

# 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

## POTATO POWER

By MARY ANN MENEDEZ  
 "My idea of heaven is a great big baked potato and someone to share it with."

— Oprah Winfrey  
 Potatoes are the heart and soul of cooking. And they are so versatile too.

You can mash, fry, boil, bake, grill, rice and steam them with culinary success. They can be found from appetizers and all the way through to cakes and candy.

According to www.global-gourmet.com, the potato is related to the tomato, eggplant and pepper. The Latin name for the potato plant is Solanum tuberosum.

When growing potatoes, make sure to eat only the potato; the rest of the plant is poisonous.

Choose fresh spuds with the fewest blemishes. Pass up those that have cracks, bruises and wrinkles. If they are soft or sport green spots, let them lay where they are. Remember to store the unwashed potatoes in a dark, dry and cool area. Never refrigerate them or place in the freezer.

One large plain baked potato offers 278 calories with zero grams of fat or cholesterol. It packs a healthy dose of total carbohydrates at 63 grams and 7 grams of dietary fiber. Seven grams of protein and 4 grams of sugar are also present.

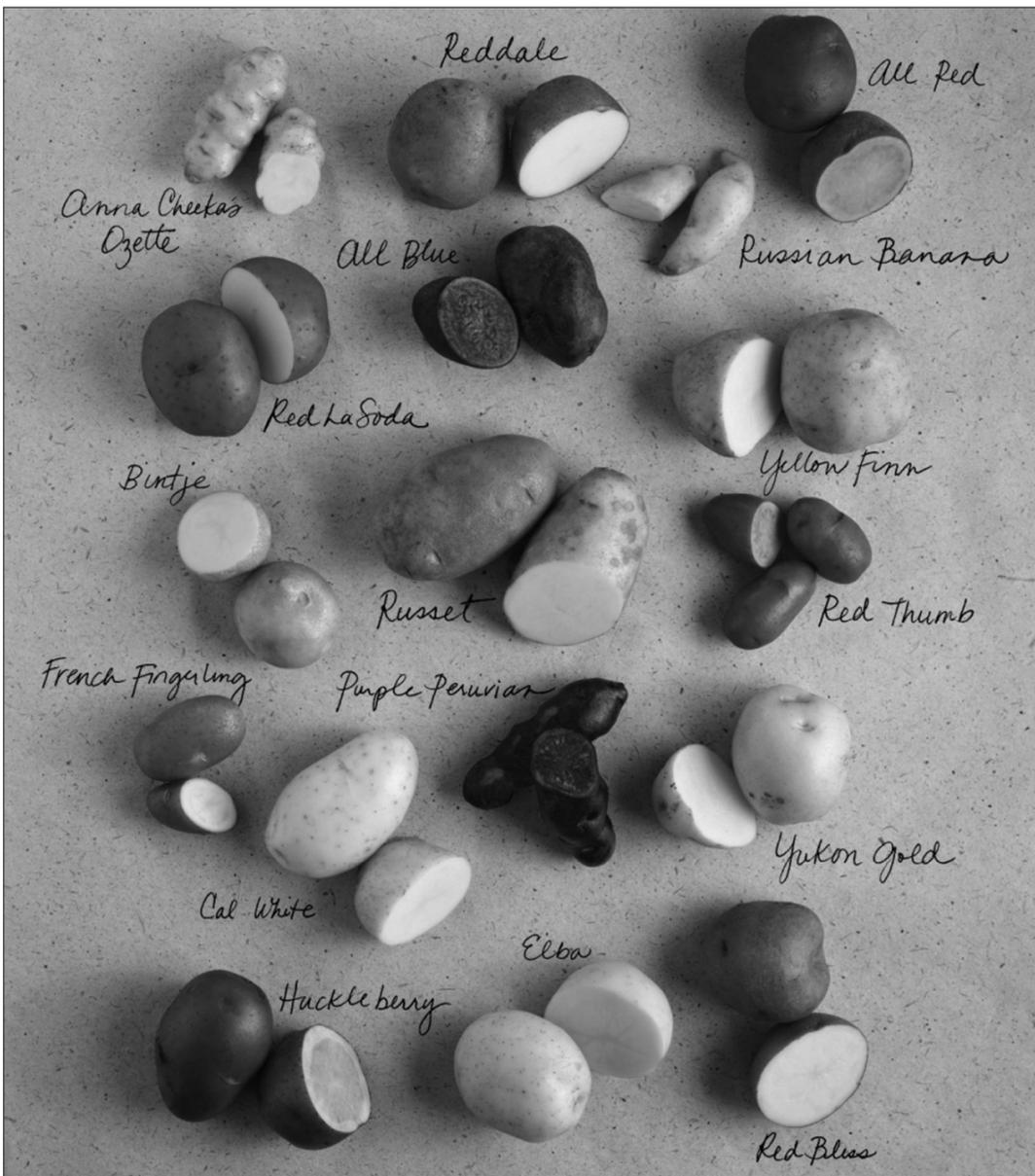
There is a healthy dose of Vitamin C at 48 percent. Other nutrients include iron 18 percent and calcium 4 percent.

### Tater Soup

- 4-5 medium-size potatoes
  - 1 carrot, grated
  - 2 ribs celery, finely chopped
  - 1/2 onion, finely chopped
  - 2 tablespoons butter
  - 1 tablespoon olive oil
  - 1 teaspoon flour
  - 1 14-ounce can chicken broth
  - 1 cup milk
  - Salt and pepper to taste
- Steam potatoes until very tender. Peel and cut into bite-sized pieces when cool. Sauté carrot, onion and celery in the margarine until crisp tender. Stir in flour and bacon grease. Pour in chicken broth and milk and stir until smooth. Add potatoes and stir until mixture is lump-free. Heat until ready to boil, but not boiling. Serve topped with grated cheddar cheese and chopped green onions.

### Hash Brown Hot Dish

- 2 pounds frozen hash brown potatoes, thawed
  - 1 cup chopped onion
  - 1 can cream of mushroom soup
  - 1 pint sour cream
  - 1/2 cup melted butter
  - 8 ounces shredded sharp cheddar cheese
  - 1 teaspoon salt
  - 1/2 teaspoon freshly ground black pepper
  - Crushed potato chips
- Preheat oven to 350 degrees. Mix all ingredients together well and put into a 9 x 13 casserole dish. Cover and bake for about an hour. Take off cover and top with crushed potato chips. Bake uncovered for another 30-45 minutes until potatoes are well cooked and chips are crisp.



### Deluxe Potato Skins

- 4 medium russet potatoes
  - 1/3 cup sour cream
  - 2 ounces shredded Parmesan cheese
  - 2 ounces shredded Mozzarella cheese
  - 1/4 cup sliced green onion tops
  - 2 tablespoons chopped fresh parsley
  - Pepper to taste
- Preheat oven to 375 degrees. Bake potatoes 45 minutes, or until tender. Cool. Cut each potato in half. Scoop out pulp leaving about 1/4-inch of potato in each half. Cut each half in half again to form quarters. Season with salt and pepper. Bake potato quarters for 15 minutes to crisp. Mash 1 cup potato pulp. Mix in the sour cream, cheeses, green onions, and parsley. Divide the mixture evenly between the potato skins. Sprinkle with freshly ground pepper and bake for an additional 15 minutes. Serve warm.

### Potato Bread

- 1 cup mashed potatoes
  - 1 envelope (1/4 ounce) active dry yeast
  - 3 cups white flour
  - 1 cup whole wheat flour
  - 2 teaspoons fresh rosemary, finely chopped
  - 2 teaspoons salt
  - 4 tablespoons olive oil
  - 1 cup warm water
- In a large bowl, combine yeast, white and wheat flours, rosemary and salt. In another bowl, mash together the potatoes and olive oil, adding a small amount of water, if needed, for a smooth consistency. Add potatoes to the flour mixture, then add about one half cup of water. Mix until a soft dough forms. Continue to add small amounts of water if needed. Place dough on a floured counter and knead for 8-10 minutes or until smooth and elastic. Place the dough in a lightly oiled bowl, cover with a clean cloth, place in a warm spot and allow to rise for an hour or until doubled in size. Place the risen dough on a floured

counter. Punch it down and then knead it for a minute or so. If you want to make two small loaves, divide the dough. Otherwise leave it as one ball. Flatten the dough, then fold it over with a seam down the middle. Put the seam side down and shape the loaf into an oval and place on a baking sheet or large round loaf pan. Cover the loaf with a clean cloth and allow to rise until doubled, about half an hour. Preheat your oven to 400 degrees. Bake for 30-35 minutes or until golden brown and hollow-sounding when tapped. Remove from oven and cool on a wire rack.

### Twice-Baked with Bacon & Sour Cream

- 4 large baking potatoes completely baked
  - 1/2 cup whipping cream
  - 1/4 cup butter
  - 1/2 cup sour cream
  - 1/2 cup sharp cheddar cheese shredded
  - 1/4 cup sliced green onions
  - 1 teaspoon garlic salt
  - 3/4 teaspoon pepper
  - 2 slices bacon cooked and crumbled
- Slice the top off each completely baked potato. Scoop potato pulp out of the potato skins and combine with whipping cream. Beat mixture until whipped. Add remaining ingredients, restuff potato skins and bake 20 minutes at 350 degrees. Sprinkle with crumbled bacon.

### Potato Dumplings

- 4 medium potatoes, boiled
- 1/2 cup sifted flour
- 1/2 teaspoon baking powder
- 1 teaspoon salt
- 1/4 teaspoon pepper
- 2 tablespoons grated onion with juice
- 1/2 cup dried bread crumbs
- 1 1/2 teaspoon melted butter
- 1 egg, slightly beaten
- 2 quarts boiling water
- 1/2 teaspoon salt

Rice the potatoes. Sift together flour, baking powder, salt and pepper. Combine riced potatoes, flour mixture, onion, bread crumbs, butter and egg. Mix well. Shape into 12 small balls and dredge lightly with flour. Chill. Drop dumplings into boiling salted water. Cover and boil 15 minutes.

### Potato & Egg Dish

- 1/2 teaspoon butter
  - 1 1/2 cups mashed potatoes
  - 4 eggs
  - 2 tablespoons grated Velveeta Cheese
  - 1 teaspoon paprika
  - 1/2 teaspoon salt
  - 1/8 teaspoon pepper
  - 1/8 teaspoon garlic powder
- Preheat oven to 400 degrees. Prepare mashed potatoes to your liking. Butter a 9-inch casserole. Spread hot mashed potatoes evenly in the pan and make 4 indentations. Break an egg into each well. Sprinkle Velveeta over the potatoes and eggs. Season with salt, pepper and garlic powder. Top with a sprinkling of paprika. Bake in oven for 10 minutes until the eggs have set and the cheese is melted.

### Roasted Potatoes with Onion

- 1 envelope dry onion soup mix
  - 1/2 cup vegetable oil
  - 1/4 cup butter, melted
  - 1/4 teaspoon pepper
  - 2 pounds potatoes, quartered
- In shallow baking or roasting pan, thoroughly blend all ingredients, except potatoes. Add potatoes and turn to coat thoroughly. Bake, stirring potatoes occasionally, for about 60 minutes or until tender and golden brown. Garnish, if desired, with chopped parsley.

### Potato & Ham Chowder

- 1 pound ham, cut into quarter-inch cubes
- 1/4 cup butter

- 2 cups half and half
- 3 cloves fresh garlic, minced
- 1 large onion
- 1 leek, minced
- 1 32-ounce can chicken broth
- Pinch each of thyme and sage
- 1 bay leaf
- 1/4 teaspoon each onion and garlic powder
- 3 tablespoons flour
- 1/4 teaspoon pepper
- 1/2 cup sour cream
- 1/4 pound shredded Swiss cheese
- 2 large potatoes, peeled, cut into 1/2-inch cubes
- 1 10-ounce pkg. shoe-peg frozen corn (thawed)
- 1 10-ounce pkg. chopped frozen broccoli (thawed)
- Pinch of salt, to taste

In a large Dutch oven or soup pot, melt 2 tablespoons of the butter. Sauté onion until light browned and translucent; add ham cubes and minced leek. Stir over high heat for several minutes. Add garlic and sauté over medium heat for another minute or two. Add a pinch of thyme and sage to the broth. Add cubed potatoes. Add bay leaf. Bring to a boil; reduce heat to a simmer. While stirring with a whisk, sprinkle in flour, stirring until smooth. Add garlic and onion powder. Simmer for 15 minutes. Stir in thawed broccoli and corn. Continue to cook over low heat until all vegetables are tender. Combine sour cream and half and half and add to pot. Simmer until heated through; add remaining butter. Sprinkle in shredded cheese and simmer, stirring until cheese has melted (just a few minutes). Season to taste with salt and pepper. Remove bay leaf. Serve immediately.

### Chocolate Spud Cake

- 1/2 cup shortening
- 2 cups sugar
- 4 egg yolks
- 1 cup hot mashed potatoes
- 2 cups pastry flour
- 3 teaspoons baking powder
- 2 teaspoons cinnamon
- 1/2 teaspoon nutmeg

### TATER TRIVIA

- Today potatoes are grown in all 50 states of the USA and in about 125 countries.
  - The potato is about 80 percent water and 20 percent solids.
  - The average American eats about 124 pounds of potatoes per year while Germans eat about twice as much.
  - Thomas Jefferson gets the credit for introducing "French fries" to America when he served them at a White House dinner.
  - Less than 1 acre of potatoes can produce enough potato gasohol to fill 25 cars
  - n Mr. Potato Head was the first toy to be advertised on American television.
  - Did you know that potatoes were a natural stain remover? When you get a stain on your clothing, let it dry. Then rub a fresh potato over the stain for a couple of minutes. Wash your clothes with laundry detergent and water as you usually do. The enzymes in the potato will probably have removed most, if not all, of the stain.
  - The Irish referred to potatoes as "spuds." The name is derived from a type of spade used for digging this vegetable.
  - A couch potato is someone who is glued to the TV and never exercises
  - A cold potato is someone who is not warm-spirited
  - Small potatoes is a reference to very little.
  - Hot potato is a problem nobody wants to deal with.
- Taken from www.potandon.com/ss\_potatoes\_trivia.htm

- 1/4 cup milk
  - 2 ounces unsweetened chocolate, melted
  - 1 cup chopped nuts
  - 4 egg whites, stiffly beaten
- Cream shortening and sugar, beat in egg yolks and the mashed potato. Then alternately add mixed and sifted dry ingredients with milk and melted chocolate. Stir in nuts and fold in stiffly beaten egg whites. Bake in shallow pan in a preheated 375-degree oven for about 30 minutes.

### Potato Pancakes

- 4 large potatoes
  - 1 small onion
  - 1/2 cup milk
  - 1 teaspoon salt
  - 1 egg, beaten
  - 2 tablespoons flour
  - Fat for frying
- Peel and grate potatoes; mix with onion and milk. Mix with salt, egg and flour. Drop by tablespoonfuls into hot fat in skillet. Brown on both sides and serve immediately.

### Reddened Potatoes

- 6 medium potatoes
  - 2 tablespoons butter
  - 1 tablespoon olive oil
  - 2 garlic cloves, minced
  - 2 small green peppers, seeded, cored and chopped
  - 1 tablespoon paprika
  - 2 small ripe tomatoes, peeled, seeded and chopped
  - 1 teaspoon salt
  - 1/2 teaspoon pepper
  - 1/2 teaspoon crushed caraway seeds
  - 1 cup chicken broth
- Boil the potatoes in skins until tender; drain and dry over heat in a pan, then peel. In a deep saucepan, heat the butter and oil and saute the garlic for 2 minutes. Then add the peppers and cook for 4 minutes. Stir in the paprika, blending well. Add the tomatoes and seasonings and the broth. Cover and simmer for 10 minutes. Cut the potatoes in 1/4-inch-thick slices and place in the saucepan with the sauce. Simmer, uncovered, for 5 minutes, or until the potatoes are heated through, spooning the sauce over them as they heat. Serves 6.

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