

“Indiana Traditions” AIW Ethnic Lunch Recipes

October 21, 2009

Hot Spiced Cider – Serves 8

- 4 cups apple cider
 - 1 (16 oz) jar of crabapples – undrained (previously found at Omalia’s)
 - 2 cups golden sherry
 - 4 lemon slices
 - ¼ teaspoon ground nutmeg
 - ½ teaspoon ground cinnamon
 - ¼ cup sugar
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- Bring apple cider to a boil.
 - Add remaining ingredients, stirring until sugar dissolves.
Serve immediately

Source: *Unknown.*

Asparagus Rollups - Makes 12 appetizer servings

- 24 fresh asparagus spears
 - 1 (8-ounce) package cream cheese, softened
 - 1 (4-ounce) package crumbled blue cheese
 - 2 tablespoons mayonnaise
 - 1 tablespoon chopped fresh chives
 - 12 bread slices, trimmed
 - 12 thinly sliced deli ham slices
 - ¼ cup butter or margarine, melted
 - Paprika
1. **Snap** off tough ends of asparagus, and remove scales from stalks with a vegetable peeler, if desired.
 2. Arrange asparagus in a steamer basket over boiling water. Cover and steam 4 to 6 minutes or until crisp-tender.
 3. Remove from steamer and cool on paper towels
 4. **Stir** together cream cheese and next 3 ingredients
 5. **Roll** each bread slice with a rolling pin to flatten.; Spread 1 side of each slice with 2 tablespoons cream cheese mixture; top each with 1 ham slice
 6. **Place** 2 asparagus spears, tips pointed toward opposite ends, on 1 end of each bread slice; roll up and place, seam side down, on a greased baking sheet. Brush with butter; sprinkle with paprika

7. **Bake** at 400 for 12 minutes or until golden.

Note: **Freeze unbaked rollups up to 1 month in an airtight container. Thaw in refrigerator, and bake as directed.**

Source: *Southern Living magazine.*

Pumpkin soup

4lb pumpkin (fresh, cut into cubes)

3 tbs butter

1/2 onion (chopped)

salt, pepper

1/4 tsp nutmeg

2 potatoes (cut into cubes)

2 packs chicken broth (enough to cover it all)

1 egg

1 1/2 cup cream

Melt the butter, and cook the onion until clear. Add the potatoes and pumpkin, brown the a little (5 min.). Add enough chicken broth to cover all the vegetables, add salt and pepper. Cook until the vegetables are tender (about 30 minutes). Puree with a soup blender. If it is too thick, add some broth. In a separate bowl, mix the egg, the cream and the nutmeg. Add a ladle of soup and mix. Add this mixture to the soup.

Source: *Unknown*

Cucumber Salad – Serves 2-3

- 1 large cucumber
 - 5 tablespoons water
 - ½ teaspoon salt
 - 1/3 cup cider vinegar
 - 5 tablespoons white sugar
 - A few grains of white pepper
 - Chopped dill
- Rinse and peel cucumber.
- Run fork down surfaces to “make pretty” before slicing
- Cut into very thin slices and put into shallow bowl

- Mix remaining ingredients well and pour over cucumber slices.
- Toss lightly
- Cover and chill for several hours.
- Right before serving, garnish with a tablespoon chopped dill.
- Toss every now and then

Note:

Nice and crispy, even after 12 hours, but 24 hours later was not quite as crispy, but still good.

Source: Family recipe.

Corn Pudding – Serves 6-8

- 2, 10 ounce packages frozen white corn
- ¼ cup all-purpose flour
- 1 tablespoon sugar
- 1 teaspoon salt
- ¼ teaspoon pepper
- 3 dashes cayenne pepper
- 2 cup light cream
- 4 tablespoons butter, melted
- 3 eggs, well beaten

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1. Preheat oven to 350
 2. Grease a 1 ½ quart baking dish
 3. Thaw and drain corn in colander
 4. Puree ½ of corn in blender
 5. Combine pureed corn with whole corn in large bowl
 6. Add flour, sugar, salt, pepper and cayenne
 7. Mix in cream, butter and eggs
 8. Pour into prepared baking dish.
 9. Set dish into another pan; fill larger pan with hot water to a depth of one inch.
 10. Bake uncovered at 350 for about 1 hour 10 minutes or until toothpick inserted in center comes out clean.
 11. Serve hot

Source: Family recipe.

A Meat-Loaf Roulade – serves 8-10

Ingredients

- 2 kb carrots, pared and cut up

- ¼ cup butter or margarine
 - 1 cup finely chopped onion
 - 1 tsp. salt, dash pepper
 - ½ tsp. dried thyme leaves
 - 1 Tbs salt
 - ¼ tsp. pepper
 - 1 ½ lb ground beef
 - ½ lb lean pork
 - 2 Tbs. chopped parsley
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- 2 Tbs. brown sugar
- ¼ tsp. dry mustard

1.

- In 1 in. boiling water in large saucepan, cook carrots, covered, 25 minutes, or until tender.
- Drain; mash; measure 3 cups.
- In hot butter in skillet, sauté chopped onion, stirring until golden.
- Combine half of onion with carrot, t tsp. salt, dash pepper

2.

- Preheat oven to 350.
- In large bowl, combine eggs, bread crumbs, milk, thyme, 1 Tbs. salt, ¼ tsp. pepper; mix well.
- Add ground beef, pork, parsley and rest of onion; mix well.
- Roll out between two sheets of waxed paper placed on damp surface.

3.

- Roll to form a rectangle 14 by 10 inches, ¼ inch thick.
- Remove top sheet of waxed paper.
- Spread meat evenly with carrot filling
- Roll up as for jelly roll, starting with narrow edge
- Place the meat loaf, seam side down, in shallow roasting pan lined with foil

4.

- Make glaze
 - In small bowl, combine catsup, brown sugar and mustard; ;mix well
 - Brush over meat loaf.
 - Bake, uncovered, 1 hour.

Source: McCall's Cooking School (at least 20 years ago)

Apple tart

Crust:

2 1/4 cups flour

3/4 butter

1 tsp salt
1 tbsp sugar
1/8 cup water

Apples (thinly sliced)
1 egg
1/4 cup sugar
1/3 cup cream
cinnamon

Melt the butter in a bowl (microwave). Add the flour, sugar, salt and butter. Mix until all sticks together. If it is crumbly, add water (little by little), if it sticks to the bowl add flour (little by little). Coat your pie dish with butter, place the ball of crust in the middle of the dish and spread it until the crust covers the pie dish all the way up the sides. Place the slices of apple on it. Sprinkle a little sugar on it. Bake in the oven (360 degrees for 30 minutes). In a small bowl, mix the egg, cream, 1/4 c. sugar and cinnamon. Pour that mixture evenly over the apples, and bake another 30 minutes.

Source: Family recipe.

Gooseberry Pie

- Pour gooseberries into large pan
- Add enough sugar so that pie is sweet, but yet tart; this will be a matter of tasting – several times
- Potato starch – enough to thicken; you may find that as the gooseberries cook, you may need to discard some of the juice
- 1 teaspoon vanilla extract

Cook the gooseberries until they become soft, and the juice begins to thicken; you'll have to stir frequently and taste the filling, until you obtain the taste you want

Pie Crust

- 2 cups Pillsbury flour
- Just shy of 1 cup Crisco
- 1 teaspoon salt
 - Use a pastry blender (or two table knives) to blend ingredients, until they have a coarse texture
- 1 egg yolk
- 6 tablespoons water

Whisk the egg yolk and water together and add to flour mixture. If the dough feels a little dry, add a little more water.

- Form two balls of dough
- With a flowered rolling pin, roll each dough ball out, on a lightly-flowered paper towel. You want the rolled dough to be large and round enough, so that it can be placed in the pie pan, with some of the dough hanging over the sides.
- Pour the prepared filling into the prepared pie pan
- Roll the second dough ball out, as you did the first.
 - I actually carefully roll the dough onto my flowered rolling pin, and then gently unroll into/onto the pie pan.
- Before placing the top pastry onto the pie pan, take a brush, using some of the juice from the filling, and moisten the entire rim of the pie, so that the seal will be better, between the two pastry sheets
- Roll the top pastry sheet onto the pie, and crimp the two sheets together. Cut any excess dough off – around the edges, with a sharp knife. Take a knife, fork – or whatever you choose, to pierce the top pie crust.
- Bake at 350, until you begin to see clear bubbles on top of the pie; approximately 45 – 60 minutes. The time varies, as to where in your oven you place your pie, the thickness of your dough, and whether or not you have a convection or regular oven.

Source: Family recipe from Elaine Thomas, AIW Member.