



14TH ANNUAL **North Star**
Genealogy Conference

SPONSORED BY
MINNESOTA GENEALOGICAL SOCIETY

*The Do-it-Yourself
Banquet Menu*

Appetizers

LEFSE (*POTATO BREAD-NORWAY*)

PIEROGI (*DUMPLINGS-POLAND*)

Salad

AVOCADO SALAD (*MEXICO*)

Soup

POMERANIAN CHERRY SOUP (*GERMANY*)

Main Course

LAMBASTEIK (*LAMB ROAST-ICELAND*)

Bread

RYE BREAD (*FINLAND*)

Dessert

AEBLEKAGE (*APPLE CAKE-DENMARK*)

OR

TRIFLE (*ENGLAND*)

Beverages

IRISH COFFEE (*IRELAND*)

OR

HOT COCOA (*MEXICO*)

Appetizers

LEFSE (*POTATOE BREAD-NORWAY*)

CONTRIBUTED BY SHIRLEY BREKKE

4 cups mashed russet potatoes (about 12 potatoes)

¼ cup cream or half and half

¼ cup butter

1 tbsp. salt

1 tbsp. sugar

2 scant cups flour (scant is slightly less)

Boil the potatoes with skin on (so they don't absorb too much water) just until done. Drain and peel potatoes.

Mash them while still warm. Add the cream, butter, sugar, and salt. Knead most of the flour into the dough adding more only if the dough is sticky. You will also add some when you roll it. The less flour used, the more tender the lefse. Shape dough into egg-sized balls. Put them in a bowl and cool in the refrigerator.

Work with only one dough ball at a time.

Roll out the dough thinly into an 8 or 10 inch circle on floured pastry cloth or floured counter. Set an electric griddle to 500-550° (or use a fry pan if you don't have a griddle). Grill until you see bubbles start to rise, then flip over and grill again until you see bubbles. There will be brown spots on the lefse. Remove to a clean towel to cool and cover with another towel to prevent drying. Eat buttered or with jam, or with sugar and cinnamon. Can be refrigerated or frozen with wax paper in between.

Appetizers

PIEROGI

(*DUMPLINGS-POLAND*)

CONTRIBUTED BY *KEN METER*

DUMPLING WRAPS (makes around 50)

2 cups flour	2 egg whites, lightly beaten
1 tsp. salt	4 tbsp. butter (½ stick)
2 egg yolks	sour cream for serving
water	

Combine the flour, salt and egg yolks by hand or in a food processor. With the machine running, add ¼ cup water. Then add water 1 tbsp. at a time until the dough forms a ball. Knead by hand on a lightly floured surface for two minutes.

Roll half of the dough 1/16 inch thick and cut into 3 inch squares, or using a cookie cutter, cut into three inch circles. Squares will make triangular pierogis and circles will make half moons.

CHEESE FILLING

2 cups small-curd cottage cheese, well drained in a strainer	2 tbsp. sugar
pinch of salt	1 egg
	½ cup sour cream

Mix the cottage cheese with the salt, sugar, egg, and sour cream. Lay down a wrap and place 2 tsp. of filling in the center. brush the edges of the wrap with egg white and pinch to close.

POTATO FILLING

6 tbsp. butter	1 tsp. minced garlic
2 large onions, chopped	2 cups mashed potatoes
salt and pepper to taste	

Saute the onions with salt and pepper in 2 tbsp. butter until brown. Reserve a bit of the onions for a garnish. Combine with the mashed potatoes and garlic. Lay a wrap flat and place 2 tsp. of the filling in the center. Brush the edge with egg white, fold over and press shut. You can either boil the dumplings or fry them.

BOILING

Bring a large pot of salted water to a boil, and set the oven to 200°. Boil the dumplings a few at a time until they rise to the surface. A minute or two more cooking time may be needed. Taste the dough as you would pasta to see if it's done. Remove the dumplings with a slotted spoon and put them in a pan in the oven. Drizzle with melted butter. When you have cooked all the dumplings serve hot with the onion garnish and sour cream.

FRYING

Melt 2 tbsp. of butter in a large skillet over medium heat. Add the dumplings to fill the pan and brown on both sides. Keep warm on a plate in the oven. Fry the remaining dumplings adding butter as needed.

Serve hot.

Salad

AVOCADO SALAD (MEXICO)

- 4 medium, ripe tomatoes diced
- 2 or 3 diced avocados
- ¼ cup chopped spring green onions
- 1 large cucumber, peeled, seeded, and diced
- 2 tbsp. fresh cilantro

DRESSING

- 1 clove garlic
- ¼ white onion
- ⅓ cup olive oil
- ¼ cup red wine vinegar
- salt and pepper to taste

Put the chopped ingredients into a salad bowl. Put the dressing ingredients into a blender and spin until smooth. Pour the dressing over the salad and mix thoroughly. Adjust the vinegar and seasonings to your taste. The salad should have some "zing" to it and not be bland. One option is to add ½ of a jalapeño pepper to the dressing.

Soup

POMMERANIAC CHERRY SOUP (*GERMANY*)

SOUP

3 cups fresh pitted cherries
4 cups water
1¾ cup sugar

Boil water with sugar, add cherries and cook to soften. Check sweetness and add more sugar if needed. Bring to a boil. Dribble in dumpling mixture.

DUMPLINGS

1 egg
4 heaping tbsp. flour
¼ tsp. baking powder
¼ cup milk
pinch of salt

Mix together. It will look like a cake batter. Continue cooking until the batter is all dribbled in. This soup can be served cold or hot.

You can leave the dumplings in or out. This also works well with vanilla ice cream.

Main Course

LAMBASTEIK (*LAMB ROAST-ICELAND*)

ROAST

leg of lamb with bone (approx. 3 lbs.)

1 onion

salt and pepper

garlic powder

coriander

water

Wash the lamb under running cold water and pat dry. Rub the meat with an onion before seasoning with salt and pepper, garlic, and coriander. Quarter the onion and put in a roasting pan with the meat.

Cover and put in a preheated oven at 400°. Allow the meat to brown on the outside, about 15-20 minutes. Add an inch of water to cover the bottom of the pan, and add more water if it evaporates. Lower the heat to 350°. Baste the meat occasionally with the water and juices. The roast should stay in the oven for about 2 hours. After about 1½ hours, take the roast out and pour off and save the cooking liquid. Return to the oven without covering, to brown. Use the cooking liquid to make the gravy.

GRAVY

1-2 tbsp. flour or cornstarch

½ - ¾ cup heavy cream

salt and pepper to taste

Pour the cooking liquid from the meat through a strainer. Put the onion in the strainer and mash into the liquid. Skim the fat off the top of the liquid and heat to boiling. Mix together water and flour (or cornstarch) into a smooth, thin paste. When the liquid boils, add the flour paste, stirring occasionally, until sauce begins to thicken. Strain the sauce if lumpy. Add the cream, salt, and pepper to taste.

Bread

RYE BREAD (*FINLAND*)

CONTRIBUTED BY LORA CHERNE

2 cups bread flour

1½ cups rye flour

1 (¼ oz. pkg. yeast

1 tbsp. packed brown sugar

1 tbsp. melted butter

1½ tsp. salt

1¼ - 1½ cups warm tap water (about 130°)

Put the flours into a large bowl. Add the yeast, brown sugar, butter, and salt. Stir until well blended. While stirring, slowly add 1¼ cups water until the dough comes together in a smooth ball. If the dough is too dry, add more water. If the dough is too wet, add more flour. Knead by hand for 2 to 3 minutes. Cover and let rise in a warm place for 45 minutes until double in size. Knead again and shape into a round loaf. Place in a sprayed or greased 9-inch round cake pan. Cover and let rise 30 minutes. Bake in a preheated 375° oven for 45-55 minutes. Makes one loaf.

Dessert

AEBLEKAGE (*APPLE CAKE-DENMARK*)

CONTRIBUTED BY MYRA MADSEN

- 2 lbs. Granny Smith Apples
- 1 heaping tsp. cornstarch
- 1 cup cold water
- ¼ sugar
- 1 cup whipping cream
- 1 to 1½ cups bread crumbs
- 3-4 tbsp. butter
- ¼ cup sugar
- apple jelly

Peel apples. Slice, cook, and mash to a thick applesauce. Thicken it with a little cornstarch mixed with water. Add sugar and cool. In a separate fry pan, melt the butter, add the breadcrumbs and brown. Add sugar and cool. Layer the apples, breadcrumbs, more apples, and then more breadcrumbs. The top layer should be the bread crumbs. Top with whip cream. Decorate with little dabs of jelly.

TRIFLE (*ENGLAND*)

CONTRIBUTED BY RESURRECCION STERBERG

Trifle is served in a glass bowl to show the decorative layers.

- 1 angel food cake cut into cubes
- brandy (optional)
- apricot jam, for drizzling
- 1 (5.1 oz.) pkg. vanilla pudding, prepared according to package directions)
- strawberries, raspberries, blueberries, mandarin oranges, pineapple, and grapes.
- 1 pint whip cream
- 2 (3 oz.) pkgs, jello, different flavors

Prepare the jellos in advance, Cut the jellos into one-inch cubes. Whip the cream. Layer the items starting with cake. Sprinkle each layer of cake with brandy. Warm the jam in the microwave and drizzle over the cake. Layer with pudding, fruit, jello, and whipped cream. Repeat the layers. Finish with whipped cream and garnish with leftover berries. To serve, spoon into bowls or wine glasses.

Beverages

IRISH COFFEE (*IRELAND*)

You can add a little flair by sifting cocoa or powdered coffee through a paper cutout onto the cream.

- 1 heaping tsp. brown sugar
- 1 cup hot coffee
- 1 shot of Irish whiskey
- 1 tbsp. cream

Place the brown sugar in a coffee mug. Fill with coffee and add the whiskey. Pour the cream over the back of a spoon held just above the surface of the coffee. The layer of cream will float on the coffee without mixing. You drink the coffee through the layer of cream.

HOT COCOA (*MEXICO*)

CONTRIBUTED BY DANIELA RUGGIERO

- 3 tbsp . cocoa
- 1 heaping tsp. flour
- 1½ tbsp. sugar
- 1½ cups of whole milk

Mix well all 3 powders in a saucepan. Add some cold milk. When the mixture is still dense with no lumps, put the pan on a low flame. Continue stirring with a wooden spoon while adding milk, until gently boiling.

Stir for 3 to 5 minutes .

The hot chocolate should be dense like a sauce and can actually be used in such a way. If you have any type of chocolate (white, dark, bittersweet, or chocolate chips), you can add them in during the boiling time to make it richer.