### **FOOD**

## Fabulous & Fantastic Food

### Choices are flavorful, filling

By Mary Ann Menendez Staff Writer

The sixth letter of the alphabet is "F" and is at the beginning of any meal because FOOD is what fills the tummy and satisfies the soul. "F" also lends itself to some great adjectives to describe what is on the plate: fabulous, fantastic, fresh, fruity and fun. Feasting must also be added to the list for those times when getting together with family and friends to break bread.

Today's food feature is on fajita, frankfurter, figs, filberts and flan.

While most folks fill the bun with a steamy hot frankfurter and slather it with the popular onions, ketchup, onions and relish, there are other ways to feed your family with dollar-stretching frankfurter

By selecting low-fat frankfurters, calories and fat will be reduced. Protein and iron get high marks as nutrients. While frankfurters are synonymous with fun, folks should choose this food sparingly.

Has anyone enjoyed figgy pudding included in the Christmas carol? This little dried fruit contains iron, magnesium, Vitamins A, B and C, folic acid, zinc, sodium and potassium. A fig also packs in calcium and phosphorus. Figs are also good for what ails you, specifically in the digestive tract.

The name filbert is interchangeable with the more popular name hazelnut. The filbert is a nut found in Turkey, Greece and Italy all in the Mediterranean region and all tied to Christianity. The Filbert bush blooms in February on St. Filbert's Day and the name "Filbert" was a local term for the plant. The name was extended to the nut. Over 90 percent of the world crop of filberts is grown in these countries and exported throughout

nuts, it is packed with loads of NUTrients. It is a fantastic source of daily fiber, antioxidants, phytoestrogens and monounsaturated fat (the good kind). It is a fabulous source of protein.

Who isn't familiar with fajitas? Fajita is a popular Tex-Mex dish that includes strips of spicy marinated chicken or beef in a soft tortilla shell. We are featuring a recipe for Fajita Dip.

The dessert of the day focuses on flan which is baked custard. Often flan is synonymous with creme caramel because it includes a layer of burnt or caramelized sugar on the bottom. Little ramekins of flan are then inverted, so the crunchy sugar is on the top.



### Cheesy Frankfurter Casserole

2 (10-ounce) packages frozen chopped broccoli

1 (10-3/4-ounce) can reduced sodium condensed cream of celery soup

8 ounces sharp cheddar cheese, cubed (about 2 cups), divided use

1/2 cup 2 percent milk

1 teaspoon onion powder 2 tablespoons prepared mustard

6 drops hot pepper sauce 3 cups cooked rice

1 (12-ounce) package low-fat frankfurters, cut into 1-inch pieces

Cook broccoli according to package directions. Drain well. Set aside. Heat soup, 1 cup cheese, milk, onion powder, mustard and pepper sauce. Stir in rice, franks and broccoli. Turn into buttered shallow 2-quart casserole. Top with remaining 1 cup cheese. Bake at 350 degrees for 20 minutes or until hot and bubbly.

### Frankfurter and Kraut Casserole

1 pound low-fat frankfurters, sliced

crosswise 2 tablespoons butter or margarine

3 and 1/2 cups (about 27 ounces) sauerkraut, drained

1 (12 oz) package corn muffin mix (plus ingredients to make corn muffin mix as listed on package)

Preheat oven to 400 degrees. In skillet, brown frankfurters in butter over medium heat, stirring often. Add sauerkraut; mix well. Spread mixture in two-quart casserole or baking dish. Prepare corn muffin mix according to directions on package; spread While the filbert is one of the smallest over kraut mixture. Bake at 400 degrees for 30 minutes or until cornbread tests done.



### Fajita Dip

2 8-ounce packages cream cheese, softened

1 package taco seasoning

2 cups chopped, cooked chicken

# **Figs**

1 bottle taco sauce 2 cups shredded cheddar cheese

**Chopped lettuce Chopped tomatoes** 

Jalapeno slices

**Black olive slices** 

Cream taco seasoning and cream cheese together. Spread the mixture in a 9-by-13inch baking dish. Top with chicken. Cover chicken with coating of taco sauce (as much as you like). Cover with shredded cheese. Place in 350-degree oven for about 20 minutes, until cheese is bubbly and mixture is warmed through. Garnish with chopped lettuce, tomatoes, jalapenos and olives. Serve with tortilla chips.

### Figs and Yams

2 large yams, boiled peeled and sliced into one-quarter inches slices

2 oranges, peeled and sliced

1 cup dried figs, sliced crosswise into fourths

1 cup chopped pecans

One-fourth cup butter, melted 2 tablespoons honey

1 teaspoon grated orange peel

Arrange yam slices, figs and oranges in an 8-inch baking pan. Sprinkle with pecans. Mix together melted butter and orange peel. Pour butter mixture over yam and fruit. Cover with foil and bake at 350 degrees for 30 minutes, until bubbly.



### Filbert Fried Mushrooms

2 eggs 1/2 teaspoon salt

1/8 teaspoon pepper

1/8 teaspoon nutmeg 1/3 cup ground filberts

1/2 cup fine dry bread crumbs

1 pound mushrooms, washed and

Vegetable shortening for deep frying In small bowl, slightly beat eggs with salt, pepper and nutmeg. In separate bowl, mix together ground filberts and bread crumbs.

Dip mushrooms in egg mixture, then coat with filbert mixture. Heat shortening to 365 degrees in deep pan and fry mushrooms, a few at a time, for 6 to 7 minutes, or until golden brown on all sides. Drain on paper towel and sprinkle with additional salt, if

### Filberts and Fillets

1 pound salmon fillet, cut into 4 pieces 1/2 cup fat-free mayonnaise

1/2 cup chopped filberts

2 teaspoons minced fresh tarragon

1/2 teaspoon orange zest

1/2 teaspoon salt

1/8 teaspoon ground black pepper Preheat oven to 400 degrees. Spray a

baking sheet with cooking spray. Arrange salmon on the baking sheet and spread with equal amounts mayonnaise. Top with filberts and sprinkle with tarragon, orange zest, salt and pepper. Bake 15 minutes in the preheated oven or until fish flakes easily with a fork.



Fabulous Flan

**Butter** 5 cups water

1/2 cup caramel ice cream topping

8 ounces cream cheese, softened 1/2 cup sugar

1 teaspoon vanilla extract

6 eggs

2 cups milk

Heat oven to 350 degrees. Butter eight individual 6-ounce custard cups. Line a large baking pan with a double paper towel and set aside. Bring five cups of water to boiling in a medium pan. Place 1 tablespoon caramel topping into each custard cup. Beat together softened cream cheese and vanilla with electric mixer until smooth. Beat in eggs, one at a time, until smooth. Blend in milk. Divide egg mixture evenly into 8 custard cups. Place cups in prepared pan. Pour boiling water carefully into the larger pan, to a level halfway up the sides of the custard cups. Bake 35 to 40 minutes, or until a paring knife inserted halfway between pan and center of filling comes out clean. Do not over cook. Remove cups from hot water bath and cool on rack for one hour. With a sharp thin knife, loosen edge of custard and invert cups onto individual serving plates. Let stand a few seconds. Remove cup and spoon remaining topping in the bottom of the cup over custard.

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If you have any "Timely Tips," contact Mary Ann at the Daily News office at 362-2622.

### Uses for **Timely Tips** white vinegar

There's a bottle of clear liquid on your kitchen shelf or in your pantry that is some downright powerful stuff.

Very much a bargain even with today's prices, white vinegar deserves every bit of the praises it receives. Everyone knows of its strong preservative properties. This is due to its acetic acid that will eradicate bacteria that causes food to spoil. It also makes a great deodorizer. There are so many uses for white vinegar that I have to break this down into its own four-week series!

Uses for white vinegar include:

■ Making your own window cleaner by adding a few ounces of white vinegar to a quart of water.

■ Cleaning the dishwasher. Make it a monthly habit to run a cup of vinegar

through an entire cycle while the dishwasher is empty. This will reduce the amount of soapy buildup on the inner mechanisms.

■ Removing rust from tools, bolts, screws or spigots by soaking the items overnight in full strength white vinegar.

You may find the items

**MOMENT WITH MARY** Ann

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need to be soaked for a day or two. ■ Removing price tags or stickers. Using a cotton ball, saturate the stubborn sticker and let sit for about five minutes. You should be able to wipe away all traces of the

Fluffing up sweaters. Add two capfuls of vinegar to the rinse cycle when washing sweaters to create an extra-soft feel. ■ Pumping up your bright-colored clothes by adding

one-half cup white vinegar to the rinse cycle.

■ Reducing the amount of lint that clings to clothes by pouring one-half cup white vinegar to the wash cycle. ■ Eliminating soapy residue that makes black clothes

look dull by using white distilled vinegar in the final rinse

remove it from most fabrics. Remember to check back next week for some more

■ Dabbing a mustard stain with white vinegar should great vinegar tips.

### FAREWAY FARE Whole bone-in pork loin

DV MARY AND MERCHIEF

The nursery rhyme may have the little piggygoing to the market, but this week it is the pork lover who needs to check out the meat counter at the Estherville Fareway Store for the great deal on whole bone-in pork loins.

Meat department manager Jeff Bernholtz said, "This is a good time to load up."Each loin averages 24 pounds and with this coupon, customers can make the purchase for \$1.58 a pound.

"BP saves the top 25 percent of their pork for Fareway stores and uses the Chairman's Reserve label on it," he The meat department staff will out and wrap up the loin

to the customer's liking. Choices include pork roasts, ribs

"We recommend grilling the chops and ribs and cooking roasts in the crock pot, oven or on top of the stove. The chops can also be pan-fried or baked

When doing the cooking at his house, Bernholtz selects lemon pepper seasoning for the chops. He also recommends Mrs.

Dash Garlic Lime Marinade which can be found in Aisle one of the Fareway Store, next to the salad dress-REDEEWATWEATCOUNTER

ings. "This meat freezes well and you'll be well stocked for the upcoming grilling season,"he added.

Fareway Meat Manager Jeff Bernholtzi shows what a whole bone-in pork loin looks like before it is cut-up. EDN Photo by Mary Ann Menendez

From the lowa Pork Producers: Cajun Garlic Pork Roast

1 3-pound boneless pork loin roast teaspoon seasoned salt

tablespoon oreganoleaves 1 tablespoon ground black pepper 1 garlic clove, crushed

One-half teaspoon red pepper flakes 1 teaspoon chili powder 1 teaspoon ground cumin

Preheat oven to 350 degrees. In a small bowl, blend together well-seasoned salt, oregano, pepper, garlic, red pepper, chili powder and cumin. Rub seasoning on all surfaces of pork roast Place pork in shallow roasting pan and roast until meat thermometer inserted reads 150-155 degrees, about 60-90 minutes. Remove pork from oven; let rest 10 minutes before slicing. Makes six servings with left overs. A serving suggestion is to a dd hot cornbread, steam ed broccoli and creamy colesia w to round out the meal. You can plan for some left over roast for sandwiches

GOOD AT YOUR JESTHERVILLE FAREWAY

