

The winners!

Mrs. Zellnik 'Americanizes' Viennese beef goulash

We wish we had 160 prizes to give away!

Our judges found it difficult to choose — but choose they did, and our winners are:

Mrs. Herbert E. Zellnik of 116 Ambleside Drive, Ross, first place, for her New-Fashioned Rindsgulyas (Beef Goulash).

We were anxious to know a little about the winners, and we know you are, too.

Mrs. Zellnik is a housewife. Her husband holds a doctorate in chemical engineering and is a consultant in the computer field.

The Zellniks have two children — Joey, 3, and David, almost 1.

The couple moved to the North Hills from New York City last August.

Mrs. Zellnik was born in New York. Her husband was born in Vienna and came to this country when he was 8. He was reared in Newburgh, N.Y.

Mrs. Zellnik is a graduate of Cornell University where she studied English, speech and drama.

Before her marriage, she worked for a book publisher.

She "Americanized" a recipe that had been in her husband's family for many years.

TRADITIONAL HONEY CAKE

- 1 cup sugar
- ½ cup vegetable oil
- 1 cup honey
- 2 eggs
- 2¼ cups flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- ½ teaspoon cinnamon
- 7/8 cup strong black coffee, cooled
- ¼ cup raisins
- ½ cup nuts.

Mix sugar, oil and honey. Add one egg at a time. Beat until well blended. Sift dry ingredients together. Add to honey mixture alternately with cooled coffee. Add raisins and nuts if desired. Bake in greased 9 by 13-inch pan lined with waxed paper for 50 to 55 minutes at 325 degrees.

Mrs. Abe Greenberg
103 Kings Point Drive, Ross

First Prize Recipe

NEW-FASHIONED RINDSGULYAS (Beef Goulash)

This is a Viennese, no Hungarian, beef stew adapted for my modern American family.

2½ lbs. lean beef, cut in chunks (chuck or stewing beef may used)

2 lbs. approximately of fresh onions, chopped small (OR about 1½ cups frozen chopped onion)

2 tablespoons dill weed (or more, to taste)

2 bay leaves

2 teaspoons salt (optional)

1 crushed clove garlic or equivalent garlic powder (optional)

3 tablespoons sweet rose paprika

2 teaspoons ground caraway seed

1 tablespoon dried marjoram

1 tablespoon lemon juice

1 lb. mushrooms, sliced

2-3 carrots, peeled and cut in chunks

1 small can tomato paste

½ cup tomato juice

1 packet or cube of beef bouillon, mixed with ½ cup hot water

Pepper to taste (preferably freshly ground)

1 medium-sized acorn squash, peeled and cut in small chunks

Make this one day ahead if possible. (Flavor improves on reheating).

Combine all ingredients in heavy pot with tight-fitting lid. (Do not brown meat first).

Bring to boil, uncovered, stirring frequently. Then cover tightly, lower heat, and simmer for 2½ to 3 hours, till meat is tender. Stir occasionally, adding extra water and/or tomato juice if necessary. Chill. Remove fat which has solidified on top. Reheat. Remove bay leaves before serving. (Serve with noodles, or boiled potatoes; these may be cooked with stew while reheating. The Viennese traditionally "stretched" leftover Gulyas by making Eulenaugen (Owl Eyes) — which is a portion of the stew topped with two poached or sunny-side-up eggs.

If a heavy iron or stout aluminum pot, with a tight-fitting cover, is used, it will almost definitely not be necessary to add any additional liquid. The onion and squash dissolve to provide additional juice and to thicken the gravy of the stew.

My husband was born in Vienna; he and his family came to this country when he was eight years old. Needless to say, his American-born wife wanted to please him and his family with the taste and aroma of the kitchen he remembers from childhood. But I also wanted to take advantage of what we know today about nutrition and prudent diets. Hence this is a "new-fashioned" traditional recipe, in which I use the traditional flavorings and seasonings, but in which there is no fat added, no flour and which can easily omit salt without losing good taste and which uses tomato juice rather than thick tomato sauce.

A final word on ingredients: All

the spices are available in any supermarket, except for the sweet rose paprika which is preferred, and which, in small cans imported from Hungary, is available at gourmet food stores in this area. If you like, the more usual Spanish paprika can be used.

Mrs. Herbert E. Zellnik
116 Ambleside Drive, Ross



Mrs. Zellnik

Missy missed by mistake

It was just too good to be true. The cookbook has been in circulation almost a week and until Wednesday morning there had been nothing but glowing comments.

The it happened.

We committed the unpardonable sin!

We completely ignored the first prize winner's eldest child.

Dr. and Mrs. H. E. Zellnik of 116 Ambleside Drive, Ross, have a daughter, Missy, who can read.

She's 6 and goes to kindergarten in McIntyre School.

Missy, whose name is Miriam, read all about the Zellniks having two sons, Joey and David.

Then she began to sing the Sesame Street ditty, "There are five people in my family, 1-2-3-4-5!" She's been singing it ever since.

It was a mean trick to do the No. 2 cook in the Zellnik home.

Don't know how we missed her, because her mother told us all about her.

Her father, a consultant in the computer field, has a computer at home. Missy learned to spell and read by computer.

She thinks every home has a computer and that all children learn to read and spell by that method.

We're sorry Missy. We knew all the time "there are five people in your family."