

# 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

# Unique Upside-Down Unusual



By MARY ANN MENENDEZ  
STAFF WRITER

Upside and unusual are two unique adjectives to describe today's recipes in tribute to the letter "U." Farmers, scientists and nutritionists did not remember to name too many of our American food items with words beginning with the letter "U." While there are recipes and foods beginning with "U," they are mostly foreign.

There is Urfa Kebab (Turkish lamb kebab) and Ubricao Prosecco (Italian raw cow's milk cheese). I guess one European country wins the creative award for Gebäckenes Euter. That's German, of course for Fried Cow's Udder! Let me know if you need this recipe.

The Japanese enjoy a noodle they call Udon. The locals in India have a dish that incorporates semolina, potatoes, onion, ginger, coconut, coriander leaves and other seasonings called Uppitu. Another favorite in India is Upeseru that combines lentils, spinach, onion, chilies, garlic, cumin, black peppercorns, lemon and other seasonings. What also looks like an unsightly fruit is Umeboshi, a favorite in Japan. Umeboshi is pickled for the preferred sour and salty taste and is served as a side dish for rice.

If you met a fruit you didn't like, would you call it ugly? There is ugly fruit, but its popularity hasn't taken hold. Ugly fruit is Jamaican tangelo, a citrus fruit that is a cross using grapefruit, orange and tangerine. Someone discovered it growing in the wilds of the island nation. It is called ugly fruit because of its, well, for lack of a better adjective, ugly appearance. It's rough, wrinkled yellow-green peel loosely covers the orange citrus beneath.

Today the focus is on something turned upside that delights all of us. There is an upside cake recipe here to please just about everyone, including pineapple, coconut, peach, cranberry, German chocolate, Mandarin orange and maple.

Before you get to the upside-down recipes, here's the most unusual recipe I've come across in a long time. The ingredients are something everyone enjoys separately. However, they come together to create Chocolate-Covered Bacon which Iowa State Fair-goers enjoyed this year. If you love bacon and you love chocolate - here is the recipe. Perhaps this is what it will take to jostle the children out of bed to get to school on time!

## Chocolate-Covered Bacon

**6-8 slices thick-cut bacon**  
**12 ounces semisweet chocolate chips**  
**4 ounces white chocolate, melted, optional for garnish**

Preheat the oven to 375 degrees. Place the bacon on a baking sheet lined with parchment paper. Bake in the oven for 15-20 minutes until crispy. Let bacon cool on the parchment paper for 5 minutes then transfer to a plate lined with paper towels. Using a double boiler, heat water over high heat until boiling. Reduce heat to a simmer. Set the other pan over the simmering water. Add the chocolate chips and stir with until completely melted. Cover another baking sheet with parchment paper. Using tongs, carefully dip the bacon into the melted chocolate turning to coat all sides in chocolate. Transfer to the clean sheet of parchment paper. Repeat with remaining bacon. Drizzle with the white chocolate, if desired. Refrigerate until chocolate is hard. Store leftovers in the refrigerator.

## Newfangled Pineapple Upside-Down Cake

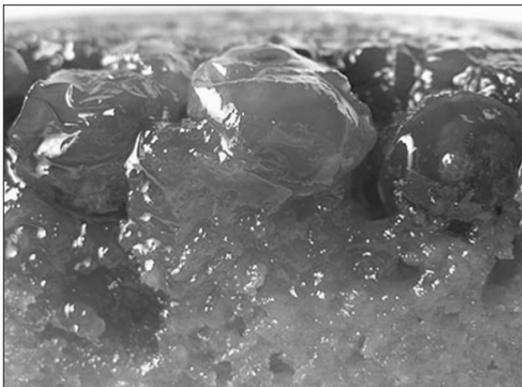
**2 cups flour**  
**1 1/2 teaspoon baking powder**  
**1/2 teaspoon salt**  
**2 cups butterscotch flavored morsels, divided**  
**Three-fourths cup butter, softened, divided**  
**2 (8 oz.) cans sliced pineapple, drained, reserving three-fourths cup of the juice**  
**8 maraschino cherries**  
**1 cup sugar**  
**2 eggs**

Preheat oven to 350 degrees. In medium bowl, combine flour, baking powder and salt; set aside. In 10-inch cast iron skillet over low heat, combine 1 cup butterscotch chips and 1/4 cup butter. Stir until morsels are melted and mixture is smooth. Remove from heat. Arrange pineapple and maraschino cherries in skillet. In large bowl, combine sugar, remaining 1/2 cup butter and eggs; beat until creamy. Gradually beat in flour mixture alternately with reserved three-fourths cup pineapple juice. Stir in remaining 1 cup butterscotch flavored morsels. Pour over pineapple. Bake at 350 degrees for 35 to 40 minutes. Immediately invert onto serving plate.

## Coconutty Upside-Down Cake

**1 package butter recipe cake mix**  
**1/4 cup water**  
**1 cup chopped nuts**  
**1 stick butter**  
**1 cup packed brown sugar**  
**1/3 cup flaked coconut**

Preheat oven to 375 degrees. Melt butter in a 9-by-13 pan. Add water then brown sugar. Mix in nuts and coconut; spread evenly in pan. Mix cake as directed on package. Pour batter over mixture in pan. Bake at 375 degrees for 45 to 55 minutes, or until cake springs back when lightly touched. Let stand about 5 minutes for topping to begin to set. Then turn upside down onto a large platter or cookie sheet.



## Cranberry Upside-Down Cake

**3 tablespoons unsalted butter**  
**1/2 cup light brown sugar**  
**12 to 16 ounces cranberries, rinsed, picked over and patted dry**  
**5 tablespoons butter**  
**3/4 cup sugar**  
**1 egg**  
**1 teaspoon vanilla**  
**1 teaspoon grated orange zest**  
**1 1/4 cup sifted flour**  
**1 1/2 teaspoon baking powder**  
**1/4 teaspoon salt**  
**1/2 cup milk**

Preheat oven to 350 degrees. With 3 tablespoons of butter, lightly grease the sides of a 9-inch round cake pan and distribute the remaining over the bottom of the pan. Sprinkle with the 1/2 cup sugar. Arrange the dry cranberries evenly over the bottom. Set aside. Sift together the flour, baking powder and salt. Add the orange zest. Set this aside. In a mixing bowl, cream together the butter, sugar, egg, vanilla and orange zest. Beat the mixture until it is well combined. Add the dry ingredients and milk all at once. Beat on high for 2 minutes, scraping bowl occasionally. Pour the batter over the cranberries. Bake cake in the middle of a preheated oven for 35 to 45 minutes or until wooden picks inserted in center comes out clean. Allow the cake to cool in pan about 5 minutes. Invert onto a cake plate.



## German Chocolate Upside-Down Cake

**1 1/2 cups coconut**  
**1 1/2 cups pecans, chopped**  
**1 German chocolate cake mix**  
**1 8-ounce package cream cheese, softened**  
**2 sticks butter, melted**  
**1 box powdered sugar**

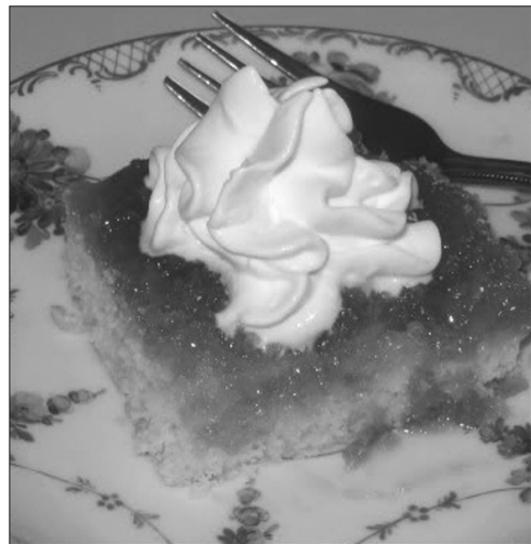
Spread coconut and pecans over the bottom of an ungreased 9-by-13-inch pan. Mix German chocolate cake mix, according to directions on box. Pour batter over the nut and coconut mixture in pan. Mix softened cream cheese with two sticks melted butter and one box of powdered sugar. Spread over cake mix. Bake at 350 degrees for 45 minutes. Cool in pan 10 minutes. Loosen around edges and turn upside down on cookie sheet. Cool completely before cutting. Refrigerate leftover cake.



## Peachy Upside-Down Cake

**1 pkg. yellow cake mix**  
**1/2 cup plus 1 tablespoon butter**  
**1 cup brown sugar**  
**1 can (or more) peach halves, drained**

Melt butter in 9-by-13 pan. Sprinkle brown sugar in pan and stir until it caramelizes. Place peaches on caramel mixture. Mix cake as directed and pour over peaches. Bake at 350 degrees 45 to 50 minutes until cake tests done with toothpick. Let stand 5 minutes to set, and then turn upside down on a large dish.



## Maple Upside-Down Cake

**1 tablespoon butter, at room temperature**  
**3 tablespoon sugar**  
**1 large egg, beaten**  
**1 cup flour**  
**Pinch of salt**  
**2 teaspoons baking powder**  
**1/2 teaspoon grated nutmeg**  
**1/2 cup milk**  
**1 cup maple syrup**  
**1/2 cup chopped walnuts**  
**Whipped cream, for topping**

Preheat the oven to 400. Butter an 8-inch round cake pan. In a large bowl, beat butter and sugar until light and fluffy. Add the egg. Beat for 3 minutes, until mixture is lemon-colored. In a medium mixing bowl, whisk together flour, salt, baking powder and nutmeg. Add the flour mixture to the butter mixture, alternating with the milk, beginning and ending with the dry ingredients. Blend well. In a small saucepan, bring the maple syrup to a boil. Pour the syrup into the cake pan, sprinkle in the nuts and slowly pour the batter over the syrup and nuts, patting it into the pan with a rubber spatula. Bake for 30 minutes or until cake is golden brown and the syrup is bubbling up around the edges. Cool in the pan for 10 minutes, then invert onto a plate.

## Mandarin Orange Upside-Down Cake

**1 stick butter**  
**1 cup brown sugar**  
**1 11-ounce can mandarin oranges**  
**1/2 cup coconut**  
**1 package yellow cake mix**  
**3/4 cup chopped pecans**

Preheat oven to 350 degrees. Heat butter in a 9-by-13 pan, until melted. Sprinkle brown sugar in pan and then arrange orange slices. Sprinkle coconut on top. Prepare cake mix as directed, stirring in chopped pecans. Pour into pan and bake 45-55 minutes. Take out of oven and immediately turn over onto cake plate.

## Fareway Fare

For Variety, the Children's Charity

BY MARY ANN MENENDEZ STAFF WRITER

Smoked shredded BBQ and we at Fareway are pork sandwiches top the happy to raise money for menu planned by Jeff Variety. Last year, Bernholtz and his meat department team at the Estherville Fareway Store for a very good cause.

Benefiting from this fundraising event will be Variety, the Children's Charity. From 11 a.m.-1 p.m. on Thursday, Aug 27, Variety raises funds for pork sandwiches will be served along with chips and a drink.

"Two dollars," Bernholtz said, when asked the cost of the meal. How sweet is that? Individual sandwiches can be purchased at \$1 apiece. "This is an annual event

