

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



Dixieland dinner

Giving thanks with a drawl

By MARY ANN MENENDEZ

Our American friends in the southeastern section of the country are renowned for many things, especially their way around the kitchen! Who hasn't enjoyed Southern Fried Chicken, Collard Greens, Corn Fritters and Grits?

And like their Midwest counterparts, many of our friends in Alabama, Delaware, Florida, Georgia, Kentucky, Mississippi, North Carolina, South Carolina, Tennessee, Virginia and West Virginia work the land to make their living. At Thanksgiving, all American farmers have a grounded love of the work they do and take true pride in the bountiful harvest. May their dedication be blessed for many years to come.

The region accounts for many states from the Deep South and spreading toward the Mason Dixon line. Southerners take pride in producing some terrific recipes that tantalize the taste buds while also paying homage to their roots. From Corn Chowder to Sweet Potato Pie, their Thanksgiving feast is something to brag about at this time of year!

The region's has a rich cultural and historical heritage based on inhabitants including Native Americans, early settlements by English, Scots-Irish, Scottish, French, and German and the importation of hundreds of thousands of enslaved Africans. The South, therefore, has honed its cuisine to be as varied and colorful as its history.

A sampling of what our Southern Americans include for their Thanksgiving celebration was researched and is featured today. Roast the turkey as you like.

Southern Menu Sample includes:

- Chowder
- Carolina-Style Stuffing
- Delaware Turkey Gravy
- Kentucky Green Beans
- Sunny Florida Broccoli
- Georgia Peach-Cranberry Relish
- Tennessee Cucumber Salad
- Mississippi Mashed Potatoes
- Virginia Sweet Potato Pie
- West Virginia Apple Pie
- Maryland Country Biscuits

A'maize'ing Alabama Chowder

- 1/2 pound bacon, diced
 - 1 medium onion, chopped
 - 2 cup chopped celery
 - 2 tablespoons flour
 - 4 cups milk
 - 1 pound can cream style corn
 - 1 can tiny whole potatoes, diced
 - 1/2 teaspoon salt
 - 1/8 teaspoon pepper
 - Parsley
 - Paprika
- Fry bacon until crisp. Remove and drain. Save 3 tablespoons drippings. Sauté onions and celery in drippings. Cook until tender. Remove from heat. Stir in flour. Cook until bubbly. Remove from heat. Stir in milk. Heat to boiling, stirring constantly. Boil and stir one minute. Stir in corn, potatoes, salt and pepper; heat through. Stir in bacon. Sprinkle each serving with parsley and paprika, if desired. 6 servings (1 cup each).

Carolina-Style Stuffing

- 1 cup wild rice
- 3 cup chicken stock
- 1 carrot, quartered
- 2 bay leaves
- Pinch salt
- 1 large onion, chopped
- 1/2 cup butter
- 4 cups mushrooms, sliced
- 4 ribs celery, sliced
- 1/4 cup chopped parsley
- 2 teaspoon sage
- 1 cup chicken stock
- 4 cups corn bread, or cornbread mix for stuffing
- 2 cups cubed whole wheat bread
- 2 cups pecans, halves or chopped

Cook wild rice in 3 cups chicken stock with carrot, bay leaves and salt for 40 minutes. Remove carrot quarters and bay leaves. Sauté onion in butter with mushrooms and celery until soft. Add parsley, sage and 1 cup chicken stock to mush-

room mixture and simmer 8-10 minutes. Toss with corn bread, whole wheat bread, pecans and cooked rice. Season with salt and pepper to taste. For more moist dressing, add more stock. Use for stuffing, or bake in a casserole at 325 degrees for 30 minutes. Makes 12 cups.

Delaware Turkey Gravy

- 8 heaping tablespoons flour
 - 6 tablespoons turkey drippings
 - 1 1/2 cup chicken or vegetable broth
 - 3 cups milk
 - Salt and pepper
- Blend flour into drippings. Slowly stir in broth and milk. Cook over low heat, stirring constantly until thickened. Season to taste with salt and pepper.

Kentucky Green Beans

- 2 pounds green beans, trimmed
 - 3-inch-long piece fresh ginger
 - 3 tablespoons unsalted butter
 - 1 lemon
 - Salt
 - Cherry tomatoes
- Finely grated lemon zest from 1/2 lemon. Fill a large bowl with cold water and ice. Set aside. Bring an 8-quart pot of salted water to a boil. Cook the beans, uncovered, until just tender, about 5 to 9 minutes. Drain the beans in a colander, then transfer to the ice water to cool and stop the cooking. Drain the beans again and pat dry. Peel the ginger and cut into thin match sticks. In a 12-inch nonstick skillet over moderate heat, heat the butter until melted and the foam subsides. Add the ginger and cook, stirring, until golden, about 3 minutes. Add the beans and cook, stirring, until just heated through, about 2 minutes. Remove the pan from the heat and add zest and 1/2 teaspoon salt, tossing to combine. Before serving add a handful of cherry tomatoes that have been rinsed well and dried.

Sunny Florida Broccoli

- 2 pounds broccoli, washed and cut into bite-size pieces
- 3 tablespoon butter
- 2 cloves garlic, finely minced
- 3 tablespoons fresh lemon juice
- Salt, to taste
- Pepper, to taste, optional

Steam broccoli until tender but firm, about 5 to 7 minutes. Heat the butter in a heavy nonstick skillet over medium heat; add the garlic and sauté for 1 minute. Add the cooked broccoli, lemon juice and salt and pepper to taste, cooking briefly to combine.

Georgia Peach-Cranberry Relish

- 3/4 cup granulated sugar
 - 2 tablespoons thinly sliced lemon peel
 - 3/4 teaspoon ground cinnamon
 - 1/2 teaspoon ground ginger
 - 1 cup water
 - 12 ounces fresh or frozen cranberries
 - 2 (16 oz.) cans peach halves (in light syrup, drained and quartered)
- Combine sugar, lemon peel, cinnamon, ginger and water in a 3-quart saucepan over medium-high heat. Bring to boil, stirring to dissolve sugar. Add fresh or frozen cranberries. Cook 5 minutes until most of the berries have popped. Remove from heat. Stir in peach halves. Refrigerate, covered, at least 8 hours, stirring occasionally. Relish will keep in tightly covered containers in refrigerator, up to 1 week. Makes about 10 cups.

Tennessee Cucumber Salad

- 8 ounces sour cream
 - 1/4 cup whole milk
 - 4 large cucumbers (peeled, cut in slices, quartered)
 - 1/4 cup fresh dill weed (chopped)
 - 2 tablespoons wine vinegar
- Mix sour cream and milk until smooth. Add cucumbers, dill, and vinegar. Mix well. Chill in covered container for one hour or overnight.

Mississippi Mashed Potatoes

- 5 pounds red potatoes, scrubbed and rinsed
- 8 ounces cream cheese, softened
- 1 stick butter, softened
- Salt and pepper, to taste
- 4 slices bacon, cooked and crumbled
- 8 ounces sharp cheddar cheese, shredded
- 2 tablespoons chives
- Milk or sour cream as desired

Place whole potatoes with skin intact in a large pot and fill with water to cover potatoes. Boil the potatoes until a fork is inserted easily. Make every attempt not to overcook them. Drain the potatoes and place in a very large bowl. With skins intact, mash the potatoes to break them apart. Fold in the cream cheese, butter, salt, pepper, bacon and chives. Using a mixer beat the ingredients until a creamy consistency is reached. If mixture is too thick, add a little milk or sour cream to reach preferred consistency. Serve immediately.

Virginia Sweet Potato Pie

- Ginger Snap Crust
 - 1 3/4 cups crushed ginger snap crumbs
 - 1/4 cup melted unsalted butter
 - 2 tablespoons dark brown sugar
 - 1 large egg white
- Preheat the oven to 375 degrees. In a bowl, combine the ginger snap crumbs, butter, and brown sugar and blend well. Transfer to a 9-inch pie pan, and press into the bottom and up the sides. Place another 9-inch pie pan on top of the crust and press firmly to smooth and pack the crust. (Some of the crust may spill over the edges of the pan.) Bake until golden, 10 to 15 minutes. Remove from the oven and cool. Brush the crust with the egg white. Refrigerate, tightly covered, for one hour before using.

Filling:

- 2 cups mashed, cooked sweet potatoes
- 6 tablespoons unsalted butter, softened
- 2 eggs, beaten
- 1/2 cup granulated sugar
- 1 teaspoon vanilla extract
- 1 teaspoon cinnamon
- 1/3 teaspoon nutmeg
- 1/4 teaspoon ginger
- 1/4 cup evaporated milk
- 1 9-inch deep dish pie shell, partially baked

Topping:

- 3 tablespoons unsalted butter, melted
- 1/2 cup tightly packed light brown sugar
- 1/3 cup all purpose flour
- 2/3 cup finely chopped

West Virginia Apple Pie

- 1 (9 inch) unbaked pie shell
 - 5 cups apples
 - 1 egg
 - 1 cup sugar
 - 2 tablespoon flour
 - 1/4 teaspoon salt
 - 1 cup sour cream
 - 1 teaspoons vanilla
- Crumb Topping:**
- 1 cup brown sugar
 - 1 cup flour
 - 1 cup oatmeal
 - 1/2 cup butter
- Slice apples into pie shell - fill level full. Pour mixture of egg, sugar, flour, salt, sour cream and vanilla over apples. Bake at 350 degrees for 45 to 50 minutes. Top with Crumb Topping and bake 25 minutes longer.

Maryland Country Biscuits

- 1/3 cup shortening
 - 2 cups sifted flour
 - 3 teaspoon baking powder
 - 1 teaspoon salt
 - 1 cup sour cream
- In bowl, combine flour, baking powder and salt. Cut in shortening until mixture resembles coarse meal. Add sour cream; stir until blended. Transfer dough to lightly floured surface. Knead lightly, 8 to 10 times. Roll dough to 1/2 inch thickness. Cut with floured cutter. Bake on ungreased baking sheet at 425 degrees for 12 to 15 minutes.

