The Estherville Daily News is proud to bring you the Food page. Published once a week on Tuesday, the page will showcase local chefs and cooks and their favorite recipes. If you have any people you think should be featured on this page, please send their names and why you think they should be featured to: Managing editor, 10 N. Seventh St., Estherville, 51334 or ednedit@ncn.net

# FOOD





# Super Sunday spotlight

#### Taste buds of two cities

BY MARY ANN MENENDEZ STAFF WRITER

Perhaps it is because two cities beginning with the letter "P" have been thrust into the proverbial limelight of Super Sunday 2009 for Super Bowl XLIII, that I am featuring two recipes favoring the flair of the regions where the two metropolitan areas are located.

Or, perhaps it is because both regions - the steel town in Southwestern Pennsylvania and the dry, Douthwest city in Arizona are as different as night and day in geography, climate, industry, history and food preferences.

Whatever the reason, here are two recipes showcasing the taste buds of two cities.

While I like to think the Pittsburgh recipe is printed first due to the alphabetic order in the journalism realm, we all know it is because those whom I love are loyal to the "Black and Gold" ... for forever and a day!

#### Pittsburgh Potatoes

- 4 cups diced potato
- 1/4 cup chopped onion
- 1 teaspoon salt
- 2 tablespoons chopped pimiento, drained
- 4 tablespoons butter, melted, divided
- 3 tablespoons flour
- 2 cups milk
- 8 ounces shredded American process cheese
- Salt and pepper, to taste 1/2 cup soft breadcrumbs

Cook first 3 ingredients in boiling water to cover in a saucepan 15 minutes; drain and add pimiento. Combine 3 tablespoons of butter with 3 tablespoons flour in a saucepan over low heat, stirring until smooth and bubbly. Gradually add milk and stir in cheese. Continue cooking and stirring until thickened and smooth. Taste and add salt and pepper, if needed. Pour cheese sauce over potato mixture; spoon into a 2-quart baking dish. Toss bread crumbs with remaining 1 tablespoon butter; sprinkle over casserole. Bake at 350 degrees for 20 to 30 minutes.

#### Phoenix Enchiladas

Vegetable shortening

- 1 (16 ounce) jar enchilada sauce 12 corn tortillas
- 1 cup onion, peeled and chopped 3 cups cheese, grated (cheddar or Monterey Jack)
- 1 and one-half cups green olives, pitted and chopped
- Lettuce, shredded Heat enchilada sauce or chili gravy in a skillet. Cook slowly

about 10 minutes and set aside, but keep hot until needed. Heat fat in another frying pan. Fry one tortilla at a time, turning over several times to make it hot and flexible. Dip into hot chili gravy. Place flat on a dish and sprinkle onions, cheese and olives across center. Roll and arrange in a serving dish; keep hot. When all tortillas are prepared, sprinkle with more cheese, onions, olives and shredded lettuce; serve hot with any remaining sauce on the side.

#### Sunday, Feb. 1

### Super football, food and time!

BY MARY ANN MENENDEZ STAFF WRITER

Super Bowl Sunday on the first day of February should not mean super work for the cook in the kitchen.

As an unofficial American holiday, a certain winter Sunday is the time when almost every pair of eyes in the great U.S.A. is glued to the TV, no matter the screen size. It's time to watch the best of the best in the NFL.

To make it easy on everyone who is anticipating the tempting tastes of hot tantalizing tidbits along with touchdowns, field goals and the half-time show, consider the use of the convenient crockpot.

The marvelous invention beef with flour to coat; stir in sits quietly on the kitchen countertop and works its magic at a low temperature.

If you're expecting a gang of friends and family who will be invading your living space, hand out several crockpot recipes to them. They can bring some of their tempting fare in their own crockpots when they darken your doorway!

You have to love this country - it's the only place a day can be set aside for the glory of the grinding gridiron.

#### Crockpot Dogs

- 1 pound bacon
- 1 pound hot dogs 1 box brown sugar

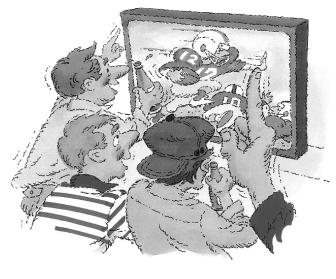
Cut bacon in half. Cut hot dogs in fourths. Wrap bacon around hot dog pieces and secure with toothpick. Place in crock pot and pour brown sugar over them. Cook on high 3-4 hours or until bacon is brown.

#### Crockpot Chili 3 1/2 pounds trimmed,

boneless chuck, cut into 1 and 1/4-inch pieces

- 1/4 cup all-purpose flour 1 12-ounce bottle dark, malt beer
- 1 large onion, chopped jalapeños, chopped (remove seeds, if desired) 1/4 cup chili powder
- 1 tablespoon chopped
- 2 teaspoon ground cumin
- 1 teaspoon salt 1 avocado, pitted and
- 1/2 cup diced red onion 1/2 cup sour cream Cilantro sprigs

In large slow cooker, toss



beer, onion, jalapenos, chili the cumin, powder, garlic, oregano and salt. Cover and cook on high 4 and 1/2 hours Island dressing. Cover, and or low 7 to 7 and 1/2 hours, until beef is fork-tender. Top chili with avocado, red onion, sour cream, and cilantro until hot and cheese is meltsprigs. Serve with cornbread, ed. Stir occasionally while if desired.

#### Crockpot Tortilla Soup pound shredded,

cooked chicken

- 1 (15 ounce) can whole peeled tomatoes, mashed 1 (10 ounce) can enchila-
- da sauce 1 medium onion, chopped 1 (4 ounce) can chopped
- green chile peppers 4 cloves garlic, minced
- 2 cups water
- 1 (14.5 ounce) can chick-
- 1 teaspoon cumin
- 2 teaspoon chili powder
- 1/2 teaspoon black pepper 1 (10 ounce) package
- frozen corn 1 tablespoon chopped
- cilantro

7 corn tortillas Vegetable oil

Place chicken, tomatoes, enchilada sauce, onion, green chiles, and garlic into a slow cooker. Pour in water and chicken broth, and season with cumin, chili powder and pepper. Stir in corn and cilantro. Cover, and cook on low setting for 6 to 8 hours or sauce mix on High setting for 3 to 4 hours. Preheat oven to 400 degrees. Lightly brush both sides of tortillas with oil. Cut tortillas into strips. Spread on a baking sheet. Bake in preheated oven until crisp, about 10 to 15 minutes. To serve, sprinkle tortilla strips over soup.

#### Crockpot Reuben Dip

16 ounces sauerkraut, drained

- 1 (8 ounce) package cream cheese, softened 2 cups shredded Swiss
- cheese 2 cups shredded cooked
- corned beef

1/4 cup Thousand Island whole dressing

In a slow cooker, combine sauerkraut, cheese, Swiss cheese, corned beef and Thousand cook on high for 45 minutes if you're in a hurry, low for longer if you're not, or just cooking. Serve with cocktail rye or crackers.

#### Crockpot Meatballs

12 ounces chili sauce 1 (16 ounce) can whole cranberry sauce

27 ounces Bavarian-style sauerkraut, undrained

1 cup water

Three-fourths cup packed brown sugar

1 (16 ounce) package frozen meatballs

In a medium mixing bowl, combine chili sauce, cranberry sauce, sauerkraut, water and brown sugar. Mix well. Pour sauce and meatballs in a slow cooker, stir. Cook the mixture, covered, at a medium temperature for 4 hours. Stir occasionally to coat

#### Crockpot Fondue

1 pound ground beef, cooked and drained

- ounces mozzarella
- cheese 1 envelope spaghetti
- 2 (15 ounces) cans tomato
- 2 tablespoons cornstarch 1 pound sharp cheddar cheese

1/2 cup dry red wine bread, cut in Italian chunks

In the crockpot combine beef, spaghetti sauce mix. tomato sauce and cheeses. Cook on low for 2 hours. Turn switch to high. Dissolve cornstarch in wine. Add to the crockpot and cook for additional 15 minutes on high. Dip Italian bread chunks in the fondue.

#### Crockpot Cider

teaspoon allspice, Serve with whipped cream.

1 teaspoon whole cloves

7 cups apple juice 1/3 cup packed brown sugar

**Butter** 

1 cup rum

Tie cinnamon, allspice and cloves in spice bag or cheesecloth. In a crockpot, combine spice bag, apple juice, rum and brown sugar. Cover; cook on low for 3 to 4 hours. Discard spice bag. Ladle hot punch into cups; float about 1/2 teaspoon of butter on top of the cider in each cup.

#### Crockpot Punch

1 quart apple brandy

1 cup peach brandy 2 cups apple cider 2 cinnamon sticks

Combine ingredients in crockpot. Cover and heat on low for 3-4 hours. Remove cinnamon sticks. Serve hot.

#### Crockpot Beans

5 cans pork and beans

1 can cranberry sauce 1 small onion, chopped

1 tablespoon prepared mustard

1/2 cup maple syrup Chopped ham, as much as you like Combine beans, cranberry

sauce, onion, mustard, syrup and ham in crock pot and cook on high for 6 hours.

#### Crock Pot Cobbler

- package frozen unsweetened peach slices, thawed, undrained
- 1 package frozen mixed unsweetened berries, thawed, undrained
- package frozen unsweetened blackberries, thawed, undrained 2/3 cup sugar
- 1 and 1/3 cup all-purpose flour
- 3 tablespoon brown sugar 1 and 1/4 teaspoon baking powder
- 1/4 teaspoon grated nutmeg
- 1/4 teaspoon salt 6 tablespoons butter, cut
- 1/2 cup heavy cream
- 1 teaspoon vanilla extract 1 teaspoon cinnamon

Whipped cream

Combine the undrained fruits, sugar and 1/3 cup flour. Mix well. Cover and cook on the high heat setting 1 to one and one-quarter hours. Stir well. Just before the time is up, in a food processor combine the remaining 1 cup flour, brown sugar, baking powder, nutmeg, and the salt. Add the butter and process until crumbly. Add the cream and vanilla and process until the mixture forms a ball. Drop dough by spoonfuls, evenly on top of the fruit. Dust the mounds of dough lightly with the cinnamon-sugar. Cover and continue cooking on high for about 90 minutes or until 4 cinnamon sticks, broken the dough is cooked through.





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1006 10th Street

Milford, IA 51351 712.338.2814

800.221.2180 sunsettravle@milfordcable.net

Fareway fare

## It's super snack time

BY MARY ANN MENENDEZ

STAFF WRITER Your friends at the Estherville Fareway Store are cheering you on with all kinds and varieties of snack foods in anticipation of the 43rd kick-off for

Super Bowl Sunday on Feb. 1. While players of the Pittsburgh Steelers and Arizona Cardinals will clash on the field for the coveted Super Bowl title, there is no need to fight over snack food choices. The sky's the limit at your Fareway Store when considering great taste and selection for game-

watching snacks. Fareway General Manager Mark

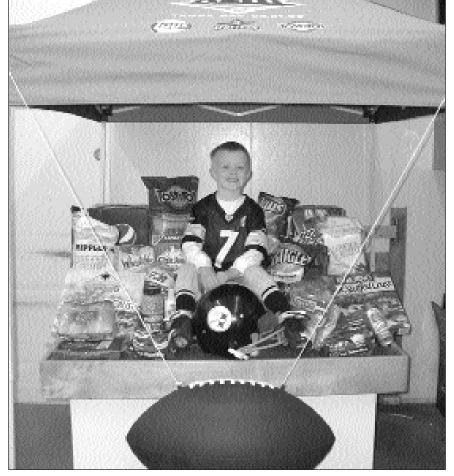
■ All Fastco potato chips, pretzels, cheese puffs, popcorn. ■ Nabisco crackers, all varieties, like

Almquist makes these suggestions:

- Premium Saltines. ■ Easy Cheese (in the can).
- Nabisco cookies like Chips Ahoy.
- Hot dogs and Coney buns.

Fareway.

- Peanuts, cheeses, pepperoni, salami, beef sticks. Beef jerky.
- "We can assist you in finding those perfect Super Sunday snacks," he said. Just like Blake, at right, son of Ann and Shawn Ingvall, surround yourself with your Super Bowl favorites from





By Mary Ann Menendez STAFF WRITER

for vegetables, cut them into bite-size pieces.

■ Only fill the crockpot added during the last hour

one-half to two-thirds full. ■ Remove skin from poultry. Trim excess fat from meats.

For food safety reasons, it's a good idea to cook on HIGH for the first hour to quickly bring the temperature up to 140 degrees. Then turn the dial to LOW and finish cooking.

■ Experts recommend not putting frozen foods in the crockpot. All foods should be defrosted so the food temperature can reach 140 degrees as soon as possi-

■ Most meats require 8 hours of cooking on LOW. Use cheaper cuts of meat to save money and because

Ground meats must be ■ When your recipe calls cooked in a skillet before cooking in the crockpot.

> of cooking time. One hour on HIGH is

Seafood should be

equal to two hours on LOW. Add cayenne pepper and Tabasco sauce at the end of the cooking time.

Add tomatoes, mushrooms and zucchini during the last 45 minutes.

■ Remove cooked food from the crockpot to store in the refrigerator. Because the liner is made of thick material, food won't cool down quickly to prevent the growth of harmful bacteria.

■ Follow the layering instructions carefully. Vegetables do not cook as quickly as meat, so they should be placed in the bottom of the appliance.