

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

# Grilling SEASON

BY MARY ANN MENENDEZ  
STAFF WRITER

Monday, May 25 makes it official! The Memorial Holiday officially kicks off the summer grilling season.

We ask that on this first official summer holiday that every American take a moment and remember the true purpose of this celebration by saying a prayer of thanks for the past/present/future sacrifices our diligent military men and women perform every day for our liberties, most of which are taken for granted. Sometimes that sacrifice snuffs out precious lives which we should never forget.

May is also National Beef Month, so when mealtime rolls around on Memorial Day, fire up the grill and tempt your taste buds with a favorite beef recipe. If you're game, here are several different varieties to consider.

However and whatever you decide to prepare for the holiday celebration, make sure to thoroughly cook all meat products.



## Popper Beef Burgers

**1 pound ground round**  
**One-fourth cup prepared thick-and-chunky salsa**  
**4 frozen cream cheese or cheddar cheese-stuffed jalapeno peppers**  
**One-fourth cup prepared salsa con queso**  
**One-fourth cup chopped fresh plum tomatoes**  
**2 tablespoons sliced pitted ripe olives**  
**Prepared thick-and-chunky salsa**

Combine ground beef and one-fourth cup salsa in large bowl, mixing lightly but thoroughly. Lightly shape into four thin patties. Place on stuffed pepper in center of each patty; wrap beef around pepper to enclose, sealing seams and forming ball. Flatten balls into patties about 4 to 5 inches across and 1 inch thick. Place patties on grid over medium, ash-covered coals. Grill covered 15 to 16 minutes to medium (160 degrees) doneness, until beef is not pink in center and juices show no pink color, turning occasionally. Spread 1 tablespoon salsa con queso evenly over the top of each burger. Sprinkle evenly with tomato and olives. Serve with salsa, as desired. Popper burgers may also be served in hamburger buns for a hand-held sandwich.



## Caesar Salad Beef Burgers on Garlic Crostini

**1 1/2 pounds ground chuck**  
**3 cloves garlic, minced**  
**1 teaspoon salt**  
**1/2teaspoon pepper**  
**4 Romaine lettuce leaves**  
**1/4 cup freshly shaved or grated Parmesan cheese**

### Garlic Crostini:

**8 slices sourdough bread (about 4 by 3 by 1/2inch)**  
**Extra virgin olive oil**  
**2 large cloves garlic, cut lengthwise in quarters**

Combine ground beef, minced garlic, 1 teaspoon salt and 1/2 teaspoon pepper in large bowl, mixing lightly but thoroughly. Lightly shape into four three-inch thick patties, shaping to fit the bread slices. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160 degrees) doneness, until not pink in center and juices show no pink color, turning occasionally. Season with salt and pepper as desired. Meanwhile, brush both sides of bread slices lightly with oil. Place bread around outer edge of grid. Grill a few minutes until lightly toasted, turning once. Remove bread slices from grid. Rub both sides of each slice with a garlic quarter. Place on lettuce leaf on four of the bread slices; top each with a burger. Sprinkle evenly with cheese; cover with remaining bread slices. Cut burgers in half, if desired; arrange on lettuce-lined platter, if desired.



## Firecracker Burgers with Cooling Lime Sauce

**1 1/2 pounds ground beef chuck**  
**4 sesame seed sandwich rolls, split, toasted**  
**1 cup watercress or mixed spring greens**  
**Seasoning:**  
**1 tablespoon curry powder**  
**1 tablespoon Caribbean jerk seasoning**  
**1 teaspoon salt**

**Sauce:**  
**1/2 cup mayonnaise**  
**One-fourth cup plain yogurt**  
**1 tablespoon fresh lime juice**  
**2 teaspoons grated lime peel**  
**1/4 teaspoon salt**

Combine ground beef and seasoning ingredients in large bowl, mixing lightly but thoroughly. Shape into four three-four inch patties. Place patties on grid over medium, ash-covered coals. Grill, uncovered, 13 to 15 minutes to medium (160 degrees) doneness, until not pink in center and juices show no pink color, turning occasionally. Meanwhile combine sauce ingredients in small bowl. Spread sauce on cut sides of rolls. Place a burger on bottom half of each roll; top evenly with watercress. Close sandwiches.

## Grilled Espresso Steaks

**4 beef tri-tip steaks, cut 1 inch thick, about 6 ounces each**

**Green onions, lemon wedges, freshly grated lemon peel (optional)**

**Espresso Rub:**  
**2 tablespoons finely ground espresso coffee beans or regular coffee beans**

**1 tablespoon garlic pepper**  
**2 teaspoons salt**  
**2 teaspoons brown sugar**  
**1 teaspoon ancho chili powder**

Combine espresso rub ingredients in small bowl. Press generously onto steaks. Discard any remaining seasoning mixture. Place steaks in glass dish. Cover and refrigerate



for one hour. Place steaks on grid over medium, ash-covered coals. Grill, uncovered 13 to 17 minutes for medium rare to medium doneness, turning occasionally. Carve steaks into slices. Garnish with green onions, lemon wedges and lemon peel if desired. Four beef top blade steaks (flat iron) or beef shoulder center steaks (ranch steak), cut 1 inch thick (about 8 ounces each), may be substituted for beef chuck eye steaks. Grill beef top blade steaks, covered 10 to 14 minutes [shoulder center steaks (ranch steak), 11 to 14 minutes] for medium rare to medium doneness, turning occasionally.



## Steaks with Mushrooms, Blue Cheese and Frizzled Shallots

**4 beef round sirloin tip center steaks, cut 1 inch thick (about 8 ounces each)**  
**4 slices thick-sliced bacon, cut in 1/2-inch pieces**  
**1 tablespoon all-purpose flour**  
**1 teaspoon salt, divided**  
**1/2 teaspoon pepper, divided**  
**2 small shallots, thinly sliced, separated into rings**  
**8 ounces shiitake mushrooms, stems removed, diced**  
**2 tablespoons water**  
**1/4 cup whipping cream**  
**1/2 cup crumbled blue cheese**  
**1/4 fresh parsley leaves, finely chopped**

Cook bacon in nonstick skillet over medium heat until crisp. Remove bacon with slotted spoon to paper towels, reserving 2 to 3 tablespoons drippings in skillet. Set aside. Meanwhile combine flour, 1/2 teaspoon salt and 1/4 teaspoon pepper in small bowl. Add shallots; toss to coat. Heat the bacon drippings over medium-high heat until hot. Add shallots. Cook 2 to 3 minutes or until well browned, stirring occasionally. Remove from skillet with slotted spoon to paper towels. Set aside. Reduce heat to medium. Season beef steaks evenly with remaining 1/4 teaspoon pepper. Place steaks in same skillet; cook 14 to 15 minutes for medium rare doneness, turning occasionally. Do not overcook. Remove to serving platter; season with remaining 1/2 teaspoon salt. Keep warm. Add mushrooms and water to skillet. Cook and stir 3 to 5 minutes or until mushrooms are tender. Add cream. Cook 1 to 2 minutes or until cream is almost absorbed. Stir in cheese and bacon. Spoon mushroom mixture over steaks. Top with shallots. Sprinkle with parsley.



## Simple Smoked Beef Sausage Supper

**1 pound smoked beef sausage, cut crosswise into 1/2-inch thick slices**  
**8 ounces uncooked medium shell pasta**  
**1 jar (16 to 17 ounces) Alfredo sauce**  
**1 can (15 and 1/2to 19 ounces) Great Northern or other white beans, rinsed and drained**  
**1/4 cup fresh basil leaves, chopped**  
**Pepper to taste**  
**1/4 cup pine nuts, toasted**

Cook pasta according to package directions; drain. Meanwhile place sausage in large skillet and add just enough water to cover bottom of skillet. Cook, uncovered over medium heat about 7 minutes or until sausage browns slightly, stirring occasionally. Pour off drippings. Remove and reserve 5 or 6 slices of sausage. Add Alfredo sauce, beans and chopped basil to skillet; bring to a boil. Reduce heat; cover and simmer 5 to 8 minutes, stirring occasionally. Combine pasta and sausage mixture in serving dish, tossing lightly. Sprinkle with pepper, as desired, and pine nuts. Top with reserved sausage slices. Garnish with basil sprigs, if desired. To toast pine nuts, spread in shallow baking pan. Bake in 325 degree oven 5 to 7 minutes or until golden, shaking pan occasionally. Chopped walnuts or slivered almonds may be substituted for pine nuts.

## Fareway Fare

# Pretty pink in green

BY MARY ANN MENENDEZ  
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Your Estherville Fareway Grocery Store has a sweet and juicy deal for customers this week, just in time for the Memorial Day celebration.

At a specially marked price of \$2.88, seedless watermelon will be a pretty popular fruit choice in the produce section!

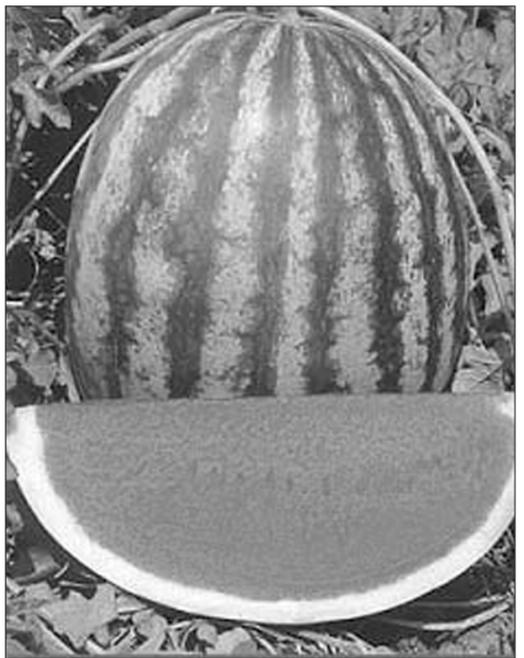
One cup of watermelon has a mere 46 calories but provides 21 percent Vitamin C and 17 percent Vitamin A. There is no fat or cholesterol. The pink and succulent fruit also is a wonderful source of potassium.

Celebrate the holiday that kicks off summer with a pretty pink drink featuring the sweet taste of watermelon.

## WATERMELON SLUSH

**4 cups watermelon; cubed and seeded**  
**10 ounce package frozen raspberries; unthawed**  
**12 ounce bottle sparkling mineral water**

Place a single layer of watermelon in a shallow pan; freeze until firm. Remove watermelon from freezer, and let stand 5 minutes. Drop watermelon through food chute of a food processor or blender with the motor running. Add frozen chunks of raspberries alternately with mineral water, processing until smooth. Yields 5 1/2 cups



## Simple, hearty pizza

This simple, intensely flavored dish is a cross between bruschetta and pizza. And for summer ease, it's all done on the grill.

The most time-consuming part of doing pizza at home is the dough. Even if you buy it already made, the dough still has to come up to room temperature before you can use it. The easier, faster and heartier approach is to use thick-cut slabs of bread.

## Grilled boule pizza with tomato pesto

**Start to finish: 30 minutes (15 minutes active)**  
**Servings: 2**  
**1/4 cup prepared pesto**  
**2 tablespoons tomato paste**

**2 large slices hearty sourdough boule or other rustic bread, each about 1 inch thick**  
**Extra-virgin olive oil**  
**2 medium tomatoes,**

**thickly sliced**  
**12-ounce ball fresh mozzarella, thickly sliced**  
**1/4 cup sliced black olives**

**Ground black pepper, to taste**  
**2 fresh basil leaves, thinly sliced**  
**Heat a grill to high.**

In a small bowl, whisk together the pesto and tomato paste.

Drizzle both slices of bread on both sides with olive oil. Grill the bread until lightly toasted on the bottom, about 2 to 3 minutes. Remove the bread from the grill. Spread half of the pesto mixture over the toasted side of each slice of bread.

Top the pesto with tomato slices, then mozzarella slices and black olives. Season with pepper, then return the assembled pizzas to the grill. Cover, reduce heat to low and grill until the bottoms are toasted and the cheese has melted, about 8 minutes.

Sprinkle the pizzas with the basil.