

Beef Stroganoff

[Part One]

- Beef Sirloin cubes or strips dredged in flour salt and pepper and browned in butter in a frying pan over low heat. **Set aside.**
- ½C Onions sliced and cross-cut sautéed in butter. **Set aside.**
- 10-12 Mushrooms sliced sautéed in butter. **Set aside.**
- 2T Butter
- 3T Flour this is the roux
- 1T Catsup
- 1Can Consommé blended into the roux, plus one-half can of water.
Return the 1st three ingredients to the frying pan along with garlic and sherry
- 1 Clove Garlic minced
- 2T Sherry
- 1C Sour Cream added with reduced heat to avoid curdling.

Note: Vegetarians can substitute browned cubes of firm tofu to replace the sirloin. And instead of consommé a good substitute is vegetable broth.

Beef Stroganoff

[Part Two]

- 1] To make this recipe simple to understand, the first 3 ingredients [sirloin, onions and mushrooms] go into the frying pan and out again, one at a time.
- 2] Next is the roux blended with the consommé to make the 'gravy'.
- 3] Assembly of sirloin, onions, mushrooms, garlic and sherry into the frying pan gravy.
- 4] In a reduced heat frying pan, stir in the sour cream.
- 5] Serve over wide noodles or mashed potatoes, equally authentic.

My Yugoslavian/Russian friend, Helen Milosevich, said this was excellent beef stroganoff which she had made many times herself. She was no slouch when it came to food! She knew a lot and had little tolerance for food not up to her standard. I was so happy and surprised to receive her approval.

This recipe is from my MOM

Raisin Sauce

1C Raisins
2C Water
1 Cinnamon Stick
2 Squeezes Lemon Juice
¼C Sugar

Simmer all ingredients over low heat for about 20 minutes. Cool and serve in a small separate side dish.

This is how to revive and puff up dried raisins. You can use this recipe for golden raisins, as well as the brown ones. This sauce goes well as a side dish with ham or pork chops.

This recipe is from my Grandmother Lydia who had her degree in dietetics and was manager of the United Airlines kitchen night shift in Minneapolis [Wold-Chamberlain Airport at the time] for many years.

Breaded Cauliflower

- 1 Head Cauliflower
Pot of Boiling Water

Wash the cauliflower and cut into reasonably sized flowerets about golf ball size. Pop into boiling water for 10 to 15 minutes until softened and partially cooked. In the meantime prepare 3 bowls for the breading.

- $\frac{3}{4}$ C Flour salted and peppered
1 or 2 Eggs mixed with a little milk
 $\frac{3}{4}$ C Commercial Breadcrumbs, Italian is good
Frying pan of oil – Extra Light Olive Oil or Canola Oil

Start the breading process in 3 bowls. First dip the flowerets into the flour. Secondly, dip them into the eggs and milk bowl. And lastly coat them with breadcrumbs. Prepare a frying pan of oil. It's not deep frying, so a quarter inch of oil will work in a low heat frying pan. Turn the flowerets frequently until browned. Keep a close watch on the browning. I used to hate boiled cauliflower with a melted cheese sauce over the top. Now I love it prepared this way. That acrid odor is replaced by a nutty fragrance, texture and taste you just can't resist. Leftovers can be kept in the fridge and reheated in a low heat 275° to 300° oven.

Recipe from my MOM

Hasselback Potatoes

6 or 8 Russet Potatoes
Butter

Salt and Pepper
Paprika

Peel the potatoes and slice in half the long way. Set each potato flat on the board and cut paper thin slices, [$\frac{1}{8}$ inch wide], keeping them together as a half potato. Scoop each one up and place in a greased pan suitable for the oven. Dot each one with butter and sprinkle with salt, pepper and paprika. Bake at 350° for 30 to 40 minutes, basting with more butter every ten minutes or so, making them crispy on the edges and tender in the middle. Remove from pan keeping the potatoes intact onto the plate. This is a recipe that as kids we knew only as 'Special Potatoes' invented by my grandmother, Lydia, who introduced them in the Northwest Airlines kitchen where she was night manager. But the joke was that years later we found the recipe in Lydia's cookbook. The title is 'The Princess Cookbook', published in 1930 and the recipe for Hasselback Potatoes is on page 212. The 4 Princesses were a Norwegian, a Dane, a Swede and a Belgian who attended cooking school in Sweden. It was thought at the time that Princesses shouldn't just sit around all day looking pretty. They needed to know their way around a kitchen; to cook, bake and roast. I know all this because I still have the book! Try out this recipe for your friends who might say "Wow, I've never seen potatoes that look like that! And taste so good!"

Butter
Salt and Pepper
Paprika
6 or 8 Russet Potatoes

Hasselback Potatoes

Caesar Salad & Dressing – Part 1

Salad Bowl Preparation

2 Cloves	Garlic
Dash	Salt

Dressing

1	Egg Yolk
½C	Extra Light Olive Oil
1tsp	Oktoberfest Mustard
1tsp	Dijon Mustard
1	Lemon squeezed

Begin by preparing the salad bowl by crushing 2 cloves of garlic in salt and rubbing the inside of the bowl, sides and bottom completely. The salt causes the garlic to 'sweat' which is what you want it to do.

Whisk the egg yolk first, and then add the olive oil, mustards and lemon together. Oktoberfest mustard is sweet and is a good contrast to Dijon, adding interest to the taste. Set aside.

Caesar Salad & Dressing – Part 2

Freshly prepared Croutons

½Loaf	French Bread
	Butter
	Garlic Powder

To make croutons, cut big ¾ inch blocks of bread and toss in butter and garlic powder in a frying pan until golden brown. Set aside.

Assembling Romaine in Salad Bowl

1	Head Romaine
¼C	Parmesan Cheese
2	Cloves Garlic minced
Dash	Salt

Wash the romaine leaves and cut out the spines. I do this because I find them to be stringy and bitter. Rather than cut the leaves, I tear them into the salad bowl. Fold in the dressing to coat all the leaves. Sprinkle with parmesan, minced garlic, a dash of salt and toss. Add the croutons last just before serving so they don't get soggy.

Meatballs Part 1

½lb	Ground Beef	½C	Flour
½lb	Ground Pork		Salt and Pepper
¼C	Italian Bread Crumbs	¼C	Extra Light Olive Oil
¼C	Water		more as needed
¼tsp	Garlic Powder		
Pimento-filled Green Olives for each meatball you make			

In a big bowl combine beef, pork, bread crumbs and water. Add garlic powder. Shape meat around each olive to make roughly a 1¼ inch size. In a plastic or paper bag put the flour and salt and pepper, add the meatballs about 5 or 6 at a time and dredge with flour. In a saucepan pour in the olive oil, add the meatballs **over low heat** and fry them until they are brown and close to being thoroughly cooked. Remove and set aside.

Meatball Gravy with Mushrooms Part 2

6 to 8	Large White Mushrooms
Dusting of	Garlic Powder
1½T	Squeeze Lemon

Wash and slice mushrooms to about ¼ inch thick and then slice in half again. In the unwashed frying pan dust with garlic powder and add lemon. Set aside

1T	Butter	2Cans Campbell's Mushroom Soup
1T	Flour	¾Can Water
1T	Catsup	

Make a roux in the empty frying pan of butter, flour and catsup, adding small quantities of **Campbell's** mushroom soup as you go. Stir in ¾ can of water to make gravy. If it is too thin, thicken with cornstarch or flour. Put the meatballs back in the gravy to finish cooking. **If you use any other brand of mushroom soup the recipe just doesn't work. I found that out the hard way.** Serve the meatballs with wide noodles or mashed potatoes.

I made up this recipe through trial and error

French Dressing

1C	Oil	1tsp	Paprika
¼C	Vinegar	1	Lemon juiced
⅓C	Catsup		Garlic mashed with
½C	Sugar	1tsp	Salt
½tsp	Soy Sauce	1tsp	Worcestershire Sauce

Go wild and try a little Tabasco, Horseradish or oregano



Stir together all ingredients. Bottle the dressing and store in the fridge. It seems to keep forever. Good thing, because it's delicious. The most interesting thing is the way it was served at the Bergstrom home at the lake. Evelyn cut an avocado in half for each of us at the table and removed the stone, replacing it by filling up the cavity with this dressing. We used our spoons to eat the avocados coated with this dressing. What a great combination of tastes it was! I don't know which oil she used or if the vinegar was white or red, but I use Extra Light Olive Oil and White Vinegar.

This is Evelyn Bergstrom's recipe – wife of Al Bergstrom, owner of Al's Breakfast [13-seater] in Dinkytown near the U of Minnesota.

Open at 6:00am – closed at 1:00pm – never an empty seat!

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½tsp	Soy Sauce	1tsp	Worcestershire Sauce
½C	Sugar	1tsp	Salt
⅓C	Catsup		Garlic mashed with
¼C	Vinegar	1	Lemon juiced
1C	Oil	1tsp	Paprika

French Dressing

Yugoslavian Winter Salad

Equal portions of:

- | | |
|------|--|
| 1 | Large Tomato or 5 or 6 Cherry Tomatoes Quartered |
| 1 | Red Onion chopped |
| 1 | Green Bell Pepper diced |
| ½C | Extra Light Olive Oil |
| ½tsp | Garlic Salt or Garlic Powder |

In winter, tomatoes tend to get pretty tasteless. This is a recipe that brings that summer flavour back again, but that's not to say you shouldn't make this salad in summer. Prepare the first 3 ingredients. Quarter the smaller tomatoes cut the green pepper to about half the size of your thumb, the onion to about the size of your thumbnail. Place all the veggies in a small bowl, cover with olive oil and sprinkle with garlic. Give it a stir and put the covered bowl in the fridge to marinate for a few hours. If you want to get fancy, you can serve it chilled on a lettuce leaf, or just on the dinner plate. This keeps in the fridge for a couple of days.

This is a recipe from Helen Milosevich

Italian Version of Winter Salad

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|--------|------------------------------|--------|-----------------------|
| 1 | Large Tomato or | 6 to 8 | Black or |
| 5 or 6 | Cherry Tomatoes | | Green Pitted Olives |
| 1 | Medium Red Onion | 1 | Red Bell Pepper |
| | Feta Cheese crumbled or | ½C | Extra Light Olive Oil |
| | Small Boccocini Cheese Balls | | Garlic Powder |

Same assembly as above. Prepare the veggies. Add the cheeses. Cover with olive oil, and sprinkle with garlic powder. Put the mix into a bowl, cover to cool and marinate in the fridge for a couple of hours. You can serve this on a lettuce leaf, or just straight onto the plate.

This is my Italian variation of Helen Milosevich's original recipe

Bean Soup

1lb	Navy Beans [package of dry beans]
2qts	Cold Water
1	Ham Bone
½tsp	Salt
6	Whole Peppercorns
1	Bay Leaf
1	Medium Onion sliced

Wash the beans and soak overnight. Or simmer gently 2 minutes and soak 1 hour. Don't drain. Add the ham bone, salt, peppercorns and bay leaf. Cover and simmer 3 to 3½ hours. Remove the ham bone. Mash beans slightly using a potato masher, leaving most of them whole. Cut ham off the bone. Return to soup. Season to taste. Makes 6 servings.

Recipe from MOM

Manicotti Red Sauce

6T	Olive Oil	1can	Tomato Sauce [16oz]
1	Clove Garlic minced	1 to 1½tsp	Salt
1	Onion chopped	Dash	Pepper
2T	Fresh Parsley	1tsp	Sugar
1can	Whole tomatoes [32oz]	½tsp	Basil

Additional ingredients below not in the La Rosa recipe

Simmer the olive oil, garlic and onion for about 5 minutes. Remove from pan. Wash and slice 2 cups of mushrooms and toss into the frying pan with some butter and a dusting of garlic powder. Leave the mushrooms only long enough to get coated with butter. Don't overcook! Add the remaining ingredients and the garlic and onions. While in the pan, slice, not dice, the whole tomatoes. Continue gently heating the sauce, never letting it boil. In terms of seasoning, I like the taste of oregano and especially marjoram, so I add one or the other, not both, to the basil above in similar amounts. Turn off the heat while preparing the cheese filling.

Manicotti Cheese Filling

1½lbs	Ricotta Cheese	1½T	Sugar
¼lb	Mozzarella Cheese grated	2	Beaten Eggs
¼C	Parmesan Cheese		Salt and Pepper
Sprigs	Fresh Parsley	Dash	Nutmeg
Box of	Manicotti Shells pre-cooked		

It's a good thing that there are manicotti shells not needing to be prepared in boiling water. They are pre-cooked which saves time. In a large bowl blend ricotta with grated mozzarella. Add the remaining ingredients and gently push into the shells. There should be enough cheese to fill up about 12 shells. Heat up the red sauce a bit to give a head start on baking. Begin by laying a bed of red sauce and then arrange a layer of shells on top. Spoon some of the red sauce on top and then more shells. You can finish off with some parmesan or grated mozzarella, or both. Bake at 400° for 40 minutes, covering with some tin foil over top near the end of baking.

This is a continuation of the La Rosa recipe

Mushroom Gravy

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|----|--|--------------------------|
| 1 | Can of <u>Campbell's</u> Mushroom Soup | |
| 16 | White Button Mushrooms <u>or</u> | |
| 6 | White Large Mushrooms | |
| ½ | Can of Water | Dusting of Garlic Powder |
| 4T | Butter | Squeeze Lemon Juice |

Prepare mushrooms, leaving the buttons whole – or slicing them. If you prefer the large ones, slice them and then cut them in half. Melt butter in a frying pan, add the mushrooms and toss with garlic powder, about 3 minutes. Don't overcook. Add mushroom soup and half a can of water. Stir until water is absorbed. Add 3 long squeezes of lemon juice [about 3 tablespoons] and you're done. When on the plate, you can top off the gravy with lemon pepper. Serve gravy over chicken, or mashed potatoes or rice or pasta or biscuits. It's tangy and delicious, and it's an abject failure if you use any other brand of soup. I found that out the hard way!

I made up this recipe through trial and error.

Lennart's Mayonnaise

2	Egg Yolks	1T	Slott's Mustard
1/2	Lemon Zest		Pinch of White Pepper
1T	Lemon Juice		Pinch of Salt
1T	White Vinegar	200ml	Salad Oil [3/4 Cup]

Add all ingredients together in a blender. Whip until the mixture turns white. For a tangier taste, leave out the Lemon Juice and add zest from a full lemon. Slott's is a Swedish brand of yellow mustard, similar to any North American yellow mustard.

Lennart brought with him a tube of Swedish mayonnaise which was really tasty. This recipe is a result of experimentation to duplicate that taste. I think his version is much better than Hellman's Real Mayonnaise. Keep his mayonnaise refrigerated.

Cuban Pepper Bread

5-6C Bread or All Purpose Flour
2T Yeast
1T Salt
2T Sugar
2C Hot Water [120° - 130°]
Baking sheet sprinkled with Corn Meal

Mix 4C flour, yeast, salt and sugar in bowl. Add hot water and blend 100 strokes. Knead 8 minutes working in remaining flour 1/2C at a time. Place dough in greased bowl, cover and rise to double in 15 minutes. Punch down. Cut in two. Shape into rounds. Slash 'X' on each. Brush with water and sprinkle with ground pepper. Place loaves in cold oven. Bread will rise while oven heats. Bake at 400° for 45 to 50 minutes until golden brown. Turn out on metal racks. Will keep a day or two. Perishable because there's no shortening.

Bernard Clayton's New Complete Book of Bread