

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

WETTING HER LINE WHETS HER APPETITE FOR TASTY FISH!

(Editor's Note: Today's food column features Betty Smith of Milford, the grandmother of Daily News Reporter Samantha Heerd. Betty, affectionately known as Grandma Betty, has been a fan of fishing for most of her life. She was gracious to share some of her experiences from the past 60 or so years, but more importantly, her recipes!)

By MARY ANN MENENDEZ
STAFF WRITER

Whether fishing for enjoyment or for her next meal, Betty Smith of Milford derives pure pleasure from the experience, and has ever since she tossed in that first line as a little girl.

"As a child, my family lived three blocks from East Lake Okoboji in Spirit Lake. Mother taught me how to toss out a baited hook on a "throw-line" with a "bobber" in those early years," Betty recalled.

It was later when she graduated to a cane pole with a "bobber" on the line. "It took much patience waiting for a fish to nibble the bait and then tug on the line to "bob" the bobber - Wow! What fun to bring in fish for dinner!"

There came a time when Betty made the switch to casting rods and reels.

The sport of fishing has been weaved in and around her family as her Mother, husband, brothers, sisters, cousins and some of her own children, have baited hooks and caught many fish. Many satisfying hours were spent casting and reeling.

"Fishing through the years has taught me much about the important things of life. You leave city comforts - and learn who you are - to have lots of patience with a chance to get close to nature. Nature has beautiful scenes and nature is an enormous restaurant," Betty said.

She and her sister Sheri Dare have spent many enjoyable years and seasons fishing together. "When our children (my seven and Sheri's three), were grown, the two of us camped, fished, dressed our fish and had wonder-

ful camp meals. We were known to be dining tonight and planning tomorrow evening's meals!"

She said many glorious moments were spent fishing right here in Northwest Iowa. "We fished in the Lakes area - the rivers, streams and Northwest Iowa Lakes. Northwest Iowa has been blessed with many good fish-producing lakes. Thanks to the Iowa Department of Natural Resources for its ongoing and faithful stocking of the lakes."

Betty said it has been over the last 20 years that the two sisters planned two- to three-week fishing jaunts in the fall. They traveled to the area of Chamberlain and Pierre, S.D., to try their luck in the waters of the Missouri River. They found Lake Oahe to be a sweetheart spot.

"We would alternate pulling my camping trailer or hers each year - our little home away from home! We always had a good time."

She reminisced how on wet days, they would stay inside the trailer where it was nice and dry and sew until the rain ceased. "We always took a sewing machine too!"

The sisters were mostly after walleye. "Now and again, we caught beautiful salmon and perch in Lake Oahe."

The pair hired a fishing guide on occasion and would go downstream from Pierre toward Chamberlain, about 14-20 miles. "It was not unusual for the "girls" to out fish the guide," a joyful Grandma Betty shared.

When asked for some of her favorite recipes for print today, the Milford resident said there are so many. "Today's magazines present many fish and seafood recipes, but I still enjoy a lovely fillet broiled or pan-fried with a wedge of lemon or tartar sauce, a green tossed salad and thick slice of bread and butter - Yum!"

Today fisherwoman still enjoys wetting her line in the Iowa Great Lakes. "I was born in Milford, lived in the Lakes Region all my life and now back to apartment living in Milford. I've come full circle!"



Grandma Betty has been throwing her line for over 60 years, and has some great fish recipes as a result.

EDN photo by Samantha Heerd

Poor Man's Lobster

Cube fillets (perch, walleye, sheep's head, etc.) into bite-size pieces. Put a 6-quart pan of water burner. Bring to a simmer. Add 2 tablespoons of salt to the water and one-third cup vinegar. Drop the fish in and cook on high simmer (not a rolling boil) for 3 minutes until white and opaque. Lift out with slotted spoon onto a paper towel-lined dish. Serve with small dishes of your favorite fish sauce, or wedges of lemon. We like very warm melted butter laced with a bit of garlic salt and parsley. Yum!

Crock Pot Herbed Fish and Potatoes

1/2 cup water
1 regular-sized can cream of celery soup
1 pound fresh or frozen perch or walleye
2 cups cooked and drained potatoes, cut in a large dice
1/4 cup Parmesan cheese
1 tablespoon chopped parsley
1/2 teaspoon salt
1/2 teaspoon dried basil
1/4 teaspoon dried oregano
Combine celery soup and water with a whisk. Pour half of mixture into the crock pot. Place fillets on

top. Top with potatoes. Add remaining soup. Combine cheese and other spices. Sprinkle over the top. Lastly, cover and cook for 2 to 3 hours on high. Check after 2 hours. Do not let fish overcook.

Fish in a Flirt for Dinner

1/2 cup flour
1/2 cup cornstarch
1 teaspoon salt
1/2 teaspoon pepper, optional
1/2 teaspoon dill weed

Place all the ingredients into a plastic Ziploc bag. Drop fillets into flour mixture and shake well. Fry pieces in canola oil until golden. Check by breaking off a piece of fish fillet. The exterior should be a bit crispy and golden and the inside white and flaky. Test taste!

Great Fish Batter for Great Shore Lunches and Great Eating

Mix the following ingredients and then place in a large zipper-lock bag. Toss 3 or 4 fish fillets into the bag at a time into the batter. Shake to coat well and fry in hot canola oil.

1 cup Bisquick
1/2 cup flour
1/2 cup cornmeal
1 teaspoon salt
1 teaspoon garlic salt
2 teaspoons pepper

Pour 1/2 inch of Canola oil in a skillet for frying at 380 degrees. Enjoy!

Batter Frying Fish

(A favorite - it really stays on the fish!)

2 eggs, beaten
1/2 cup beer
1/2 cup flour
1/2 cup cornstarch
2 teaspoons salt
1/2 teaspoon pepper

Dip your fish in this batter - then put into a preheated electric frying pan at 380 degrees, or a cast-iron skillet, or your favorite pan. Crisco oil works very well. Turn just once - check that the fish is golden (about 5-8 minutes) on the first side.

Fareway Fare Fire up the grill!

By MARY ANN
MENENDEZ
STAFF WRITER

Cookout season is upon us and there's no better place than your Estherville Fareway Grocery Store to find everything you need to plan and prepare that special meal around the barbecue grill.

This week items marked at special prices include EZ Way Paper Plates, Bounty Napkins, Pop Ice, Hunt's Ketchup, Pickle Fair Pickles, Jell-O Gelatin and Jell-O Pudding, Miracle Whip, Anderson-Erickson Lemonade, Creamette Pasta, Dubuque Plumpers and Kraft Barbecue Sauce.

In the meat department, bacon-wrapped sirloin filets are specially priced at two for \$5. Meat Manager



Jeff Bernholtz added, "Our fresh, homemade bratwurst patties are marked this week at \$1.99 a pound. They can be grilled, broiled, baked in the oven or fried in the skillet."

Fareway Store Manager

Mark Almquist wants to remind everyone to pick up some Fareway cloth grocery bags this week at the special price of 89 cents each. "This is one easy way to be environmentally friendly."

Olive oil: practically perfect

Homer called it "liquid gold," while Jeanne Calment claimed this essence helped to keep her youthful appearance as she lived a very long life. This Mediterranean substance is none other than olive oil.

Obtained from only the most perfectly ripe olives, olive oil is used for cooking mostly, but is incorporated into the manufacturing of make-up, pharmaceuticals, soaps and oil lamp fuel. There are more than 750 million olive trees worldwide; 95 percent of them concentrated in the Mediterranean region. Spain, Italy and Greece hold the lion's share with 93 percent. Italy by far uses the most olive oil at 30 percent. Spain on the other hand, produces 36 percent and only uses 20 percent. Coming in third, Greeks produced 18 percent and use just half of that, 9 percent.

Olive oil has its place in religious ceremony as the Jewish, Eastern Orthodox, Catholic and Islamic faiths use it at certain times.

So what does extra virgin olive oil do for

you? It can cut cancer risk as its polyphenols protect against cancer-causing cell damage. Another bonus is that its monounsaturated fat has anti-cancer properties. Always choose extra virgin olive oil because the minimal processing used to create this variety maintains a higher percentage of antioxidants and heat-sensitive vitamins.

Moving on to the heart, olive oil has been shown to increase the good HDL cholesterol and decrease the bad LDL. It also has a positive effect in lowering the triglyceride numbers and reducing inflammation flare-ups.

Olive oil helps to lower blood pressure. Those polyphenols seem to help in artery dilation which aids in blood pressure reduction.

It may come as a surprise, but extra virgin olive and ibuprofen both contain oleocanthal and is responsible for blocking headache pain. The oil, unlike ibuprofen, will not upset the stomach.

A final note, Jeanne Calment, who was mentioned at the beginning of this article, was proud to say she lived a very long life and had a youthful appearance due to the fact she poured olive oil on her food and rubbed it into her skin. At 122 when she died, Calment was proclaimed to be the oldest person ever, whose age had been verified by official documents.



A MOMENT
WITH
MARY ANN

No broken teeth with this delicious brick sandwich

J.M. HIRSCH
AP FOOD EDITOR

This brick sandwich - a chilled and pressed Italian-style sandwich jammed with flavorful ingredients - is perfect for picnics. It is easy to assemble, looks great and feeds a crowd with about the same effort it takes to make a regular sandwich.

Brick sandwiches are thus named because they spend the night being squashed by one or more bricks set on top of them. The result is a dense, intense sandwich in which the flavors and juices meld wonderfully.

While any size sandwich could be made this way, brick sandwiches typically are made using entire loaves of bread. After pressing, the sandwich is cut into individual portions. Large, crusty Italian loaves work best.

The coating of goat cheese on the inside of the bread is an important part of the

sandwich. It acts as a moisture barrier to prevent the bread from getting soggy. If you're not a fan of goat cheese, cream cheese or any spreadable cheese would work.

The fillings in this recipe are mostly Italian, but any combination of ingredients can be used. Just be sure to pat dry any high-moisture ingredients. If your bricks are too dirty for you to feel comfortable placing them in your refrigerator, cover them in foil.

Don't have time for overnight flattening? A few hours is fine, too.

Overnight Brick Sandwich

Start to finish: 12 hours (15 minutes active)

Servings: 6 to 8

1 large focaccia (about a 1-pound

loaf)

4-ounce log goat cheese
5 tablespoons tapenade

15-ounce jar roasted red peppers, drained and patted dry

4 ounces sliced prosciutto

5 canned artichoke hearts, drained and thinly sliced

8 slices provolone cheese

8 oil-packed sun-dried tomatoes, drained and patted dry

8 ounces sliced salami

8 large fresh basil leaves

Slice the focaccia lengthwise through the center to split the loaf into halves. Pull out most of the soft insides of both halves of the focaccia and discard or reserve for another use.

Spread half of the goat cheese over the insides of both focaccia halves, then top that with a thin spread of tapenade.

Arrange the red peppers on top of the

tapenade on one half of the bread. Top the peppers with the prosciutto, then the artichoke hearts, half of the provolone cheese, the sun-dried tomatoes, salami, basil, then the remaining cheese.

Top the sandwich with the other half of the bread, then wrap it tightly in plastic wrap. Set the sandwich on a large platter or plate, then carefully set 1 or 2 bricks (as many as will fit) on top. Refrigerate for at least 2 hours, preferably overnight.

When ready to serve, unwrap the sandwich and cut crosswise into slices.

Nutrition information per serving (values are rounded to the nearest whole number): 535 calories; 274 calories from fat; 30 g fat (15 g saturated; 0 g trans fats); 79 mg cholesterol; 32 g carbohydrate; 29 g protein; 1 g fiber; 2,278 mg sodium.