

# 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

## GIVE DAD THE ROYAL TREATMENT FROM THE GRILL

BY MARY ANN MENENDEZ  
STAFF WRITER

Sunday, June 21 is the day where children, no matter what age, honor their fathers for unselfish love and devotion. If your Dad has passed on, please remember him on Father's Day with a silent prayer.

On this special holiday where all Dads reign supreme, lavish that special Daddy in your life with hugs, kisses and gifts.

Better yet, plan a meal around the grill, but give him the day off. Each one of the recipes incorporates the use of the grill from beginning to end. Let him watch, but not cook!

The menu is sure to please with potatoes, pork chops, veggie kabobs, pineapple and pound cake.

Always be sure to mind the younger children when grilling.

Happy Father's Day to every lucky Dad from all of us here at the Estherville Daily News.



### Grilled Chops

- 6 one-half-inch thick pork chops
  - 1/2 cup fresh parsley, chopped
  - 3 cloves garlic, minced
  - 2 tablespoons olive oil
  - 1 tablespoon fresh rosemary, chopped
  - 1 tablespoon grated orange peel
  - 1 tablespoon grated lemon peel
  - 1 teaspoon sugar
  - 1 teaspoon dry oregano
  - Salt and pepper, to taste
- Mix together parsley, garlic, oil, rosemary, orange and lemon peel, sugar, oregano, salt and pepper. Spread mixture over each chop, cover and refrigerate overnight. Preheat grill as hot as possible. Remove as much of the marinade from the chops as you can and grill chops for 2-3 minutes on each side, or until completely cooked through.



### Grilled Cheese Potatoes with Bacon

- 8 slices bacon
  - 4 large baking potatoes, cut into wedges
  - 4 (1 ounce) slices processed American cheese
  - Salt and pepper to taste
- Preheat outdoor grill on high heat. Place two slices of bacon on four separate sheets of foil that is large enough to wrap a potato. Place a potato that has been wedged on the foil and top with a piece of cheese. Season to taste with salt and pepper and other preferred seasonings. Tightly wrap potatoes with the foil. Place on the grill and cook for about 30 minutes, or until done.



### Grilled Veggie Kabobs

- 2 zucchini, cut into 2-inch chunks
  - 2 yellow squash, cut into 2-inch chunks
  - 8 ounces fresh mushrooms, cleaned
  - 2 red and green bell peppers, cut into 2-inch chunks
  - 2 medium red onions, cut into wedges
  - 2 ears sweet corn, cut into 2-inch chunks
  - 16 whole cherry tomatoes
  - 8 ounces favorite Italian salad dressing
- Wash vegetables except mushrooms. Wipe mushrooms. Cut up

vegetables. Cook corn in boiling water for about 10 minutes. Toss all of the vegetables in Italian salad dressing until coated. Thread vegetables onto skewers. Place on grill over medium-hot heat. Baste occasionally with salad dressing. Grill 20 minutes or until tender.

### Grilled Pineapple

- 1 fresh pineapple
  - 1/4 cup rum or ginger ale
  - 1/4 brown sugar
  - 1 tablespoon ground cinnamon
  - 1/2 teaspoon ground ginger
  - 1/2 teaspoon ground nutmeg
  - 1/2 teaspoon ground cloves
- Peel the pineapple, but do not cut it. Cut the center core out of the whole pineapple. Slice into eight rings, and place them in a resealable plastic bag. In a small bowl, mix the rum or ginger ale, brown sugar, cinnamon, ginger, nutmeg and cloves. Pour marinade over the pineapple, cover and refrigerate for one hour or overnight.



### Grilled Pound Cake

- 4 tablespoons pineapple cream cheese
  - 8 (1/2-inch-thick) slices pound cake
  - Sweetened whipped cream
  - Fresh strawberries and blueberries
- Spread pineapple cream cheese evenly over one side of four pound cake slices. Grill, covered with grill lid, over medium-high heat for 2 to 3 minutes on each side. Top with whipped cream and berries. Serve immediately.



## Fareway Fare One sweet deal

BY MARY ANN MENENDEZ  
STAFF WRITER

Life can be a bowl of cherries with a visit to your Estherville Fareway Store where Bing cherries abound this week. Bursting with fresh juicy taste, they are sure to sweeten your shopping experience!

Oregon is credited with the cultivation of Bing cherries in the 19th century. A foreman by the name of "Bing" provided the perseverance in coaxing crop cultivation.

Today Bing cherries are the most popular choice of all cherries despite the short season of two months — June and July.

The fruit color varies from an intense claret to brilliant ruby. As the fruit ripens, it naturally darkens. Once purchase, store the cherries in the refrigerator. They can be eaten out of hand or incorporated into jams, jellies, preserves, pies and other baked goods.

According to the United States Department of Agriculture, Bing cherries rid toxins from the human body and are a wonderful anti-inflammatory product. They may also be effective in relieving arthritis and gout.



### Bing Cherry Muffins

- 1 3/4 cups flour
  - 2 teaspoons baking powder
  - 1 teaspoons baking soda
  - 1/2 teaspoon salt
  - 1/3 cup butter
  - 2/3 cup brown sugar, firmly packed, divided
  - 1/3 cup white sugar
  - 1 egg
  - 1 cup buttermilk
  - 1 1/3 cups chopped and pitted dark cherries
- Heat oven to 400 degrees. Line 16 muffin pan cups with paper liners. Mix flour,

baking powder, baking soda and salt in a bowl. Using electric mixer, cream butter, one-third cup brown sugar and white sugar in large bowl until fluffy. Beat in egg, then buttermilk. Quickly stir flour mixture into buttermilk mixture only until just blended. Fold in cherries as you stir. Spoon batter into prepared muffin-pan cups, filling each two-thirds full. Sprinkle batter in each cup with 1 teaspoon of the remaining brown sugar. Bake 15-20 minutes until lightly browned and sharp knife inserted in center of muffin comes out clean.

## Quick, intense strawberry spread

J.M. HIRSCH  
AP FOOD EDITOR

This easy and intense rethinking of pepper jelly cream cheese is a sweet and savory way to start any summer festivity.

Traditional versions of this spread involve little more than plunking a ball of cream cheese down on a plate and dumping a jar of pepper jelly over it. Serve it with bread and crackers and it's pretty tasty.

This version takes it to a fresh and flavorful new level by topping cream cheese with warm fresh strawberries, balsamic vinegar and ground black pepper. Finely diced jarred jalapeno peppers would be a spicy addition.

To play up the sweetness of the berries, the cream cheese is whipped with finely chopped fresh berries before the topping is added. The result is a nice contrast between the gently cooked berries in the topping and the fresh, sweet berries in the cheese.

This same topping also would be delicious drizzled over vanilla or chocolate ice cream, or pound and angel food cake.

### Pepper-strawberry cream cheese

- Start to finish: 30 minutes
- Servings: 6
- 1 quart fresh strawberries, stems removed
- 2 tablespoons balsamic vinegar
- 2 tablespoons honey
- 1/4 teaspoon ground black pepper
- Pinch salt
- 12-inch baguette, cut into 1/2-inch slices



- Olive oil cooking spray
- 12-ounce package whipped cream cheese, warmed to room temperature
- Heat the oven to 450 degrees.

Slice about two-thirds of the strawberries in half. Set aside the remaining berries.

In a small saucepan over medium, combine the halved berries, balsamic vinegar, honey, black pepper and salt. Cover, bring to a simmer and cook until the strawberries have mostly broken down and thickened, about 10 minutes. Set aside to cool.

Meanwhile, arrange the baguette slices on a rimmed baking sheet, then spritz them with olive oil cooking spray. Bake until lightly toasted, about 8 to 10 minutes. Remove from the oven and cover with foil to keep warm.

Finely chop the remaining strawberries. In a medium bowl, combine the berries and the cream cheese. Use a wooden spoon or an electric mixer on low to gently mix the berries into the cream cheese.

Mound the cream cheese mixture on a serving platter, using a spoon to create a slight hollow at the center. Fill the hollow with the cooled sauce, letting some drizzle over the edges. Surround the cheese with the toasted baguette slices.

Nutrition information per serving (values are rounded to the nearest whole number): 374 calories; 184 calories from fat; 20 g fat (12 g saturated; 0 g trans fats); 62 mg cholesterol; 39 g carbohydrate; 9 g protein; 3 g fiber; 490 mg sodium.