

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

VA-VA-VA VOOM!

For vim, vigor and vitamins

By MARY ANN MENENDEZ
STAFF WRITER

What kind of victory will not bring a smile to the lips? A victory in the kitchen translates into winning over the admiration and praise of everyone sitting around the kitchen or dinner table. Many foods add vital nutrition to our diets and help us to maintain healthy lifestyles affording vim and vigor. Consuming a well-rounded selection of foods every day helps to add restorative vitamins that our bodies need to function.

These "V" recipes have something to contribute to your good health. Enjoy and remember, always be smart when it comes to eating sweets any time during the day.

Veal Parmesan

- 1 egg
- 1/2 cup freshly grated Parmesan cheese
- 1/2 cup seasoned dry bread crumbs
- 1 pound veal cutlets or round steak about 1/4 inch thick
- 1/4 cup olive oil
- 3 tablespoons olive oil
- 1 medium minced onion
- 1 medium clove minced garlic (1 1/2 oz.) can tomato sauce
- 1/4 cup water
- 1 tablespoon crumbled dried parsley
- 1 teaspoon crumbled dried oregano
- 1/4 teaspoon freshly ground pepper
- 8 ounces sliced mozzarella cheese
- Freshly grated Parmesan cheese

Beat egg in shallow dish. Combine 1/2 cup Parmesan and bread crumbs in another shallow dish. Dip meat in egg and then in crumb mixture to coat. Heat 1/4 cup oil in large skillet over medium-high heat. Sauté meat until just browned, about 45 seconds on each side. Drain on paper towels. Set aside. Heat remaining 3 tablespoons oil in medium saucepan over medium heat. Sauté onion and garlic until soft, about 7 minutes. Add tomato sauce, water, parsley, oregano and pepper. Reduce heat to low, cover and simmer sauce for 10 minutes, stirring occasionally. Preheat oven to 350 degrees. Spoon half of sauce into 9-by-13 glass baking dish. Arrange meat over sauce. Top each piece with mozzarella. Pour remaining sauce over. Bake until bubbly, about 25 minutes. Serve immediately. Pass Parmesan separately.

Sweet and Sour Vegetables

- 1 pound favorite frozen Oriental vegetables
- Peanut oil (for sauteing)
- Hot cooked rice
- Sauce:
- 1 tablespoon corn starch
- 1/2 inch section fresh ginger, peeled, minced
- 1/2 cup pineapple chunks, drained and juice reserved
- 3 tablespoons dark brown



- sugar
- 1 tablespoon rice vinegar
- 1/2 teaspoon soy sauce (or salt to taste)
- 1/2 cup pineapple syrup or juice (from can)
- 1 clove garlic, minced

Combine ingredients for sauce in a small bowl and set aside.

In a wok, heat 2 tablespoons of peanut oil until sizzling hot. Add vegetables; stir-fry over high heat until vegetables are slightly browned on edges, but still bright, crisp, and barely tender. Oil in wok must be very hot to avoid vegetables becoming overcooked - cook rapidly and for a short period. Remove vegetables to serving dish. In the empty, still-hot wok, drain all but 1 teaspoon of oil. Add sauce ingredients. Cook 5 minutes or until sauce is translucent and cornstarch has cooked. Add garlic during final minute (do not allow it to brown). Return vegetables to wok and gently blend. Serve over favorite cooked rice.

Vegetable Soup, Italian Style

- 1 tablespoon olive oil
- 1 onion, diced
- 1 carrot, halved lengthwise and sliced
- 2 stalks celery, sliced
- 3 cloves garlic, minced
- 2 cups chicken or beef broth
- 2 cups water
- 1 can (14 1/2 ounces) diced tomatoes, not drained
- 1 tablespoon fresh basil, chopped
- 1/2 teaspoon oregano
- Salt and pepper to taste
- 1 15 oz. can white beans, drained and rinsed
- 1 cup pasta bows
- Parmesan cheese (optional)
- 1 small head escarole (optional)

Heat the oil in a heavy saucepan over medium heat. Add the onion, carrot and celery, and sauté until tender, about 5 minutes. Add the garlic, broth, water, tomatoes, basil, oregano, salt, pepper and beans. Bring to a boil, reduce heat and simmer for 10 minutes. If escarole is used, wash, tear into 2-inch pieces and add to soup 15 minutes before soup is done, or at the same time as the pasta. Add the pasta bows and cook 10-15 minutes, stirring occasionally until the pasta and escarole are tender. Serve sprinkled with Parmesan cheese.

Vermicelli and Vegetables

- 1 pound skinless chicken breast, cut into strips
- 2 tablespoons oil
- 5 carrots, sliced
- 1/2 bunch broccoli, cut up



- 2 green onions, sliced
 - 2 envelopes, Lipton Creamy Chicken Cup of Soup
 - 1 cup water
 - 1 pound vermicelli
- Stir-fry the chicken and vegetables in oil. Meanwhile cook the soup mix and water until thickened. Cook vermicelli. Mix chicken, vegetables and sauce. Serve over the pasta.

Hot or Cold Vichyssoise

- 1 medium bunch leeks
- 3 tablespoons butter
- 4 1/2 cups chicken broth
- 4 medium raw potatoes, minced
- Salt and pepper
- 3 cups light cream
- Chopped chives

Discard green stalks, wash leeks well and chop. Melt butter in large pot and saute leeks until tender. Add chicken broth, potatoes, salt and pepper. Cover and simmer 1 hour. Strain through sieve or blend well in blender until smooth. Cool. Whip in cream and garnish with chives. Vichyssoise may be served hot by omitting cream and substituting chicken broth. Garnish with buttered, toasted French bread cubes.



Vinegar-Poached Eggs

- 2 eggs per person
 - 1 large skillet full of hot water
 - 1/2 cup apple cider vinegar
 - Large slotted or perforated spoon
 - Salt and pepper
- Heat the water until you get a slow rolling boil. Add the vinegar to the water. Break the eggs, one at a time, into a cup or bowl, and slowly tip them into the boiling water. Cook them until the whites are set good (2-3 minutes). Remove with the spoon and place on a plate that you have covered with 2-3 paper towels. Roll the eggs around slightly to remove all the water. Place on serving plates. Add salt and pepper to your liking.

Ribs Baked in Vinegar

- 1-2 slabs pork ribs
 - 1 cup vinegar
 - 1/4 cup paprika
 - 1 tablespoon dried red pepper
- Season ribs as usual. Place in roasting pan. Do not use rack. Pour in vinegar, add paprika and dried pepper, sprinkling over meat. Cover with foil. Bake at 400 degrees for 1 hour or until done. Serve with your favorite barbecue sauce that has been heated through.



Stuffed Vidalia Onions

- 6 Vidalia onions
 - 1/2 cup minced celery
 - 4 tablespoons melted butter
 - 2 tablespoons chopped parsley
 - 1 1/2 cups bread crumbs
 - 1/2 cup chopped pecans
 - Salt
 - Pepper
 - Potato chips, crushed
- Peel and core onions. Mix remaining ingredients together and fill onions. Cover and bake at 350 degrees for 45 minutes. Sprinkle with crushed potato chips. Uncover and continue baking for 15 minutes.

Vanilla Carrots

- 16-20 baby carrots
 - 1 tablespoon honey
 - 1 teaspoon vanilla extract
 - 1 tablespoon butter
 - 1 teaspoon white wine vinegar
 - Pinch of salt
- Combine all ingredients in a large pan. The carrots should form a single layer in the pan. Bring the carrots to a simmer on medium-high heat. Reduce the liquid until the pan is just about dry. The carrots should be cooked through, shiny and delicious.

Vanilla Muffins

- 2 cups flour
 - 1 cup sugar
 - 1 cup milk
 - 2 teaspoon baking powder
 - 1/2 stick of butter, melted and slightly cooled
 - 2 eggs, slightly beaten
 - 2 tablespoons vanilla
 - Pinch of salt
- Sift dry ingredients into mixing bowl. Make a well in center. Add slightly cooled, melted butter to beaten eggs, vanilla and salt mixture. At once, add this to dry ingredients. Stir quickly, only 15 to 20 seconds. Batter will appear lumpy. Spoon into greased a 12-muffin tin. Bake at 400 degrees for 20 minutes. Remove from tin at once. Cool slightly.



Fareway Fare

Yes, we HAVE bananas today

By MARY ANN MENENDEZ
STAFF WRITER

Customers will go "bananas" this week at the Estherville Fareway Store with sale prices in the produce and cereal sections.

Premium bananas are listed at just 39 cents a pound. Over in the cereal aisle, there will be several varieties and brands "that aren't just for breakfast anymore" with special prices.

Fareway Store Manager Mark Almquist said consumers can use the special store coupon in this week's flyer. The coupon's worth is \$5. That translates into five boxes of Special K varieties for 10 bucks. "That's \$2 a box when using the coupon," he said.

Also on special are Quaker Oatmeal and Cap'n Crunch cereal. The box containing

the individual packets of oatmeal are listed this week at two boxes for \$5. Store customers can also purchase the cylinder containers of the hearty oats at two for \$5. Cap'n Crunch cereal varieties are listed this week at two for \$4.

The recipe below combines the goodness of the bananas and oatmeal for a big bunch of cookies. They are perfect for placing into school lunch boxes or for a terrific after-school snack.

Banana Oat Cookies

- 3 cups flour
- 1 teaspoon soda
- 1/2 teaspoon nutmeg
- 1 1/4 cup shortening
- 2 cups mashed ripe bananas
- 1 cups chopped nuts, optional
- 2 cups sugar



- 1/2 teaspoon salt
 - 1 1/4 teaspoon cinnamon
 - 3 1/2 cups quick oatmeal
 - 3 eggs
- Cream shortening and sugar. Add eggs and cream well. Sift flour, soda, salt, nutmeg and cinnamon together. Add oatmeal to

shortening mixture. Add flour mixture alternately with mashed bananas. Add chopped nuts if desired. Drop on greased cookie sheet. Bake at 375 degrees for 12 to 15 minutes. Recipe yields large amount of cookies.

SATURDAY
SEPTEMBER 19TH, 2009
10:00AM - 3:00PM
DOWNTOWN, FORT DODGE

FALL FEST
18TH ANNUAL

Fall Fest Favorites...

- Arts & Crafts
- Cruiz In Car Show
- Raffle for Fabulous Prizes
- Motorcycle Display
- Adventure Race
- Dunk Tank
- Rock Wall
- Archery
- Bingo at Citizens Central
- 3 on 3 Basketball Tournament

Fun 4 Kids...

- Kids Day Parade - 9:30 AM
- Inflatable Carnival
- Miniature Golf
- Fall Fest Chalk Art
- Face Painting
- Temporary Tattoos
- Clown with Balloon Animals

New...

- Live Entertainment & Music in The Gazebo
- "Explore Fort Dodge" Historical Bus Tours
- Essay Contest
- Photography Contest