineapple and sprinkle chunks over the chicken. Then, pour tomato sauce over chicken and pineapple. Put it all back into the oven for a few more minutes of cooking.

Serve over rice. If you want to add a touch of zing for company...mix a cup of white wine into your sauce. But, you might want to make enough for seconds!





Jack Mitchell  
*Morning Air Personality*  
WKKO-WTOD

*Jack Mitchell*

## MITCH'S CHILI

- |                                       |   |
|---------------------------------------|---|
| <i>2 lbs. ground chuck</i>            | <i>1 medium can of Brooks plain chili beans</i> |
| <i>1 medium celery stalk, chopped</i> | <i>1 medium can of Brooks hot chili beans</i>   |
| <i>1 medium onion, chopped</i>        | <i>1 small Hershey bar</i>                      |
| <i>2 Tbsp. cumin</i>                  | <i>1 qt. V-8 juice</i>                          |
| <i>1 Tbsp. chili powder</i>           |   |
| <i>1 tsp. red pepper</i>              |   |

Brown ground chuck and onion in frying pan, drain grease. Dump in big pot. Add celery, beans, spices, chocolate and V-8 juice. Simmer on medium heat for 2-3 hours. Serves 6-8.





Shirley MacLaine  
*Actress/Author*

## SHIRLEY MACLAINE'S GOURMET LAMB STEW

- |  |                                       |
|--|---------------------------------------|
| <i>1 leg. of lamb, weighing 5-6 lbs.</i> | <i>10 sugar cubes</i>                 |
| <i>1 Tbsp. lard or shortening</i>        | <i>1 Tbsp. water</i>                  |
| <i>2 Tbsp. flour</i>                     | <i>1 tsp. beef extract</i>            |
| <i>1 clove garlic, peeled, minced</i>    | <i>1 small yellow onion, peeled</i>   |
| <i>About 3 cups water</i>                | <i>6 pearl onions, peeled</i>         |
| <i>2 Tbsp. tomato paste</i>              | <i>2 small yellow turnips, peeled</i> |
| <i>¼ tsp. bouquet garni</i>              | <i>2 small carrots, scraped</i>       |
| <i>1 tsp. salt</i>                       | <i>3 Tbsp. sweet butter</i>           |
| <i>⅛ tsp. freshly ground</i>             | <i>1 tsp. sugar</i>                   |
| <i>black pepper</i>                      | <i>1 Tbsp. chopped fresh parsley</i>  |

Have butcher prepare lamb as follows: remove fell and bone, trim off excess fat, cut lamb into 1½" cubes.

Heat lard or shortening in large skillet until sizzling; add lamb, brown on all sides until golden, stirring. Sprinkle flour over meat, cook a few minutes, stirring constantly. Add garlic, cook over very low heat until garlic begins to smell. Add water (enough to barely cover meat), tomato paste, bouquet garni, salt and pepper. Cover, simmer about 15 minutes.

Meanwhile, put sugar lumps and 1 tablespoon water in small sauce pan; heat over low heat until sugar carmelizes. Add to meat, stir to blend will. Cover, simmer 45 minutes, stirring occasionally.

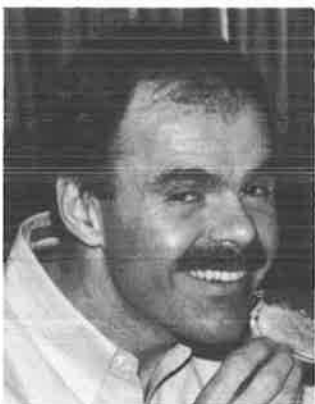


Prepare vegetables as follows: chop yellow onion, leave pearl onions whole, chop turnips into large dice and chop carrots.

Heat butter in large skillet until hot; add vegetables, sprinkling with 1 teaspoon sugar. Cook over low heat until golden, stirring occasionally. Add vegetables to lamb, cover, simmer 50 minutes or until vegetables and meat are fork tender, stirring often.

Remove vegetables and meat to heated platter. Skim off surface fat before pouring sauce over meat. Garnish with chopped parsley. Serves 6-8. Serve with crusty French bread and tossed crisp green salad.





Tony Packo & Robin Horvath  
Co-Owners  
*Tony Packo's Cafe*

*Tony Packo*

*Robin Horvath*



## TONY PACKO'S STUFFED CABBAGE

- |  |                                    |
|--|------------------------------------|
| <i>1 cup rice</i>                      | <i>Pepper to taste</i>             |
| <i>1 head cabbage, about 3 lbs.</i>    | <i>Paprika to taste</i>            |
| <i>2 lbs. ground beef (or 1 lb.</i>    | <i>1 lb. sauerkraut, canned</i>    |
| <i>ground pork, 1 lb. ground beef)</i> | <i>or bulk</i>                     |
| <i>2 eggs</i>                          | <i>1 1 lb. can whole tomatoes,</i> |
| <i>2 medium onions, chopped,</i>       | <i>mashed, juice retained</i>      |
| <i>divided</i>                         | <i>1 10 oz. can tomato soup</i>    |
| <i>1 clove garlic, minced</i>          | <i>2 Tbsp. sugar</i>               |
| <i>2 tsp. salt</i>                     | <i>Sour Cream Sauce</i>            |
| <i>1 tsp. salt</i>                     | <i>(recipe follows)</i>            |

In small bowl, soak rice in cold water, 15 minutes.

Meanwhile, remove core from cabbage and immerse head in boiling water long enough to wilt leaves, about 10 minutes. Remove from water and drain. Remove large leaves and cut out large vein from the center of each with a triangular cut.





In large bowl, combine meat, eggs, one chopped onion, garlic, salt, pepper and paprika to taste. Rinse soaked rice well with cold water, drain and add to bowl. With hands, mix ingredients until well combined. Place about  $\frac{1}{2}$  cup meat mixture on each cabbage leaf and roll up, tucking sides in like an egg roll. Repeat procedure until all meat mixture is used. Set rolls aside.

Removing any remaining core, chop the remainder of the cabbage. Place in a large bowl with sauerkraut, mashed tomatoes and juice, tomato soup, remaining chopped onion, sugar and additional salt, pepper and paprika to taste. Mix well. Put some of the mixture on bottom of large, heavy covered kettle or Dutch oven. Place cabbage/meat rolls upright around edge and center of kettle. Put remaining cabbage/tomato mixture on top. Fill kettle with enough water to cover tops of the rolls. Cover and cook over low heat about 2 hours, adding water as needed to keep rolls completely covered. Serve with Sour Cream Sauce. Makes about 8 servings.

## SOUR CREAM SAUCE

*3 tsp. margarine*  
*2 small onions, chopped*  
*3 oz. sour cream*

*1 1 lb. can whole tomatoes,*  
*mashed, juice retained*

In medium sauce pan, melt margarine; add onions and cook until soft. Stir in sour cream and tomatoes and juice. Mix well and keep warm until serving time.





Stan Stachek  
*Meteorologist*  
WTVG-TV 13

*Stan Stachek*

## CREAMY FRESH PASTA WITH CRAB AND ARTICHOKE HEARTS

*2 9 oz. pkgs. Pasta Pasta  
fresh Fettucine*

*(one egg and one spinach)*

*1 8 oz. container plain yogurt*

*1 8 oz. bottle ranch dressing*

*1 Tbsp. dill weed*

*1 lb. fresh crabmeat*

*1 lb. sliced fresh mushrooms*

*2 6½ oz. jars marinated  
artichoke hearts*

Cut Fettucine into 4" strips. Cook fresh pasta according to package directions. Drain and rinse with cold water. In a large bowl, add pasta, crabmeat, mushrooms and marinated artichoke hearts with juice. Mix together yogurt, Ranch dressing and dillweed. Add to pasta and mix well. Serves 8. Cut quantities in half for a side dish.



# SAUCES





Joseph Sofo  
Owner  
Sofo Foods

*Joseph Sofo*

## CALABRESE STYLE

- |   |  |
|---|--|
| 6 oz. <i>unsalted butter</i>                            | 1 Tbsp. <i>sweet basil</i>   |
| 3 oz. <i>pure olive oil</i>                             | 1 Tbsp. <i>oregano</i>   |
| 1½ lbs. <i>Italian sausage,</i><br><i>(hot or mild)</i> | 2 Tbsp. <i>tomato paste</i>  |
| 3 <i>medium cloves of garlic</i>                        | 1 lb. <i>Mozzarella cheese, cut</i><br><i>into cubes or shredded</i> |
| 2 <i>medium onions, coarsely</i><br><i>chopped</i>      | ½ tsp. <i>salt</i>   |
| 1 28 oz. <i>can of Italian</i><br><i>pear tomatoes</i>  | <i>Pinch of black pepper</i>   |

This sauce is used over pasta. Rigatoni, Linguine, Mostacioli.

Use a large skillet or medium pan and melt the butter with the olive oil. simmer at low heat. Crumble the Italian sausage in the skillet with the butter and oil. Saute sausage, garlic and onions together until sausage browns, usually 8-10 minutes. Pour excess fat from skillet.

Break Italian pear tomatoes with your hands into the sauce pan. Add sweet basil, oregano, tomato paste, salt and black pepper. Slow boil ingredients and stir constantly so nothing burns on bottom of pan. Slow boil for about 20 minutes.

Add 1 lb. Mozzarella, cubed or shredded, use low heat until cheese begins to melt, usually about 2 minutes.

Now spoon your sauce over the pasta of your choice.





Michael Reghi  
*Sports Anchor*  
WTVG-TV 13

*Michael Reghi*

## MICHAEL REGHI'S ROARING RIB SAUCE

Took the 1st place award in the 1988 NW Ohio Media Cookoff for Rib Cuisine.

*1 cup ketchup*

*1/2 cup water*

*1/4 cup finely chopped onions*

*2 Tbsp. vinegar*

*1-2 Tbsp. brown sugar*

*1 Tbsp. beef bouillon or*

*3 beef bouillon cubes*

*1/8 tsp. cayenne pepper*

In sauce pan combine ingredients, mix well. Bring to a boil, reduce heat, then simmer uncovered for 30 minutes.

May add Worcestershire sauce and finely chopped green pepper for taste if desired.





Mary Beth Zolik-Smith  
*Morning Air Personality*  
WKKO-WTOD

*Mary Beth Zolik-Smith*

## MARY BETH'S LOW CHOLESTEROL SPAGHETTI SAUCE

(As stolen from her Mom!)

*1 lb. ground turkey  
1/2 envelope dry onion soup  
2 8 oz. cans tomato sauce  
1 6 oz. can tomato paste  
Chopped onions to taste*

*Chopped green pepper to taste  
4 1/2 oz. jar sliced mushrooms,  
boiled in water 5 minutes  
1 Tbsp. garlic powder  
1/2 tsp. basil*

Mix turkey and onion soup, brown in big sauce pan. Add tomato sauce and paste (if too thick add a little water). Add chopped onions, green peppers, mushrooms, garlic and basil. Let simmer covered for 1/2 hour.

Sprinkle oregano and parmesan cheese on top. Serve over thin, low cholesterol spaghetti noodles. Serves 4.





Buddy Ray  
*President and Chief Operating Officer*  
WTVG-TV 13

## PESTO SAUCE

*2 cups tightly packed  
fresh parsley*

*2 Tbsp. dried sweet basil*

*2 tsp. finely chopped garlic*

*2 Tbsp. pine nuts*

*1 tsp. salt*

*1 cup olive oil*

*1½ cups parmesan or romano  
cheese*

Chop parsley and garlic very fine in food processor. Combine garlic, salt, dried sweet basil and pine nuts with parsley in food processor. Pour in olive oil slowly. Stir ½ cup cheese in last. Serve balance of cheese for pasta dish.



Stanley "Stosh" Ostas  
*El Matador Restaurant*

## SPAGHETTI SAUCE

*10 lbs. ground chuck  
5 lbs. mild pork sausage  
2 large Spanish onions  
½ cup salt  
1 cup oregano leaves*

*¼ cup garlic powder  
¼ cup chili flakes  
¼ cup black pepper  
3 lbs. tomato paste  
18 lbs. tomato puree*

Fry meat and onions together, drain juice. Add spices and tomato products, let simmer 3 hours. Makes 3-4 gallons. Freeze leftovers and use when needed.





# BREADS





Jim Hodulik  
Proprietor  
The Chadwick Inn

## ROSEMARY BREAD

4 oz. warm water;  
not to exceed 114°  
¼ oz. yeast  
1 tsp. sugar  
2 oz. onion puree  
1 tsp. rosemary

½ oz. bacon grease  
2 oz. cold milk  
1 tsp. salt  
10 oz. flour  
1 egg

In mixing bowl, add yeast, sugar, onion, bacon fat and rosemary to warm water. Let stand 4 minutes for yeast to activate. Add cold milk and salt and mix together with dough hook. Add flour and knead for 12 minutes. Let dough rest for 15 minutes.

Divide and shape dough into 8 oz. loaves. Put on greased cookie sheet and let rise for about 45 minutes.

Pre-heat oven to 350°. Brush loaves with egg wash (beaten egg and a little water). Bake approximately 20 minutes or until golden brown. Serve warm. Yield: 2 loaves.





Sam Botek Jr.  
*Senior Vice-President and  
General Manager  
Metropolitan Distribution Co.*

## BOTEK'S BEER BREAD

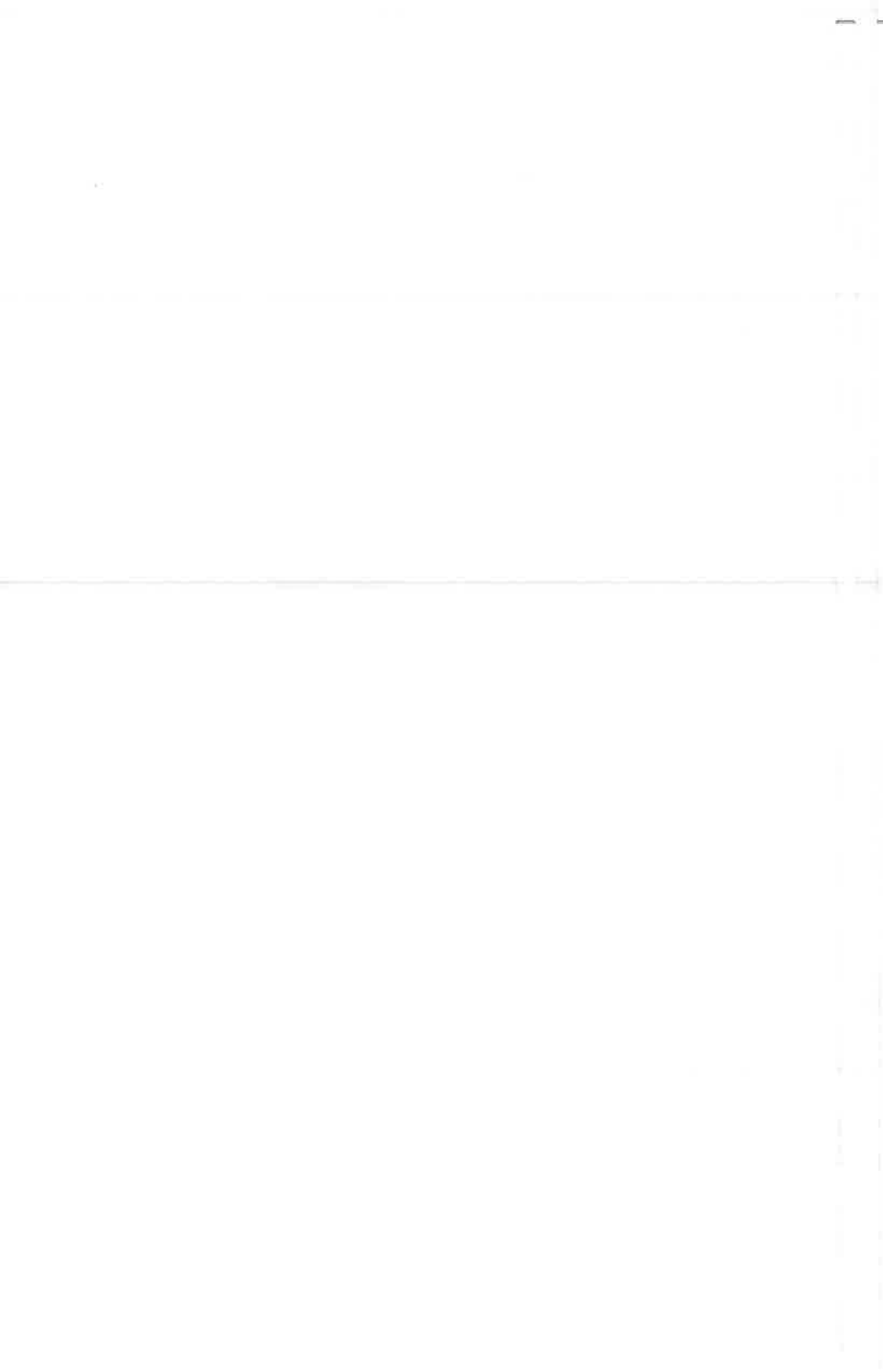
*3 cups self-rising flour  
2 Tbsp. sugar*

*1 12 oz. bottle Miller Genuine  
Draft Beer  
Melted butter*

Mix and form dough. Place in a greased loaf pan and bake for 1 hour at 375°.

Remove from oven and brush with melted butter.





# DESSERTS





Valerie Barad  
*Designer*

*Valerie Barad*

## HOT LEMON SOUFFLE WITH RASPBERRY SAUCE

*2 Tbsp. butter*  
*2 Tbsp. flour*  
*1/2 cup water*  
*3/4 cup sugar*  
*1/4 cup lemon juice*

*4 large eggs, separated*  
*1 Tbsp. grated lemon rind*  
*1/2 tsp. vanilla extract*  
*1/4 tsp. salt*

Prepare a 1 1/2 qt. souffle dish or casserole. The charlotte mold souffle dish is usually tall enough to accommodate the souffle after it has baked, but the average casserole will need to have its sides extended with a collar made of 2 thicknesses of foil or brown paper folded to a width of 6" and tied around the dish so it will extend 4" above the top of the dish. (As the souffle bakes, it will puff and rise up the sides of the collar. Remove the collar after the souffle has baked.) Butter the bottom and sides of the dish and the inside of the collar generously and sprinkle with granulated sugar.

Melt the butter in a 1 qt. sauce pan. Remove from heat and blend in flour. Stir and cook 1 minute to form a roux. Add the water. Reserve 1 Tbsp. sugar to beat with the egg whites and add the rest to the mixture. Mix well. Stir and cook until the mixture is very thick. Add lemon juice, mix well and cook 1-2 minutes, stirring constantly. Remove from heat.



Beat the egg yolks. Beat in a little of the hot mixture, then stir into the remaining hot mixture. Add lemon rind and vanilla extract. Transfer the mixture to a large mixing bowl. Set aside. Add salt to egg whites and beat them until they glisten and stand in soft peaks. Then beat in reserved 1 Tbsp. sugar. Continue beating until the egg whites stand in sharp stiff peaks.

Stir 2 Tbsp. of the beaten egg whites into the cooked mixture. Carefully fold in the remaining egg whites. Spoon the mixture into the prepared pan, filling it  $\frac{3}{4}$  full. Smooth the top of the souffle. Using a knife with a round tip, the tip of a teaspoon or your index finger, trace a circle  $\frac{1}{2}$ " deep around the top of the souffle 1" from the edge. The crust will break at this point and form a taller center. This permits the souffle to rise evenly. Bake by either the French method or low-temperature method.

**FRENCH METHOD** (bake at a moderately high temperature for a short time). Place the souffle in a pre-heated hot oven (400°) and immediately set the oven control to 375° (moderate). Bake a 1½ pt. mold, 20 minutes; a 1½ qt. mold, 30-35 minutes; a 2 qt. mold, 45 minutes. The center of the souffle baked at this temperature is rather soft and creamy. The souffle will collapse in a few minutes; therefore serve it immediately.

**LOW TEMPERATURE METHOD** (bake at a low temperature for a longer time). Place the souffle dish in a pan of hot water. Bake in a pre-heated slow oven (325°) 1-1½ hours or until a knife or cake tester inserted in the center of the souffle comes out clean. A souffle baked by this method will have a firmer, more stable center and it will hold its voluminous puff until it can be brought to the table. Serve it at once.

## RASPBERRY SAUCE

*10 oz. pkg. frozen*

*red raspberries*

*1½ tsp. cornstarch*

*½ cup currant jelly*

*1 tsp. sugar*

Thaw and crush raspberries. Combine with cornstarch; add jelly and sugar. Bring to boiling. Cook and stir until clear and slightly thick. Strain and cool.





Frank Venner  
*TV Personality*

## APPLE CAKE

*1 cup oil*  
*2 Tbsp. honey*  
*1 tsp. vanilla*  
*2 cups sugar*  
*2 eggs*  
*3 cups flour*

*1 tsp. baking soda*  
*2 tsp. cinnamon*  
*1 tsp. nutmeg*  
*1 tsp. salt*  
*3-4 cups grated apples*  
*Few raisins*

Grease and flour loaf pans. Mix all ingredients together and bake at 300° for 1 hour and 20 minutes.







Samir Zeilah  
*Head Chef*  
*Ricardo's Restaurant*

Samir Zeilah

## RICARDO'S CHOCOLATE MOUSSE CAKE

12 oz. semi-sweet chocolate  
6 oz. sweet butter, softened  
2-3 Tbsp. Grand Marnier  
1 tsp. vanilla  
1/3 cup finely ground almonds

2 Tbsp. + 2 tsp. sifted flour  
10 egg yolks  
1/2 cup water  
10 egg whites  
1 1/2 cups granulated sugar

In double boiler, melt chocolate, butter, Grand Marnier, vanilla, almonds and flour. Remove from heat as soon as melted and whip lightly.

Whip egg yolks with water and 3/4 cup sugar over low heat until a white ribbon is formed, about 8-10 minutes. Blend into chocolate mixture with spatula.

Whip egg whites vigorously, slowly add 3/4 cup sugar, whipping until lightly firm. Fold into chocolate mixture, blending lightly as for soufflé.

Use 2, 10" molds that are 2" deep. Use parchment paper in bottom. Bake at 275° for 1 hour and 20 minutes. Top with chocolate frosting or powdered sugar.



Bill Wagy  
*Sports Reporter*  
WTVG-TV 13

## CHOCOLATE MOOSH A KIDS FAVORITE

*1 angel food cake*  
*2 boxes of Jello chocolate*  
*pudding (not instant)*

*1 large tub of Cool Whip*

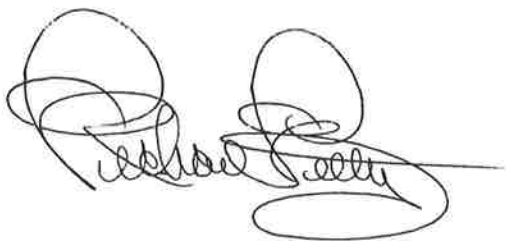
This is really easy, a dessert even I can make! The kids will love to help. Follow the instructions on the box to make the pudding. When pudding is done, rip bite size pieces of the angel food cake and toss them in pudding. Add the Cool Whip and then chill.

I bet the whole bowl will be licked clean within 24 hours!





Richard Petty  
*Professional Race Car Driver*



## ANGEL FOOD CAKE

*1½ cups egg whites*  
*1 tsp. cream of tartar*  
*1½ cups sugar*  
*¼ tsp. salt*

*1 cup flour (sifted)*  
*then sift 4 times*  
*1 tsp. vanilla*

Beat egg whites until foamy, add cream of tartar and beat until stiff, but not dry. Gradually beat in sugar. Add vanilla, then fold in flour as gently as possible. Bake in angel food pan at 325° for 1 hour and 15 minutes, or until top is nicely browned.





Frank E. Horton  
*President*  
*University of Toledo*

A stylized, handwritten signature in dark ink that reads "F. E. Horton". The signature is fluid and cursive, with the first and last names being more prominent than the middle initial.

## RHUBARB CREAM PIE

*3 cups cut rhubarb*  
*2 beaten eggs*  
*1½ cups sugar*  
*3 Tbsp. flour*

*½ tsp. nutmeg*  
*1 Tbsp. butter*  
*Crust for a double crust*  
*9" or 10" pie*

Blend sugar, flour, nutmeg and butter. Add eggs and beat smooth. Pour over rhubarb in a 9" pastry lined pie pan. Dot with butter and cover with top crust. Spread with soft butter (about 2 Tbsp.) and sprinkle with sugar. Bake at 450° for 10 minutes, then 350° for 30 minutes. Serve warm with vanilla ice cream.





Larry Whatley  
*Director of Public Affairs*  
WTVG-TV 13

## SNICKERDOODLES

*1 cup soft shortening*

*1½ cups sugar*

*2 eggs*

*2¾ cups sifted flour*

*2 tsp. cream of tartar*

*1 tsp. soda*

*½ tsp. salt*

*2 tsp. cinnamon*

*2 tsp. sugar*

Mix shortening, sugar and eggs. Then mix sifted flour, cream of tartar, soda and salt and add to first mixture. Chill dough. Roll into balls the size of walnuts, then roll in cinnamon and sugar mixture. Place about 2" apart on ungreased baking sheet. Bake at 400° for 8-10 minutes. They should be light brown, but still soft.





Mary Lou Retton  
*Olympic Gold Medal Winner*  
*NBC Sports Commentator*

*Mary Lou Retton*

## ICE CREAM DESSERT

*1 lb. Oreos, finely crushed*  
*1 stick oleo, melted*  
*½ gallon vanilla ice cream,*  
*partially softened*  
*1 6 oz. pkg. chocolate chips*

*1 stick oleo*  
*2 cups powdered sugar*  
*1 12 oz. can evaporated milk*  
*Salted Spanish peanuts*  
*12 oz. Cool Whip*

Combine Oreos and melted oleo and pat down firmly in 13x9" pan. Work ice cream over oreos and freeze.

Cook chocolate chips, oleo, sugar and milk until it boils, boil 12-15 minutes. Cool at room temperature. Pour over ice cream. Cover with Spanish peanuts. Cover with Cool Whip. Freeze.





Isiah Thomas  
*Captain*  
*Detroit Pistons*



## ISIAH'S FAVORITE CHEESECAKE

### *CRUST:*

|   |   |
|---|---|
| <i>1<math>\frac{3}{4}</math> cups graham cracker crumbs</i> | <i><math>\frac{1}{2}</math> tsp. cinnamon</i>     |
| <i><math>\frac{1}{4}</math> cup ground walnuts</i>          | <i><math>\frac{1}{2}</math> cup melted butter</i> |

Mix all ingredients in a spring form pan and pat down on bottom.

### *FILLING:*

|                                    |   |
|------------------------------------|---|
| <i>3 beaten eggs</i>               | <i><math>\frac{1}{4}</math> tsp. salt</i>           |
| <i>1 cup sugar</i>                 | <i>2 tsp. vanilla extract</i>                       |
| <i>2 8 oz. pkgs. cream cheese,</i> | <i><math>\frac{1}{2}</math> tsp. almond extract</i> |
| <i>softened</i>                    | <i>3 cups sour cream</i>                            |

Blend all ingredients together in mixer. Pour in pan and bake at 300° for 50-60 minutes. Turn oven off and open door slightly. Leave cake in an additional 40 minutes. Remove and refrigerate overnight.





Willard Scott  
*Weatherman*  
"The Today Show"

*Willard*

## RED VELVET CAKE

*1½ cups sugar*  
*2 oz. red food coloring*  
*2 Tbsp. cocoa*  
*1 cup buttermilk*  
*2¼ cups flour*  
*1 tsp. salt*

*1 tsp. baking soda*  
*2 eggs*  
*1 Tbsp. vinegar*  
*½ cup shortening*  
*1 tsp. vanilla*

Cream shortening with sugar. Add eggs and beat well. Make a paste of cocoa and food coloring, add to creamed mixture.

Sift flour and salt twice. Add buttermilk alternately with flour to creamed mixture. Add vanilla. Put vinegar in deep bowl, add soda (it will foam). When blended add to creamed cake batter. Do not beat cake, just blend well. Grease and flour two 9" cake pans. Pour batter into pans and bake at 350° for 25-30 minutes.







Jeremy Licht  
*Actor*  
*"The Hogan Family"*

*Jeremy Licht*

## THE BEST AND MOST FATTENING BROWNIES IN THE WHOLE WORLD

(Courtesy of Mom)

*1 14 oz. pkg. caramels*  
 *$\frac{2}{3}$  cup evaporated milk*  
*1 18½ oz. German chocolate*  
*cake mix*  
 *$\frac{3}{4}$  cup softened butter or*  
*margarine*

*1 12 oz. pkg. semi sweet*  
*morsels or 1 6 oz. pkg. plus 1*  
*6 oz. pkg. white chocolate*  
*morsels*  
 *$\frac{3}{4}$  cup chopped nuts*  
*(Optional- I don't use them!)*

Combine unwrapped caramels and  $\frac{1}{3}$  cup evaporated milk in top of double boiler. Heat over simmering water until melted.

Combine cake mix, remaining evaporated milk and soft butter. Mix until mixture holds together. Stir in nuts. Press  $\frac{1}{2}$  of cake mixture in greased 13x9" baking pan. Bake at 350° for 6 minutes.

Sprinkle chocolate pieces evenly over top of baked cake. Pour melted caramels over all. Crumble remaining cake mixture on top of caramels. Bake 15 minutes or until done. Cool slightly and cut in bars. They are so rich and good.





Donna Owens  
*Mayor  
City of Toledo*

## CHOCOLATE CHERRY BARS

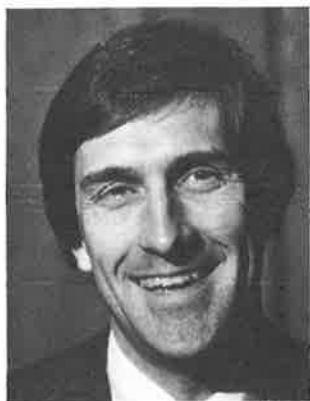
*1 box fudge cake mix  
1 21 oz. can cherry  
pie filling  
1 tsp. almond extract  
2 beaten eggs*

*1 cup sugar  
5 Tbsp. margarine  
1/3 cup milk  
6 oz. semi-sweet chocolate pieces*

Combine cake mix, pie filling, almond extract and eggs; stir by hand to mix well. Pour into greased and floured 13x9" pan. Bake 25-30 minutes in 350° oven.

While cake is baking, combine sugar, margarine and milk. Bring to a boil, remove from heat. Stir in semi-sweet chocolate pieces. Pour over hot chocolate cherry bars when they are removed from the oven. Cut into 3 dozen squares.





Jay Eck  
*Head Basketball Coach*  
*University of Toledo*

## STRAWBERRY PRETZEL DESSERT

*2 cups crushed pretzels*  
*¾ cup margarine, melted*  
*3 Tbsp. sugar*  
*1 8 oz. pkg. cream cheese,*  
*softened*  
*1 9 oz. container Cool Whip*

*1 cup sugar*  
*1 6 oz. pkg. strawberry jello*  
*2 cups boiling water*  
*20 oz. unsweetened frozen*  
*strawberries*

Mix crushed pretzels, margarine and sugar together and press in 9x13" pan. Bake at 400° for 8-10 minutes. (Be sure not to overbake, mixture does not change in appearance.) Cool.

Combine cream cheese, Cool Whip and sugar. Mix well. Spread on cooled crust.

Mix jello with water, then add frozen berries. Stir until berries soften and jello starts to thicken (Approx. 10 minutes). Gently pour or spread on top of cream cheese layer. Refrigerate.





Kaye Lani Rae Rafko-Wilson  
*Miss America 1988*

*Kaye Lani Rae  
Rafko-Wilson*

## DIRT

*1 ¼ lbs. Oreos, crushed*  
*1 8 oz. pkg. cream cheese,*  
*softened*

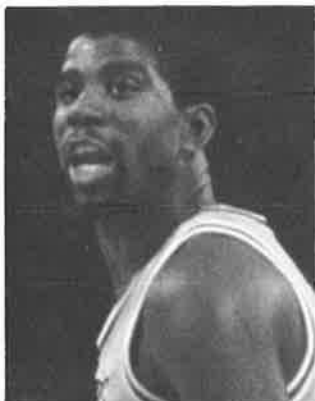
*1 8 oz. container Cool Whip*  
*1 small box (approx. 3 ½ oz.)*  
*French vanilla pudding*

Prepare pudding as per directions on box. Crush Oreos in a zip lock bag with a rolling pin.

Mix cream cheese with a little Cool Whip until smooth. Fold in remaining Cool Whip and pudding.

Put ½ of the crushed Oreos in a 9x13" pan. Spread pudding, Cool Whip and cream cheese mixture over Oreos. Top with remaining Oreos.





Earvin "Magic" Johnson  
*Professional Basketball Player*  
*Los Angeles Lakers*

A handwritten signature of Earvin Magic Johnson in cursive script.

## OATMEAL COOKIES

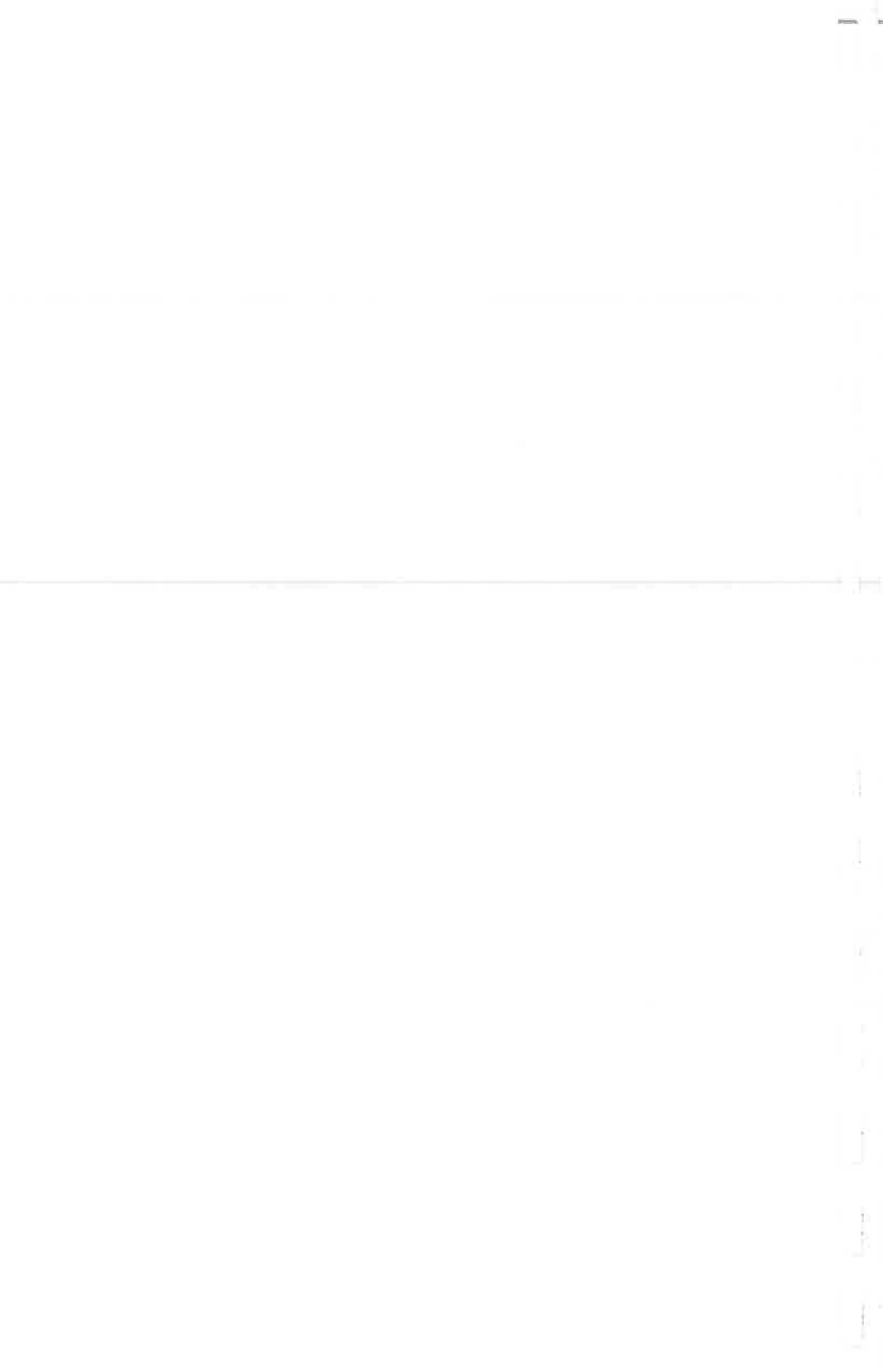
*3/4 cup shortening, soft*  
*1 cup firmly packed*  
*brown sugar*  
*1/2 cup granulated sugar*  
*1 egg*  
*1/4 cup water*

*1 tsp. vanilla*  
*1 tsp. salt*  
*1 cup sifted all-purpose flour*  
*1/2 tsp. baking soda*  
*3 cups oats, uncooked*

Beat shortening, sugar, egg, water and vanilla together until creamy. Sift flour, soda and salt; add to creamed mixture and blend well. Stir in oats. Drop by teaspoonfuls onto greased cookie sheet. Bake in pre-heated, moderate oven (350°) for 12-15 minutes. Makes 5 dozen.

For variety add chopped nut meats, raisins, chocolate chips or coconut.





# MISCELLANEOUS





Suellen Vance  
*Producer*  
WTVG-TV 13

*Suellen Vance*

## POPCORN TREAT

*1 cup popping corn*  
 *$\frac{3}{4}$  cup butter*

*$\frac{1}{2}$  cup honey*  
*Salt to taste*

Pop corn the way you usually would - air popping is best. Put popcorn in a brown paper bag.

Melt butter and honey together. Pour over popcorn and salt to taste. Then, close and shake the bag to spread butter and honey evenly.

Pour into decorative bowl and serve this all natural treat. A great snack for kids!







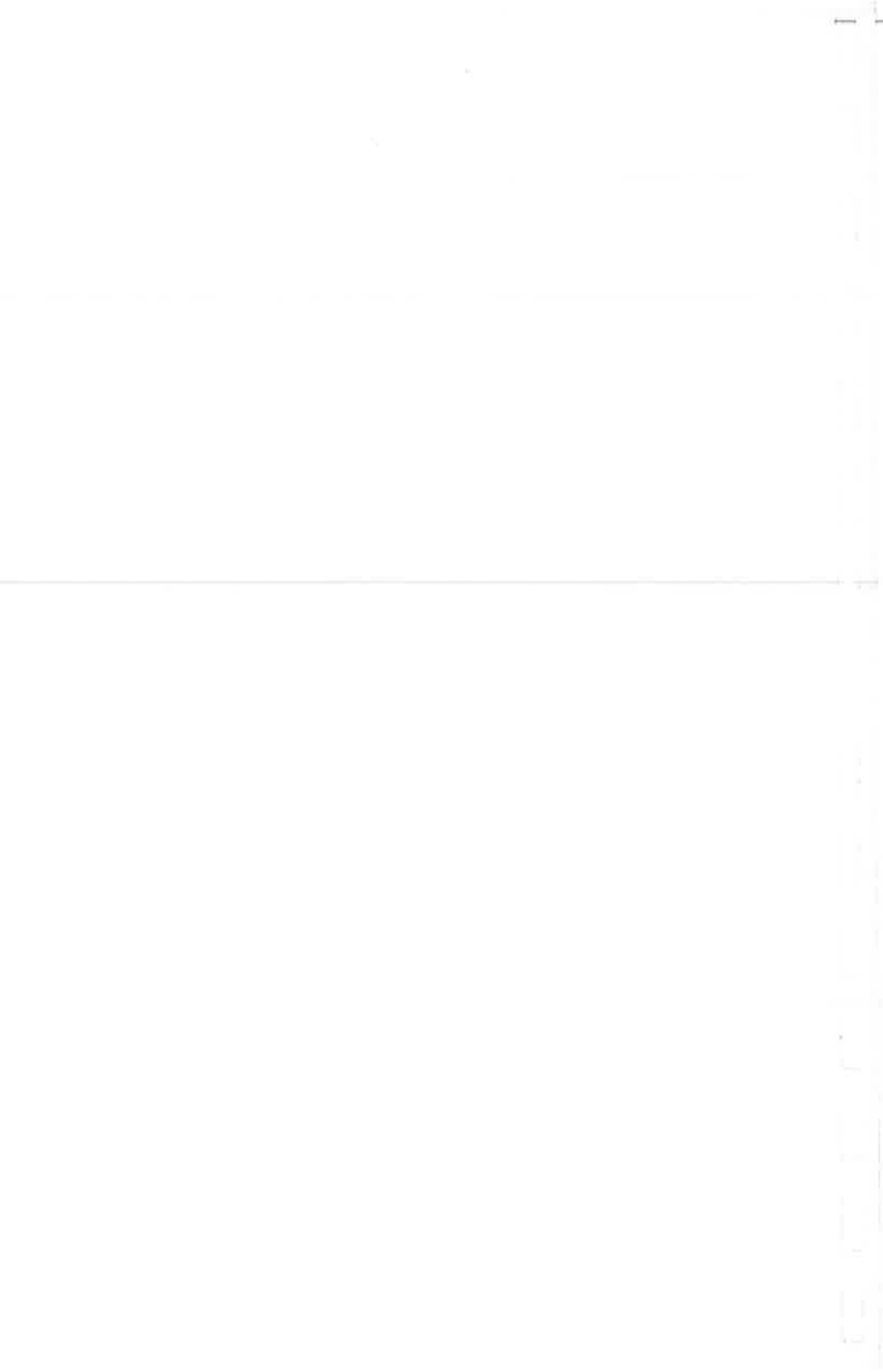
Anna Maria Horsford  
*Actress*  
*"Amen"*

## M.A.D.D.'S DANDY ALEXANDER

|   |                                |
|---|--------------------------------|
| <i>2 pkgs. powdered non-alcoholic<br/>Alexander mix</i> | <i>1/2 cup crushed ice</i>     |
| <i>2/3 cup cream or</i>                                 | <i>1/4 tsp. almond extract</i> |
| <i>4 Tbsp. ice cream</i>                                | <i>Nutmeg</i>                  |

Blend and pour into two chilled cocktail glasses. Sprinkle each with nutmeg. Enjoy!







629

19  
6.95

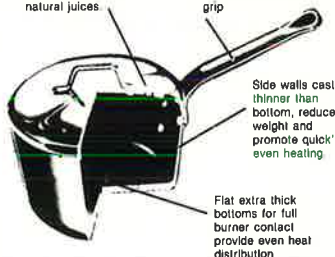
# 99.99

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