



RECIPE COLLECTION

Finnish Cardamom Coffee Bread

1. Make a sponge of
 - 2 cups lukewarm milk
 - 2 cups flour
 - 2 (1/4 ounce) packages active dry yeast dissolved in 1/2 cup warm water
2. Let stand one hour, then add
 - 4 egg yolks
 - 1 cup sugar
 - 1/2 cup soft butter
 - 1 tsp salt
 - 1/2 tsp crushed cardamom seed
 - About 6-1/2 cups flour
3. Knead well about 15 minutes.
4. Let rise until double in bulk.
5. Make into loaves or braids.
6. Let rise one hour.
7. Brush top with beaten egg.
8. Bake 30-35 minutes in moderate oven (350 degrees).
9. Top with pearl sugar.

Recipe provided by Bill Lindeberg who lives on 57th Street.

Creamy Garlic Potatoes

Several years ago, I attended a wedding reception at the Scanticon Hotel in Northern Minneapolis. They served a potato dish that

has become a favorite.

1. Peel and slice enough medium sized baking potatoes for desired number of servings.
** These must be baking potatoes. Other potatoes do not come out the same.
2. Place sliced potatoes in casserole dish.
3. For each potato used, peel and crush one garlic clove. Disperse among sliced potatoes.
4. Salt and pepper to taste.
5. Pour whipping cream over the potatoes to generously immerse potatoes.
** Alternatively, half and half can be used.
6. Sprinkle a little paprika over the top, for a little color, if you wish.
7. Cover with lid or foil and bake at 350 degrees until fork tender, about one hour.
8. For the last 20 minutes or so, uncover potatoes until they turn golden brown. The potatoes will have absorbed the cream.

Serving suggestion: Serve with medallions of pork tenderloin (or any pork roast) along with a cranberry sauce or relish when fresh cranberries are in season.

Recipe provided by Deloris Bohnsack who lives on Rutland Drive.

Hearty Chicken & Noodle Casserole

- 1 can cream of mushroom soup
 - 1/2 cup milk
 - 1/4 tsp pepper
 - 1/2 cup Parmesan cheese
 - 1 cup frozen mixed vegetables
 - 2 cups cooked chicken, cubed (or 1-12.5 oz can of chicken)
 - 2 cups egg noodles, cooked and drained
 - 1/2 cup shredded cheddar cheese
1. Stir soup, milk, pepper, Parmesan cheese, veggies, chicken, and noodles together and place in 1-1/2 quart casserole dish.
 2. Bake at 400 degrees for 25 min or until hot. Stir.
 3. Top with shredded cheese.

Options:

Use 1/2 cup French fried onions instead of topping with cheese.

Use 2 cups cooked corkscrew pasta instead of egg noodles.

Recipe provided by Virginia Gieseke who lives on 59th Street.

Butterscotch Apple Crisp

- 4 cups tart apples, peeled and sliced
- 1/2 cup packed brown sugar
- 1 Tbsp flour
- 1/2 cup water
- 1/4 cup milk
- 1/2 cup quick cooking oats
- 2/3 cup flour
- 1 (4-serving size) pkg cook and serve butterscotch instant pudding mix
- 1/4 cup sugar
- 1 tsp ground cinnamon

- 1/2 tsp salt
- 1/2 cup cold butter, cubed

1. Layer the apples in an ungreased 7x11 inch pan (or 8 x 8).
2. Whisk together brown sugar, 1 Tbsp flour, water and milk. Pour over apples.
3. In a separate bowl, combine oats, 2/3 cup flour, butterscotch pudding mix, sugar, cinnamon, and salt. Cut in butter until crumbly. Sprinkle over apples.
4. Bake at 350 degrees for 45-50 minutes, until apples are cooked through and topping is golden brown.

Serves 8.

Recipe provided by Eileen Kiess who lives on 56th Street.

No-Knead Everything Peasant Bread

This original recipe is for "everything bread". I replace the "everything" with rosemary and sea salt, sometimes leave out entirely and make plain peasant bread, etc.

- 3 cups AP or bread flour
- 1/2 tsp yeast
- 1-1/4 tsp salt
- 3 Tbsp everything spice (poppy seeds, sesame seeds, dried garlic flakes, dried onion flakes, kosher sea salt in equal proportions -- about 4 tsp of each and save in jar for future loaves)
- 1-5/8 cup warm water
- Flour as needed

1. In a large bowl, combine flour, yeast, salt and 1-1/2 Tbsp everything spice.
2. Add water and stir with wooden spoon until blended; dough will be shaggy/sticky.
3. Cover bowl with plastic wrap. Let dough

rest for 18 hours at 70 deg room temp, no drafts.

4. Dough is ready when surface dotted with bubbles. Lightly flour surface, place dough on it, sprinkle more flour as needed and fold over itself once or twice. Use just enough flour to keep dough from sticking to counter.
5. Generously coat a cotton dishcloth with flour and place on cookie sheet (flour side up). Put dough seam down on towel and dust with more flour, cover with another dish cloth and let rise for 2 hours.
6. At least 30 min before dough is ready, heat oven to 450 degrees. Place a heavy covered pot (I use cast iron Dutch oven -- must have lid) in oven as it heats. When dough is ready, remove pot from oven. Spray with non-stick spray. Slide hand under towel and turn dough over into pot. Shake pot once or twice if dough is unevenly distributed.
7. Spritz top of dough liberally with water, then sprinkle remaining 1-1/2 Tbsp everything spice. Cover with lid and bake 20-25 min, then remove lid and bake another 8-12 minutes until browned on top. Cool on rack.

Recipe provided by Eva Jablonski who lives on Kingman Avenue.

No-Time Peasant Bread

This bread recipe is very similar to the previous no-knead peasant bread, except it only takes two hours from start to finish! A great alternative when short on time, this one has a finer crumb compared to the rustic wide holes of a wetter dough.

- 4-1/2 tsp active dry yeast (two packets)
- 1 Tbsp sugar
- 1-1/2 cups water

- 3-1/2 cups bread flour
- 2 tsp salt
- 3/4 tsp balsamic vinegar

1. In the bowl of a stand mixer, add the yeast, sugar and water and let it sit.
2. Preheat the oven to 450 degrees F. Place the Dutch oven in to warm as the oven heats.
3. After the yeast had had a few minutes to bubble up, add 3 cups of flour as well as the salt and vinegar and beat for several minutes with the paddle.
4. Switch to the dough hook and add the last 1/2 cup of flour. Beat for 7-8 minutes until the dough becomes elastic. This will still be a wet dough, but not goopy. It should clear the sides of the bowl but still stick to the bottom.
5. Lightly grease a microwave-safe bowl and transfer the bread dough to it, rolling it in the oil. Cover the bowl with a very damp towel. Cover the wet towel with a dry towel and place in the microwave.
6. Microwave on high for 25 seconds. Let rest in the microwave for about 5 minutes.
7. Microwave on high for another 25 seconds, then remove. Let rest and rise in a draft-free location for another 15 minutes, still covered.
8. Shape into a ball and plop into the preheated Dutch oven. If desired, add rosemary, sea salt or other topping. (If using a topping, it helps to spritz some water on top to make it stick.)
9. Cover and bake for about 25-30 minutes, then remove the cover and bake for another 10 minutes or until the crust is golden brown.

Recipe provided by Eva Jablonski who lives on Kingman Avenue.

Kale and Vegetable Soup

- 2 Tbsp olive oil
 - 1 large onion, diced
 - 3 medium carrots, diced
 - 2 cloves of garlic, minced
 - 2 cups peeled butternut squash in 1/2-inch cubes
 - 1/4 tsp allspice
 - pinch cayenne pepper, plus more to taste
 - 4 sprigs fresh thyme
 - kosher salt
 - 1 quart low-sodium vegetable broth
 - 1 14-1/2 oz can no-salt-added diced tomatoes
 - 2 cups lightly packed kale, ribs removed, coarsely chopped
 - 1 cup low-sodium canned chickpeas
1. Heat the oil in a large soup pot over medium-high heat.
 2. Add the carrots and onion and cook, stirring occasionally, until they begin to soften, about 6 minutes.
 3. Add the garlic and cook for 1 minute more.
 4. Add the squash, allspice, cayenne, and 1 tsp salt and stir to combine. Add the broth, tomatoes with their juice, and thyme. Bring to a boil, reduce the heat to medium, cover, and simmer for 10 minutes.
 5. Add the kale and the chickpeas and cook uncovered until the squash is tender and the kale has wilted, about another 10 minutes. Discard the thyme sprigs before serving. Season to taste with more salt and cayenne.

Yield: 4 servings

Per serving (2 cups): 260 calories, 37g carbohydrates, 11g protein, 9g fat (1.5g saturated), 7g fiber, 9mg cholesterol, 580mg sodium.

Source: Ellie Krieger, Fine Cooking Soups & Stews

Note: This is one of those recipes you can adjust to your tastes and needs. I cut back on sodium whenever possible. I also use a whole can of chickpeas because what do you do with the 1/3 cup that's left? I go heavy on the cayenne pepper because I like the extra "heat" it provides. I peel and cube several butternut squash at a time and freeze them in 2-3 cup portions for several different soups I make.

Recipe provided by Anne Van Ryswyk who lives on Kingman Avenue.

Toasted Pecans

- 3/4 cup melted margarine
 - 4 tsp Worcestershire sauce
 - 1 Tbsp garlic salt
 - 1/2 tsp hot sauce
 - 4 cups pecan halves
1. Stir all ingredients, including nuts, in a large skillet.
 2. Spread onto a flat pan and place in 325 degree oven.
 3. Bake for 30 minutes, stirring once or twice.

Note: This is a good and easy holiday treat. This recipe is from a friend I worked with in San Diego.

Recipe provided by Anne Van Ryswyk who lives on Kingman Avenue.
