

# 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

## Out with old ... in with the **NEW YEAR!**

By MARY ANN MENENDEZ  
SPECIAL TO THE EDN

There are two types of folks:

- Those who HATE to start new things.
- Those who LOVE to start new things.

Some years I cannot say goodbye fast enough to the year with dwindling days, hours, minutes and seconds. Then there are those years I wish would last forever and ever.

But it makes difference to what I or you want, time waits for no one and marches on in its steady and even-paced way.

As the months and years roll by, the end of December brings a special time for reflections. All of us need to remember what direction we were aiming for at the beginning of the waning year. If we did not make our mark, it is probably a good time to reset the goal in the New Year. Whether it is involving smoking, eating, exercising, drinking alcohol or any other of the many things we need to pay better attention to for our bodies and do the right thing to live healthy, productive lives.

The word January stems from the Roman god Janus. In Latin I during my high school days, I learned Janus was the two-faced god; he had the ability to look back and gaze forward. Janus is noted as the keeper of gates and doorways, beginnings and endings, and most importantly time as he can gaze into the future as well as into the past.

As we reflect on our triumphs and/or shortcomings of 2010, we all need to set realistic goals for 2011 as we embrace the New Year. Has anyone noticed too that the older we get the faster time goes?!?

Whether you celebrate the New Year on the last day of December or the first day in January, here are some recipes to say a fond farewell to 2010 and a big Happy HI to 2011.

From my home to yours, Happy 2011!

### Oyster Loaf

- 1 loaf crusty Italian bread
- 2 cloves garlic
- 8 slices bacon
- 2 ounces butter, melted
- 1 cup oysters
- 1 tomato
- Salt & pepper to taste
- Flour

Cut Italian bread 3/4 way through lengthwise. Fold open and scoop out center of loaf. Rub inside of loaf with garlic (mashed). Drizzle part of butter over loaf. Coat oysters with flour, salt and pepper. Fry in butter and place on bottom of loaf with any leftover juice from cooking.

Fry bacon and lay across oysters. Fry sliced tomatoes for 2 seconds in small amounts of bacon drippings, season. Place on top of bacon/oyster mixture. Wrap in foil. Bake at 350 degrees for 20-30 minutes. Serves 4.

### Tropical New Year Slush

- 4 cups sugar
- 1 large can pineapple juice
- 1 medium can frozen lemonade concentrate
- 1 medium can frozen orange juice concentrate
- 5 bananas, quartered

Boil 6 quarts water and sugar to make syrup; let cool. Stir in next 3 ingredients. Place bananas in blender container. Process to puree; stir into juice mixture. Freeze until needed. Remove from freezer 2 to 3 hours before serving. Punch should be slushy when served.

### Auld Lang Syne Cocktail

- 1 ounce light rum
  - 6 tablespoons orange juice
  - 6 tablespoons cranberry juice cocktail
- Shake. Pour in a large champagne glass over cracked ice.

### New Year Stew

- 3 pounds chuck, cubed
- 1 can tomato soup
- 1 soup can water
- 1 beef bouillon cube
- 1/2 teaspoon salt
- 2 onions, sliced thin



- 3 cloves garlic, minced
- 3 potatoes, quartered
- 3 carrots, peeled and sliced
- 3 stalks celery, sliced thin
- 1 green pepper

Combine ingredients in a 5 quart crock pot. Cover and cook 5 hours on medium heat. During final hour of cooking, mix cornstarch with some of the juices in separate dish and add to pot to thicken.

### Fizzy Punch

- 1 bottle Cold Duck, chilled
  - 1 quart bottle any champagne, chilled
  - 4 cups cranberry juice, chilled
  - 1 2-liter bottle ginger ale, chilled
- Combine in large punch bowl. Decorate with ice ring.

### Black Walnut Cake

- 1 cup butter
  - 1/2 cup shortening
  - 3 cup sugar
  - 5 eggs
  - 1 teaspoon rum extract
  - 1 teaspoon vanilla extract
  - 3 cups flour
  - 1 teaspoon baking powder
  - 1 cup milk
  - 1 cup black walnuts, chopped
- Beat butter, softening and sugar until light and fluffy. Add eggs, one at a time, beating well after each addition. Add extracts to milk. Add baking powder to flour. Alternately add liquid and dry ingredients to batter. Stir in walnuts. Pour batter into a greased and floured tube pan. Bake in a preheated 325 degree oven until cake tests done, about 1 hour and 10 minutes.

### New Year Hot Dish

- 2 pounds sauerkraut, fresh, canned or packaged
- 1 pound solid piece of bacon, with rind
- 1 cup rice
- 2 pounds boneless pork cut into 1-inch cubes
- Salt, freshly ground black pepper
- 1 1/2 cups finely chopped onions
- 1 teaspoon finely chopped garlic
- 2 tablespoons paprika
- 1 pound Italian sausage, cut into one-eighth slices

- 2 cups chicken stock, fresh or canned
- 1 1/2 cup sour cream
- 3/4 cup milk
- 1/2 teaspoon salt
- 1/2 teaspoon paprika

Preheat the oven to 350 degrees. Wash the sauerkraut under cold running water, and then let it stand in cold water for 10 minutes to reduce the sourness. Squeeze it dry by the handful and set it aside. With a sharp knife, cut the bacon off the rind, leaving 1/4-inch of the fat attached to the rind. Dice the bacon into one-quarter inch chunks. In a heavy 10-inch skillet, cook the bacon until it is slightly crisp, and then transfer it with a slotted spoon to a large mixing bowl. Pour off from the skillet all but a thin film of the fat and reserve it. Drop the rice into 2 quarts of slightly salted boiling water. Bring the water to a boil again and cook the rice for 3 minutes. Pour it into a colander, rinse it with cold water and set aside. Sprinkle the pork cubes with salt and a few grindings of pepper. Heat 3 tablespoons of the bacon fat in the skillet until a light haze forms over it. Then add the pork cubes. Over medium heat toss them about for 5 to 6 minutes, or until they are lightly browned on all sides. With a slotted spoon transfer the pork to the mixing bowl with the bacon and add the onions and garlic to the fat remaining in the skillet. Stirring occasionally, cook them for about 5 minutes or until the onions are lightly colored. Turn off the heat, stir in the 2 tablespoons of paprika, continuing to stir until the onions are well coated, then scrape the mixture into the mixing bowl with the bacon and pork. Return the skillet to the heat and add the sausage and, using more of the bacon fat if necessary, cook it until it is lightly browned. Transfer the sausage to the mixing bowl, and add 1 cup of the stock to the skillet. Bring to a boil, stirring in any brown bits clinging to the bottom and sides of the pan. Then pour the stock over all the ingredients and with fork, toss them together gently but thoroughly. Line a heavy 6 quart casserole with the sauerkraut, after pulling it apart with two forks. Spread the meat onion mixture over the sauerkraut. Spread the rice on top of that. Combine the sour cream and milk and pour the mixture evenly over the rice. Score the bacon rind

and cut it into 5 or 6 equal strips. Distribute these over the top of the casserole and sprinkle with 1/2 teaspoon salt and a few grindings of pepper and paprika. Cook, uncovered in the middle of the oven for 1 and 1/2 hours, adding the other cup of stock after 1 hour. Serve directly from the casserole. Serves 8.

### New Year Dip

- 1 large onion, minced
- 2 stalks celery, finely chopped
- 4 jalapeno peppers, seeded and finely chopped
- 1/2 cup catsup
- 1/4 cup finely chopped green pepper
- 1/2 teaspoon salt
- 1 teaspoon coarsely ground pepper
- 1 teaspoon hot sauce
- 3 teaspoons chicken-flavored bouillon granules
- 1/4 teaspoon ground cinnamon
- 1/4 teaspoon ground nutmeg
- 2 (16 ounces) cans black-eyed peas, rinsed and drained
- 1 (14 ounces) can whole tomatoes, drained and chopped
- 1/2 cup bacon drippings, melted
- 3 tablespoons all-purpose flour

Combine first 11 ingredients in a saucepan. Cook over low heat until mixture begins to simmer. Stir in black-eyed peas, tomatoes and garlic powder. Simmer 30 minutes, stirring frequently. Combine bacon drippings and flour. Add to mixture in saucepan. Simmer 10 minutes. Serve dip with tortilla chips. Makes 4 cups.

### Lucky Peas

- 1 pound dried black-eyed peas
  - 1/2 pound smoked ham
  - 1 large onion, chopped
  - Red pepper to taste
  - Dash of mace
  - 3 cloves garlic
  - Salt to taste
- Wash peas and cover with water; soak overnight. Cook ham in water until tender. Add peas, onions, red pepper, mace and garlic; cook slowly about 2 hours. Remove ham, slice and brown in oven. Season peas with salt. Arrange slices of the meat over peas. Serve hot.

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