

2021

*Sheboygan County Association for
Home & Community Education*

Member-to-Member



Ethnic Recipes

German Potato Salad – Julie Boedecker, Individual Member

10 pounds cooked salad potatoes, peeled and sliced

Sauce:

16 slices bacon
1 cup bacon drippings
1 cup sugar
9 tablespoons flour
2 teaspoons salt
½ teaspoon pepper
2 cups cider vinegar
2 cups water
1 medium onion, chopped



Cut bacon in small pieces and fry. Remove bacon from drippings. Blend together the sugar, flour, salt and pepper. Add these to bacon drippings. Stir to smooth paste. Add vinegar and water. Boil 2-3 minutes stirring constantly. Combine hot sauce, sliced potatoes, bacon and onion. Let stand at room temperature 3-4 hours.

I make this recipe for every family picnic.

Colcannon Irish Potatoes – Julie Boedecker, Individual Member

4 medium potatoes, peeled and cubed
4 cups shredded cabbage or savoy cabbage
2 ounces butter
½ cup chopped green onions
2/3 cup warm milk
Ground pepper
Optional: 1 tablespoon chopped parsley for garnish

Boil potatoes in water for 15 minutes or till tender. Drain and mash. Cook cabbage in boiling water for 10 minutes, drain well. Melt butter in pan, add cabbage and green onion, cook for 1 minute. Combine cabbage mixture with mashed potatoes and enough warm milk to give creamy consistency. Season with pepper and serve. Garnish with chopped parsley, optional.

My maternal grandfather was Irish. Regular cabbage can be substituted and shredded or use bag of pre-shredded chopped cabbage.



Ash - Persian Soup - Iranian - Myra Eischen, Individual Member

Fill large Dutch oven ½ full of water.

Add:

- 2 tablespoons dried lentils
- 2 tablespoons dried split green peas
- 2 tablespoons dried split yellow peas
- 2 tablespoons dried kidney beans
- 2 tablespoons dried parsley flakes
- 2 tablespoons dried mint leaves
- 1 medium onion, chopped
- 10-ounce package frozen chopped spinach
- 1 teaspoon salt
- 1 teaspoon pepper

Bring to full boil, simmer without cover 4-5 hours. Add water during cooking to create desired consistency.

Add: ¼ - ½ cup lemon juice to taste.

Serve with a dollop of sour cream on top of each bowl.

Note: this freezes well. It is a tradition during the Lenten season.

Credit: Ethnic cooking Wisconsin style

Greek Dip - Greece - Myra Eischen, Individual Member

Fry:

- 1-pound ground beef
- 1 tablespoon Greek all-purpose seasoning
- 1 cup fine chopped onion

Drain and cool.

Mix:

- 1 ¼ cup Greek yogurt
- ½ cup fine chopped cucumber
- 2 teaspoons dried dill weed
- 2 teaspoons minced garlic
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Spread on 14-inch plate.

Sprinkle with cooled hamburger.



Top with chopped: cucumbers, tomatoes, onions, black olives, feta cheese, lettuce (optional)

Serve with Wheat Thins Pita Chips

Credit: Myra Eischen 3-30-15

St. Nickolas Koekjes (Dutch Santa Claus Cookies) (Windmill) – Joyce (Hoitink) Kuhlow, Individual Member

1 cup butter or margarine
2 cups brown sugar
1 teaspoon baking soda: ½ cup hot water
4 cups flour
1 teaspoon cinnamon
½ teaspoon nutmeg
½ teaspoon mace (a must)
½ cup sour cream
¾ cup blanched almonds

Roll in loaves. Chill overnight.
Slice thin and bake at 350 degrees for 15-20 minutes.



Dutch Letters – Joyce (Hoitink) Kuhlow, Individual Member

1-pound butter
4 cups flour
1 cup water
½ teaspoon salt
1-pound almond paste, (crumbled)
2 ½ cups sugar
4 eggs
3-4 slices bread, crumbled
1 teaspoon almond extract
1 teaspoon vanilla

Mix together butter, flour, salt and water. Chill over night or longer. Mix together remaining ingredients with mixer until smooth and refrigerate. Divide dough in 14 equal parts. Roll one section at a time into a 4 x 14-inch strip. (Flour table and rolling pin). Spread filling down the center with spoon or cookie press. Lap short ends of dough 1-inch over filling, then one long side over, then the other long side. Turn onto greased cookie sheet, seam side down. Brush top with egg whites, then sprinkle with sugar. Prick with fork every 1 to 2-inches to allow steam to escape. Bake at 350 degrees for 15-20 minutes.



Irish Soda Bread - Pretty Good Eggs

4 cups all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
½ teaspoon salt
1 ¼ cups sugar
2 tablespoons melted shortening
2 eggs beaten
2 cups buttermilk
1 9-ounce package raisins

Mix buttermilk, baking soda and eggs in large bowl. Set aside. Cream shortening and sugar. Add flour, baking powder, salt and raisins. Combine with buttermilk mixture and mix well. Pour into greased and floured loaf pans. Bake at 350 degrees for about one hour. Cool well, slice and enjoy.



Irish Loaded Potato Soup - Pretty Good Eggs

5 pounds potatoes, peeled, cubed, boiled until tender
Drain ½ of the water
Add milk to cover potatoes
½ cup to 1 cup sour cream
2 sticks unsalted butter
1 cup mild cheddar cheese
1-pound bacon crumbles
1-pound cubed ham

Season with nature's seasonings
Add a little instant potatoes just to thicken at the end
Serve with bread, rolls or biscuits
Top with cheese, onion, etc.



The Best Mediterranean Summer Tuna Salad - Pretty Good Eggs

- 1 pack of cooked faro
- 2 cans of tuna in olive oil
- 1 can of heart of palms
- 1 cup of chopped cherry tomatoes
- 1 cup of chopped olives (green or kalamata)
- 1 cup of Persian cucumbers
- ½ cup of chopped red onion
- 1 handful of arugula

1. Cook the faro as per packet instructions, drain and refrigerate. Then prepare the fresh ingredients.
2. Chop the tomatoes
3. Cut the cucumbers in small cubes
4. Drain and slice the heart of palms
5. Cut the red onion
6. Chop the olives
7. Make Lemon Vinaigrette



Lemon Vinaigrette - Pretty Good Eggs

- Made with juice of one lemon or 2 tablespoons of bottle lemon juice concentrate
- ¼ cup of extra virgin olive oil
 - Salt & pepper to taste
 - 1 small chopped garlic clove

In a large bowl, mix the cooked faro, tomatoes, cucumber, heart of palms, red onion, arugula and olives. Add the lemon vinaigrette and toss ingredients together.

You can serve and eat right away or you may refrigerate for a few hours.

Enjoy from the Pretty Good Eggs HCE Club for Member to Member marketing recipe booklet.

Resource: "Eat this, Not that" internet source.



Wilted Lettuce Salad (Dutch) - Lakeview

6 slices of bacon
½ cup sliced green onion
¼ cup vinegar
¼ cup water
4 teaspoons sugar
½ teaspoon salt
1 hard cooked egg – chopped
8 cups lettuce – torn in pieces

In skillet cook bacon until crisp, drain and crumble. Add onion to drippings and cook until tender. Add vinegar, water, sugar, salt, and bacon. Cook and stir until boiling. Place lettuce in salad bowl. Pour hot dressing over lettuce, toss until well coated. Garnish with chopped egg. Makes 6 servings. Should not be made ahead or refrigerated.

Oliebollen (Dutch) - Lakeview

3 cups flour
2 eggs
4 teaspoons baking powder
1 cup milk
1 teaspoon salt
1 teaspoon vanilla
¾ cup sugar
½ teaspoon nutmeg
4 tablespoons corn oil
1 cup raisins



Sift all dry ingredients. Add other ingredients. Blend together. Add raisins. Drop by teaspoon in oil (350-375 degrees) for approximately 1 ½ - 2 minutes. Shake in bag with sugar.



Baklava – Alice Walter, Individual Member

1-pound phyllo pastry sheets
1 ½ cup (¾ pound) sweet butter, melted
1-pound walnuts, finely chopped
5 tablespoons sugar
1 teaspoon cinnamon
¼ teaspoon cloves



Place sheets of phyllo in a 9x13x2-inch pan, brushing each second sheet evenly with butter. When 10 to 12 sheets are in place, mix walnuts, sugar, cinnamon and cloves together; spread 1/3 of the mixture over the top layer of phyllo. Place another 5 to 6 sheets of phyllo. (Remember to butter every second sheet.) With a sharp knife, cut “baklava” into diamond-shaped pieces. Heat remaining butter (about ½ cup left) until very hot and beginning to brown; pour evenly over “baklava.” Sprinkle top with a few drops of water. Bake in a 350 degrees oven for 30 minutes. Reduce temperature to 300 degrees; continue to bake for 1 hour. Cool; pour hot syrup over the baklava. Yield: 30 to 36 servings.

Syrup: In a saucepan, combine 3 cups water, 2 cups honey, 1 teaspoon lemon (or 2 to 3 thin slices of lemon), a cinnamon stick and a few whole cloves. Bring to a boil; simmer for 20 minutes. Strain.

German Spaetzle – Alice Walter, Individual Member

1 egg
½ teaspoon salt
½ cup water
¾ cup flour

Mix together, add flour, mix until smooth and thick. Drop into rapidly boiling water or broth. Cook about 10 minutes. It is small noodles.

Curried Pumpkin Soup – Franklin

1 cup finely chopped onion
1 (14 ounce) can vegetable broth
1 (15 ounce) can solid pack pumpkin
1 teaspoon curry powder
1 cup fat-free half & half cream

Cook and stir onion in sprayed 4-quart saucepan until tender. Add broth, pumpkin, curry powder and half and half cream. If you want a thinner consistency and ½ cup water for thicker consistency add more pumpkin. Stir and heat slowly over low heat. Serves 6

Curried Lentil Stew – Franklin

1 tablespoon butter
1 cup chopped onion
2 garlic cloves, minced
1 teaspoon curry powder, store-bought or homemade
¼ teaspoon ground cardamom
¼ teaspoon ground cloves
2 pinches ground cinnamon
1 teaspoon fresh thyme leaves, or ½ teaspoon dried thyme
1 large carrot, peeled and cut into ¼-inch rounds
1 medium potato, peeled and cut into ½-inch cubes
1 ¼ cups water
½ cup dried brown lentils
2 medium tomatoes, chopped
½ cup sherry
½ teaspoon salt, or more, to taste
Fresh-ground pepper to taste
3 tablespoons chopped cilantro (optional)

Melt butter over medium heat in a large saucepan. Add the onion, and cook it, stirring occasionally, until it begins to brown at the edges, about 10 minutes. Add the garlic, curry powder, cardamom, cloves, cinnamon, and thyme. Cook, stirring constantly, for 2 minutes. Add the carrot and potato, then the water and lentils. Cover the pan, and let the mixture simmer for 15 minutes. Add the tomatoes, sherry, salt, and pepper, and simmer for 5 to 10 minutes more, until the potatoes and lentils are tender.

Lemon Rice - South Indian– Franklin

2 cups cooked Basmati rice or your choice of rice
2 tablespoons fresh lemon juice or to taste – set aside
2 tablespoons vegetable or canola oil
1 ½ teaspoon mustard seeds (black)
1 ½ teaspoon chana dal (like yellow lentil)
1 ½ teaspoon urad dal (like a lentil)

Fry

Add 12 – 15 peanuts and fry until brown.

Add 2 red chili whole deseeded (or to taste)

½ teaspoon black mustard seeds

6 – 7 curry leaves

½ tablespoon ginger grated optional

Sauté 20 – 30 seconds add rice, ½ teaspoon turmeric powder and a handful of cashew halves. Cook 1 minute longer or until heated through.



If some ingredients cannot be found in your grocery, they can be found in Indian or Asian grocery stores.

Chicken Makhani (Butter Chicken)- Franklin

1 ½ cups full fat Greek yogurt
2 tablespoons lemon juice
1 ½ tablespoon ground turmeric
2 tablespoons garam masala
2 tablespoons ground cumin
3 pounds chicken thighs on the bone
¼ pound unsalted butter
4 teaspoons vegetable or canola oil
2 medium size yellow onions peeled and diced
4 cloves garlic peeled and minced
3 tablespoons fresh ginger peeled and grated or finely diced
1 tablespoon cumin seeds
1 cinnamon stick
2 medium size tomatoes diced
2 red chilies like Anaheim or 1 jalapeno pepper seeded & diced
Salt to taste
2/3 cup chicken stock low sodium or homemade
1 ½ cups cream
1 ½ teaspoon tomato paste
3 tablespoon ground almonds or finely chopped almonds
½ bunch cilantro leaves, stems removed



1. Whisk together the yogurt, lemon juice, turmeric, garam masala and cumin in a large bowl. Put in chicken and coat with the marinade, cover and refrigerate (for up to a day)
2. In large pan over medium heat, melt the butter in the oil until it starts to foam. Add the onions and cook, stirring frequently until translucent. Add the garlic, ginger and cumin seeds. Cook until onions start to brown.
3. Add the cinnamon stick, tomatoes, chilies and salt and cook until the chilies are soft, about 10 minutes.
4. Add the chicken and marinade to the pan and cook for 5 minutes then add chicken stock. Bring mixture to a boil, then lower the heat and simmer uncovered for approximately 30 minutes.
5. Stir in the cream and tomato paste and simmer until the chicken is cooked through, about 10 – 15 minutes.
6. Add the almonds cook for an additional 5 minutes and remove from heat. Garnish with cilantro leaves.

Serve with basmati rice and mango chutney or papadums or naan.

A handful of cashew halves can be substituted for almonds. Will be crunchier.

All ingredients may be found in regular grocery store or Indian or Asian grocery stores.

German Potato Salad for Slow Cooker – Howards Grove Domestics

8 slices bacon, chopped fine
1 medium onion, cut fine
1 cup vinegar
1 ¼ cup sugar
1 ¾ cup water
2 teaspoons salt
1 teaspoon pepper
4 tablespoons cornstarch
5 pounds salad potatoes

Boil potatoes in skins. Remove skins, slice thin and layer in dish. Top with chopped onion and salt and pepper. Layer until potatoes are used. Fry bacon until crisp, add vinegar, sugar and 1 ½ cup water. Dissolve cornstarch in ¼ cup water. Add to mixture and stir until glossy. If mixture is too thick, add more water.

Easy German Red Cabbage – Howards Grove Domestics

2 tablespoons extra virgin olive oil
1 small onion, sliced
½ red cabbage, sliced
¾ cup water
½ cup cider vinegar
¼ cup sugar or honey
½ teaspoon pepper
¼ teaspoon ground cloves
¼ teaspoon salt

Heat olive oil in a large pan or pot on low. Add onions and sauté for 3 to 5 minutes, until softened and translucent. Add cabbage, water, vinegar, sugar or honey, pepper, cloves and salt. Cook on low 30 minutes. Add chopped apples, chestnuts, or walnuts for a tastier variation.



Mexican Taco Bake - Howards Grove Domestics

1-pound ground beef
1 cup salsa
½ cup milk
1 cup shredded cheddar cheese
1 can cream of tomato soup
6 flour or corn tortillas, cut into 1-inch pieces

In skillet cook beef until brown. Drain. Add soup, salsa, milk, tortillas and half the cheese. Spoon in 2-quart shallow baking dish. Cover. Bake at 400 degrees for 30 minutes or until hot. Sprinkle with remaining cheese.

Swedish Meatballs - Howards Grove Domestics

Meatballs:

1 ½ cup ground beef
2 teaspoons Worcestershire sauce
1 package onion soup mix

Sauce:

2 cups ketchup
¾ cup brown sugar
2 tablespoons Worcestershire sauce

Combine meatball ingredients. Form balls and brown. Place in slow cooker. Combine sauce. Pour over meatballs. Slow cook on low 4 – 6 hours.



Flan de Leche Condensada - Quick Flan - Town & Country

6 tablespoons sugar
1 teaspoon water
6 eggs
2 ½ cups whole milk
1 (14-oz.) can sweetened condensed milk

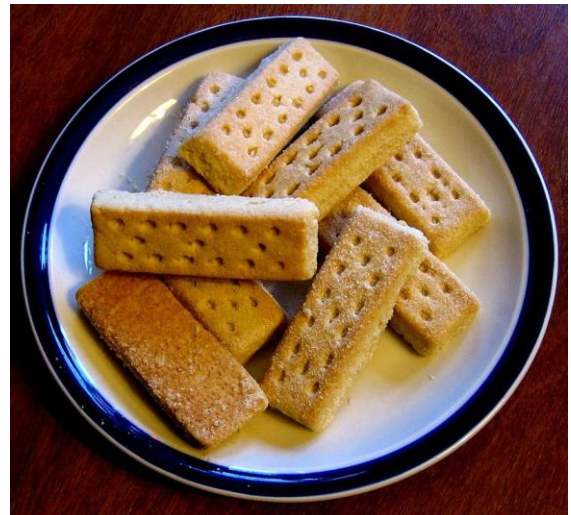
1. Heat oven to 325 degrees F. Caramelize sugar by placing the sugar and water in heavy, medium skillet or saucepan. (Adding water will help sugar melt more evenly.) Heat over medium heat, stirring constantly with heat-resistant spoon, until sugar is melted and becomes golden.
2. Immediately pour caramelized sugar into 6-cup shallow mold. Spread over bottom of mold. (Work quickly and carefully, using potholders, as caramel will make mold become extremely hot. It is okay if caramelized sugar does not cover entire bottom of mold; it will melt as flan bakes.)
3. Lightly beat eggs in medium bowl Stir in milk and sweetened condensed milk. Pour over caramelized sugar in mold. Place mold in shallow pan of hot water.
4. Bake 40 to 50 minutes or until knife inserted in center comes out clean. Cool. Cover; refrigerate until serving time. (Flan can be made a day ahead.)
5. To serve, run knife around edge of mold; invert flan onto shallow serving plate.

8 servings

Simple Scottish Shortbread - Town & Country

1 cup butter, softened
½ cup powdered sugar
½ teaspoon vanilla
2 ¼ cups flour

Beat together butter, sugar & vanilla 'till well blended. Add flour, 1 cup at a time to butter mixture. On a floured surface roll out dough to ¼- ½ inch thick. With a sharp knife, cut dough into 2-inch squares or cut into rounds with a cookie cutter. Place on ungreased baking sheet and prick top of cookies with fork. Bake for 25 – 30 minutes at 325 degrees until bottoms are golden brown and top is light in color. Cool on wire racks. Store in airtight containers.



American Peanut Cake – Town & Country

Yellow cake
Buttercream frosting
Roasted peanuts, salted or unsalted

Bake a yellow cake, from scratch or mix, in a 9 x 13-inch cake pan. Make your favorite buttercream frosting or use it from a can. Frost the Cake with the frosting. Chop up enough peanuts to nicely cover the top of the cake.

If making cake and frosting the day ahead, do not put the peanuts on that day as they will get soggy. Put them on the day you serve the cake. Tastes like peanut squares.

Sauerkraut Salad –Alice Ackermann

1 pound 11-ounce sauerkraut, drained
1 cup celery, chopped
1 cup green pepper, chopped
¼ cup onion, chopped
½ cup salad oil
1 cup sugar
¼ cup cider vinegar
½ teaspoon salt

Mix salad oil, sugar, vinegar and salt to make dressing. Combine sauerkraut, celery, green pepper and onion. Pour dressing over vegetables. Chill for several hours but best if made a few days in advance. Keeps well.

Fruit Kuchen – Alice Ackermann

Dough:
2 cups flour
½ cup sugar
2 teaspoons baking powder
½ teaspoon salt
½ cup shortening
2 eggs
Milk



Mix first 5 ingredients like a pie crust. Crack 2 eggs into a measuring cup, then fill it with enough milk for a total of about 1 ¼ cups. Add milk and eggs to first mixture and mix with a spoon, not an electric mixer. Spread dough into 2 coffee cake-size pans or a 9 x 13-inch pan. Filling: Use 5 medium-sized apples, quartered, then cut each quarter in half or 3 – 4 cups peaches, plums, rhubarb or berries. Sometime I use a combination of fruits. Spread the fruit over the dough.

Sugar topping:

1 cup sugar

4 tablespoons flour

1 tablespoon butter

Mix. Sprinkle over fruit filling. Bake at 350 degrees for about 45 minutes or until fruit is tender. If using the 2 smaller pans, check earlier.

Or Custard topping:

2 eggs, beaten

½ cup evaporated milk

½ cup sugar

1 tablespoon flour

Beat eggs well; add evaporated milk and beat well again. Mix together sugar and flour and beat into egg mixture. (I just throw it all together and beat it.) Pour over the fruit in the Kuchen. Bake at 375 degrees until fruit is soft and custard is firm, about 40 – 45 minutes.

Variation: Sometimes I pour on the custard topping and then the sugar topping over the top of that. Then I bake it at 375 degrees like the custard version.

“EVERY GREAT DREAM
BEGINS WITH A DREAMER.
ALWAYS REMEMBER
YOU HAVE WITHIN YOU
THE STRENGTH, THE PATIENCE
AND THE PASSION
TO REACH FOR THE STARS,
TO CHANGE THE WORLD.”

Harriet Tubman



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2022 HCE Proposed Programs

January 10 – Making Physical Activity Fun! – Althea Smith, Pretty Good Eggs
HCE Member

February 14 – Healthy Aging Improving Health Through Self-Advocacy – Carolyn
Dreier, HCE President/Franklin HCE Member

March 14 – Asian Foods – Union Market Representative

April 11 – “The Planter” in memory and honor of Mary Olsen – Franklin HCE Club

May – Annual Rally & Recognition Banquet

June - July – County Outreach Project

September 1-5 – Fair Booth

September 12 – BEE – CAUSE Pollinators Feed the World – Lylene Schultz,
Manitowoc County, HCE State International Chair

October 10 – Annual Meeting & Member-to-Member

November 14 – Heritage Skills – Tiles, Althea Smith, Pretty Good Eggs HCE
Member