

# FOOD

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

## 'H' IS FOR HOMEMADE & HEALTHY

By MARY ANN MENENDEZ  
STAFF WRITER

Homemade and healthy have to be the most coveted food descriptions today. Since many pre-packaged foods contain many additives for color and preservation, it is a simple and logical conclusion the best foods are those that are created by your hands in your own house. While this goal is not always possible with harried schedules, take time to whip up one of these easy recipes. Today we concentrate on hominy, honey, horseradish and hummus. If for nothing else, try to something new - like hummus.

Hummus is a smooth thick mixture of mashed garbanzo beans, tahini, oil, lemon juice, and garlic, used especially as a dip for pita. Incorporated into the mixture is tahini which is a sesame seed base. Pita bread is a round flat bread of Greek and Middle Eastern origin that can be opened to form a pocket for filling. Garbanzo beans also called chickpeas add fiber to your diet and are a good source of omega-3 fatty acids and calcium. Sesame seeds are rich in iron and calcium. Garlic is another very healthy addition.

What's not to love about honey? Honey is composed of sugars like glucose and fructose and minerals like magnesium, potassium, calcium, sodium, chlorine, sulphur, iron and phosphate. It contains vitamins B1, B2, C, B6, B5 and B3 all of which change according to the qualities of the nectar and pollen. Besides the above, copper, iodine, and zinc exist in small amounts. Several kinds of hormones are also present in it. Approximately one half of the human diet is derived directly or indirectly from crops pollinated by bees.

Hominy is simply corn without the germ. It is served whole or ground. Hominy is boiled until cooked and served as either a cereal or as a vegetable. Hominy is very popular in the southern United States. Hominy ground into small grains is "grits."

On the subject of horseradish, folks belong to one of two groups those that love it or hate it. Horseradish is a plant. What we use comes from the plant's root. It is grated or ground, used for seasoning and is a good source Dietary Fiber, Vitamin C, Folate, pantothenic acid, magnesium, potassium and manganese, riboflavin, vitamin B6, phosphorus and copper. It is low in saturated fat and cholesterol.

As a special treat, the last two recipes are for honey facials. I'm sure you'll agree they

sound good enough to eat!

Today's 'H' recipes will create (w)hole-some tastes which your family will find heartwarming!



### Honey Cake

- 1 cup honey
- 1 cup applesauce
- 3 eggs
- 1 teaspoon cinnamon
- 1/2 teaspoon clove
- 1/2 teaspoon nutmeg
- 2 cups flour (Can replace one cup of white flour with one cup of wheat flour)
- 1/2 teaspoon baking powder
- 1 teaspoon baking soda
- 1 cup strong brewed decaffeinated coffee (can be made from instant)

In a large bowl, mix together the first 3 ingredients. In a separate bowl, combine the flour, baking powder, spices and baking soda. Add the flour mixture to the wet mixture, alternating with the coffee; beat well. Put into one greased 9 by-13 pan. Bake at 325 degrees 60-90 minutes. Cool completely before serving.

### Honey and Cream Muffins

- 2 1/4 cup sifted flour
- 4 teaspoons baking powder
- 1/2 teaspoon salt
- 1/2 cup salad oil
- 1/2 cup light cream
- 1/2 teaspoon vanilla
- 1/2 cup milk
- 1/2 cup honey
- 2 eggs

Preheat oven to 375 degrees. In a bowl sift flour, baking powder and salt. Add oil and cream, mixing well. Stir in vanilla, honey, eggs and milk. Beat with electric beater at medium speed until smooth. Fill greased muffin tins two thirds full of batter. Bake in a moderate hot oven for 20 minutes or until golden brown, or until done in center.



### Hominy

- #### Glorified Hominy
- 2 cans yellow hominy, drained
  - 1 cup cheddar cheese, shredded
  - 1 small carton sour cream
  - 1 small can chopped green chilies
- Mix hominy, green chilies and sour cream together. Put in 13x9-inch pan. Cook in the oven at 350 degrees until bubbling. Take out of oven and sprinkle cheddar cheese over the top. Place back in oven until cheese melts.

- 1/4 teaspoon salt
  - 1/4 cup tepid water
- Place sesame seeds in a blender or food processor and grind until smooth. Add sesame oil and salt. Process until combined. With the motor running, add the water in a very slow, steady stream and blend until smooth.



### Hummus

- 4 garlic cloves, minced and mashed
- 2 15-ounce cans of garbanzo beans, drained and rinsed
- 2/3 cup tahini (recipe follows)
- 1/3 cup freshly squeezed lemon juice
- 1/2 cup water
- 1/4 cup olive oil
- 1/2 teaspoon salt
- Pine nuts (optional)
- Paprika optional

In a food processor, combine the mashed garlic, garbanzo beans, tahini, lemon juice, 1/2 cup water, and olive oil. Process until mixture is smooth. Add salt, starting at a half a teaspoon, to taste. Spoon mixture into serving dish and sprinkle with toasted pine nuts and paprika. Serve with crackers, raw dip vegetables such as carrots or celery, or with pita bread. You can cut the pita bread into thin triangles, brush with olive oil and toast for 10 minutes in a 400-degree oven to make pita chips with which to serve the hummus.

### Recipe for Tahini

Tahini is a paste made of ground sesame seeds which is used in many Near and Far East recipes. This is a traditional recipe that is very simple to make with a blender or food processor.

- 2 tablespoons sesame seeds
- 1/2 teaspoon sesame oil



### Horseradish Dip

- 1 cup reduced-fat sour cream
  - 1/4 cup chopped fresh dill
  - 1/4 cup finely diced red pepper
  - 3 tablespoons bottled horseradish
  - 1/2 teaspoon salt
  - Bagel chips or pita chips for serving
- Stir together sour cream, dill, horseradish, red pepper and salt in a small bowl. Refrigerate, tightly covered, until ready to serve. Serve with bagel chips or pita chips.

### Honey Facial No. 1

- 1/2 cup fresh or frozen blueberries
  - 1/2 cup honey
  - 1/2 cup plain yogurt
- Rinse blueberries and place in blender or food processor. Add honey and yogurt, blend until smooth. Using finger tips, apply blueberry treat to clean skin, let sit for 10 to 15 minutes. Remove with cool water and damp cloth. Pat dry and apply your favorite moisturizer.

### Honey Facial No. 2

- One yellow banana
  - 1/2 cup honey
  - 1/2 cup plain yogurt
- Peel banana and place in blender or food processor. Add honey and yogurt, blend until smooth. Using finger tips, apply banana treat to clean skin, let sit for 10 to 15 minutes. Remove with cool water and damp cloth. Pat dry and apply your favorite moisturizer.

### Fareway Fare

## Clementines are just darling!

By MARY ANN MENENDEZ  
STAFF WRITER

Tiny, sweet and orange, clementines provide a wonderful citrus taste and are available this week at a special price at your Estherville Fareway Grocery Store.

Store Manager Mark Almquist said these delectable delights are produced in Morocco. "They are a real gem and for the most part, seedless," he said.

This week Fareway is featuring a 5-pound box of Clementines for \$4.99 and that is one sweet deal!

The peel is a rich shade of orange and has a high sheen. The segments separate easily and add up to 14 pieces. Quite easy to peel, the clementine usually has no seeds.

Clementines have about 70 calories and are a terrific source of vitamin C with 130 percent of the daily recommended allowance. It is a good source for dietary fiber, potassium and calcium.

"They are delicious anytime; great after-school snack for children and a great evening snack," Almquist said.

### Clementine Cake

- 4 to 5 unpeeled clementines (about 1 pound total weight)
- 6 eggs
- 1 cup plus 2 tablespoons sugar
- 2 1/3 cups ground almonds
- 1 heaping teaspoon baking powder

Put the unpeeled clementines in a pot with cold water to cover, bring to the boil, and cook for 2 hours. Drain and, when cool, cut each clementine in half. Then chop everything finely — skins, pith, fruit — in the food processor. Preheat the oven to 375 degrees. Butter and line an 8-inch spring form pan with parchment paper. Beat the eggs. Add the sugar, almonds and baking powder. Mix well. By hand, gently add the chopped clementines and fold in gently. Pour the cake mixture into the prepared pan and bake for an hour, when a skewer will come out clean; you'll probably have to cover the cake with foil after about 40 minutes to stop the top from browning too quickly. Remove from the oven and leave to cool, on a rack, but in the pan. When the cake's cold, you can take it out of the pan. Taste improves the next day.

## More uses for white vinegar

This is the third installment of uses for white vinegar.

Because a few readers contacted me about the tip on cleaning drains with the vinegar-baking soda mixture, I called a reputable plumber and he said there is nothing better to do to keep pipes open for proper function. He said this mixture or a gel-type drain cleaning product work the best and every drain should be treated every 30 days to keep them clean and free of clogs.

He explained these mixtures adhere to the clog and break down the mass. When the hot water hits the dissolved matter, it easily slides out of the drain. The plumber noted that huge clogs may require a second treatment. While this will take care of your drains and save money in the long haul, the tip will ultimately help any municipality avoid the bigger clogs at its end.

This tip ran the week baking soda was featured. It read:

- 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 boil-

ing hot water down the drain.

Today's Tips include:

- Creating your own vinaigrette salad dressing by using one part white vinegar to four parts oil. Add other seasonings to your liking.
- Steaming vegetables in water which has a teaspoon or two of white distilled vinegar. This helps vegetables keep their color and will also improve their taste.
- Washing fresh vegetables with a solution of 1 tablespoon white vinegar in one and one-half quarts of water.

- Sprinkling some malt white distilled vinegar in place of ketchup on your French fries.
- Putting more zest into your white sauce by adding one-half teaspoon of white vinegar.

- Tenderizing meat with white vinegar. Use the vinegar in marinades. Add a few ounces to the slow cooker to tenderize tough, inexpensive cuts of meat.
- Adding a scant teaspoon of vinegar to a can of soup or sauce will perk up the flavor.
- Creating fabulous rice by adding a teaspoon of white vinegar to the boiling water.
- Preventing cracks in boiled eggs by adding a tablespoon or so of vinegar to the water.

- Remember to check back next week for more ideas.

### A MOMENT WITH MARY ANN



## Great fries for when you watch the game

By J.M. HIRSCH  
AP FOOD EDITOR

- Smoky Chili Garlic Fries**
- Start to finish: 5 hours (1 hour active)

- Servings: 6
- 6 russet potatoes (about 3 pounds)
- 2 quarts canola or other high-heat oil

- 1 tablespoon kosher salt
- 1 tablespoon garlic powder
- 1/2 tablespoon chili powder
- 1/2 tablespoon smoked paprika

Peel the potatoes, then cut them into strips about 1/3 inch thick. Place the potato strips in a

large bowl, then cover with hot water and let soak for 20 minutes. Drain, then pat dry.

Line 2 baking sheet with paper towels. In a blender, combine the salt, garlic powder, chili powder and paprika, then process until the salt and seasonings are finely ground. A mortar and pestle also can be used to grind the seasonings. Transfer to a small bowl or shaker bottle.

In a large, heavy pot over medium, heat the oil until it reaches 300 F. Working in batches, carefully lower the potato strips into the oil and cook for 3

minutes, stirring to keep them from sticking together.

Use a slotted spoon to transfer the potatoes to the paper towelled baking sheets to drain. Repeat with remaining potato strips, allowing the oil to return to 300 F between batches.

Increase the oil temperature to 350 F.

Again working in batches, return the fries to the oil, cooking for 4 minutes, or until golden brown. Use a slotted spoon to transfer the fries to the baking sheets and immediately sprinkle with the seasoning mixture. Toss well, then serve immediately.

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