

The Estherville Daily News is proud to bring you the Food page every Tuesday. If you know anyone who 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 editor@esthervilledailynews.com

FOOD

'D' — DELICIOUS AND DELECTABLE

BY MARY ANN MENENDEZ
STAFF WRITER

Wow! Recipes that incorporate foods beginning with "D" are surprisingly sweet for the most part. There's decadent devil's food cake, of course, along with the ever-popular doughnut and divinity.

Let's not count out all the variations of date bread too.

And you're in luck, I've uncovered some dill recipes that sound delicious (another delightful "D" word!).

Unfortunately, the cake, divinity and doughnuts are not light on calories or other aspects of nutrition. So be alert and eat smart.

An interesting part of my job is researching food. This time it was right to the information that Underwood Deviled Ham made its 1868 debut in Boston when special seasonings were combined with ground ham. The name "deviled" was selected to describe how the ham was cooked. It wasn't long before the famous little red devil was found on the cans, and continues today to be the oldest existing trademark still being used in this nation.

Deviled Ham Dip

1 8-ounce package fat-free cream cheese at room temperature

1 can Underwood Deviled Ham
4-5 tablespoons mayonnaise

Blend the cream cheese with the ham spread. Add the mayo and mix with electric mixer until smooth. Use with assorted crackers and veggies.

Dill

Pickle Soup

2 quarts chicken stock
2 cups diced raw potatoes
1 cups fat-free sour cream
2 cups peeled, coarsely grated dill pickles
3 tablespoons flour
Salt and pepper, to taste

Add potatoes and grated dill pickle to meat stock in saucepan. Simmer for 30 minutes or until potatoes are soft. Using a fork, blend flour into sour cream to form a smooth paste and slowly add sour cream mixture into simmering liquid. Continue to heat soup thoroughly but do not boil.



Date bread

Date-Apple Bread

3 cups all-purpose flour, sifted
1 cup sugar
1 tablespoon baking powder
1 and one-half teaspoons salt
1 cup flaked coconut, toasted*
1 and one-half cups milk
1 egg, beaten
1 teaspoon vanilla
8 ounces chopped dates
1 cup finely chopped apples

*Toast coconut: Spread coconut in shallow pan. Bake at 350 degrees for about 15 minutes, stirring frequently, until lightly browned. Mix and sift flour, sugar, baking powder and salt. Stir in the toasted coconut. Whisk together the milk, egg and vanilla; add to dry ingredients. Stir well. Fold chopped dates and apples into mixture. Spread into greased and floured loaf pan. Bake at 350 degrees for about 1 hour and 15 minutes.

Tropical Date Bread

1 egg, beaten
One-third cup milk
One-third cup melted butter
1 can (8 ounces) crushed pineapple

1 cup chopped walnuts
1 cup chopped dates
3 cups sifted all-purpose flour
Three-fourths cup sugar
1 tablespoon baking powder
Three-fourths teaspoon salt
One-fourth teaspoon soda

In a mixing bowl, combine egg, milk, shortening, pineapple, nuts, and dates. Sift together dry ingredients; add to the first mixture. Stir just to moisten. Transfer to a greased and floured loaf pan. Bake at 350 degrees for about 50 to 60 minutes, or until a wooden pick or cake tester inserted in center comes out clean.



Dill

1 (8 ounces) can tomato sauce
1 egg
2 teaspoons salt
One-half teaspoon pepper
Three-fourths cup water
2 tablespoons brown sugar, packed
2 tablespoons prepared mustard

1 tablespoon vinegar
Preheat oven to 350 degrees. Gently mix ground beef, bread crumbs, onion, bell pepper, half of the tomato sauce, egg, salt and pepper until combined. Do not over mix. Form into a loaf and place in a shallow pan. Whisk together water, brown sugar, mustard and vinegar until smooth. Pour over the meatloaf. Bake for 1 hour and 15 minutes, basting with pan juices about every 20 minutes. Let rest 15 minutes before cutting and serving.

Strawberry Divinity

3 cups sugar
Three-fourths cup light corn syrup
Three-fourths cup water
2 egg whites, stiffly beaten
1 (3 oz.) pkg. strawberry gelatin

Combine sugar, syrup and water. Bring to a boil, stirring constantly. Then cook without stirring to 260 degrees on candy thermometer. Combine beaten egg whites and gelatin. Beat until mixture forms peaks. Pour hot syrup in a thin stream into egg whites, beating constantly. Beat until candy loses its gloss and holds its shape. Drop by spoonful onto wax paper. When cooled, stir in airtight container.

Easy Doughnuts

3/4 cup vegetable oil
1 8-count package large refrigerated biscuits
One-half cup sugar
One-fourth teaspoon ground cinnamon

Heat one-half cup of the oil in a medium skillet over medium-low heat. Place the biscuits on a cutting board. Using a 1-inch round

cookie cutter or shot glass cut a hole in the center of each biscuit, reserving the extra dough for "holes." Test the heat of the oil by dipping the edge of a doughnut in the pan. When the oil is hot enough, the edge will bubble. Place four of the doughnuts and holes in the skillet and cook until golden brown, 1 to 2 minutes per side. Transfer to a wire rack or paper towel-lined (substitute paper towels with coffee filters if you have them) plate to drain. Add the remaining oil to the skillet, reheat and cook the remaining doughnuts and holes. In a large bowl, combine the sugar and cinnamon. Gently toss the warm doughnuts in the mixture a few at a time. Serve warm or at room temperature.

Devil's Food Cake

1 and one-fourths cups sugar
1 cup buttermilk
Two-thirds cup vegetable oil
2 eggs
1 teaspoon vanilla
1 and one-half cups all purpose flour
One-half cup unsweetened cocoa powder
1 and one-fourth teaspoons baking soda
Frosting
One-half cup unsalted butter
2 ounces unsweetened chocolate, chopped
One-third cup unsweetened cocoa powder
2 teaspoons vanilla
2 cups powdered sugar
Two-thirds cup sour cream

Preheat oven to 350 degrees. Grease and flour two 8-inch cake pans with 1 and one-half-inch-high sides. Whisk first 5 ingredients in large bowl to blend. Sift in flour, cocoa and baking soda. Stir to combine. Divide batter between prepared pans. Bake until toothpick inserted into centers comes out clean, about 25 minutes. Cool in pans on racks 10 minutes. Turn cakes out onto racks and cool completely. Place 1 cake layer on plate. Spread with one-half cup frosting. Top with second cake layer. Spread top and sides of cake with remaining frosting.

Frosting: Melt unsalted butter and chocolate in heavy small saucepan over low heat, stirring constantly until smooth. Transfer to large bowl. Whisk in cocoa powder and vanilla. Whisk in 1 cup sugar and one-third cup sour cream. Whisk in remaining 1 cup sugar. Gradually whisk in enough of remaining sour cream to form spreadable frosting.

Think outside the mojito — new uses for mint

By PERVAIZ SHALLWANI
FOR THE ASSOCIATED PRESS

Penne with mushrooms and mint

1 1/2 pounds mixed mushrooms, such as shiitake, bluefoot, oyster, chanterelle and hedgehog
1/4 cup plus 2 tablespoons olive oil
2 tablespoons unsalted

butter
2 garlic cloves, minced
1 1/2 teaspoons finely chopped fresh thyme
1 pound penne pasta
3 tablespoons coarsely chopped fresh mint
2 cups grated Parmigiano-Reggiano cheese (or similar Parmesan cheese)

Bring a large saucepan of salted water to a boil. Remove and discard any

mushroom stems. Cut mushroom caps into halves or quarters.

In a large, heavy skillet heat the oil over medium-high. A handful at a time, add the mushrooms, season lightly with salt and pepper, and saute until they start to brown, about 3 minutes.

Push the browned mushrooms to the side of the pan, then add the next batch and repeat.

Once all of the mushrooms have been browned, add the butter and let it foam, then add the garlic and thyme. Stir well, then remove the skillet from the heat.

When the water boils, cook the pasta until al dente. Drain the pasta and immediately toss with the mushrooms. Add the mint and half of the cheese. Toss well, then add the remaining cheese. Adjust the seasonings.



FAREWAY FARE

BY MARY ANN MENENDEZ
STAFF WRITER

Tomorrow marks the first day of Lent. It's a given that once you look over your fish and seafood choices at your Estherville Fareway Store, your taste buds will be "hooked" for the next six weeks!

Jeff Bernholtz and his crew in the meat department have lined up an extraordinary selection of enjoyable fish for customers, including: Teriyaki Salmon, Summer Herb Crusted Cod, Parmesan Crusted Tilapia, Potato Crusted Cod, Mediterranean Crusted Salmon, Tortilla Crusted Tilapia, Parmesan Shrimp and Coconut Shrimp.

Traditional choices always available include: perch, cod, pollock and orange roughy.

"This year in addition to the traditional fish choices, we now offer more flavored fish to tempt your taste buds like fish never has before," Bernholtz said.

On those days of the week when meat is permissible, consider the purchase of a whole top sirloin. This week at Fareway, there is a special offered for \$2.69 per pound. Each averages about 15 pounds. Bernholtz and his crew will cut and wrap each order to the customer's specifications. Use the attached coupon.

This is great grilled or oven-roasted," he said. "It is lean cut and an excellent choice right now for the money. Customers can make the purchase now, freeze the meat and enjoy it when the weather is more conducive for grilling."

REDEEM AT MEAT COUNTER COUPON GOOD THRU 03/02/09

USDA CHOICE
WHOLE
TOP
SIRLOIN

As Always, Cut & Wrapped FREE!

\$2.69
LB.

15 LB. AVG.

LIMIT 3

GOOD AT YOUR .ESTHERVILLE FAREWAY ONLY

Moment with Mary Ann

There are annoying emails that are spam. Or worse yet, the ones that bark the order of forwarding on to 10 people.

Then there are those that once you open and read what's inside, you sit back and say, "Whoa! Who knew all of this?"

So thanks to my dear friend here in Estherville who sent me the email on coffee filters and all of the wonderful things you can do with them beside brew coffee.

Our hat is off to the person who originally researched the information and then took the time to compile the information into the email form for the rest of us. Yes, it is said that some people must have way too much time on their hands. While that may be true, I for one say thank you. Working two jobs, it is nice to know these little shortcuts to save some time while at home.

Besides that, coffee filters, the no-name brands, are relatively easy on the wallet. Use once and toss - it cannot get any easier in the clean-up department.

- ★ Coffee filters make great bowl or dish covers when foods need to be placed in the microwave for reheating.
- ★ Coffee filters are an attractive way to serve up special pastry and desserts.

- ★ If you need to pack up all of your stuff to move into another home or to another town, coffee filters make great dish protectors. Just place a coffee filter in between each dish and bowl as you pack them up. They are even safe enough to be used on your good china.

- ★ There was a handy tip for those who enjoy wine. Use the filter to filter any broken cork from the wine.

- ★ Because these filters are lint-free they will leave your windows and mirrors shining.

- ★ Crumble up a coffee filter into a ball to dab polish on your shoes. Again, there will be no lint sticking to the surface of your shoe.

- ★ Keep some in the bathroom. Cut in small pieces, they make great razor "nick fixers."

- ★ Coffee filters are great as taco holders. It's convenient and there's nothing to wash and put away.

- ★ Place a coffee filter inside a clean cast-iron skillet to absorb moisture and prevent rust.

- ★ Coffee filters are great grease absorbers. Just place hot French fries, bacon, chicken pieces, onion rings, or anything else that is fried on a few coffee filters on a plate to soak up the unwanted grease.

- ★ Once your frying oil has cooled somewhat, strain it through a sieve lined with a coffee filter. That way you can recycle the oil for another frying time.

- ★ Put chopped foods on a filter on a kitchen scale when weighing. That way there is relatively little mess to clean up and the filter weighs nothing.

- ★ To soften the brightness when taking a close-up photo, place a filter over the flash to diffuse the light.

- ★ A coffee filter will catch Popsicle drips. Poke the same number of holes as sticks. I wonder if this would work for little ones enjoying ice cream cones.

- ★ Save the soil from falling out of your pots. Line the pot holding your plant with a coffee filter. The water will drain but not the dirt.