FOOD

Go green – celebrate St. Patrick's Day!

Kick up your heels bles. with Irish cuisine

BY MARY ANN MENENDEZ STAFF WRITER

May the luck of the Irish be with all of us on St. Patrick's Day! Everyone is Irish on that day as Emerald Isle shades of green

cover the world. Potatoes are to the Irish what pasta is to the Italians. It has been said a day without potatoes is a day without nourishment.

If you think about it, it was the great potato famine that sent many families across the Atlantic to the American shores in the

It was a bit tricky finding "appropriate" recipes today. It seems most Irish recipes include a bit of Irish whiskey, Irish Mist or Irish Cream. But the luck of a four-leaf clover prevailed, and today we present a grand variety.

Back to the Irish-Italian comparison mentioned at the beginning of this article. What March 17 is to the Irish, March 19 is to the Italians. St. Patrick may reign in the Emerald Isle but it is St. Joseph who is revered in the country shaped like a boot two days later!

If you are Irish, be proud! If you're not, pretend you are and kick up your heels in celebration!

Irish Potatoes and Cabbage

- 1 small head cabbage
- 2 teaspoons prepared horseradish 1 pound small red potatoes
- One-fourth cup butter
- 2 tablespoons green onions, sliced Salt and pepper to taste

In Dutch oven, place steamer basket over one-inch inch deep water (water should not touch basket.) Cut cabbage (about 1 and one-half pounds) into 6 wedges and quarter potatoes. Place cabbage and potatoes in basket, cover tightly and heat water to boiling. Reduce heat to medium-low and steam 20-30 minutes or until tender. Meanwhile, in a 1 cup glass measure, combine butter, sliced green onions, horseradish, salt and pepper. Microwave on high 45 seconds or until butter is melted. Drizzle over vegeta-

Golden Coins

12 carrots 4 tablespoons butter One-half cup milk Salt & pepper to taste One-half cup heavy cream

2 egg yolks 1 teaspoon chopped fresh parsley

Trim and wash the carrots and halve lengthwise. Melt butter over medium heat. Add milk, season with salt and pepper. Add carrots and cook gently until just tender. Remove from heat and stir in cream and beaten egg yolks. Reheat but do not boil, stirring constantly until the eggs thicken. Add parsley.

Bit of Blarney Casserole

- 8 ounce medium-size noodles 12 ounce can corned beef, cubed One-half pound cheddar cheese, cubed
- One-half cup milk 1 can cream of chicken soup
- 10 ounces frozen peas, rinsed with hot water and drained

3 1/2 ounce can French fried onions Cook noodles in boiling, salted water until tender. Drain well. Mix noodles lightly with remaining ingredients. Put into buttered 2 quart casserole. Bake uncovered in 425 degree oven for 15 to 20 minutes. During last 2 minutes of baking, sprinkle onions

Leprechaun Pie

- 1 refrigerated pie crust
- 1 pound lean ground beef
- 1 medium onion, chopped (one-half
- 2 cups frozen mixed vegetables
- 1 can condensed cream of mushroom

One-half teaspoon dried thyme 3 cups mashed potatoes

Heat the oven to 375 degrees. Place pie crust in 9-inch pie pan. Crimp or flute edge. Set aside. Cook ground beef and onion in 10-inch skillet over medium heat, stirring occasionally, until beef is browned. Drain off fat. Stir in vegetables, soup and thyme leaves; continue cooking until heated through. Spoon the meat mixture into pie crust. Spoon mashed potatoes over meat mixture. Bake for 35 to 45 minutes or until potatoes are lightly browned and pie is heated through.

Shamrock Chicken

- 4 thin slices baked ham, cut in half 4 whole chicken breasts, split and
- 1 can condensed cream of mushroom
- 8 ounces sour cream

One-half cup Irish Mist or apple juice 1 cup sliced fresh mushrooms

In an 8 x 12 inch baking dish, place slices of ham. Place chicken skin side up on each ham slice. Mix soup, sour cream, Irish Mist and mushrooms and spoon over chicken, cover completely. Bake at 300 degrees for about 90 minutes. Serve with wild rice.

Irish Delight

One-fourth cup Irish cream 12 oz semisweet chocolate chips One-fourth cup heavy cream

1 tablespoon butter 2 egg yolks

Melt chocolate over very low heat. Stir in Irish cream and heavy cream. Beat egg yolks; stir a small amount of chocolate mixture into eggs. Then slowly add the eggs to the chocolate mixture. Mixture will thicken. Add butter. Refrigerate overnight, or several hours. Using two large spoons or a small ice cream scoop, form small balls. Roll in powdered sugar, then cocoa.

Erin Go Bragh Bread

1 pound raisins One-fourth pound butter

1 and one-half cups sugar One-half cup water

4 cups flour

1 cup applesauce

1 and one-half teaspoon baking soda

1 teaspoon salt

2 eggs, beaten

1 tbsp. Irish whiskey or brandy; option-

Place first 4 ingredients in a large saucepan and bring to a boil. Let cool. Add remaining ingredients and mix all together well. Place in a greased and floured angel cake pan or 2 loaf pans. Bake at 325 degrees for 1 to 1 and one-half hours.

Luck of the Irish Cake

1 pkg. white cake mix

1 cup vegetable oil

1 cup lemon-lime soda

1 (3 3/4 oz.) pkg. pistachio instant pudding mix Combine ingredients in a large mixing

bowl. Beat for 4 minutes. Pour into greased and floured 9 x 13 inch baking pan. Place pan in 350 degree oven and bake for 30 to 35 minutes. Cool.

Frosting:

1 (3 3/4 oz.) pkg. pistachio instant pudding mix

1 1/2 c. milk

1 (8 oz.) carton Cool Whip

Combine pudding mix and milk. Beat for 2 minutes. Fold in Cool Whip. Spread over cake. Chill until served. Refrigerate leftovers.

Moment with Mary Ann

There's something in every kitchen that by itself is satiny soft, shiny white, indescribably gritty and not-sogood tasting (by itself).

According to the folks at Arm & Hammer, "Baking soda, also known as sodium bicarbonate, is a naturally occurring substance that is found in all living things, where it helps regulate the pH balance. The Arm & Hammer Baking Soda is made from soda ash which is mined in the form of an ore called trona. The soda ash is then dissolved into a solution through which carbon dioxide is bubbled and sodium bicarbonate precipitates out."

The original use was for dough or batter recipes. Baking soda helps dough rise.

But there are other uses for the relatively inexpensive item including:

- Exfoliating skin. Wash your face, and then apply a soft paste made of three parts baking soda and one part water. Massage gently with a circular motion. Be sure to avoid the eye area. Rinse clean and pat dry.
- Erasing crayon, pencil, ink and furniture scuffs from painted surfaced. Sprinkle some baking soda on a damp sponge. Rub clean and rinse.
- Unclogging drains. Pour one-half to one cup of baking soda down the drain. Then slowly pour one-half cup of white vinegar after it. Let sit for five minutes. If you can cover the drain, do it. Pour a gallon of boiling hot water down the drain.
- Removing stains from enameled cast iron and stainless steel. Scrub enameled cast iron with a soft nylon brush and a thick paste of baking soda and water. Clean stainless steel with a soft cloth and 4 tablespoons of baking soda dissolved in one quarter of water. Wipe dry with a clean cloth.
- Scrubbing pans. Sprinkle soda on dried, crusted casserole and roasting pans. Leave the pans sit for five minutes. Lightly scrub. You will be amazed at how shiny and clean your pans become!
- Brushing teeth. Use a mixture of baking soda and water to make paste. Brush teeth as usual. ■ Deodorizing. Dust baking soda under your arms to
- Cleaning up minor oil/grease spills on garage floor or driveway. Sprinkle baking soda on the mess and
- scrub with a wet brush. Hose away. ■ Calming upset tummy. Stir one-half teaspoon of baking soda into one-half cup water until completely dissolved. Adults can drink this as a safe and effective antacid. Persons on sodium-restricted diets and/or on prescription medications need to check with their physician before using this tip. It is advised the powder must be completely dissolved in the water before drinking.
- Place an open box of baking soda in your refrigerator to neutralize odors. Remember to replace the box with a newly opened box every 30 days.

Fareway Fare

Celebrate with cabbage!

BY MARY ANN MENENDEZ STAFF WRITER

Your Estherville Fareway Store has an extra special sale this week in honor of the upcoming St. Patrick's Day which will keep a little extra "green" in your wallet too.

Heads of green cabbage are featured this week at a penny a pound. Yes, you may reread that sentence; it says a PENNY A POUND!

The eyes of store manager Mark Almquist were definitely smiling when we talked about this Fareway Fare! Customers will be able to purchase something for under five cents. What a bargain!

If you love this vegetable, it will be your lucky day when you purchase groceries this week. If you have never cooked cabbage, you will be surprised at the ease or preparation. Perhaps you don't feel that brave to cook this heavy vegetable. Then you need to try a slaw ing digestive and immune systems, recipe that incorporates cabbage in its raw state.

Because cabbage carries a rich level of calcium, iron, iodine, potassium, you hit the jackpot when choosing this system. Take it slow and steady! cruciferous vegetable. It also plays host to vitamins A, B1, B2, B6, C, E, K and folic acid.

Cabbage is a rich source of phytonutrients which bolsters our defense mechanisms, eliminates harmful toxins and hormones, and stimulates antibodies to fight cancer. Other positive strips actions include: fighting anemia, aid-



and losing weight.

When purchasing, select smaller

heads for better taste. Word of warning: too much cabbage may have a sulfur and phosphorus, it looks like detrimental effect on your digestive

Emerald Isle Cole Slaw

5 cup cabbage

1 teaspoon celery seed

One-half cup green grapes One-half cup golden raisins One-half cup carrots, sliced in thin 1 teaspoon garlic powder 5 heaping tablespoons Miracle

3 tablespoons cider vinegar 4 tablespoons sugar Salt and pepper to taste

Parsley flakes, optional Shred cabbage and one-half cup of carrots. Cut grapes in half. Place cabbage, carrots and grapes in bowl. Add the raisins and mix well. In a separate bowl, mix celery seed, garlic powder, Miracle Whip, vinegar and sugar. Toss until well blended. Pour dressing over salad, mixing well. Sprinkle parsley flakes on top, if desired. Refrigerate for three hours. Refrigerate any leftovers.

Asparagus — a sign of better weather

By JIM ROMANOFF FOR THE ASSOCIATED PRESS

Asparagus not only is a pleasant and affordable harbinger of spring, it also does great things for a healthy diet.

This recipe for roasted asparagus with spring onions and sun-dried tomatoes straddles seasonal flavors with the deep richness of the tomatoes and the freshness of scallions. The dish has only a small amount of added trimmed fat, which comes from the flavorful oil the tomatoes are packed in.

Roasted asparagus with spring onions, sun-dried tomatoes

Start to finish: 25 minutes (10 minutes active) Servings: 4

1 1/2 pounds asparagus, bottoms trimmed bunches scallions, ends

2 tablespoons finely chopped oilpacked sun-dried tomatoes, plus 1 tablespoon of oil from the jar

1/4 teaspoon salt Ground black pepper, to taste Heat the oven to 450 F. In a large

bowl, toss the asparagus and scallions with the oil from the sun-dried tomatoes. Transfer to a baking sheet and arrange in an even layer. Season with salt and pepper. Roast for 7 minutes. Stir the vegeta-

bles and roast until tender and slightly browned, about another 5 minutes. Sprinkle with chopped sun-dried

tomatoes and toss to combine. Serve immediately or at room temperature.