

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

Food

FIRST LOVE

Childhood favorite 'spreads' over time

BY MARY ANN MENENDEZ

I have been having a love affair for years ...

... With peanut butter.

My first meeting with thick, tan-colored substance that I can remember was around the sweet age of 4 and involved a sandwich made with love by Mom. It was creamy (crunchy was not available in those days) peanut butter and strawberry preserves. Sometimes it involved toasted bread and the way the peanut butter was warmed and melted is still on my list of comfort foods.

Living in Jamestown, N.Y. for a time in the early 1990s, my children were acquainted with the Nutterfluffer sandwich which consists of peanut butter and marshmallow cream spread between two slices of bread. While it is very popular in the Northeastern part of the United States, the Nutterfluffer was never requested by our town once we moved to Iowa.

The history of peanut uses goes back to the 1600s when peanuts were ground and tossed into stews by cooks in Africa. Twirl the globe and the Chinese were stirring up creamy peanut sauces for hundreds of years. Soldiers wearing the blue and gray uniforms during the American Civil War survived on a substance called peanut porridge, a gritty food.

During the late 19th century, a Missouri doctor persuaded a food processor in St. Louis to package ground peanuts as a source of protein. He believed this would serve as an excellent source of protein for those individuals who couldn't chew meat due to bad teeth.

According to peanutbutterlovers.com, "In 1903, Dr. George Washington Carver began his peanut research at Tuskegee Institute in Alabama. While peanut butter had already been developed by then, Dr. Carver developed more than 300 other uses for peanuts and so improved peanut horticulture that he is considered by many to be the father of the peanut industry."

A year later, peanut butter was introduced by C.H. Sumner in St. Louis at the Universal Exposition. In 1908, Krema Products based in Columbus, Ohio, packaged peanut butter for sale to the consumers and continues to be the oldest peanut butter company still in operation. It must be noted the company packed the thick, sticky product in barrels.

It was 12 years later when Joseph Rosefield decided to churn peanut butter for a smoother consistency. He received a patent for his efforts. We must applaud his efforts because he discovered the way for a "shelf-stable peanut butter which would stay fresh for up to a year because the oil didn't separate from the peanut butter." (peanutbutterlovers.com)

Two tablespoons of peanut butter contains 188 calories. While it provides 8 grams of protein, it also contains 16 grams total fat (saturated fat 3 grams). There is no cholesterol. The sticky substance includes 147 milligrams of sodi-

um, 2 grams dietary fiber and three grams sugar. Peanut butter has 1 percent calcium and 3 percent iron.

Homemade PB

1 1/2 cups unsalted roasted peanuts

1 tablespoon peanut oil

For smooth peanut butter: Mix the peanuts with the peanut oil, and pour the mixture into the food processor. Process the mixture until it's very smooth. Store in a sealed container in the fridge. It will be good for two weeks.

For chunky peanut butter: Take about 1/4 cup out of your 1 and 1/2 cups of peanuts and set them aside. Mix the rest of the peanuts with the oil, and pour the mixture into the food processor. Process the mixture until it's very smooth. Stir in the peanuts that you had set aside. Process a few seconds more to create the chunks in your chunky peanut butter. Store in a sealed container in the fridge. It will be good for two weeks.

PB Pancakes

1 1/4 cups flour

2 tablespoons sugar

2 1/2 teaspoons baking powder

1/2 teaspoon salt

1 1/4 cups milk

1 egg

1/4 cup peanut butter

3 tablespoons butter, melted

Combine flour, sugar, baking powder and salt. Beat milk with egg and peanut butter until smooth. Add to dry ingredients and beat just until well moistened. Lightly butter hot griddle. Spoon 1/4 cupfuls onto griddle. Cook until golden brown on both sides.

PB-Maple Syrup

1/2 cup maple syrup

1/4 cup peanut butter

Combine syrup and peanut butter in sauce pan. Heat mixture, stirring until smooth and heated through. Serve over pancakes.

PB Soup

2 tablespoons butter

2 tablespoons grated onion

1 celery branch, thinly sliced

2 tablespoons flour

3 cups chicken broth

1/2 cup creamy peanut butter

1/4 teaspoon salt

1 cup light cream

2 tablespoons roasted peanuts, chopped

1/2 cup hot pepper jelly

Melt butter in a saucepan over low heat; add onion and celery. Saute for about 5 minutes. Add flour and mix until well blended. Stir in chicken broth and allow to simmer for about 30 minutes. Remove from heat, strain broth. Stir the peanut butter, salt and cream into the strained broth until well mixed. Serve hot. Garnish each serving with a teaspoon of chopped peanuts and a dollop of jelly. Makes 4 servings.

PB Chicken

1 egg, slightly beaten

1/3 creamy or chunk style peanut butter

1 teaspoon salt

1/8 teaspoon pepper

1/3 cup milk

8 chicken drum sticks

1 cup fine dry bread crumbs

1/4 corn oil

Mix together egg, peanut butter, salt and pepper. Gradually add milk, beating with a fork to blend. Dip chicken in egg mixture; then

add in crumbs. Place in oiled 13 x 9 x 2 inch baking pan. Sprinkle remaining corn oil over chicken pieces. Bake in 375-degree oven for 45 minutes or until chicken is tender. Serves 4.

PB Beef

4 pounds top loin beef, trimmed and cut lengthwise into 2 long pieces

1/2 cup dry mustard

1/4 cup warm water

1 cup crunchy peanut butter

2 cups chopped Spanish peanuts

Salt and pepper to taste

Sear beef on grill. Mix mustard, water and peanut butter; spread on all sides of beef. Sprinkle with chopped peanuts, pressing nuts into surface of beef, if necessary. Sprinkle with salt and pepper. Place on a roasting pan in a 450-degree oven and roast until desired doneness is indicated on meat thermometer. Let rest 15 minutes before slicing to serve. Makes 6 servings.

PB Noodles

Sauce:

1/2 cup low fat, low sodium chicken broth

1/3 cup creamy peanut butter

3 tablespoons teriyaki sauce

2 tablespoons brown sugar

1 tablespoon lime juice

1/2 teaspoon garlic powder

1/4 teaspoon red pepper

Noodles:

6 cups cooked spaghetti noodles

3/4 cup chopped green onion

1 1/2 cups grated carrots

1 1/2 cups broccoli flowerets, cut in thin slices

1 cup snow peas

1/2 cup thinly sliced red cabbage

4 tablespoons dry roasted, salted peanuts, chopped

In a large bowl, mix chicken broth, peanut butter, teriyaki sauce, brown sugar, lime juice, garlic powder and red pepper. Place cooked noodles in the bowl and coat with the sauce. Remove noodles from the bowl, saving remaining sauce. Place noodles into a covered dish and put into a warm oven. Pour the remaining sauce into a large skillet. Stir fry the onions, carrots, broccoli and snow peas for 1 to 2 minutes in the sauce. Add the red cabbage and stir fry for an additional 1 to 2 minutes until the vegetables are slightly tender. Add the vegetables and sauce to the noodles and mix. Garnish each serving with chopped peanuts. Makes 4 servings.

PB Piccata

6 ounces spinach, trimmed, cooked and drained

2 tablespoons chicken broth

2 4-ounce chicken breasts, boned

4 tablespoons flour

2 tablespoons peanut oil

1/2 cup fat free egg substitute

2 teaspoons butter

4 tablespoons peanuts

4 tablespoons white wine

3 teaspoons lemon juice

2 baked potatoes

Mix chicken broth into hot spinach. Set aside. Flatten chicken breasts, coat with flour; shake off excess. Heat oil over medium-high heat. Dip each chicken breast in egg substitute and sauté 2 to 3 minutes on each side. Keep warm. Discard oil. Melt butter in same



skillet over medium heat. Add peanuts. Cook and stir until lightly browned. Add wine, cook 1 minute. Add chicken, reduce heat and simmer 3 minutes. Sprinkle with lemon juice. Arrange spinach on serving plate. Top with chicken breast and sauce. Serve with baked potato. Makes 2 servings.

Layers refrigerated original biscuits

1/2 cup peanut butter

1/4 cup jelly, favorite flavor

1 tablespoon powdered sugar

1 cup fresh fruit (berries, peach slices, grapes)

Heat Belgian or regular waffle maker according manufacturer's directions. Separate dough into 8 biscuits. Press or roll each into a 4-inch round. Place biscuit rounds in hot waffle maker and bake 2 minutes or until golden brown. Remove and cool a few minutes. Spread peanut butter evenly on four of the waffles, spread jelly on the remaining four waffles. Assemble sandwiches by placing jelly-spread waffles on top of the waffles with peanut butter. Cut waffle sandwiches in half and sprinkle with the powdered sugar. Garnish with fresh fruit.

PB Dip

1/3 cup crunchy peanut butter

3 ounces fat free cream cheese

2 tablespoons apple juice

1/2 teaspoon cinnamon

1/4 cup applesauce

2 apples, sliced

1 small banana, sliced

Celery stalks, sliced into 4-inch pieces

2 cups broccoli flowerets

Combine the peanut butter, cream cheese, juice and cinnamon in food processor. Blend until smooth. Add applesauce, little by little, to bring to the desired consistency for the dip. Chill before serving with fresh fruits and vegetables. Makes 8 servings.

PB Wedges

1/2 cup unsalted butter, softened

1/2 cup granulated sugar

1/4 cup creamy peanut butter

2 cups all-purpose flour

Preheat oven to 300 degrees. In a bowl, combine all the ingredients with your fingers until mixture resembles coarse meal. Press the mixture into an ungreased 8-inch round pan. With a fork, prick decorative wedges in the dough. Bake for about 1 hour, or until very lightly browned. Cut into wedges while warm. Makes 16 wedge-shaped cookies.

PB Bread

2 cups all-purpose flour

1/2 cup sugar

1 teaspoon salt

4 teaspoons baking powder

1 and 1/2 cups milk

1/2 cup peanut butter

Preheat oven to 375 degrees. Combine dry ingredients. Add milk and peanut butter. Pour into a greased 8 x 4 x 3-inch loaf pan. Bake for approximately 50 minutes. Serve with butter and your favorite jam.

PB Wraps

4 8-inch flour tortillas

Peanut butter

1 cup chopped apple

Low-fat granola

Spread peanut butter over each tortilla. Sprinkle with apple and granola. Tightly roll up tortillas. Cut in half. Wrap tightly in plastic wrap. Serve immediately or refrigerate until serving time. Makes 4 servings.

PB & J Waffle Sandwich

1 can Pillsbury Grands! Flaky

PB Stuffed French Toast

1/4 cup maple syrup

2 cups sliced strawberries

1/2 cup creamy natural unsalted peanut butter

8 slices light whole wheat bread

3 eggs

2 tablespoons 1 percent milk

1 teaspoon vanilla extract

Preheat the oven to 350 degrees. Coat baking sheet with butter-flavored cooking spray. Place the syrup in a medium glass bowl and microwave on high for 30 seconds or until simmering. Add the strawberries and set aside. Spread 2 tablespoons of the peanut butter on each of 4 bread slices and cover with the remaining 4 slices, making sandwiches. Beat the eggs, milk and vanilla extract in a 9 x 13-inch baking dish. Soak the sandwiches in the egg mixture, turning once. Place on the prepared baking sheet.

Bake for 25 minutes or until browned, turning once. Top with the reserved strawberry mixture.

Fluffernutter Cookies

1 cup creamy peanut butter

1 large egg

1 cup marshmallow cream

Preheat oven to 350 degrees. In a large bowl mix the peanut butter and egg until well combined with a spoon. Slowly stir in the marshmallow cream until just combined. You want to see the marshmallow cream not fully incorporated as a swirled mixture. With a small-medium cookie scoop, scoop dough onto a parchment-lined baking sheet. Bake for 12-15 minutes or until baked through. Let cool for 5 minutes on cookie sheet before transferring to a cooling rack. Makes 18 cookies. Store in covered container.

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Family: Husband, Chavet Sikes; Children, Remington (age 11); Riley (age 8); Allison (age 6); Alex (age 4) and Matisse (age 1)

Dr. Remington will be joining the team of outstanding physicians on August 24, 2010. She provides comprehensive health care for individuals and families of all ages.

