

NDARECs

North Dakota Association of Rural Electric Cooperatives

Member of the National Rural Electric Cooperative Association

NORTH DAKOTA NORTH DAKOTA'S BEST-READ PUBLICATION **Living**

2018 Recipe Roundup





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GINGER VEGETABLE DIP

- 1 cup mayo
- 4 tsp. soy sauce
- 1 tsp. ginger
- 3 tsp. green onion or 2 tsp onion flakes
- 1 tsp. vinegar
- 2 T. milk (Add more as desired)

Mix and refrigerate overnight. This works well with all veggies.

Test notes: Very tasty!

Deb Myer, member of North Central Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

MOCK PATE

8 ozs. cream cheese, softened

8 ozs. liverwurst

1 tsp. lemon juice

1 tsp. Worcestershire sauce

Salt and pepper to taste

Mix well, form into a ball. Cover with sliced green olives for decoration. Keep cold until ready to serve.

Test notes: We served with garlic toast.

Deb Myaer, member of North Central Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

BLT DIP

- 8 ozs. cream cheese, softened
- ½ cup ranch dressing
- 1 medium tomato, diced and seeded
- 6 slices bacon, cooked and crumbled
- ½ cup celery, finely chopped
- 2 T. onion, finely chopped
- 1 tsp. sugar
- 1-2 loaves unsliced bread

Mix cream cheese and dressing, add tomato, bacon, celery, onion and sugar. Cover and refrigerate 3 hours. Serve with bread cut into thick slices or chunks.

Deb Myaer, member of North Central Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

KUCHEN BARS

Dough:

- ½ cup shortening
- ½ cup butter
- 1 cup sugar
- 2 eggs, beaten
- 2 cups flour
- 1 tsp. vanilla
- Fruit of choice

Filling:

- 2 cups heavy cream
- 4 eggs, beaten
- 1 cup sugar
- 1 T. flour
- 1 tsp. vanilla
- 1 tsp. cinnamon, optional

Dough: Combine shortening, butter and sugar; add eggs, flour and vanilla. Beat with a mixer and spread into 11x14x2 pan. Spread with fruit of choice (one large can drained fruit or 3 cups fresh fruit chopped or sliced).

Filling: Combine cream, eggs, 1/2 cup sugar, flour and vanilla. Beat a few minutes and pour over fruit. Sprinkle with ½ cup sugar and cinnamon to taste. Bake at 350 degrees for 35 to 45 minutes or until set.

Diane Doll



SLOW COOKER WILD RICE SOUP

- ½ cup wild rice, raw
- ½ cup carrots, shredded
- 3 14.5-oz. cans chicken broth
- 1 lb. chicken or pheasant breasts, cubed
- 1 stalk celery, chopped
- ½ cup onion, chopped
- 1 cup light or fat-free sour cream
- ½ cup flour

In slow cooker, stir together all ingredients except sour cream and flour. Cover and cook on high for 4-6 hours or on low 10-12 hours. Just before serving, stir together sour cream and flour; stir into hot soup. Continue cooking, stirring occasionally, until soup is thickened and creamy, 6-10 minutes. Yields 8 cups.

Mary Goven
Church of St. Catherine, Turtle Lake

PHOTO BY NDAREC/LIZA KESSEL



PHOTO BY NDAREC/LIZA KESSEL

CINNAMON ENERGY BITES

- 1 cup (about 8 oz.) dates, pitted (if dry, soak in warm water for 10 minutes, then drain well)
- $\frac{3}{4}$ cup old-fashioned oats
- 3 T. peanut or other nut butter
- 1 tsp. ground cinnamon
- Dash of salt
- 1 T. chia seeds (or substitute flax or hemp seeds or could omit)

Pulse dates in a food processor or blender until they're in small pea-size pieces or it forms a ball. Add remaining ingredients and pulse or mix until combined. You want consistently small pieces, but not overly processed. If the mixture isn't sticking, slowly add in one-half tablespoon of water at a time.

Roll into small, bite-size balls with your hands, forming into little spheres. Wet your fingers for easy rolling. Set balls on waxed paper until all are completed.

To set, put into fridge or freezer for 15 minutes. Otherwise, eat as is! Will keep fresh in an airtight bag or container for up to a week in the fridge. Freeze for longer-term storage.

This recipe easily doubles.

Optional additions would be nuts, pieces of chocolate or dried fruit.

Makes 16-20 bites.

Sarah Feist, member of Roughrider Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

ONE DISH SWEET POTATO, KALE AND BEAN SKILLET

- 2 tsp. coconut oil
- 1 large sweet potato, spiraled or finely diced
- Salt, pepper and red pepper flakes to taste
- 1 tsp. garlic powder
- 4-5 cups kale, chopped (could substitute spinach)
- 14.5-oz. can white beans, drained and rinsed
- 14.5-oz. can diced tomatoes, drained (Sarah uses tomatoes already seasoned with oregano and basil)
- $\frac{1}{2}$ tsp. dried Italian seasoning
- $\frac{1}{2}$ tsp. oregano
- $\frac{3}{4}$ cups cheese of your choice (Sarah likes feta or mozzarella)

Heat the oil in a large skillet over medium-high heat. Add oil. When the oil is warm, add the sweet potato and season with salt, pepper, red pepper flakes and garlic powder. Cook about 5-7 minutes until almost fully cooked. Add the kale, white beans, tomatoes and herbs and put a lid on the skillet. Toss once or twice until kale is slightly wilted and bright green in color, usually another 4-5 minutes.

Remove the skillet from heat and sprinkle with the cheese. Serve or portion into containers for lunches.

Sarah's notes: This is a one-dish skillet that quickly became a favorite lunch because it's made in one skillet, it is affordable and it is nutritious. This is a great dish to enjoy in the winter when we don't have easy access to fresh veggies.

Sarah Feist, member of Roughrider Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

BBQ CHICKEN QUINOA CASSEROLE

1½ cups cooked quinoa (or brown rice)	4 green onions, sliced
14-oz. can corn, drained	½ tsp. garlic powder
14-oz. can black beans, rinsed and drained	½ tsp. cumin
½ cup plain light sour cream OR plain yogurt	Salt, pepper and red pepper flakes to taste
⅓ cup + 2 T. preferred BBQ sauce (Sarah uses sugar-free)	1½ cups cooked and shredded chicken (use rotisserie to save time)
¾ cup shredded Mexican cheese	Optional toppings: cilantro, fresh tomatoes and green onion. Serve with additional barbecue sauce and sour cream

Preheat oven to 350 degrees.

In a large bowl, combine quinoa, corn, black beans, sour cream, 1/3 cup barbecue sauce, ½ cup of shredded cheese, half the green onions, garlic powder, cumin, salt and pepper.

Toss the cooked chicken with 1-2 T. barbecue sauce and set aside.

Lightly spray a casserole dish with nonstick cooking spray. Spread half of the quinoa mixture into the bottom of the dish. Evenly distribute half of the shredded barbecue chicken over the top. Distribute the rest of the quinoa mixture over the top of it, and then cover with the remaining barbecue chicken. Sprinkle remaining cheese and green onions over the top.

Cover with foil and bake for 25 minutes (or until cheese is melted and bubbly). Remove foil and bake another 5-10 minutes until cheese starts to brown.

Sarah Feist, member of Roughrider Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

POTATO LASAGNA

- 8-10 potatoes
- 1 lb. hamburger
- 1 can cheddar cheese soup
- 1 cup milk
- 1 can tomato soup
- $\frac{1}{4}$ tsp. oregano
- 1 T. sugar
- Onion flakes and pepper to taste
- Pepperoni
- 8 oz. Mozzarella cheese, shredded

Peel potatoes. Quarter potatoes, then slice into thin pieces. Evenly spread them to cover the bottom of a greased 13x9 pan. Brown hamburger in frying pan, drain grease, then add hamburger back into the pan. Add cheddar cheese soup and milk to hamburger. Use medium heat until blended. Pour hamburger and soup mixture over the potatoes. Mix tomato soup, oregano, sugar, onion flakes and pepper in a bowl. Spread sauce over the hamburger and potatoes. Cover the top of the ingredients with a layer of pepperoni. Bake at 350 degrees for 1 hour. At 1 hour, take pan out and add Mozzarella cheese. Bake until cheese is melted and the potatoes are soft. (Usually 10 minutes. Sometimes Kyle buys finely shredded cheese so it melts quicker.)

Kyle Beck, member of Verendrye Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

GOURMET PANCAKES

- ¼ cup butter
- 1 cup milk
- 5-6 eggs
- ¼ cup sugar
- ½ tsp. salt
- 1 cup flour

Melt butter, then spread it out onto an 11x14 cookie sheet. Blend together milk, eggs, sugar, salt and flour. Pour onto the cookie sheet. Bake at 350 degrees for 20-25 minutes. Normal time is 23-24 minutes. The pancake will normally be bubbled, but once the edges start to brown, it will be baked all the way. Take it out of the oven and let it settle for 1-2 minutes. Cut and serve.

Kyle Beck, member of Verendrye Electric Cooperative



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TWO-TONED DESSERT

First layer, crust:

- 1 cup pecans or walnuts, crushed
- 1 cup flour
- $\frac{1}{2}$ cup butter

Line 9x13 pan with crust. Bake at 350 degrees for 20 minutes. Cool.

Second layer:

- 8 oz. cream cheese
- 1 large Cool Whip (or little less)
- 1 cup powdered sugar

Mix and spread over crust.

Third layer:

- 1 pkg. (3.9 oz.) vanilla instant pudding
- 1 pkg. (3.9 oz.) chocolate instant pudding
- 3 cups milk

Beat until thick; spread over second layer. Frost with Cool Whip and garnish with nuts. Keep in fridge. Will keep at least a week!

Recipe from Bob Grant's mother, *Bernice Grant*



STOCK PHOTO

DONUTS

- 6 eggs
- 2 cups sugar
- 1 tsp. nutmeg
- ½ tsp. cinnamon
- 1 tsp. vanilla
- 1 cup sour cream
- 2 cups buttermilk
- 2 tsp. soda
- 2 tsp. baking powder
- 2 tsp. vinegar
- 4½ cups (or more) flour

Mix all ingredients together. Fry in hot lard. Drop from donut maker. Turn donuts quickly and brown on both sides. Drain on paper towels.

Recipe from Bob Grant's grandmother, Ella Anderson



MOON DESSERT

Crust:

- 1 stick butter
- 1 cup hot water
- 1 cup flour
- 4 eggs

Melt butter in water. Add flour eggs, one at a time, beating after each egg is added. Spread in greased 10x15 baking sheet. Bake 30 minutes at 375 degrees. Cool.

Mix:

- 1 pkg. (5.1 oz.) vanilla instant pudding and milk according to directions
- 8 oz. cream cheese, softened
- Cool Whip
- Chocolate topping

Mix. Spread on crust and let set for 15 minutes. Top with Cool Whip. Drizzle with chocolate topping.

Recipe from Bob Grant's wife, Helen Grant

STOCK PHOTO



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TOMATO SAUCE

- 20 large tomatoes
- 4 large carrots
- 4 large onions
- 8 sticks celery
- 3 T. sugar
- 2 T. salt
- $\frac{1}{4}$ tsp. pepper

Cut vegetables into chunks and combine with all ingredients in large kettle. Bring to boil, stirring often. Simmer over low heat for 40 minutes and cool. Put mixture in blender and blend on high for one minute. Mix less for chunky sauce. Freeze in freezer bags or process in hot water bath 35 minutes for pints, or 45 minutes for quarts. It's good in casseroles, chili and as topping for Swiss steak.

Joyce's note: Pick the tomatoes green, if need be, before they freeze. They will ripen in a box layered with newspapers in a cool place.

Joyce Waldock, member of Mountrail-Williams Electric Cooperative



NORTH DAKOTA APPLESAUCE

5 quarts apples

1 cup sugar

Cut apples in half. Just cut ends out, no need to peel or core. Cover with water and cook 10 minutes or until soft. Strain hot apples through food mill or fruit crusher. Add red food coloring if desired, and sugar to taste, approximately 1 cup. Process in pint jars for 20 minutes in hot water bath.

Joyce Waldock, member of Mountrail-Williams Electric Cooperative

STOCK PHOTO



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WALLEYE PARMESAN

- 4-6 walleye filets
- 1 cup Italian style bread crumbs
- 1 cup parmesan cheese, grated
- pepper
- 2 large eggs
- salt

In a large bowl, combine Italian bread crumbs, parmesan cheese and pepper. Wash and pat-dry walleye and cut into bite sizes. Beat eggs and add salt. Dip bite-size walleye, one at a time, into egg. Let the excess egg drip off before coating in the combined bread crumbs and cheese. Deep fry in medium heat until golden brown.

Liza Kessel, member of Capital Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

SALMON WITH CREAM

- 2 (4-6 oz.) salmon filets, no skin
- salt
- pepper
- 2 T. butter
- $\frac{1}{4}$ lemon
- $\frac{1}{4}$ cup chopped onion
- $\frac{1}{2}$ pint heavy cream

Season salmon filets with salt and pepper on both sides. Melt butter in a large skillet over medium heat. When melted butter is hot, but not smoking, sear salmon (leaving space for onion) for 2 minutes on both sides or until cooked to your liking. Squeeze lemon on salmon. Add onion, cook until soft or translucent. Add heavy cream, add salt to taste. Simmer for 5 minutes. Serve with your favorite steamed vegetables or on top of steamed white rice. Enjoy!

Liza Kessel, member of Capital Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

BEST EVER APPLE CRISP

- 3-4 apples, peeled and sliced
- 1 T. cinnamon
- 1 T. sugar

Grease a 9x9 glass pan. Cover bottom of pan with peeled and sliced apples, to fill pan 1 to 1.5 inches deep. Mix cinnamon and sugar together and sprinkle the apples with the mixture.

Crust:

- ½ cup softened butter
- 1 cup brown sugar
- 1 cup flour

Mix in a bowl with a fork. Leave it a bit chunky, but mix well. Put this chunky crust over the apples by crumbling it with your hands. Do NOT pat it flat. Sprinkle the top of the crust slightly with water by dipping your fingers into a cup with water and then flicking them over the crisp. Bake at 350 degrees until done, or approximately 30 to 45 minutes.

Linda's notes: We really enjoy this recipe, because it only requires staples from your pantry and is so easy to make. Make it your favorite by serving it with ice cream, a whipped topping or adding a caramel sauce!

Linda Holm-Peterson, member of Dakota Valley Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

CARAMEL APPLE CAKE

- 2 eggs
- 2 cups sugar
- ½ cup oil
- 2 cups flour
- 1 tsp. salt
- 2 tsp. soda
- 2 tsp. cinnamon
- ½ cup nuts (optional)
- 4 cups apples, peeled and diced

Mix together all ingredients except the apples. Then fold in apples. Bake in a greased 9x13 pan at 350 degrees for 45-50 minutes.

Caramel Sauce

- 1 cup brown sugar
- 1 cup sugar
- 1 cup butter
- 1 cup cream
- 2 T. flour
- 1 tsp. vanilla

Bring the ingredients to a boil. Serve the cake with this warmed sauce over the top.

Linda Holm-Peterson, member of Dakota Valley Electric Cooperative



PHOTO BY NDAREC/JOHN KARY

BARBECUED RIBS

Makes 4-6 servings

- 3-4 pounds ribs, such as meaty pork spareribs or loin back ribs
- 1 T. salt
- ½ tsp. red pepper
- ½ tsp. black pepper
- 2 onions, chopped
- 2 T. vinegar
- 2 T. Worcestershire sauce
- ¾ cup Coca-Cola
- 1 tsp. paprika
- 1 tsp. chili powder
- 3 T. olive oil (oil is used for the grill)

Prepare spareribs by peeling off tough layer of skin on back side. Sprinkle the ribs with salt and pepper. Mix the remaining ingredients, except the oil, to make a marinade. Pour the marinade and the ribs in a covered dish or ziplock type bag and place in refrigerator for at least 4 hours or overnight. Remove the ribs from the marinade. Place marinade in a saucepan and bring to a boil for at least 5 minutes. Allow the ribs to stand at room

temperature for 20-30 minutes before grilling. Brush grate with olive oil. Place ribs on preheated grill and sear on both sides for approximately 3 minutes. Reduce temperature to medium and continue grilling for another 1 to 1.5 hours or until tender. Baste with boiled marinade for the last 20 minutes of cooking time.

Also good for: pork chops, chicken tenders or beef on a stick.

BUFFALO MILD HONEY HOT WINGS

- ¾ cup Frank's Original Hot Sauce (NOT hot wings sauce), mixed with 2 tps. cornstarch
- ¼ cup honey
- 1 T. molasses
- ¼ cup butter
- 1-3 tps. hot wings sauce (optional for hotter wings)

Combine all ingredients. Bring to boil, then turn down heat to simmer about 5 minutes.

JoAnn Schatz, member of Mor-Gran-Sou Electric Cooperative



PHOTO BY NDAREC/JOHN KARY

COOL CUCUMBER SALAD

- 8 oz. tube pasta
- 1 T. vegetable oil
- 2 medium cucumbers, diced
- 1 medium onion, diced
- 1½ cups sugar
- 1 cup water
- ¾ cup vinegar
- 1 T. prepared mustard
- 1 T. diced parsley
- 1 tsp. salt
- 1 tsp. pepper
- 1 clove fresh garlic, crushed or minced
- Dill to taste (fresh or dried)

Cook pasta until soft. Drain and rinse. Combine all ingredients. Chill 3-4 hours.

JoAnn Schatz, member of Mor-Gran-Sou Electric Cooperative



CHOCOLATE MOCHA TORTE

- 2 cups (12 ozs.) semisweet chocolate chips
- ½ cup (1 stick) butter plus extra for coating
- ¼ cup sugar
- ¼ cup water
- 1 tsp. instant coffee granules
- 3 eggs

Strawberries and powdered sugar or whipped cream for topping

Preheat oven to 425 degrees. Butter the bottom and sides of a 9-inch pie plate. Place a 12-inch-square sheet of waxed paper in plate and butter the waxed paper. In a medium saucepan, combine chocolate chips, butter, sugar, water and coffee granules; heat over medium heat for 2 to 3 minutes, until the chocolate and butter are melted, stirring constantly. Remove from heat and stir in the eggs one at a time until mixture is smooth. Pour mixture into waxed-paper-lined pie plate and bake 10 minutes. Cake will not be completely set in the middle. Cool, cover loosely, and chill 6 to 8 hours, or overnight. When ready to serve, remove cake from refrigerator and allow to sit 10 minutes. Invert cake onto a large flat serving dish and remove waxed paper. Garnish with strawberries and powdered sugar or top with dollops of whipped cream just before serving.

JoAnn Schatz, member of Mor-Gran-Sou Electric Cooperative

PHOTO BY NDAREC/JOHN KARY



PHOTO BY NDAREC/LIZA KESSEL

GARDEN SALAD

- 1 (7-oz.) box any macaroni
- ½ cup radishes, chopped
- ½ cup tomatoes, chopped
- ½ cup cucumber, chopped
- ½ cup celery, chopped
- ½ cup green pepper, chopped
- ½ cup salad dressing
- ¼ cup milk
- 1½ tsp. onion powder
- 1½ tsp. garlic powder
- ½ tsp. pepper
- 2 T. parsley
- ½ cup American cheese
- ½ cup cheddar cheese
- 2 T. salad supreme

Boil macaroni according to package directions. Rinse under cool running water. Pour into a large bowl. Wash and cut up vegetables, add to macaroni and stir. Combine salad dressing, milk, onion powder and garlic powder, pepper and parsley. Stir into salad. Add cheeses, stir and sprinkle salad supreme over the top.

Barbara Berentson, member of Cass County Electric Cooperative



CREAMY GARDEN VEGETABLE SALAD

- 1 lb. bacon, fried crisp and crumbled
- 1 head cauliflower, chopped
- 1 bunch broccoli, chopped
- 3 carrots, chopped
- 1 can (4.9-oz.) water chestnuts, drained
- 8 oz. mozzarella cheese
- Onion to taste, chopped
- Salt and pepper to taste

Dressing:

- 2 cups miracle whip (or 1 cup mayo and 1 cup sour cream)
- 2 T. vinegar
- $\frac{1}{4}$ cup sugar
- $\frac{1}{4}$ cup Parmesan cheese

Fry bacon until crisp, drain and set aside. Wash and cut up cauliflower, broccoli and carrots into bite-sized pieces and place into a large bowl. Add drained water chestnuts, shredded mozzarella cheese, crumbled bacon and desired amount of chopped onion. Add salt and pepper to taste. Mix the dressing ingredients together and toss with the vegetable mixture. Refrigerate or serve immediately.

Barbara Berentson, member of Cass County Electric Cooperative

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ROASTED PARMESAN GARLIC POTATOES

2 large red potatoes	1 tsp. dried thyme
1 large russet potato	½ tsp. dried oregano
1 large sweet potato	½ tsp. dried basil
1 medium red onion	¼ cup freshly grated
2 T. olive oil	parmesan
2 T. unsalted butter, melted	¼ tsp. salt
5 cloves of garlic, minced	¼ tsp. pepper
	2 T. parsley leaves, chopped

Preheat the oven to 425 degrees. Wash and slice potatoes and onion into ¼ inch slices*. In a round pie plate, line the potatoes and onion alternately. In a bowl, combine melted butter, olive oil, herbs, salt, pepper, parmesan and minced garlic. Drizzle the mixture over the potato and onion rounds. Brushing the herbs and parmesan left over the top. Place in the oven for 1 hour or until fork tender with crispy edges. Serve warm, with a little fresh parsley and a dash of parmesan.

**Try to match the size of potatoes and onions when arranging them in the pie plate*

Makes eight servings. Each serving has 160 calories, 7 g fat, 3 g protein, 21 g carbohydrates, 3 g fiber and 120 mg sodium.

This healthy recipe comes from NDSU Extension.

NDSU EXTENSION PHOTOS



SLOW COOKER TACO SOUP

- 1 lb. lean or extra-lean ground beef
- 1 onion, chopped
- 1 (16-oz.) can chili beans, with liquid
- 1 (15-oz.) can kidney beans, with liquid
- 1 (15-oz.) can whole-kernel corn, with liquid
- 1 (8-oz.) can tomato sauce (low-sodium)
- 2 cups water
- 2 (14.5-oz.) cans peeled and diced tomatoes (low-sodium)
- 1 (4-oz.) can diced green chili peppers
- 1 pkg. taco seasoning mix (low-sodium)

In a medium skillet, cook the ground beef until browned over medium heat. Drain. Place the ground beef, onion, chili beans, kidney beans, corn, tomato sauce, water, diced tomatoes, green chili peppers and taco seasoning mix in a slow cooker. Mix to blend and cook on low setting for eight hours.

Makes 10 servings. Each serving has 220 calories, 3 grams (g) fat, 30 g carbohydrate, 6 g fiber and 500 mg sodium.

This healthy recipe comes from NDSU Extension.

NDSU EXTENSION PHOTOS



SLOW COOKER HARVEST APPLE CRISP

- 6 large gala apples
- $\frac{1}{2}$ cup brown sugar (or more to taste)
- 2 tsp. cinnamon, divided
- 1 tsp. lemon juice
- 3 cups rolled oats
- tsp. salt
- 5 T. butter

After apples have been washed, core, slice and place them into a large bowl. Top the apples with $\frac{1}{2}$ cup brown sugar, 1 teaspoon cinnamon, and lemon juice. Toss to combine. Place the apple mixture in the bottom of the slow cooker. In the same large bowl, combine oats, remaining brown sugar, cinnamon, and salt. Stir until combined. Cut the butter into the bowl and stir, forming a sand-like texture. There will be small chunks of butter, which is normal. Sprinkle the mixture on top of the apples. Turn the slow cooker on high and cook for 2 hours with the cover on. After 2 hours, remove the lid of slow cooker and continue to cook for another hour. Serve with Greek yogurt or ice cream of your choosing.

Makes 12 servings. Each serving has 230 calories, 6 g fat, 4 g protein, 41 g carbohydrates, 5 g fiber and 25 mg sodium.

This healthy recipe comes from NDSU Extension.

NDSU EXTENSION PHOTOS

December 2018 Recipe



PHOTO BY NDAREC/LIZA KESSEL

DATE-FILLED COOKIES

1 cup lard or Crisco	Filling:
1½ cups flour	1½ cups (1lb.) dates, chopped
1 cup brown sugar	1½ cups sugar
1 egg	1½ cups water
½ cup sour milk	3 tsp. flour
3 cups oatmeal	
1 tsp. soda	
1 tsp. vanilla	

Mix filling ingredients together and boil filling until thick and clear, set aside. Mix remaining ingredients. Dough is hard to handle. (Luella cooled her dough before rolling out). Roll out on floured surface. Cut with round cookie cutter or donut cutter with center removed. (Mark has used a large mason jar ring as a cookie cutter.) Put a tablespoon of filling on a round and put another round on top and seal edges. Bake at 350 degrees for 12 to 16 minutes or until lightly browned.

Schaper family note: A family tradition for several generations was to make this cookie at Christmas. The grandmother of Sig's wife, Luella, passed the recipe to Luella's mother, who passed it to Luella, who gave a plate of cookies to each of her children at Christmas. Sig and Luella's sons, Paul and Mark, carry on this tradition with their children.

Paul, Mark and Luella Schaper

Sons and wife of Sig Schaper; Mark is a member of McKenzie Electric Cooperative



PHOTO BY NDAREC/LIZA KESSEL

STIRRUM

- 1 egg
- ½ tsp. baking powder
- ¼ tsp. salt
- 3 T. sugar
- 1 cup milk
- 1 ½ cup flour

Beat egg and mix with other ingredients; fry in 1/2 cup hot lard or shortening. Keep mixing while frying, so it gets crisp and crumbly.

Schaper family note: This recipe was part of their "survival food" going back to the 1930s - with flour, eggs and milk available on the farm. It's quick, easy and inexpensive. The family likes it plain, topped with syrup, or accompanied by homegrown lettuce with cream dressing.

Sig Schaper



PHOTO BY NDAREC/LIZA KESSEL

SIG'S BAKED SWEET RICE

- 2 cups minute rice
- 3 cups cream
- Pinch of salt
- 8 eggs
- 2 cups sugar (1½ for less sweet rice)
- 1½ cups milk (or a little more)
- 2 T. vanilla
- Cinnamon
- Raisins optional

Cook minute rice with a little salt. Beat eggs and combine all ingredients. Add rice and stir. Pour into a 9x13 pan sprayed with cooking spray. Sprinkle with cinnamon. Bake at 350 degrees until firm. Add raisins to baking mixture or top each serving with raisins (optional).

Schaper family note: A favorite at family gatherings; good side dish with many foods; Sig is often asked to bring his baked rice to the Christmas and summer family gatherings.

Sig Schaper



PHOTO BY NDAREC/LIZA KESSEL

RITZ CRACKER CHICKEN


1 large egg	Salt and pepper to taste
¼ cup milk	Sauce:
2 cups cheddar cheese, grated	1 10-oz. can cream of chicken soup
1 sleeve Ritz crackers, crushed with rolling pin	¼ cup of milk
4 thawed boneless, skinless chicken breasts	2 T. sour cream
	2 T. unsalted butter
	Salt and pepper to taste

Preheat oven to 400 degrees. Combine egg and milk in a small bowl and whisk together until blended. Place grated cheese in a second bowl. Place crushed Ritz crackers in a third bowl. Season chicken breasts with salt and pepper. Dip them in egg wash, making sure to coat all sides. Shake off excess and then coat chicken in grated cheddar cheese. Transfer chicken to crushed Ritz crackers, making sure to coat all sides. Press firmly so cracker crumbs and cheese adhere to meat. Place chicken in a lightly greased baking dish and bake for 30-35 minutes or until chicken is cooked through. While chicken is baking, combine soup, milk, sour cream and butter in a medium saucepan and cook over medium heat, stirring frequently until melted and smooth. Reduce heat to low and simmer for 5-10 minutes or until thickened. Taste sauce and adjust seasoning if necessary. Remove chicken from oven and serve with sauce drizzled over the top.

Schaper family note: A recipe Barb Schaper Fridley found searching the Internet. It's easy and quick to prepare; a hit with family and friends; Barb is a member of Roughrider Electric Cooperative.

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