

Grandma LaLa's

Cookbook

Christmas 2023



This cookbook was made with lots of love for my incredibly wonderful grandchildren and great grandchildren. I hope you enjoy these recipes and make more memories with these dishes.

Love and hugs,

Grandma LaLa



APPETIZERS



Black Bean Salsa



INGREDIENTS

- 1 can - black beans, rinsed**
- 1/4 C - thin sliced onions**
- 1/4 C - chopped bell pepper**
- 2 T - chopped fresh cilantro**
- 1 C - Pace chunky salsa**
- 1 1/2 tsp - lime juice**
- 1/4 tsp - minced garlic**
- 1/4 tsp - ground cumin**
- 1 small avocado**

MAKES

2 1/2 C salsa

DIRECTIONS

Combine beans, onions, bell pepper and cilantro in medium bowl.

Combine salsa, lime juice, garlic and cumin in small bowl; mix well.

Pour salsa mixture over vegetables, mix gently.

To serve, mix in chopped avocado. Serve with chips.

Egg Salad



Tips: $\frac{1}{2}$ tsp or more curry powder. Anna, Glenn's cousin in Denmark, adds curry powder to her egg salad and it is delicious.

INGREDIENTS

- 8 hard boiled eggs**
- $\frac{1}{4}$ C - mayonnaise**
- 1 T - Dijon mustard**
- 1 $\frac{1}{2}$ tsp - lemon juice**
- 2 celery stalks, finely chopped**
- 1 T - red/white onion, fine**
- To taste: salt, pepper, chives**
- Fresh leaf lettuce**

MAKES

4 servings

DIRECTIONS

- Gently toss the eggs and celery together in a medium-size bowl.
- In a smaller bowl, combine mayonnaise, mustard, lemon juice, onion, chives, salt, pepper, & curry powder. Fold into the eggs and celery.
- Chill for an hour or so before eating. For each individual serving, spoon 1/2 cup onto a lettuce leaf or spread on bread.

Guacamole



INGREDIENTS

4 avocados
4 garlic cloves, crushed
½ onion, finely diced
½ tomato, diced
1 jalapeno, chopped
1 lime, juiced
To taste: salt, pepper, hot sauce

DIRECTIONS

Just do it!

MAKES

a good time

Mexican Quiche



INGREDIENTS

1/2 C - butter
10 eggs
1/2 C - flour
1 tsp - baking powder
1 dash - salt
8-12 oz - canned mild green chili
2 C - cottage cheese
4 C - grated Monterey jack cheese

MAKES

12 lunch servings
24 appetizer servings

DIRECTIONS

Melt butter in a 9 x 13 " baking pan. Set aside. In large bowl, beat eggs, add flour, baking powder, and salt. Mix well. Add melted butter, leaving pan buttered. Add chiles and cheese. Mix together and pour into baking pan.

Bake uncovered at 350° for 45 - 60 minutes. Test for doneness with a knife. Be sure quiche is set and knife blade comes out clean when inserted in center. Allow to cool slightly before removing from pan.

Can be frozen after baking. Reheat with foil cover.

Queso



INGREDIENTS

3 T - flour
3 T - butter
1 ½ C - hot milk
1 lb - Velveeta cheese, chunks
1 can - drained Rotel tomatoes
1 can - green chili or jalapeno

MAKES

1 ½ C queso sauce

DIRECTIONS

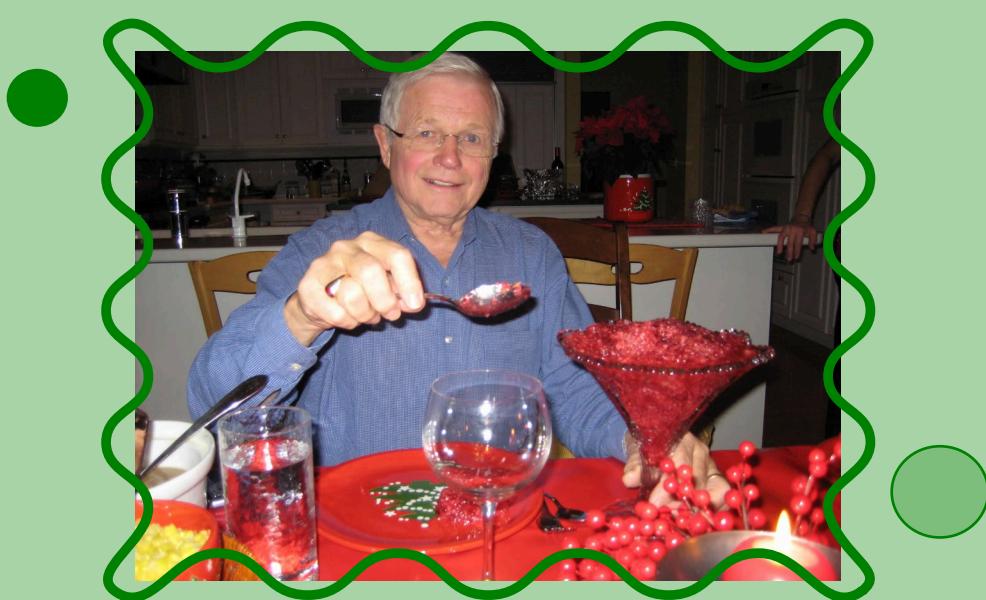
In big Pyrex mixing bowl, mix together flour, butter, hot milk. Microwave until thickened.
Add cheese, tomatoes, chili peppers. Microwave on half power til smooth and hot.
Serve with chips.



FRUITS & VEGGIES



Grandma Holt's Cranberry Relish



Note: Bags of cranberries are now 12 oz and not 16 oz as before. 16 oz of cranberries are needed to have the bright red color. I always double the recipe.

INGREDIENTS

16 oz - cranberries

2 oranges

zest of the oranges

4 red apples

3 C - sugar

MAKES

6 cups

DIRECTIONS

In food processor, pulse fruits till finely chopped.

Add sugar to fruit. Mix and chill.

Let set 10 hours before freezing so sugar dissolves.

Freezes well.

PAIR WITH

Norwegian meatballs, mashed potatoes, Iowa corn

Cucumbers



INGREDIENTS

3 large cucumbers

1 tsp. salt

¼ C - sugar

1/8 C - water

¼ C - white vinegar

½ tsp - celery seed

¼ C - chopped onion

MAKES

**a great pairing for winter feasts
and summer picnics**

DIRECTIONS

Peel cucumbers, run fork down the length of cucumber, slice thinly.

If cucumbers are in-season and contain lots of moisture, sprinkle with salt and let stand 30 minutes. After rest, squeeze cucumbers to release moisture. This step can be skipped.

In a medium size bowl, mix sugar, water, vinegar, celery seed and onion. Add cucumbers to mixture (+ salt if not added before).

Mix well and refrigerate 1 hour.

Frozen Fruit Cups



Note: Gpa says "We triple the recipe for Christmas and for the syrup we do 4 cups water and 4 cups sugar. We also add our frozen blueberries."

INGREDIENTS

- 1 C – water**
- 1 C – sugar**
- 2 cans – mandarin oranges**
- 1 can – crushed pineapple in own juice, drained**
- 1 C – raspberries or blueberries**
- 1 box – frozen strawberries**
- 2 bananas, sliced**

MAKES

14 servings

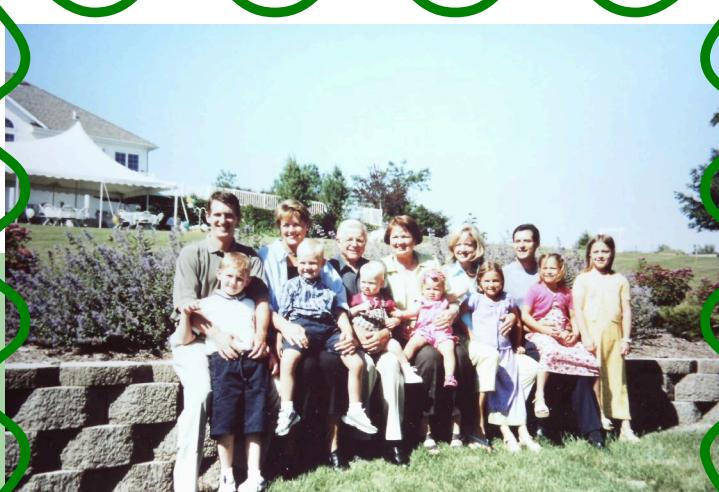
DIRECTIONS

- Bring water and sugar to boil. Cool syrup.
- Mix all fruit except bananas in large bowl.
- In $\frac{1}{2}$ cup clear plastic glasses, put sliced bananas on bottom, place remainder of fruit on top of bananas.
- Pour syrup over fruit, cover with plastic wrap, and freeze.
- Remove from the freezer an hour before you will eat.

PAIR WITH

pancakes, sausage, xmas morning

Pickled Beets



INGREDIENTS

fresh beets
2 C - sugar
2 C - water
2 C - vinegar
1 tsp - cloves
1 tsp - allspice
1 T - cinnamon

DIRECTIONS

Cover beets in large stockpot. Boil water and cook beets until tender, about 15 mins.
Set aside to cool. Once cooled, peel and slice beets.
Bring brine to boil and pour over beets in jars.
Let cool and store in refrigerator.

MAKES

**"I have no amount for the
number of beets. I guess you
just do whatever :)"**

Potatoes à l'Élegant



INGREDIENTS

8 oz - cream cheese
4 C - mashed potatoes
milk
1 egg
1/3 C - onion, finely chopped
1 tsp - salt
dash of pepper

DIRECTIONS

Mashed potatoes with milk. Blend in an 8 oz package of cream cheese. Add the beaten egg, onion, salt, and pepper.
Bake in casserole prepped with cooking spray at 350° for 45 mins.

VARIATIONS

1995: Used 10-12 potatoes mashed with milk, 2 cream cheese, 3 eggs, 2/3 C. onion.
Baked at 350° for 1 hour. – Excellent!

6/2000: Used 24-25 potatoes mashed with 4 - 8 oz. cream cheese, 6 eggs, 2/3 C onion.
Baked at 350° for 1 ½ - 2 hours.

Priscilla's Vinaigrette



DIRECTIONS

Add Dijon mustard to bowl or jar, then salt and pepper. Mash with a spoon.

Add garlic, then mash again.

Mix in acid - red wine vinegar or part apple cider vinegar.

Mix in olive oil. (You want equal amounts [1:1] of acid and oil)

Use immersion blender.

I like this on a salad of butter lettuce.

(You could add 1 tsp - sugar and some lemon juice if serving over carrot crudité.)





BEVERAGES



Glogg



INGREDIENTS

- 750 mL - dry red wine**
- ½ C - dried currants**
- ½ C - gin (or aquavit)**
- ½ C - bourbon**
- ⅓ C - white sugar**
- orange peel**
- 8 inches - cinnamon stick, pieces**
- 6 cloves**
- 2 cardamom pods, opened**
- ¼ C - almond slivers, blanched**

MAKES

8 servings

DIRECTIONS

- In a large sauce pan, stir together wine, liquor, and sugar.
- Make spice bag out of double thickness cheesecloth: place orange peel, cinnamon, cloves, cardamom, and some currants in the cloth. Bring up corners of cloth and tie with clean string.
- Place spice bag into liquid and heat to simmer.
- Simmer, do not boil, uncovered for 10 minutes.
- Remove and discard spice bag.
- To serve, place almonds and currants in small glasses, pour wine mixture over them in the glass and serve with a small spoon.

Hot Cranberry Cider



INGREDIENTS

1 gal - apple cider
2 ½ qt - cranberry juice
(3:2 apple: cranberry)
5 cinnamon sticks

MAKES

26 servings

DIRECTIONS

Pour apple cider and cranberry juice into coffee maker reservoir.
Place cinnamon sticks in basket of coffee maker and percolate. Serve hot.

Margaritas



INGREDIENTS

1 can - Old Orchard lime mix

1 can - tequila

½ can - Triple Sec

1 lime

1 bag - ice

Optional: orange juice, Grand

Marnier

MAKES

a party !

DIRECTIONS

Struggle to turn on Gma's 30 year old blender and blend with ice.

Can make all ahead of time and serve over crushed ice with a splash of Grand Marnier as a topper.

Decorate with lime slices.



BREAD



BREAD

Aebleskiver



History: From 1982 book *Delectably Danish: Recipes and Reflections* by Julie Jensen McDonald, which highlights Danish-American culture

INGREDIENTS

2 C - flour
½ tsp - salt
1 tsp - sugar
2 C - buttermilk
2 eggs, separated
1 tsp - baking soda
To grease: melted butter
To spread: jam

DIRECTIONS

Heat aebleskiver pans on medium-low.
In small bowl, beat egg whites until stiffly beaten.
Mix flour, salt, sugar in medium bowl.
Beat together buttermilk and egg yolks in small bowl then mix into to flour mixture.
Add soda to flour/buttermilk mixture and then gently fold in beaten egg whites.
Grease holes of pan. Spoon batter into holes, half full. Cook over medium-low to low heat until half done and turn quickly with chop sticks.
Roll in sugar and serve with jam or applesauce.

BREAD

Banana Bread



INGREDIENTS

2 C - all-purpose flour
¾ tsp - baking soda
½ tsp - salt
1 C - sugar
¼ C - butter, softened
2 large eggs
1 ½ C - bananas, ~4 mashed ripe
1/3 C - plain yogurt
1 tsp - vanilla

MAKES

1 loaf, 14 servings
Typically double this recipe

DIRECTIONS

Pre-heat oven to 350°. Combine flour, baking soda, and salt, stirring with a whisk.

Place sugar and butter in large bowl and beat with a mixer until well blended. Add the eggs, one at a time, beating well after each addition. Add banana, yogurt, and vanilla; beat until blended. Add the flour mixture; beat at low speed just until moist.

Spoon batter into an 8 ½ x 4 ½" loaf pan coated with cooking spray. Bake for one hour or until a wooden pick inserted in center comes out clean. Cool 10 minutes in pan on wire rack; remove from pan. Cool completely.

BREAD

Bread Dough



INGREDIENTS

1 1/8 C - water
2 T - butter, melted
2 T - sugar
1 tsp - salt
**3 C - bread flour, King Arthur
brand preferred**
**2 tsp - yeast, quick rise
preferred**

MAKES

12 rolls

DIRECTIONS

For breadmaker :

Put water, butter, sugar and salt in mixer. Top with bread flour then place yeast on top of flour.

Set breadmaker to Dough Setting.

When dough is complete, remove and make into 12 rolls or cinnamon rolls.

BREAD

Cinnamon Rolls (pt. 1)



INGREDIENTS

Bread:

**2 T + ¾ tsp - 3 packages quick
rise yeast**

2 ¼ C - warm water

¾ C - milk

4 ½ T - sugar

1 T - salt

4 ½ T - butter

8-9 C - bread flour

Caramel:

1 C - brown sugar

6 T - butter

2 T - corn syrup

MAKES

Two dozen rolls

DIRECTIONS (PT. 1)

For stand mixer:

Warm mixer bowl by rinsing with hot water. Heat water to 110°F (1 min @ 50% power). Dissolve yeast in warm water in warmed bowl.

In 2-cup glass measuring cup, heat milk, sugar, salt and butter (2 min @ 50% power). Cool to lukewarm-110°F. Add lukewarm milk mixture to water/yeast in mixer bowl.

Add 7 C flour to yeast/milk mixture in mixer bowl. Attach bowl and dough hook to mixer. Turn to Speed 2 and mix about 1 minute.

Continuing on Speed 2, add remaining flour, ½ cup at a time, and mix about 2 minutes, or until dough clings to hook and cleans sides of bowl. Knead on Speed 2 about 2 minutes longer, or until dough is smooth and elastic. Dough will be slightly sticky to the touch.

BREAD

Cinnamon Rolls (pt. 2)



INGREDIENTS

Bread:

2 T + ¾ tsp - 3 packages quick rise yeast

2 ¼ C - warm water

¾ C - milk

4 ½ T - sugar

1 T -salt

4 ½ T - butter

8-9 C - bread flour

Caramel:

1 C - brown sugar

6 T - butter

2 T - corn syrup

MAKES

Two dozen rolls

DIRECTIONS (PT. 2)

Place dough in greased bowl, turning to grease top.

Cover. Let rise in warm place, free from draft and covered with a towel, about 1 hour or until doubled in bulk.

Punch dough down and divide in half. Roll or pat out dough into an approximately 9x15" rectangle. Spread dough with room temperature butter, sprinkle with brown sugar, then with cinnamon. Form a tight spiral roll by rolling dough lengthwise. Pinch the end of the dough to the roll. Cut into 12 spiral pieces and place in greased baking 9x13 cake pans.

Cover rolls and let rise in warm place for 1 hr (double size)

Coat bottom of the pan with caramel mixture: brown sugar, butter, corn syrup microwaved for 3 min @ 30%.

Bake at 350° for 20-30 minutes, or until golden brown.

Remove from pans immediately and cool on wire racks.

BREAD

Gma & Gpa Pancakes



INGREDIENTS

1 egg
1 C - buttermilk
2 T - oil
½ C - whole wheat flour
½ C - white flour
1 tsp - baking powder
½ tsp - baking soda
½ tsp - salt
1 T - sugar
1 tsp - vanilla

MAKES

One dozen pancakes

DIRECTIONS

Mix eggs, buttermilk, oil and vanilla in small bowl.
In larger bowl, mix flour, baking powder, soda, salt and sugar.
Gradually add egg mixture to flour mixture and mix lightly with a whisk.
Grandpa thins the batter with some milk.
Grease griddle with canola oil between rounds of flipping pancakes.
Cook with love <3

BREAD

Gma & Gpa Pancakes (x6)



Tips: Gma says "this is the amount I make when all 13 of us are here together. It's nice when I mix up all the dry ingredients and have it ready in a freezer ziplock bag to pull out."

INGREDIENTS

6 eggs
6 C - buttermilk
¾ C - oil
1 ½ C - whole wheat flour
4 ½ C - white flour
2 T - baking powder
3 tsp - baking soda
3 tsp - salt
¼ C + 2 T - sugar
2 T - vanilla

MAKES

6 dozen pancakes

DIRECTIONS

Mix eggs, buttermilk, oil and vanilla in small bowl.
In larger bowl, mix flour, baking powder, soda, salt and sugar.
Gradually add egg mixture to flour mixture and mix lightly with a whisk.
Grandpa thins the batter with some milk.
Grease griddle with canola oil between rounds of flipping pancakes.
Cook with love <3

Mom's Tea Rings (pt. 1)



INGREDIENTS

½ C - warm water

1 ½ C - warm milk

½ C - sugar

1 tsp - salt

2 eggs, slightly beaten

½ C - shortening, softened

2 packages - dry yeast

7-7½ C - flour

MAKES

Three tea rings

DIRECTIONS (PT. 1)

Dissolve yeast and 1 tsp sugar in warm water

Into the warm milk, add and mix the sugar, salt, beaten eggs, softened shortening and yeast. Mix in one half of the flour and beat till smooth. Gradually add remaining flour till easily handled. Turn out on floured board and knead till smooth, about 5 min. (Mom counts 300 strokes)

Put dough in greased pan. Cover and let rise in warm place until doubled (about 1 1/2 hours). Punch down, let rise again till almost doubled (about 30 min). Punch down again and divide into three equal parts. (Mom weighs them--about 16 oz. each)

Roll out dough into an oblong about 15x9". Spread with softened butter (~2 T), sprinkle to taste with brown sugar (1/3-1/2C) and cinnamon (~2 tsp).

BREAD

Mom's Tea Rings (pt. 2)



INGREDIENTS

½ C - warm water

1 ½ C - warm milk

½ C - sugar

1 tsp - salt

2 eggs, slightly beaten

½ C - shortening, softened

2 packages - dry yeast

7-7½ C - flour

MAKES

Three tea rings

DIRECTIONS (PT.2)

Roll up tightly beginning at the wide side, pinching edges to seal. Place sealed edge down, forming a ring, on a lightly greased cookie sheet. Pinch ends together. (Mom puts them in 9" round cake pans so that they are the right shape to put in her containers to freeze.)

With a scissor, cut 2/3 way through the ring at 1" intervals. Turn each of these cut sections on its side. Do same with remaining dough. Let rings rise until doubled, about 35-40 mins. Bake at 350° for 25-30 minutes. Let cool on rack. Lightly frost and decorate with chopped walnuts and maraschino cherries.

(Tea rings may be frozen before frosting. Then when ready to use them, simply remove them from freezer the night before, warm lightly in the oven or microwave, frost, decorate and enjoy. They are such a tradition with our family that even sleepy teenagers get up early at Gma's to be sure they get their share of the tea rings.)

BREAD

Morning Glory Muffins



Tips: This is a large recipe and the muffins freeze well! Use food processor to grate carrots and apples.

INGREDIENTS

4 C - flour
2 ½ C - sugar
4 tsp - baking soda
4 tsp - cinnamon
1 tsp - salt
4 C - carrots, grated
2 apples, peeled and grated
1 C - raisins, optional
1 C - pecans, chopped
1 C - coconut, shredded
6 eggs
2 C - vegetable oil
1 T - vanilla

MAKES

apparently a lot

DIRECTIONS

Sift together flour, sugar, baking soda, cinnamon, salt.
Stir in grated carrots and apples with raisins, pecans, and coconut.
Beat the eggs, oil, and vanilla together and stir into the flour-carrot-apple mixture. Stir only until combined.
Fill muffin tins 2/3 full. Bake at 350° for 20-25 min.

BREAD

Peg's Coffee Cake



History: Peg Ostrem was a very funny friend of Grandma. They taught together!

INGREDIENTS

- 1 C - butter**
- 1 C - sugar**
- 2 eggs**
- 1 T - vanilla**
- 2 C - flour**
- 1 tsp - baking soda**
- 2 tsp - baking powder**
- 1 C - sour cream**
- ¾ C - brown sugar**
- 1 C - walnut, chopped**
- 2 tsp - cinnamon**

MAKES

- 1 large bundt cake**

DIRECTIONS

In greased bundt pan, place alternating layers by thirds of brown sugar mix and two layers of batter inbetween.

Stir and create swirls with a "silver knife." (Peg's words)

Bake at 325° for 40-45 minutes.

Cool for 10 minutes. With hot pad, pick up cake pan and gently shake from side to side. Thumping indicates cake is loose and ready to invert. Loosen cake around the sides, invert on cooling rack, remove pan and cool.

Summer 2010: "Kids loved this. It disappeared rapidly. It's a very moist and great coffeecake. It freezes beautifully. Wrap in plastic then aluminum foil to freeze. Take out early the day you want to serve it.

BREAD

Grandpa's Popovers



INGREDIENTS

**4 T - unsalted butter, melted
(2 T in batter, 2 T in cups)**

4 eggs, lightly beaten

2 C - milk

2 C - flour

1 tsp - salt

MAKES

12 popovers

Enjoy with butter and jam.

Bonne Maman raspberry is a favorite!

DIRECTIONS

Preheat oven to 450° for 40-45 minutes. Brush each cup of popover pan entirely with butter.

In medium bowl, whisk together eggs, milk, then 2 T of melted butter.

In large bowl, whisk together flour and salt, then whisk in egg mixture. Mix vigorously (can use blender or food processor) until smooth. Divide the batter into buttered cups.

Bake at 450° for 12-15 minutes. Reduce temperature to 325° for 12-15 minutes more. Remove from oven and invert pan onto cooling rack.

Let pan cool before second batch before buttering, battering, and baking again.

BREAD

Waffles



INGREDIENTS

1 ½ C - white unbleached flour
½ C - whole wheat flour
1 tsp - baking powder
½ tsp - baking soda
1 tsp - salt
4 T - unsalted butter, melted
3 large eggs
2 C - buttermilk, room temp
3 T - sugar

DIRECTIONS

Assemble dry ingredients and then wet ingredients. Pour wet ingredients into the dry and mix. Set batter aside to rest for 5 minutes (or can refrigerate up to 1 hour).

Preheat waffle iron and coat with non-stick spray.

Ladle batter onto the waffle iron, smooth lightly. Bake until steam ends and waffle golden and crisp, about 3-4 minutes.

Keep warm in 200° on rack in oven or warming oven until serve.

BREAD

Zucchini Bread



INGREDIENTS

1 lb zucchini
2 C - flour
1 tsp - baking soda
1 tsp - baking powder
1 tsp - cinnamon
1 tsp - allspice
½ tsp - salt
1 ½ C - sugar
¼ C - plain yogurt
2 large eggs
1 T - lemon juice
6 T - unsalted butter, melted
¾ C - golden raisins

MAKES

One 9" loaf

DIRECTIONS

Cut large zucchini in half lengthwise and scoop out the seeds with a spoon before shredding.

Generously coat 9x5" loaf pan with cooking spray. Shred and squeeze zucchini. Whisk flour, baking soda, baking powder, cinnamon, allspice, and salt in a large bowl. Whisk sugar, yogurt, eggs, lemon juice, and butter in bowl until combined.

Gently fold yogurt mixture, zucchini, and raisins into flour mixture using spatula until just combined. Transfer batter to prepared pan.

Bake at 375° for 45-55 mins until golden brown and skewer inserted in center comes out with a few crumbs attached. Cool for 10 minutes, then invert onto wire rack to cool at least 1 hour.



SOUPS



French Onion Soup



INGREDIENTS

2 T - butter
2 T - olive oil
2 T - sugar
5 lbs - onions
32 oz - chicken broth
32 oz - beef stock
4 C - water
2 C - dry red wine or Vermouth
1 ½ C - gruyere, emmenthal, Jarlsberg equal mixture grated
1 loaf - french bread
Parmesan cheese, grated

MAKES

4.5 quarts. Usually doubled to make 9 quarts

DIRECTIONS

Diagonally slice $\frac{1}{2}$ " thick pieces of french bread and bake at 300° for 30 mins to dry out.

Heat butter and oil in large Le Creuset pan. Add onions, sugar, salt and pepper. Cook till translucent and somewhat caramelized. Takes 40-45 mins.

Add wine or broth to deglaze pan. Transfer to larger soup kettle if necessary. Add remaining liquids. Simmer until flavors meld.

When ready to serve, spray soup bowls with Pam, place bread and some cheese in bowl. Ladle soup over bread and cheese. Add 1 T cognac (optional) and grated cheese mixture. Top with some Parmesan cheese for better browning.

Put bowls on metal pan into 425° oven for 20 mins until nicely browned (can also use broiler).

Hamburger Vegetable Soup



INGREDIENTS

- 1 lb - lean ground beef**
- 2 medium onions, diced**
- 2 stalks celery, diced**
- 5 carrots, sliced**
- 4 potatoes, diced**
- 1/3 C - barley**
- 1 can string beans**
- 1/4 head cabbage, julienne**
- 1 can tomatoes**
- 1 T - chicken bouillon granules**
- 1 tsp - dried basil**
- 1 bay leaf**
- salt & pepper**
- 5 C - water**

DIRECTIONS

Brown beef with salt and pepper. Drain fat from meat. Saute onions and celery.

Add remaining ingredients and season. Bring to boil, reduce heat, and simmer one hour or until tender.

Note: Depending on season, I would also add parsnips, turnips, and/or rutabaga. They lend very good flavors. Toward the end of the simmer, I would also add zucchini. Usually doubled to freeze for quick meals.

MAKES

6 servings

Potato Leek Soup



INGREDIENTS

5 leeks, white part only
5 large potatoes
2 T - parsley, chopped
1 T - butter
1 T - olive oil
salt & pepper
4 C - chicken broth
<4 C - water (start with 1-2 C)
½ C - cream or half/half or milk

MAKES

6-8 servings

DIRECTIONS

Finely slice whites of leeks. Slice potatoes.
Melt butter and olive oil in large saucepan and cook parsley until it becomes limp.
Add the leeks and sauté for a few minutes then add potatoes, broth, and water.
When potatoes are tender, add cream/milk and allow to simmer over very low heat for 15 mins.
Break up potatoes somewhat can use a blender or hand mixer to purée some of the potatoes to slightly thicken the soup).
Cool to serving temperature. Garnish with parsley.



MAIN COURSES



MAIN COURSES

Beef Tenderloin



INGREDIENTS

4-5 lb - filet of beef
2 T - unsalted butter
1 T - kosher salt
1 T - black pepper, coarse

MAKES

8-10 servings

PAIR WITH

French Onion Soup

DIRECTIONS

Preheat oven to 500°.
Trim and tie the filet of beef.
Place the beef on a sheet pan and pat the outside dry with a paper towel. Spread the butter on with your hands. Sprinkle evenly with the salt and pepper. Roast in the oven 22 mins for rare and 25 mins for medium-rare (145°). Medium is 160°.
Remove the beef from the oven, cover it tightly with aluminum foil and allow it to rest at room temperature for 20 mins. Remove the strings and cut the filet in thick slices.

MAIN COURSES

Mexican Build-Up



INGREDIENTS

1 lb - ground beef

1 small onion, chopped

8 oz - tomato sauce, tomato paste

24 oz - water

**1 can - refried black beans,
tomatoes, chiles**

1 C - cooked brown rice

SPICES

**1 tsp - chili powder, oregano, salt,
cumin, fajita seasoning**

2 tsp - sugar

2 cloves garlic, minced

TOPPINGS

**tortillas, sour cream, avocado,
grated cheese, shredded lettuce,
sliced green onions, chopped
tomato**

DIRECTIONS

Prepare tortillas over open flame and store.

Crumble beef into skillet on moderate heat. Add in chopped onion. Drain off grease.

Add in rest of ingredients and spices. Mix lightly, bring to boil, reduce heat and simmer covered for 40 mins. Mixture should be quite thick, can thicken by adding rice.

To serve, fill a warmed tortilla with meat and rice mixture, add condiments and enjoy



Norwegian Meatballs (6X)



INGREDIENTS

12 lb - ground chuck
3 lb - ground pork
9 tsp - kosher salt
1 tsp - pepper
1 ½ tsp - nutmeg
1 ½ tsp - ginger
6 tsp - dehydrated onion
¾ C - flour
12 eggs
2 qt - half and half
9 qt - beef stock

MAKES

60 servings - 600 meatballs

DIRECTIONS (6X)

Grind meat together 5 times.

Combine seasonings with flour (hydrate onions in ¼ C water). Using hands, mix into meat. Mix in one egg at a time. Gradually add half and half, until spongy and light. Shape into balls with a small dipper chilled in ice water!

Drop into simmering beef stock, cook about 5 mins. In fry pan, brown in butter and a little oil. Put cooked balls in roaster pan, cover with beef broth, and freeze.

Thaw meatballs in broth at least two days before use. Warm meatballs at 325° until all ice crystals gone. Drain broth from meatballs and make gravy. Add thickened broth to meatballs and warm at 225° until ready to serve.

Gravy: Mix 1 C cold water with 1 C flour in blender. Add flour mixture slowly to 7 C boiling broth (drained from meatballs) along with 2 tsp kosher salt and some pepper. Cook until thickened and add back to meatballs.

MAIN COURSES

Norwegian Meatballs (GF)



INGREDIENTS

8 lb - ground chuck

2 lb - ground pork

6 tsp - kosher salt

4 dashes - pepper

1 tsp - nutmeg

1 tsp - ginger

4 tsp - dehydrated onion

8 T - almond flour

8 eggs

1 qt - half and half

6 qt - beef stock

MAKES

40 servings - 400 meatballs

DIRECTIONS (GF)

Grind meat together 5 times.

Combine seasonings with flour (hydrate onions in $\frac{1}{4}$ C water). Using hands, mix into meat. Mix in one egg at a time. Gradually add half and half, until spongy and light. Shape into balls with a small dipper chilled in ice water!

Drop into simmering beef stock, cook about 5 mins. In fry pan, brown in butter and a little oil. Put cooked balls in roaster pan, cover with beef broth, and freeze.

Same thawing and warming directions.

Gravy: Mix 1 C cold water with 2/3 C tapioca flour in blender. Add flour mixture slowly to 7 C boiling broth (drained from meatballs) along with 2 tsp kosher salt and some pepper. A little more tapioca flour may be needed. Cook until thickened and add back to meatballs.

*This adapted recipe replaces traditional flour with almond flour (1:1) in balls and tapioca flour (3:2) in gravy.

MAIN COURSES

Shepherd's Pie



INGREDIENTS

1 onion, chopped

1 lb - ground beef

2 ½ C - canned green beans

**(10 oz Condensed Cream of Tomato
Soup)**

or

(1 C - tomato puree + ¼ C - red wine)

5 potatoes, medium, cooked

½ C - milk

1 egg, beaten

salt, pepper, thyme

MAKES

6 servings

DIRECTIONS

Sauté onion in oil, add ground beef, salt and pepper, and brown. Add drained beans and soup. Pour mixture into greased casserole.

Mash potatoes, add warm milk, egg and seasonings.

Spoon in mounds of potatoes over meat. Can add grated cheddar cheese on top.

Bake at 350° for 30 minutes.

Note: "I quadruple recipe. For more vegetable, I add celery and carrots with sauteed onions. Can freeze, but much needs much longer to thaw and bake."

MAIN COURSES

Sloppy Joes



INGREDIENTS

6 lb - hamburger
1 ½ C - onion, diced
1 ½ C - celery, diced
1 pint - ketchup
1 ½ C - water
1 1/3 T - Worcestershire Sauce
1 tsp - dry mustard
salt & pepper

MAKES

24 servings

DIRECTIONS

In large fry pan, season hamburger with salt and pepper and brown. Drain off any excess fat. Remove hamburger and gently sauté onion and celery until tender. Return hamburger and remaining ingredients to the pan and simmer all together for 30-45 mins. Serve with buns, pickles, and Sterzing's potato chips.

Note: Freezes well. Sometimes to save time, we use two fry pans and brown hamburger in one and sauté onions and celery in the other and then mix them all together.



DESSERTS



Apple Cake



History: From Sally Dains, our Mahaska Dr. neighbor

INGREDIENTS

2 large eggs
1 C - vegetable oil
2 C - sugar
2 tsp - cinnamon
1 tsp - baking soda
½ tsp - salt
2 C - flour
1 tsp - vanilla
4-5 C - apples, thinly sliced
Frosting:
6 oz - cream cheese
3 T - butter, melted
1 tsp - vanilla
1 1/3 C - powdered sugar

DIRECTIONS

Beat eggs and oil until foamy. Then fold in rest of the ingredients. Once smooth, add sliced apples.

Bake at 350° for 45-60 mins in greased and floured 9x13" pan. Allow cake to cool.

Can serve as is or frosted. Frosting can be mixed by hand or food processor.

Merle Holt's Favorite Banana Cake



INGREDIENTS

½ C - butter
1 ½ C - sugar
2 eggs
1 tsp - vanilla
2 C - flour
1 tsp - baking powder
1 tsp - baking soda
1 C - mashed bananas
½ C - nuts (optional)
2/3 C - sour milk or buttermilk

DIRECTIONS

Cream butter and sugar. Add rest of ingredients and beat for 2 minutes. Pour into a greased 9x11" cake pan. Bake at 350° for 30 mins.

Cool and serve topped with whipped cream or frost with simple frosting made of powdered sugar, butter, vanilla and cream or milk mixed together. Makes a very moist, flavorful cake which is even better as it stands.

Freezes well.

MAKES

a cake duhhh

Crisp and Pie Topping



INGREDIENTS

¾ C - brown sugar

½ C - flour

¾ C - old-fashioned oats

½ C - butter

DIRECTIONS

Mix by hand or food processor.

Put on top of a lightly sweetened fruit in a cake pan-sized dish

Bake at 350° for 45-60 mins.

Grandma's notes:

For apple crisp, I add some fresh lemon juice to apple mixture along with some sugar. Place in casserole, top with the crisp topping and bake at 350° for 45-60 mins.

Rhubarb crisp is the same as for apple, except I leave out the lemon juice and add 1 T of flour to help thicken the juices.

For dutch apple pie, I put apple mixture along with some cinnamon in single pie crust and top with crisp topping and bake at 425° for 15 minutes and at 350° for 35-45 minutes.

DESSERTS

Double Chocolate Chip Brownies



INGREDIENTS

2 C - chocolate chips
½ C - butter
3 eggs
1 ¼ C - flour
1 C - sugar
¼ tsp - baking soda
1 tsp - vanilla

MAKES

two dozen brownies

DIRECTIONS

Melt 1 C chocolate chips and butter on 50% power in microwave. Remove and stir.

Mix in slowly to eggs. Add flour, sugar, baking soda, and vanilla. Stir well. Stir in remaining 1 C of chocolate chips.

Spread in greased 9x13" pan. Bake at 350° for 18-22 mins.

Aunt Rachel's Fudge Brownies



INGREDIENTS

2 sticks - butter

2 C - sugar

6 T - cocoa

4 eggs

2 tsp - vanilla

1 1/2 C - flour

1 C - nuts (optional)

Frosting:

6 T - butter

1/3 C - cocoa

2 2/3 C - powdered sugar

1/3 C - cream or milk

1 tsp - vanilla

DIRECTIONS

Mix all dry ingredients together, add eggs and vanilla. Melt butter and mix all together. Pour into 9 x 13" pan sprayed with cooking spray.

Bake at 350° for 25-30 minutes.

Once cool, frost.

In small mixer bowl or food processor, cream butter. Add cocoa and powdered sugar with cream. Beat to spreading consistency. Blend in vanilla.

Kringla



History: Kringla is a soft Norwegian cookie and Kringle is a Danish flaky filled pastry. Both evolved from pretzels!

INGREDIENTS

- 2 C - sugar**
- 1 ½ C - sour cream**
- 1 C - buttermilk**
- 2 eggs**
- 1 tsp - vanilla**
- 6 ½ C - flour**
- 2 tsp - baking powder**
- 1 tsp - baking soda**
- ½ tsp - salt**

MAKES

60 knotted pastries

DIRECTIONS

- Mix sugar, sour cream, buttermilk, eggs, and vanilla.
- Add 6 cups of the flour mixed with remaining ingredients. Add rest of flour if needed. Let dough rest covered in refrigerator overnight.
- With small dipper, take out dips of dough. Have light amount of flour on hands and on pastry board. Roll dough into pencil shape about 7" inches long. Carefully place dough on parchment or silpat-lined cookie sheet and form into a loop shape or figure 8 shape.
- Keep extra dough in refrigerator as if it gets to room temperature, it gets very sticky.
- Bake at 400° for 8 mins.

Lefse



INGREDIENTS

**10 lbs - Russet potatoes,
peeled by the grandkids**

1 C - butter

1 C - cream

6 C - flour

MAKES

50 servings

DIRECTIONS (PT.1)

Boil potatoes in salted water until tender. Drain and put potatoes through ricer or Victorio strainer. In a big bowl, put the warm riced potatoes and add butter and cream. Mix with hands until completely smooth. Mixture should be like firm mashed potatoes. Put in covered pan or ziplock bags. Cool overnight or several hours until mixture is cool throughout.

Next day, measure 4 C (2 lbs / 32 oz) of mashed potato mixture into bowl of Kitchen Aid mixer. Add 2 C (10 oz) of flour and mix until smooth. Shape into a roll and put in ziplock bag. Form rolls with remaining potato mixture. Keep refrigerated until rolling out. If dough is not kept chilled, it will become sticky and hard to roll.

DESSERTS

Lefse (cont.)



Note: Gma says "The 7 grandchildren here are amazingly great lefse makers. It is so impressive!!! They could start a lefse rolling business. Cool thing is they are already set to make pies using the same skills. They are pros!"

INGREDIENTS

**10 lbs - Russet potatoes,
peeled by the grandkids**
1 C - butter
1 C - cream
6 C - flour

MAKES
50 servings

DIRECTIONS (PT.2)

For each lefse, measure out 3 oz. Roll out with lefse rolling pin on flour-covered surface to 12-14" diameter. The less flour used, the more tender the lefse will be.

Grill on flat griddle at ~450° until light brown on one side. Turn using Gpa's Danish-upgraded Norwegian lefse stick.

Brush off excess flour on cooked lefse, room temp butter, and sugar (or cinnamon-sugar). Fold in edges, fold in half two times and cut in pieces with scissors.

If storing, store between wax paper sheets in freezer ziplock bag. Can refrigerate or freeze to use later. Can either heat again on griddle or wrap in slightly damp dishtowel and warm seconds in microwave.

Chocolate Chip & Oatmeal Raisin Cookies



INGREDIENTS

1 stick - butter
½ C - crisco shortening
1 C - white sugar
1 C - brown sugar
2 eggs
1 tsp - vanilla
2 ½ C - flour
2 C - old-fashioned oats
1 tsp - baking powder
¼ tsp - salt
2 C - chocolate chips or golden raisins
Frosting:
1 lb - powdered sugar
1 stick butter
1 tsp - vanilla
¼ C - milk or cream

DIRECTIONS

Best to have all ingredients at room temperature.

Cream together butter, shortening, and sugars. Mix in eggs, one at a time. Add vanilla.

In separate bowl, mix flour, oatmeal, baking powder, salt and baking soda. Mix these dry ingredients and add to first mixture. Fold in chocolate.

Refrigerate for an hour. Use large size dipper to scoop dough and press with sugared glass. Bake 10-12 min at 350 degrees. Bake at 350° for 10-12 mins.

Once cool, frost.

Put butter, vanilla, a little milk or cream in processor and process. Add powdered sugar in 3 parts and add liquid as needed for right consistency.