

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

S – Sweet, Savory and Sensational Satisfaction

By MARY ANN MENENDEZ
STAFF WRITER

“S” foods sweeten the pot and satisfy the tummy in a variety of ways. These foods range from sensible choices to sensational tastes. The recipes printed today are a snap to make, for the most part.

There is stroganoff that is light on calories. One recipe marries the tastes of scallops and spinach. Try Snappy Spinach Dip when it is party time! There is no way strawberries would not be part of the recipe line-up. Something sweet includes syllabub. For breakfast, there is stuffed French toast. The vegetable choice is split pea.

Syllabub hails from 16th century England and is a traditional dessert of that time. The recipe mingles cream, sugar and wine.

One recipe highlights stewed tomatoes because they are ripening in backyard gardens at this moment. Remember to pluck the greens ones for this dish.

Healthy Stroganoff

1 1/2 pounds beef round tip steak, cut into 1-inch pieces about a quarter-inch thick

1 clove garlic, peeled and minced

8 ounces wide egg noodles

10-12 ounces mushrooms, sliced

1/2 cup onion, diced

1 cup skim milk

1/2 cup flour

3/4 cup ice water

1/2 cup non-fat sour cream

Begin cooking noodles, according to package directions. In a non-stick sprayed frying pan, brown the beef over medium heat. Stir in the garlic. Remove the beef with a slotted spoon and set aside. Reserve the pan juices. In the same pan, over medium heat, sauté the mushrooms and onion until tender. Reduce heat to low and add the non-fat milk. Stir the flour into the ice water. Add the flour and water to the pan, and stir constantly until thickened. Add the beef to the pan and heat through. Remove the pan from the heat and stir in the sour cream. Serve over the noodles.

Spinach and Scallops

2 pounds fresh spinach, stemmed and washed, not dried

1 pounds bay scallops

3 large cloves of garlic, peeled

1/4 cup of white wine.

2 tablespoons fresh lemon juice

2 teaspoons olive oil

1 teaspoon grated lemon zest

Fresh ground pepper, to taste

Heat 1 teaspoon of olive oil in a large pot over medium heat. Add the garlic and lemon zest and cook for 20 seconds, stirring continuously. Add the spinach and toss occasionally until wilted. Drain off the liquid and season with ground pepper. Keep warm. Heat the remaining 1 teaspoon of oil in a large skillet over medium heat. Add the scallops and sauté for 1 minute or until just cooked through. Remove the scallops from the pan and add the lemon juice and wine. Cook, scraping the bottom of the pan, for 15 seconds. Remove from the heat, then toss in the scallops and season with pepper to taste. On serving plates, place a mound of spinach in the middle and top with scallops.

Snappy Spinach Dip

9 ounces frozen spinach

8 ounces low-fat cream cheese

2 garlic cloves, minced

1 teaspoon of salt

Cook the frozen spinach accord-

ing to directions on its packaging, with the garlic. Drain thoroughly. Add the cream cheese and salt. Cook over a low heat until heated through. Serve hot with assorted crackers and/or cut-up vegetables.



Sensational Strawberry Fluff

8 ounces whipped cream

3 ounces strawberry gelatin

1 cup of chopped nuts

1 cup of miniature marshmallows

Mix together all of the ingredients thoroughly. Pour into a mold and chill.



Beef Stroganoff

Strawberry Stuffed French Toast

4 eggs

2 tablespoons milk

One 3-ounce package cream cheese

Strawberry jam or sliced strawberries

1 loaf French bread

Slice bread about 1/2 inch thick. Spread cream cheese on 1 slice and strawberry jam or sliced strawberries (or both) on another. Put together as a sandwich. Beat eggs, then whisk in milk. Dip sandwich in egg mixture. Continue the above until all bread is dipped. If any egg mixture is left over, pour over dipped bread that has been set in baking dish. Bake at 350 degrees until golden brown, about 30 minutes.



Split Peas

1/4 teaspoon pepper

3 carrots, chopped

3 celery stalks, chopped

3 cups canned tomatoes

1/4 cumin seasoning

1/4 garlic powder

1 large onion, chopped

Before going to bed, place all of the ingredients into bed and 12 hours, the soup will be ready for the noon meal. Cook on low through the night.

1/4 teaspoon ground nutmeg (or to taste)

Fresh mint leaves for garnish

Lemon slices for garnish

Whip the cream and sugar in a chilled bowl, until the cream begins to thicken. Gradually whip in the white wine, lemon juice and lemon zest. Continue to whip until light and fluffy, but not grainy. Cover the mixture and chill until serving time. Serve in chilled parfait glasses, garnished with a dash of nutmeg, a sprig of mint, and a slice of lemon. Syllabub should be eaten with a small spoon, and enjoyed slowly. To make syllabub punch, continue to add white wine to the whipped mixture until it reaches a consistency suitable for drinking.



Stewed Green Tomatoes

2 tablespoons minced onion

2 tablespoons butter

2 cups sliced green tomatoes

1/2 teaspoon salt

1/4 teaspoon paprika

1/2 teaspoon curry powder

1 tablespoon chopped parsley

Sauté onions in butter in pan until brown. Add the green tomatoes. Stir and cook the tomatoes slowly until they are tender. Season with the remaining ingredients. Garnish with parsley.

Crock Pot Split Pea Soup

3 quarts water

1/2 pound bacon, cut in pieces

1 pound package dry split peas, rinsed in cold running water

1 teaspoon salt



Syllabub



Strawberry Fluff ingredients

Fareway Fare Seafood Salad

By MARY ANN MENENDEZ
STAFF WRITER

Are your taste buds hankering for something a little different for a light lunch? Consider purchasing Seafood Salad in the meat department where, according to manager Jeff Bernholtz, his crew has the enjoyable task of preparing seafood salad that they sell at the Estherville Fareway Store.

It is purely coincidental that Bernholtz is spotlighting Seafood Salad this week. It is a nice accompaniment to all of the “S” recipes at the top of this page.

“We use imitation crab meat and add black olives, celery, peppers, onions, salad dressing and shredded cheddar cheese,” he shared.



Per pound, the cost is \$3.99.

Suggestions for use include as a dip with crackers and favorite fresh veggies, sandwiched between your favorite bread or bun and a salad stuffer for red ripened tomatoes or green peppers.

“It is very popular with our customers. So if you looking for a change of pace, try our Seafood Salad this week,”

From the Emmet County Clerk of Court Office Verdict: Guilty of great taste!

By MARY ANN MENENDEZ
STAFF WRITER

Sometimes when I am out and about on my own time or on the job, I hear about some great recipes. Usually when I inquire, preparation and taste (always sensational!) is described.

Those of you who know me already are clued in that simple and easy are the name of my cooking game. Another plus is the fewer ingredients needed, the BETTER!

Therefore, it was particular interest when my hearing perked up in the Emmet County Clerk of Court’s office this summer as all four women in the office were comparing notes on this easy but great-tasting bar recipe they recently acquired from another clerk in the Palo Alto County Clerk of Court Office.

I gleaned the recipe from two of the clerks who ventured back to where I was picking up court news for the week. The recipe includes German chocolate cake mix, milk chocolate chips, cream cheese, sugar and the ingredients called for on the cake mix box. That’s it.

Yes, that is it. When asked the name of this bar, the

unspoken answer was crinkled eyebrows and a shoulder shrug.

So for lack of a name, I am dubbing this tastefully simple and scrumptious bar recipe Clerk of Court Bars. But by any other name, it is guilty of simple preparation for great-tasting bars.

Clerk of Court Bars

1 German Chocolate cake mix (mixed as directed on the box)

8 ounces cream cheese (use low fat for less calories)

1/2 cup sugar

1 1/2 cups milk chocolate chips, separated

Preheat the oven to 350 degrees. Grease a 10 by 15 jellyroll pan (or spray with cooking spray) and spoon cake mix into the pan. In a small bowl, mix the cream cheese and sugar until well incorporated and fluffy. Add three-fourths cup milk chocolate chips and stir by hand, mixing well. Drop the cream cheese/chocolate chip mixture by teaspoonfuls on top of the cake batter. Swirl to marbleize. Sprinkle the remaining three-quarter cup of chocolate chips on top. Bake at 350 degrees for 25-30 minutes. Cool completely before cutting into bars. Refrigerate leftovers (if there are any).