

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

## 'M' –

# Mouthwatering magic

BY MARY ANN MENENDEZ  
STAFF WRITER

### Marinara Sauce, Crock Pot Style

2 onions, chopped  
8 cloves garlic, minced  
4 (14 ounces) cans diced tomatoes with Italian seasoning, undrained  
6 ounce can tomato paste  
One-half cup water  
2 teaspoons dried Italian seasoning

Combine all ingredients in a 3-4 quart crock pot, cover, and cook on low setting for 8-10 hours. Serve sauce over pasta and meatballs, if desired. Refrigerate leftovers.



### Macaroni Salad with a Twist

2 cups uncooked elbow macaroni  
5 green onions, finely chopped  
1 large tomato, diced  
1 and one-fourth cups diced celery  
1 and one-fourth cups mayonnaise  
5 teaspoons white vinegar  
One-fourth teaspoon salt  
One-fourth teaspoon pepper  
1 pound bacon, cooked and crumbled

Cook macaroni according to package directions; drain and rinse in cold water. In a large bowl, combine the green onions, tomato and celery. Add macaroni and toss together. In a small bowl, combine mayonnaise, vinegar, salt and pepper. Add to the macaroni mixture and mix. Cover with plastic wrap. Chill for at least 2 hours. Add bacon to salad just before serving.



### Mushroom Pie

1 pastry shell, 9-inch  
6 slices bacon  
1 cup thinly sliced Vidalia onions or other sweet onions  
8 ounces fresh mushrooms, sliced  
3 eggs, slightly beaten  
1 cup sour cream  
One-half teaspoon salt  
Ground pepper, to taste  
1 and one-half teaspoons chives  
One-half teaspoon caraway seeds, optional

Bake the pie crust at 425 degrees until browned, about 10 minutes. Remove and reduce oven temperature to 300 degrees. Fry bacon until crisp, and drain before crumbling. Saute onions and mushrooms in bacon drippings until tender. Combine eggs, sour cream, salt, pepper, chives, onions, mushrooms and bacon. Pour into pie shell and sprinkle with caraway seeds, if using. Bake for about 30 minutes, or until set.



### Melon Kabobs

1 large cantaloupe  
1 large honeydew  
1 medium seedless watermelon  
12 wooden skewers

Seed cantaloupe and honeydew melons. Using a melon baller, scoop out fruit and place on cookie trays. Repeat with the watermelon. Thread on skewers and freeze for 30 minutes to 1 hour before serving.

### Muffins of Meat

1 egg, beaten  
1 cup milk  
2 cups soft bread crumbs  
1 teaspoon salt  
1 teaspoon Worcestershire sauce

One-half teaspoon Italian seasoning  
One-fourth teaspoon pepper  
2 pounds lean ground beef  
1 pound lean ground pork

Topping:  
One-half cup packed brown sugar  
One-third cup ketchup

Preheat oven to 350 degrees. Combine muffin ingredients and fill 16 muffin cups. Bake for 25 minutes. Spoon combined sugar and ketchup over and bake 8 minutes more. Let stand a few minutes before serving.



### Marshmallow Puffs

1 large package marshmallows  
1 can sweetened condensed milk  
1 (14 ounces) package caramels  
One-half cup butter

Place milk, butter and caramels in microwave safe bowl. Microwave on high for 3 to 4 minutes or until caramels are melted and mixture is smooth. Using heavy round toothpicks, dip each marshmallow in caramel mixture and then in Rice Krispies. Place on waxed paper until dry. Keep in refrigerator or freeze.

### Molasses Coffee Cake

3 cups all-purpose flour  
1 and one-third cups sour cream  
1 cup sugar  
Three-fourths cup butter, softened  
One-half cup brown sugar  
One-half cup molasses  
One-half cup chopped pecans  
3 large eggs  
2 teaspoons baking soda  
2 teaspoons cinnamon  
1 and one-half teaspoon baking powder  
1 and one-half teaspoon vanilla  
One-fourth teaspoon salt

In a large bowl, sift together flour, baking soda, baking powder and salt. Set aside. In a separate medium bowl, mix the butter, sugar, eggs, vanilla and molasses until you get a consistency of wet sand. Mix well. Add wet ingredients to dry ingredients and stir. Add sour cream and beat until smooth. In a separate small bowl, mix brown sugar with pecans and cinnamon. Preheat oven to 350 degrees. Prepare a 10-inch coffee cake pan with a thin coating of cooking spray and a light sprinkling of flour. Sprinkle with one-third of the nut mixture in the pan. Spread half of the batter over the nut mixture, followed by another one-third of the nut mixture, the remaining batter and the last one-third of the nut mixture. Bake for 55 minutes or until a toothpick inserted near center comes out clean. Let cool slightly before serving or slicing. Serve warm with butter. Refrigerate any leftover cake.



### Meatballs, Italian-Style

1 pound ground beef  
1 pound ground pork  
2 cloves garlic, minced  
2 eggs  
1 cup freshly grated Romano cheese  
2 tablespoons chopped Italian flat leaf parsley  
Salt and ground black pepper to taste  
2 cups stale Italian bread, crumbled  
1 cup lukewarm water  
1 cup olive oil

Combine beef, veal, and pork in a large bowl. Add garlic, eggs, cheese, parsley, salt and pepper. Blend bread crumbs into meat mixture. Slowly add the water one-half cup at a time. The mixture should be very moist but still hold its shape when rolled into meatballs. Heat olive oil in a large skillet. Fry meatballs in batches. When the meatballs turn very brown and slightly crisp, remove from the heat and drain on a paper towel. (If mixture is too wet, cover the meatballs while they are cooking so that they hold their shape better.) Place cooked meatballs into Marinara Sauce and cook for 15 more minutes.



### Fareway Fare

## Tempting kabobs

BY MARY ANN MENENDEZ  
STAFF WRITER

There is something new in the meat department this season at your Estherville Fareway Store and is sure to add some sizzle to any barbecue.

Jeff Bernholtz and his staff have created three tasty kabobs for your eating enjoyment. Choices include beef, chicken and turkey. "For something different, try our kebabs," Bernholtz said. "I've tried all three and they are all delicious."

The beef variety includes red and green onions and colored peppers with a garlic pepper marinade. The turkey teriyaki kabob includes pineapple, onions and peppers, while the chicken kabob uses a lemon pepper marinade and has the red and green onions and colored peppers.

"We make the kabobs



right here and the marinades are made with all fresh ingredients; we do not use bottled marinades." The beef variety sells for \$5.99 per pound and the chicken and turkey kabobs are marked at \$3.99 a pound.

Visit Fareway today and load up on some tempting and colorful kabobs for tonight's supper.

## Award-winning sauerkraut

BY MARY ANN MENENDEZ  
STAFF WRITER

Glen Caron, publisher of the Estherville Daily News, was contacted late last week with some juicy news. The newspaper office won the Hot Dog Topping award by a "large margin," according to Estherville area Chamber of Commerce Director Dusty Embree.

This award is given to the merchant who receives the most online votes by folks who definitely know how they like their hot dogs. Visitors to the annual Chuck Wagon Day on a Thursday in May are encouraged to visit the commerce Web page and vote for the business with the best topping.

This year, visitors to the Daily News were tantalized with a tasty sauerkraut topping for their expertly grilled hot dogs. While some took our dogs without the kraut, the majority raved about the tasting topping. Caron and his wife, Lori, prepared the choice topping. She and Dar



Isaackson, advertising department manager at the paper, manned the hot dog table while Caron and Lane Laidig, advertising representative, took turns at the grill.

We were thrilled when quite a few hot dog lovers double-dipped and returned to the newspaper office for another round of sauerkraut hot dogs, despite the rainy and cool conditions that prevailed.

Today we are sharing the winning sauerkraut topping recipe for those of you who loved it and for those of you who didn't make it to our

### Sauerkraut Hot Dog Topping

1 16-ounce can sauerkraut, drained and rinsed  
One-fourth cup sweet pickle relish  
2 tablespoons brown sugar  
1 tablespoon prepared mustard  
One-half teaspoon caraway seeds

Combine all of the ingredients in a saucepan. Cook on low until heated through. Serve over hot dogs.