



Minnesota Recipes

Minnesota Tater Tot Hot Dish

Ingredients:

- 1 pound ground beef
- 1 medium onion, chopped
- 1 10 ¾ oz. can cream of mushroom soup
- 1 10 ¾ oz. can cream of chicken soup
- ½ cup milk
- 1 16 oz. package frozen mixed vegetables
- 1 16 oz. package frozen tater tots
- 1 ½ cups cheddar jack cheese



Directions:

Brown the ground beef with the onion; drain off any fat.

Stir in the soups, milk, and the vegetables.

Transfer the mixture to a 9 x 13" baking dish. Arrange the tater tots on top.

Bake in a preheated 350° oven for about 30 minutes, or until the mixture is bubbly and the tater tots are brown and crisp.

Sprinkle the cheese over the tater tots, return the dish to the oven, and bake an additional 10-15 minutes or until the cheese is melted.

Spam Recipe for Spam Salad

Ingredients:

1 can of Spam, regular or low-salt
1/4 cup diced white onion
1/4 cup diced sweet or dill pickle
1 large hard-boiled egg, diced
1/4 teaspoon celery seed
Mayonnaise



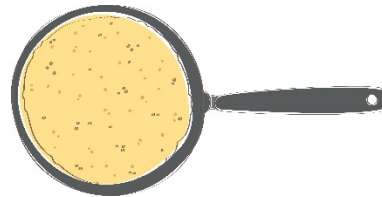
Directions:

Chop or grind Spam to consistency of coarse hamburger. Mix with other ingredients using enough mayonnaise. Chill thoroughly. Serve as a dip with chips or crackers or spread on bread.

Lefse

Ingredients:

3 cups cooled, mashed potatoes
3 cups sifted flour
1 tsp. salt
1 Tbsp. sugar
2 Tbsp. shortening or butter
2 Tbsp. cream or half & half



Directions:

Mix all ingredients together. Using one tablespoon of dough at a time, roll thin on a floured board. Cook on both sides (turning once) on a pre-heated griddle until a few light brown spots form on each side.

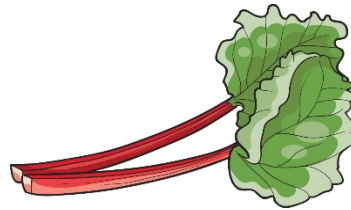
Cool on dish towels, keeping each piece separate from the others.

To serve: Spread with butter; sprinkle with sugar; roll up.

Rhubarb Buttermilk Cake

Ingredients:

1 1/2 cups chopped rhubarb (small bite-sized)
3 Tbsp. sugar
2/3 cup butter at room temperature
2/3 cup sugar
2 large eggs at room temperature
1 tsp. pure vanilla extract
1 1/2 cups unbleached all-purpose flour
1/2 tsp. salt
1 tsp. baking powder
1/8 tsp. baking soda
1/2 cup buttermilk



For the Topping:

1/3 cup butter, at room temperature
1/2 cup unbleached all-purpose flour
1/2 cup sugar
1 tsp ground cinnamon

Directions:

Spray an 8-inch square pan with non-stick spray and preheat oven to 350 degrees. Place the chopped rhubarb in a small bowl and toss with 3 tablespoons sugar, set aside. In large mixing bowl, cream butter and remaining sugar and beat in eggs one at a time, then add vanilla. In another bowl, mix all remaining dry ingredients together and add to the butter/sugar/egg mixture alternately with the buttermilk, mixing just until combined. Fold in the sugared rhubarb and scrape the batter into prepared pan, smoothing top somewhat.

Mix the topping ingredients together by hand until big crumbles form and scatter them evenly over the batter. Bake cake at 350 for 45 minutes or until done in the center.

Blueberry Cobbler

Ingredients:

For the blueberry filling:

6 cups fresh blueberries, sorted, rinsed and dried

1 cup granulated sugar

2 teaspoons freshly grated lemon zest

3 tablespoons flour

For the crumble topping:

1 cup plus 5 Tbsp. flour

6 Tbsp. granulated sugar

1½ tsp. baking powder

¼ tsp. salt

6 Tbsp. butter, chilled & cut into bits

1 large egg, slightly beaten

1 tsp. pure vanilla extract

1 Tbsp. granulated sugar



Directions:

Arrange oven rack in lower third of oven and preheat oven to 375 F. Lightly butter 10-inch round quiche plate, pie plate or 2-quart baking dish.

Place blueberries into prepared baking dish. In a small bowl, combine sugar and lemon zest. Add the flour and whisk until thoroughly combined. Sprinkle mixture evenly over blueberries and toss gently.

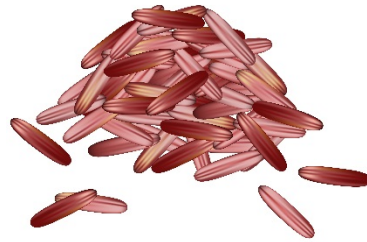
Prepare topping: In a medium bowl, whisk together flour, sugar, baking powder and salt until well combined. Using a pastry blender, cut butter into flour mixture until it resembles a coarse meal with small pea-sized pieces of butter. In a small bowl, whisk vanilla into beaten egg using a fork. With a fork, gently toss beaten egg and vanilla into flour mixture until moistened and dough starts to hold together. Continue to toss and blend gently with fingertips until well combined. Sprinkle topping evenly over fruit filling. Sprinkle crumble topping with sugar.

Bake in preheated oven until topping is golden brown and filling is cooked through and bubbly, about 40 to 45 minutes. To prevent over-browning of topping, cover with sheet of aluminum foil after 25 minutes of baking. Remove foil and carefully transfer to wire rack to cool.

Wild Rice with Mushrooms

Ingredients:

2 cups of chicken stock or vegetable stock
1 cup of wild rice or wild rice mix, rinsed
2 Tbsp. extra virgin olive oil
1 pound of mushrooms, sliced
1 Tbsp. butter
1/2 cup thinly sliced scallions
4 tsp. balsamic vinegar
Salt and pepper



Directions:

Bring the stock to a boil in a small pot. Add rice, and reduce to a simmer. Cover and cook until rice is just tender and almost all the liquid has been absorbed, about 40 minutes. Remove from heat.

Let set, covered, for 10 minutes. Drain any excess liquid if necessary. Fluff rice with fork.

Meanwhile, heat the olive oil in a large sauté pan over medium-high heat. Add mushrooms and cook for 4 minutes, do not stir. Season with 1 tsp. salt and stir. Continue to cook for 6-8 minutes, stirring occasionally, until mushrooms are tender and caramelized.

Reduce heat to low, add butter and scallions. Cook about 1 minute, until scallions are softened.

Turn off heat, and stir in vinegar.

Transfer rice to a serving bowl, and stir in the mushrooms. Season with salt and pepper to taste.