



2022 EDITION

"BEST COOKS IN BLUFF COUNTRY"

TASTY

TEMPTATIONS

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THE BEST COOKS OF BLUFF COUNTRY

51 tried and tested reader recipes that will bring people together for the holidays

Now in its 13th year, the *Tasty Temptations Cookbook* has become a delightful expectation of *Fillmore County Journal* readers near and far.

Since we published our first cookbook in 2010, we have accumulated a total of 821 recipes from readers, with 51 more recipes added to the tasty archives this year. Thanks to readers from Chatfield, Fountain, Harmony, Houston, Lanesboro, Preston, Rushford, Spring Valley, and Stewartville, we are proud to publish another holiday keepsake.

This cookbook is full of recipes shared by your neighbors, friends and maybe even family. So, when you see these cooking superstars noted in this cookbook, please thank them for sharing their recipes. And, hopefully, you'll consider sharing one of your favorite dishes in next year's *Tasty Temptations Cookbook*.

In this year's *Tasty Temptations Cookbook*, you'll see winners who received gift cards to use at Harmony Foods, Preston Foods, or Rushford Foods. We held an in-person cooking contest on Saturday, October 22, 2022, at Preston Foods.

Over the past 12 years, the Hoiness family, store owners of Harmony Foods, Preston Foods, and Rushford Foods, has generously donated over \$5,910 in gift cards to be shared with winners of the *Tasty Temptations Cookbook* recipe contest. We thank them again for their generosity!

And, this entire publication would also not be possible without the support of the advertisers in this cookbook, so please show your appreciation by shopping with these local businesses. After all, these businesses are important to our local economy. Lastly, I want to thank all of our readers. You are the reason we feel compelled to bring people together and share all these great recipes.

Cheers, and warm regards as you delight yourself in so many delicious adventures over the holidays. So much food, so little time.



Jason Sethre

Publisher
Fillmore County Journal

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APPETIZERS AND BEVERAGES

CHEESY CRESCENT BACON PUFFS

Anna Syverson, Harmony, MN

- ½ of a 16 oz. package bacon, chopped
- 1 - 8 oz pkg cream cheese, softened
- 1 ½ c. shredded Mexican style cheddar jack cheese
- 2 Tbsp. fresh chives, minced
- 2 - 8 oz packages refrigerated crescent rolls dough

Cook bacon until crisp in a medium skillet. Drain on paper towels. In medium bowl combine cooled bacon with cream cheese, chives, and garlic. Set aside. Separate crescent rolls; cut each triangle into two triangles. Place one heaping teaspoon cheese mixture into center of each triangle; crisscross ends of long edge together; press to seal bottom. Place standing up on a greased baking sheet. Bake 375° 18 min or until golden brown and dough is done in center. Serve warm.

Anna Syverson



1ST PLACE
\$40 WINNER

* Winners receive Gift Cards to Preston, Harmony or Rushford Foods

CHOCOLATE CARAMEL TURKEY LEGS

Ellie Syverson, Harmony, MN

- 40 caramels
- 20 honey wheat braided pretzel twists
- 3 oz. milk chocolate, melted

Microwave the caramels on high until they are softened, 10-15 seconds. Mold two softened caramels around the lower half of each braided pretzel to resemble a turkey leg. Dip in melted chocolate; allow excess to drip off. Place on waxed paper; let stand until set. Store in an airtight container.

Ellie Syverson



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APPETIZERS AND BEVERAGES

ALMOND-BACON CHEESE CROSTINI

Amber Uhlenhake, Stewartville, MN

- 1 French bread baguette (1 pound), cut into 36 slices
- 2 c. (8 oz.) shredded Monterey Jack cheese
- 2/3 c. mayonnaise
- 1/2 c. sliced almonds, toasted
- 6 bacon strips, cooked and crumbled
- 1 green onion, chopped
- Dash salt
- Additional toasted almonds, optional

Place bread slices on an ungreased baking sheet. Bake at 400° for 8-9 minutes or until lightly browned.

Meanwhile, in a large bowl, combine the cheese, mayonnaise, almonds, bacon, onion and salt. Spread over bread.

Bake for 7 minutes or until cheese is melted. Sprinkle with additional almonds if desired. Serve warm.

CHEESE BREAD SNACKS

Denise Pagel, Chatfield, MN

- 8 oz. package shredded mozzarella cheese
- 1/2 c. butter, softened
- 1/2 c. mayonnaise
- 4 green onions, finely chopped
- 2 oz. canned mushrooms, drained and finely chopped
- 1/2 of a 2.25 oz. can sliced black olives, drained and finely chopped
- 1 lb French bread

Combine first six ingredients. Cut bread in half lengthwise and place on baking sheet. Spread both with cheese mixture. Bake at 325° 15-20 minutes. Cut into slices.



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APPETIZERS AND BEVERAGES

BAKED BRIE IN PUFF PASTRY

Roxanne Braband, Spring Valley, MN

- 1/2 of a 17.5 oz. package frozen puff pastry, thawed
- 1 - 8 oz. wheel Brie cheese
- 1/4 c. sliced almonds

Step 1 - Preheat oven to 350° F. Lightly grease a 9-inch pie pan.

Step 2 - Slice the wheel of Brie in half, horizontally, so that the halves are two, flattened wheels of Brie. Lay the puff pastry in the pie pan. Place half of the Brie (rind side down) onto the pastry dough. Sprinkle almonds evenly over the top. Place the other half of the Brie (rind side up) over the almonds. Bundle the pastry dough around the Brie.

Step 3 - Bake for 15 to 20 minutes. Let cool for 5 minutes before serving.

Nutrition Facts Per Serving: 281 calories; protein 8.7g; carbohydrates 14.5g; fat 21g; cholesterol 28.4mg; sodium 254.7mg

Serve with crackers on the side.

BREAKFAST COCOA MADE WITH HONEY

Terry Stokes, Chatfield, MN

- 2 tsp. cocoa
- 1/2 c. boiling water
- 2 tsp. honey
- 1 1/2 c. hot milk

Blend cocoa with honey. Add boiling water and cook one minute. Add mixture to hot milk, stirring constantly. This makes a very smooth cocoa.



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BBQ GREEN BEANS

Barb Yetter, Fountain, MN

- 2 - 16 oz. cans cut green beans, drained
- 6-8 slices bacon
- 1 med. onion, chopped
- 1 c. catsup
- 1 Tbsp. Worcestershire sauce
- 1/2 c. brown sugar
- 1/4 c. water

Fry bacon. Saute onions. Drain and add catsup, Worcestershire sauce, brown sugar, and water.

Simmer 2 minutes; pour over green beans. Crumble bacon on top.

Note: I fry bacon before needing in recipes and freeze it. I also use dried, chopped onions.

Barb Yetter



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VEGETABLE BEEF SOUP

Denise Pagel, Chatfield, MN

- 1 beef roast
- 14.5 oz can diced tomatoes
- 3 c. water
- 2 potatoes, peeled & cubed
- 1 medium onion, diced
- 3 ribs celery, diced
- 2 carrots, sliced
- 3 beef bouillon cubes
- 1/2 tsp. dried basil
- 1/2 tsp. dried oregano
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 1/2 c. frozen mixed vegetables

Combine all ingredients into a crock pot except the mixed vegetables. Cook on high 6 hours. Add the frozen vegetables and cook on high another 2 hours. Remove the roast and shred the meat. Put the desired amount back in the soup (I freeze some for sandwiches at a later time.)



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ORANGE JELLO SALAD

Terry Stokes, Chatfield, MN

- 2 - 3 oz. packages orange Jello
- 1 pint orange sherbet
- 1 c. whipping cream
- 2 c. boiling water
- 1 small can mandarin oranges, drained

Dissolve Jello in boiling water. Add sherbet and stir until set. Beat Jello. Whip cream and fold in Jello with mandarin oranges. Return to fridge until set.

BIG MAC SALAD

Letitia Kopperud, Rushford, MN

- 1 lb hamburger, cooked and crumbled
- Onion, lettuce, tomato, dill pickles, cheese

Put lettuce in bottom of bowl, put hamburger, onion, lettuce, tomato, chopped pickles on top of lettuce.

Dressing (mix to taste)

Mayo and some Miracle Whip salad dressing, diced dill pickles (or dill pickle relish), mustard, ketchup, paprika, and onion powder.

Send your recipes for the next cookbook for a chance to win a great prize!

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SOUPS, SALADS, AND VEGETABLES

ASIAN CUCUMBER SALAD

Amber Uhlenhake, Stewartville, MN

- 6 Persian or Japanese cucumbers* often labeled "mini cucumbers"
- 1/2 c. honey-roasted peanuts, chopped
- 1/2 c. rice vinegar
- 1 tsp. sesame oil
- 1 tsp. reduced-sodium soy sauce (or gluten-free tamari)
- 2 tsp. minced garlic
- 1 tsp. sugar
- Crushed red pepper flakes for serving

Using a sharp knife or mandoline, slice the cucumbers into 1/4-inch pieces, transfer to a bowl.

Add the peanuts.

In a small bowl, whisk together the vinegar, sesame oil, soy sauce, garlic, and sugar.

Add the dressing to the cucumber slices and peanuts and toss to combine. Add a sprinkling of crushed red pepper flakes to taste and serve.

COMMON BAKING SUBSTITUTIONS

MILK

- 1 cup whole milk = 1/2 cup evaporated milk + 1/2 cup water
- 1 cup whole milk = 1 cup skim milk + 2 tablespoons melted butter or margarine

VEGETABLE SHORTENING

- 1 cup vegetable shortening = 1 cup butter
- 1 cup vegetable shortening = 1 cup margarine

SOUR CREAM

- 1 cup sour cream = 1 cup plain yogurt

VEGETABLE OIL

- 1 cup vegetable oil = 1 cup applesauce = 1 cup fruit puree





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MAIN DISHES AND CASSEROLES

DEEP DISH BISCUIT PIZZA

Barb Yetter, Fountain, MN

- 1 1/2 lb ground beef
- 1/4 c. chopped onion
- 1/3 c. pizza sauce or 6 oz. tomato paste
- 2 Tbsp. grated Parmesan cheese, divided
- 1 1/2 tsp. oregano
- 1 tsp. salt
- 1/4 tsp. pepper
- 1 - 8 oz. can refrigerated buttermilk biscuits
- 1 small can mushrooms, drained
- Black olives, sliced (optional)
- Green pepper, chopped (optional)
- 4 oz. (1 c.) shredded mozzarella cheese

Heat oven to 350°. Grease a 9-inch pie pan. Brown ground beef, onion and green pepper. Stir in sauce, 1 Tbsp. Parmesan cheese, oregano, salt and pepper.

Simmer while preparing crust. Arrange biscuits in pie pan. Press over bottom and up sides.

Spoon hot meat mixture into crust. Place mushrooms and olives over meat. Sprinkle with mozzarella cheese and remaining Parmesan cheese.

Bake for 20-25 minutes, or until crust is golden brown.

Cool 5 minutes before serving.

Barb Yetter



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\$40 WINNER

PARTY POTATOES

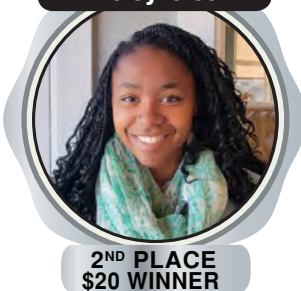
Ellie Syverson, Harmony, MN

- 6 lg. potatoes, peeled & cubed
- 1 pkg. (8 oz.) cream cheese, cubed
- 1 c. (8 oz.) sour cream
- 1/2 c. milk
- 1 tsp. garlic salt
- 2 tsp. minced garlic
- 2 Tbsp. butter or margarine, melted
- 1/2 tsp. paprika

Place potatoes in a large saucepan and cover with water. bring to a boil. reduce heat; cover and cook for 15-20 minutes or until tender. Drain; mash potatoes. Beat in cream cheese, sour cream, milk, garlic salt and chives; beat until well blended. transfer to a greased shallow 3qt. baking

dish. drizzle potatoes with butter and sprinkle with paprika. Bake, uncovered at 350 degrees for 30-35 minutes of until edges are bubbly and potatoes are heated through.

Ellie Syverson



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MAIN DISHES AND CASSEROLES

MASHED POTATO BOWLS

Letitia Kopperud, Rushford, MN

- 6 c. prepared mashed potatoes
- 15 oz. can black beans
- 2 c. frozen corn kernels or fresh corn
- 1/2 tsp. chili powder
- 4 oz. shredded cheddar cheese
- 1/2 c. BBQ sauce
- 2 green onions, diced
- 1 jalapeno, diced

Rinse and drain beans, add to a bowl with chili powder and stir until spice is evenly distributed. Pour in a pan and heat until warm. Add corn.

Scoop 1 c. mashed potatoes in bowl and top with bean/corn mixture, shredded cheese, BBQ sauce (about 2 Tbsp.), green onion and jalapenos.

You can use baked potatoes if you like, and also add hamburger, if desired.

TATOR TOT HOTDISH

Terry Stokes, Chatfield, MN

- 1 lb ground beef
- 1 can golden mushroom soup
- 1 onion
- 1 package tator tots
- 1 can mixed vegetables

Press beef in baking dish. Spread soup over beef. Then add vegetables, using only half of the juice. Cut up onion and place on top. Cover all with tator tots. Bake, covered, in 325° oven for 35 minutes. Uncover and bake 10 minutes more.



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MAIN DISHES AND CASSEROLES

CHICKEN PARMESAN NOODLE BAKE

Roxanne Braband, Spring Valley, MN

- 1 package (12 oz.) wheat spaghetti noodles or extra wide noodles
- 4 boneless skinless chicken breasts, halved
- McCormick's chicken seasoning
- Garlic powder
- 2 cans (14.5 oz each) diced tomatoes with basil, garlic, & shredded oregano
- 1 c. (4 oz) mozzarella cheese
- ½ c. (2 oz) Parmesan cheese
- 2 carrots, shredded
- ½ onion, chopped

Preheat oven to 450°. Spray 9 X 13 cake pan with Pam or other oil.

Arrange chicken in 9X13 pan. Sprinkle chicken with McCormick's chicken seasoning and garlic.

Bake uncovered 20 minutes or until chicken is no longer pink in the middle. Remove chicken from pan.

While chicken cooks in the oven, cook noodles according to package directions, drain.

Drain tomatoes, reserving the liquid.

In large bowl (or pan noodles cooked in), toss noodles with reserved tomato liquid.

Spray 9 X 13 pan again. In the pan, first place shredded carrots and chopped onion. Then place noodles on top of shredded carrots and chopped onion. Top with chicken breasts and tomatoes.

Sprinkle with cheeses.

Bake for 15-20 minutes at 350°, until heated through and cheeses are melted.

After plated, if desired, sprinkle with additional Parmesan cheese.

Makes 4-plus servings.

Excellent and easy!

HOT ITALIAN SUB SLIDERS

Denise Pagel, Chatfield, MN

- 12 count Hawaiian Slider Buns
- 12 slices thinly sliced ham
- 12 slices thinly sliced salami
- 12 slices pepperoni, large rounds
- 6 slices provolone cheese
- ½ c. roasted red pepper slices, drained
- ½ c. banana pepper slices, drained
- ¼ c. butter, softened
- 1 Tbsp. Italian seasoning
- Marinara sauce, optional

Preheat oven to 350°. Slice buns in half (if needed) and place in bottom of 9x13 baking dish that has been sprayed with a non-stick coating. Layer the ham, salami, pepperoni and a half slice of cheese on top of bun. You may need to fold some of items in half. Place some roasted red peppers and banana peppers on each. In a small bowl, combine the butter and Italian seasoning. With a knife, spread butter mixture on the tops of each bun. Place on top of each sandwich. Cover with aluminum foil and bake for 25 minutes. If desired, use marinara sauce for dipping.



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MAIN DISHES AND CASSEROLES

CHEESY LEMON-CHICKEN PASTA

Roxanne Braband, Spring Valley, MN

- 1 (16 ounce) package linguine pasta
- 2 c. frozen peas
- 2 Tbsp. butter
- 2 Tbsp. Meyer Lemon olive oil
- 1 (8 ounce) package button mushrooms, sliced
- ½ cup diced onion
- 1 pound skinless, boneless chicken breasts, cut into 1-inch chunks
- Kosher salt and ground black pepper to taste
- ½ (8 ounce) package reduced-fat cream cheese, cubed and softened
- ¼ c. fresh lemon juice
- 2 teaspoons lemon zest
- ½ c. grated Parmesan cheese
- ¼ c. grated Pecorino Romano cheese
- ¼ c. chopped flat-leaf (Italian) parsley, optional

Step 1 - Bring a large pot of lightly salted water to a boil. Cook linguine at a boil until tender yet firm to the bite, about 11 minutes, adding frozen peas during the last 2 minutes of cooking time. Drain pasta and peas, reserving 1 cup cooking liquid.

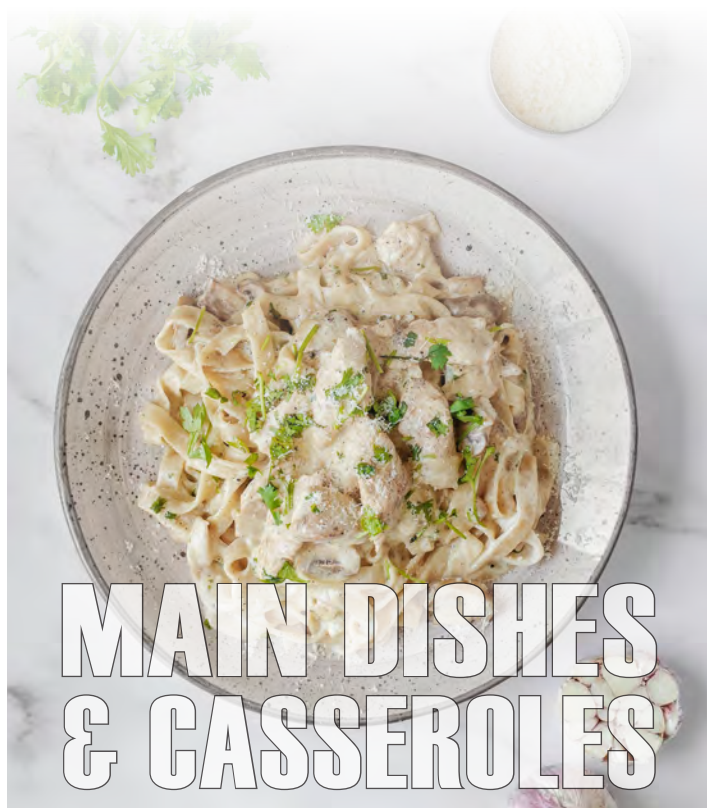
Step 2 - While the pasta is cooking, heat butter and olive oil in a large skillet over medium-high heat. Add mushrooms and onion; cook until mushrooms are brown, 5 to 7 minutes.

Step 3 - Season chicken with salt and pepper. Cook in the same skillet over medium-high heat until browned and no longer pink, 7 to 10 minutes. Add the mushrooms back to the skillet. Add cream cheese, lemon juice, and lemon zest; stir until cream cheese is melted. Remove from heat.

Step 4 - Fold in Parmesan and Pecorino Romano cheeses, then parsley. Toss with pasta and peas, adding reserved cooking liquid as necessary to make a sauce.

Nutrition Facts Per Serving: 830 calories; protein 51.9g; carbohydrates 94.9g; fat 28g; cholesterol 112.3mg; sodium 477.5mg.

Note: Pecorino Romano and Parmesan give cheesy flavor to this easy lemon-chicken pasta dish!



MAIN DISHES & CASSEROLES



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FOR RECIPES FROM THESE LOCAL WRITERS!

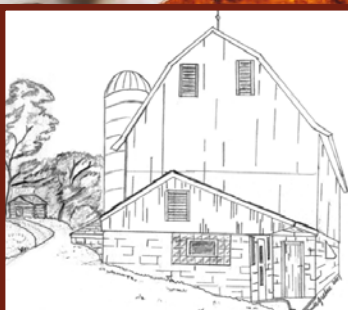
A little of this, A little of that.

By Kathy Little



FRESH OFF THE FARM

By Liz Gerdes



A GOODLY HERITAGE

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MEAT, POULTRY AND SEAFOOD

SKILLET BARBEQUED CHICKEN

Barb Yetter, Fountain, MN

1 - 2 lb fryer, cut up
1/3 c. catsup
2 Tbsp. brown sugar
2 Tbsp. vinegar
1 Tbsp. salad oil
1 tsp. salt
Dash of pepper

In large skillet over medium heat, stir 1/4 c. water and all ingredients except chicken, until well combined.

Add chicken.

Cook chicken 4-5 minutes or longer, turning occasionally, until evenly browned and fork-tender.

Note: I use six chicken thighs. At the 45 minute mark, I add a little more water and turn the heat down.

Barb Yetter



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MEAT, POULTRY
& SEAFOOD

HAM BALLS

Terry Stokes, Chatfield, MN

2 lb ground smoked ham
1 1/2 lb ground lean pork
2 eggs, slightly beaten
1 c. milk
1 c. dry bread crumbs

Form into balls and bake at 350° for 1 1/2 hours, uncovered. While baking, baste with the following:

3/4 c. brown sugar
1/2 c. water
1/4 c. vinegar
2 tsp. dry mustard

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MEAT, POULTRY AND SEAFOOD

HEARTY JAMBALAYA

Denise Pagel, Chatfield, MN

- 1 lb kielbasa/Andouille sausage, cut into ½-inch slices
- 1 lb chicken breast, cooked & cubed
- 1 large onion, diced
- ½ c. celery, chopped
- ½ c. green pepper, chopped
- 4 cloves garlic, minced
- 2 Tbsp. butter
- 14 oz. can diced tomatoes, undrained
- 6 ounce tomato paste
- ½ tsp. hot pepper sauce
- ¼ tsp. cayenne pepper
- ¼ tsp. garlic powder
- 1/8 tsp. white pepper
- 1/8 tsp. black pepper
- ½ pound medium shrimp, peeled & deveined
- Rice

In a large kettle, sauté sausage, chicken, onion, celery, green pepper and garlic in butter. Stir in the tomatoes, tomato paste and seasonings. Bring to a boil. Reduce heat; cover and simmer 5 minutes. Stir in shrimp and cover and simmer until shrimp no longer pink. Serve over hot rice.



To include your recipes in the 2023 cookbook, watch for the submission form in the Fillmore County Journal in fall 2023!

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How to avoid dry turkey this Thanksgiving

Turkey is the centerpiece of Thanksgiving dinners. The National Turkey Federation estimates approximately 46 million turkeys are consumed on Thanksgiving each year, followed by 22 million turkeys at Christmastime.

Turkey makes a pleasing picture on the dinner table. However, some people insist that turkey is their least favorite component of the Thanksgiving meal. One of the biggest complaints is turkey tends to be dry.

There are many reasons why turkey can come out dry. Turkey is a lean meat, and Healthline reports that turkey has slightly less fat in its dark meat than chicken. Another reason why turkey may be dry is due to its poor breast-to-leg ratio. By the time one gets the leg meat to cook to temperature so it's safe for consumption, the breast meat often has dried out. Seeing how many people dive for the breast meat initially, they could dish up some dry bird.

There are many ways home cooks can prevent dry turkey this Thanksgiving. Consider these turkey-tending tips.

- Brine your bird. According to ScienceBlogs, what causes a human to perceive a food as juicy may actually be his or her own saliva at work. Salty foods may stimulate the production of saliva in the mouth, helping the food to feel much more moist while on the palate. To adequately inject enough salt into the turkey meat, submerge it in a salt brine for a few days before cooking.

- Watch your cook time. It's important to avoid overcooking the turkey, which will turn it as dry as the Sahara. Some

turkeys come equipped with pop-up timers to help cooks gauge when to take them out of the oven. However, a more accurate tool is a digital food thermometer that can be set to go off when the turkey reaches the correct internal temperature.

- Cook the turkey parts separately. As previously noted, the breast meat will likely reach the desired temperature before the leg meat. To fix this, take the turkey out of the oven when it reaches five to 10 degrees before safe temperature for the breast meat, around 165° F. (Remember, the meat will continue to cook while "resting.") Let guests "ooh and aah" over the picture-perfect turkey. Then cut off the legs and return them to the oven until they are done. Arrange the properly cooked breast and leg meat together on a serving platter.

- Offer condiments. A moist dollop of stuffing, a drizzle of gravy or a scoop of cranberry sauce can add moisture to turkey. This approach does not prevent drying out, but it can make a turkey that has dried out a bit more satisfying.



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PIES, PASTRIES, AND DESSERTS

APPLE DUMPLING BAKE (QUICK & EASY)

Barb Yetter, Fountain, MN

- 2 - 8 oz. tubes refrigerated crescent rolls
- 2 medium Granny Smith apples, cored
- 1 c. sugar
- 1/3 c. butter or margarine, melted
- 3/4 c. or 8 oz. can Mountain Dew
- Cinnamon

Unroll crescent rolls and separate dough into 16 triangles.

Cut each apple into eight wedges. Wrap a crescent dough triangle around each apple wedge.

Place on greased cookie sheet with sides.

Combine sugar and butter; mound on top of each roll.

Pour Mountain Dew around the rolls (not on top and do not stir).

Sprinkle with cinnamon.

Bake, uncovered, at 350° for 35-40 minutes or until golden brown.

Serve warm with ice cream.

Barb Yetter



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LEMON MERINGUE PIE

Evie Marzolf, Preston, MN

- 1 - 9-inch baked pie crust
- 1 1/2 c. sugar
- 6 Tbsp. cornstarch
- 1/4 tsp. salt
- 1/2 c. cold water
- 2 Tbsp. butter
- 3 tsp. grated lemon peel
- 1/2 c. fresh lemon juice (2 lemons)
- 3 egg yolks
- 1 c. boiling water

Meringue:

- 3 egg whites
- 1/4 tsp. cream of tartar
- 6 Tbsp. sugar

In a pan, combine sugar and corn starch. Gradually add the cold water, stirring constantly to prevent lumps. Add lemon juice, egg yolks, and butter. Stirring constantly, over heat, add boiling water and bring to a boil, still stirring constantly. Reduce heat and keep stirring until it thickens, about one minute. Remove from heat and add lemon peel; stir. Pour into baked crust.

In medium bowl, beat egg white and cream of tartar with electric mixer on high speed until foamy. Beat in sugar, 1 Tbsp. at a time until stiff and glossy. Spread over filling. Baked at 400° for 10 minutes.

Send your recipes for the next cookbook for a chance to win a great prize!

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PIES, PASTRIES, AND DESSERTS

RHUBARB CUSTARD PIE

Evie Marzolf, Preston, MN

4 c. rhubarb, cut up
1 1/2 c. sugar
1/4 c. flour
1/4 tsp. nutmeg
3 eggs, beaten

9-inch pie crust plus more for lattice top

Mix sugar, flour and nutmeg in a large bowl. Add eggs. Stir in rhubarb. Pour into pie crust. Make a lattice top for the crust. Bake at 375° for 45 minutes.

MARSHMALLOW PUMPKIN PIE

Denise Pagel, Chatfield, MN

10 oz. bag large marshmallows
1 c. pure pumpkin (not pie filling)
1 tsp. cinnamon
1/2 tsp. pumpkin pie spice
1/2 tsp. salt
12 oz. Cool Whip, divided
8 oz. store bought graham cracker crust

In a saucepan over medium low heat, combine the following: marshmallows, pumpkin and spices. Stir frequently until smooth and combined (do not turn up the heat.) Transfer the hot mixture into a mixing bowl and let cool to room temperature; about 30 minutes. Once cooled, add 8 ounces of the Cool Whip and stir until completely combined. Pour into pie crust and spread out evenly. Cover the pie with the enclosed lid from crust and refrigerate 8 hours or overnight. Slice and serve with additional Cool Whip.

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PIES, PASTRIES, AND DESSERTS

DESSERT FLOATING ISLANDS

Cheryl Serfling, Preston, MN

3 c. milk
8 Tbsp. sugar
4 egg yolks, beaten
2 tsp. or more vanilla
Dash of salt

For custard, heat milk, sugar, and salt. Add a little of mixture to egg yolks and mix. Pour into rest of milk mixture and cook until it coats spoon. Watch carefully so as not to scorch. Pour into shallow serving dish. Add vanilla, cool. Custard will be thin.

Meringue: Beat egg whites until stiff and add 6 Tbsp. sugar and beat until sugar is dissolved. Pile into well-buttered pie pan and bake over a pan of water at 350° until lightly browned. Directly from oven, slip onto cooled custard. Serve cool. Serves 6-8.

Note: This elegant looking dessert was a favorite of all my grandmother's grandchildren. My mother made it often, too. It's a lighter dessert that goes well after a big holiday meal and I'm sure living on the farm, all the ingredients except the sugar were readily available. Adding fresh raspberries or strawberries makes it even more festive.

Cup	TBSP	TSP	Fluid oz
1 C	16 Tbsp	48 tsp	8 oz
3/4 C	12 Tbsp	36 tsp	6 oz
2/3 C	11 Tbsp	32 tsp	5 oz
1/2 C	8 Tbsp	24 tsp	4 oz
1/3 C	5 Tbsp	16 tsp	3 oz
1/4 C	4 Tbsp	12 tsp	2 oz
1/8 C	2 Tbsp	6 tsp	1 oz
1/16 C	1 Tbsp	3 tsp	.5 oz

CHERRY ANGEL CAKE DESSERT

Terry Stokes, Chatfield, MN

1 angel food cake
1 can cherry pie filling
1 package instant vanilla pudding
1 c. dairy sour cream

Tear cake into pieces and put half the pieces in a 10x13-inch pan. Pour pie filling over this. Put rest of angel food over this.

Make pudding as directed on package and blend in sour cream. Pour over top of cake and cherries. Chill until ready to serve.

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PIES, PASTRIES, AND DESSERTS

MINCEMEAT FOR PIES

Evie Marzolf, Preston, MN

- 4 lb lean ground beef
- 8 apples, ground
- 1/2 lb suet
- 4 lb raisins, ground
- 1 lb brown sugar
- 2 Tbsp. allspice
- 1 Tbsp. salt
- 3 Tbsp. nutmeg
- 4 1/2 pints apple cider

Preheat oven to 375°. Combine all ingredients. Cook in roaster one hour. Can and seal in quart jars. Makes 4-5 quarts. To make pie, use about 1 1/2 pints. Bake pie at 375° for 45 minutes.



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BARS, CAKES, COOKIES, AND CANDY

CHOCOLATE-COCONUT LAYER BARS

Anna Syverson, Harmony, MN

¾ c butter, cubed
3 c. Oreo cookie crumbs
2 c. sweetened shredded coconut
½ c cream of coconut filling
1/3 c. butter, softened
3 Tbsp. cream of coconut
¼ tsp. coconut extract
3 c. confectioners' sugar
1-2 Tbsp. 2% milk

Topping

1 ½ c. semisweet chocolate chips
4 tsp. canola oil
3 Mounds bars (1¾ oz each) coarsely
chopped, optional

Melt butter; stir in cookie crumbs, coconut and cream of coconut until blended (mixture will be wet). Spread onto bottom 9x13 pan. Chill until well set, 30 min. For filling, beat butter, cream of coconut,

and extract. Gradually add confectioners' sugar and enough milk to reach a spreading consistency. Spread over crust. Topping, melt chips, oil until smooth, spread over filling. Sprinkle with chopped candy.

Anna Syverson



HARVEST BARS

Barb Yetter, Fountain, MN

2/3 c. pumpkin
1/4 c. butter
1 c. brown sugar
2 eggs
1 tsp. vanilla
1/2 c. pecans
1/2 c. dates, chopped, coated with 2 Tbsp. flour

Mix together pumpkin, butter, brown sugar, eggs and vanilla.

Add dry ingredients:

1/2 c. flour
1/2 tsp. baking powder
1/4 tsp. soda
1/2 tsp. cinnamon
1/2 tsp. ginger
1/2 tsp. nutmeg
1/4 tsp. salt

Add above ingredients to pumpkin mixture. Last, mix in the nuts and dates.

Bake at 350° for 25-30 minutes in a 9x9 pan.

Frost with a lemon flavored powdered sugar frosting.

Barb Yetter



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PEANUT BUTTER RICE CRISPY TREATS

Roxanne Braband, Spring Valley, MN

- 1 c. sugar
- 1 c. Karo syrup
- 1 1/2 c. peanut butter
- 5 c. Rice Krispies
- Butter, for hands

Place sugar, syrup and peanut butter in heavy sauce pan and bring to a boil.

Place the Rice Krispies in a large bowl.

Stir the mixture on to the top of the cereal, until all is covered.

Place mixture on buttered cookie sheet, use hands covered in butter to spread. (I have tried to use a utensil, and always reverted to the hand spreading method).

Place in fridge to cool. Cut in squares and serve.

Just like my Grandma used to make!

7 STEP BARS

Terry Stokes, Chatfield, MN

- 1/4 lb butter
- 1 c. coconut
- 1/2 package chocolate chips
- 1 can sweetened condensed milk
- 1 c. nuts

Melt butter in 9x13 -inch pan. Layer rest of ingredients over butter in order given. Bake at 350° for 30 minutes.



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BARS, CAKES, COOKIES, AND CANDY

CRANBERRY ORANGE COOKIES

Denise Pagel, Chatfield, MN

¾ c. butter, room temperature
1 c. sugar
1 egg
1 Tbsp. orange zest
2 c. flour
1 ½ tsp. baking powder
¼ tsp. baking soda
½ c. dried cranberries, finely chopped
½ Tbsp. flour

½ cup sugar
1 Tbsp. orange zest, grated fine

Beat the butter and sugar until light and fluffy. Add the egg and orange zest; mixing well. Stir in the flour 1 cup at a time; adding the baking powder and baking soda as well. In small bowl, stir together the flour and dried cranberries to make chopping them easier. Fold into the dough. Chill dough some. Make sugar coating for cookies using the ½ cup sugar and 1 Tablespoon orange zest. Works best to use fingers to rub the two together until fragrant.

Preheat oven to 350°. Shape dough into 1-inch balls, roll in orange sugar and flatten slightly on cookie sheet. Bake 13-14 minutes.

Note: This was the 1st place winner in the 2021 *Rochester Post Bulletin* Cookie Contest

PEANUT BRITTLE BARS

Amber Uhlenhake, Stewartville, MN

1 package yellow cake mix
1½ c. creamy peanut butter, divided
1 egg
1/2 c. oil
1 (14 oz) can sweetened condensed milk
2 tsp. vanilla extract
2 c. chopped dry roasted peanuts
1 c. toffee bits

Preheat oven to 350° F. Line a 13x9" baking pan with foil, extending the sides of the foil over the edges of the pan. Spray the foil liberally with cooking spray and set aside.

In a large bowl, combine the yellow cake mix, one (1) cup of the peanut butter, the egg and the oil with a rubber spatula or spoon until a thick dough comes together. Make sure to fully incorporate that peanut butter! Press the mixture evenly into the prepared pan and bake for 10 minutes. Meanwhile, mix together the remaining peanut butter, vanilla and condensed milk together. Remove the pan from the oven and pour/spread the sweetened condensed milk mixture over the top of the bars, spreading out to the edges evenly. Top with the peanuts and toffee bits. Bake for an additional 20-25 minutes or until the center is set and topping is firm to the touch. Cool completely before cutting into bars.



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BARS, CAKES, COOKIES, AND CANDY

PUMPKIN SPICE SKILLET COOKIE

Anna May, Houston, MN

- 1/2 c. unsalted butter, softened
- 3/4 c. firmly packed dark brown sugar
- 1 large egg
- 1 tsp. vanilla extract
- 3/4 c. all-purpose flour
- 1 tsp. pumpkin spice (recipe follows)
- 3/4 tsp. baking powder
- 1/4 tsp. kosher salt
- 1/2 c. plus 2 Tbsp. quick oatmeal
- 1/2 c. raisins
- 1/3 c. cinnamon chips

Pumpkin spice:

- 3 Tbsp. cinnamon
- 1 Tbsp. each of nutmeg and ginger
- 2 tsp. allspice

Whisk spices together in a small bowl and store in a small jar.

Preheat oven to 325°. Spray an 8-inch cast-iron skillet with non-stick baking spray. Set aside. In a large bowl, beat butter and brown sugar on medium speed with a mixer until fluffy, 3-4 minutes, stopping to scrape sides of bowl. Add egg and vanilla; beat until combined.

In a small bowl, whisk together flour, pumpkin spice, baking powder and salt. Reduce speed to low; add flour mixture to butter mixture, beating just until combined. Stir in oats, raisins and cinnamon chips. Press into skillet and bake until golden brown. Check at 40 minutes and cover with foil to prevent excess browning, if necessary, and bake an additional 5 minutes. Let cool 15 minutes.

To include your recipes in the 2023 cookbook, watch for the submission form in the Fillmore County Journal in fall 2023!

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BARS, CAKES, COOKIES, AND CANDY

CRISPY CHOCOLATE CHIP COOKIES

Letitia Kopperud, Rushford, MN

- 3 c. flour
- 1 1/2 tsp. baking soda
- 1/2 tsp. salt
- 1 c. melted butter, cooled
- 1 c. sugar
- 2/3 c. brown sugar
- 1/4 c. lite corn syrup
- 1 egg
- 1 egg yolk
- 2 Tbsp. milk
- 2 Tbsp. vanilla
- 1 - 12 oz. package semi sweet chocolate chips

Combine flour, baking soda and salt; set aside.

Beat butter, white sugar, brown sugar and syrup on medium for 2 minutes. Beat in egg and egg yolk, milk, and vanilla until combined. Beat in flour. Add chocolate chips.

Bake at 375° on non-greased cookie sheet 10-11 minutes.

JUMBO CHOCOLATE CHIP COOKIES

Promise Syverson, Harmony, MN

- 2/3 c. shortening
- 2/3 c. butter, softened
- 1 c. sugar
- 1 c. packed brown sugar
- 2 large eggs
- 2 tsp. vanilla extract
- 3 1/2 c. flour
- 1 tsp. baking soda
- 1 tsp. salt
- 2 c. (12oz) semisweet chocolate chips
- 1 c. chopped pecans, optional

In a large bowl, cream the shortening, butter and sugars until light and fluffy. Beat in eggs and vanilla. Combine flour, baking soda and salt; add to creamed mixture and mix well. Fold in chocolate chips and pecans, if desired. Chill for at least 1 hour.

Preheat oven to 375°. Drop dough by 1/4 cupful 2" apart onto greased baking sheets. Bake 13-15 minutes or until golden brown. Cool 5 minutes before removing to wire racks.



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CHILI BEEF DIP

Barb Yetter, Fountain, MN

- 1 jar Cheez Whiz
- 1 can chili beef soup (Campbell's)

Mix the Cheez Whiz and can of chili beef soup together. Heat.

Serve as hot dip with taco chips (Doritos).

Barb Yetter



1ST PLACE
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BROWN SUGAR SAUCE FOR ICE CREAM

Anna Syverson, Harmony, MN

- 1 c. heavy whipping cream
- ¼ c. butter
- ¾ c. brown sugar

Combine all ingredients in a medium sauce pan over medium heat. Bring to a boil, stirring constantly. Reduce heat to low and simmer for 10 minutes. Serve warm over vanilla ice cream.

Anna Syverson



2ND PLACE
\$20 WINNER

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DIPS, SAUCES, AND SPREADS

CRANBERRY PINEAPPLE SAUCE

Marge Loney, Lanesboro, MN

- 1 - 12 oz. bag fresh cranberries
- 1 - 20 oz. can crushed pineapple
- 2/3 c. sugar

Combine berries, juice drained from the pineapple, and the sugar in a pan. Simmer until all the berries pop.



Stir in the crushed pineapple; mix well.

Optional ingredient: 1/4 c. of slivered crystallized ginger.

Cool, refrigerate. Keeps well.

DILL DIP

Terry Stokes, Chatfield, MN

- 2/3 c. mayo
- 2/3 c. sour cream
- 1 green onion, shredded
- 1 Tbsp. parsley
- 1 tsp. dill weed

Mix all ingredients and set aside in fridge for several hours so flavors are well blended.

TOSTITOS DIP

Denise Pagel, Chatfield, MN

- 8 oz. cream cheese, softened
- 8 oz. sour cream
- Small can sliced black olives, rinsed & drained
- 8-12 oz. mild picante sauce (or your preference)
- 2 c. grated cheddar cheese

Blend cream cheese and sour cream together. Stir in black olives, picante sauce and cheese. Chill for several hours. Serve with Tostitos.

The advertisement features a photograph of various holiday-themed decorations, including several gnomes in colorful hats and coats, a small evergreen tree, and a row of colorful miniature houses. The Vesterheim logo is in the top left corner.

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The advertisement has a blue and white color scheme. It features icons of kitchen tools: a spatula, a whisk, a grater, and a pair of tongs. The text is arranged in a clear, easy-to-read layout.

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BREADS AND ROLLS

TOFFEE BREAD PUDDING W/ BROWN SUGAR TOFFEE SAUCE

Anna Syverson, Harmony, MN

- 4 eggs
- 4 egg yolks
- $\frac{3}{4}$ c. brown sugar
- 2 c. whole milk
- 2 c. heavy whipping cream
- $\frac{1}{4}$ c. butter, melted
- 1 Tbsp. vanilla extract
- $\frac{1}{2}$ tsp. salt
- 1 loaf (14-16 oz) day old French bread, cut or torn into 1-in. pieces (10 cups)
- $\frac{3}{4}$ c toffee chips

Sauce

- 1 c heavy whipping cream
- $\frac{1}{4}$ c salted butter
- $\frac{3}{4}$ c brown sugar

Whisk together eggs, egg yolks and brown sugar in a large bowl. Stir in milk, cream, melted butter, vanilla and salt. Add the bread cubes and toss to coat. Let stand 20 min, stirring occasionally. Gently stir $\frac{1}{2}$ cup toffee chips into the bread mixture and pour into a 9x13-in. greased baking dish. Spread evenly and scatter the remaining toffee chips over the top. bake until custard has just set, and bread pudding is just browned and puffy, about 40-45 min. Let sit for 30 minutes.

While pudding is cooling, make the sauce. Combine all the ingredients in a medium sauce pan over medium heat. Bring to a boil, stirring constantly. Reduce heat and simmer for 10- 15 min. until the sauce is slightly thickened. Pour over each piece warmed.

Anna Syverson



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BREADS AND ROLLS

CINNAMON ROLLS

Ellie Syverson, Harmony, MN

3 c. milk (scalded & cooled to warm)
1 c. warm water
2 pkgs. yeast dissolved in the 1 c. warm water
with 2 Tbsp. sugar until foams up add to milk.
Add enough flour to make sponge. Let rise
until almost doubled.

Beat together:

$\frac{3}{4}$ c. sugar
3 eggs
 $\frac{2}{3}$ c. shortening
1 $\frac{1}{2}$ Tbsp. salt

Beat well and add to sponge. Beat, then add flour
to knead until smooth and elastic. Put into greased
bowl and let rise until doubled. Punch down and
place on floured surface. Roll out and spread on

butter, brown sugar, and
sprinkle with cinnamon. Roll
up and seal ends. cut into
1-inch thick slices. Put into
greased pans and let rise
until doubled. Bake 350°
for 20-30 minutes. Frost as
desired.

Ellie Syverson



**2ND PLACE
\$20 WINNER**

CRANBERRY COFFEE CAKE

Barb Yetter, Fountain, MN

3 c. fresh or frozen cranberries
1 c. chopped pecans
2 c. sugar, divided
 $\frac{3}{4}$ c. butter, softened
3 eggs, lightly beaten
1 tsp. vanilla extract
1 $\frac{1}{2}$ c. flour
1 tsp. baking powder
 $\frac{1}{2}$ tsp. salt

Topping:

1 Tbsp. sugar, $\frac{1}{2}$ tsp. ground cinnamon

In a greased 9-inch square baking pan, combine
cranberries, pecans and 1 cup sugar.

In a mixing bowl, cream butter and the remaining
sugar.

Add eggs and vanilla; mix well.

Combine flour, baking powder and salt; add to
creamed mixture and mix well.

Drop batter by large tablespoonfuls over cranberry
mixture; carefully spread to cover.

Barb Yetter



**3RD PLACE
\$10 WINNER**

For topping, combine sugar
and cinnamon; sprinkle
over batter.

Bake at 350° for 50-60
minutes or until a wooden
pick inserted near center
comes out clean.

To include your recipes in the 2023
cookbook, watch for the submission form
in the Fillmore County Journal in fall 2023!

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BREADS AND ROLLS

QUICK AND EASY LEFSE

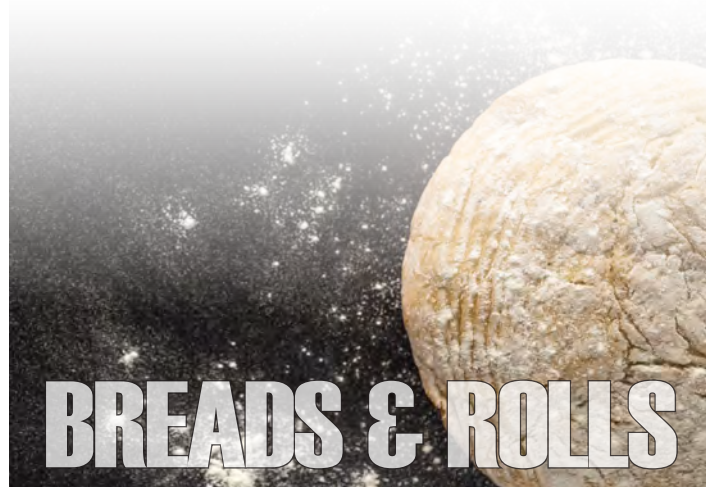
Mrs. Orval Amdahl's recipe, submitted by John Carlin, Lanesboro, MN

- 1 - 15.3 oz. box Hungry Jack mashed potatoes
- 1/4 lb butter
- 3 rounded tsp. salt
- 6 1/2 c. water
- 1 c. half and half
- 4-5 c. flour

Bring water, salt and butter to a boil. Remove from the stove and add 1 cup of half and half, then add the box of Hungry Jack mashed potatoes. Stir with a spoon to get a smooth mixture. Pour the mixture into a glass cake pan and cover with plastic wrap. Put in the refrigerator overnight to cool.

Take one half of the potato mixture and add about 2 1/2 cups flour; mix well and roll into a long log shape. Cut this into 16 pieces. Roll each piece into a nice tight, round ball. Ready for the rolling pin.

Make these into lefse before mixing the second half of the potato mixture. Then mix about 2 1/2 cups flour to the remaining potato mixture to make the remaining 16 lefse.



MYSTERY BISCUITS

Terry Stokes, Chatfield, MN

- 2 c. flour
- 1 Tbsp. baking powder
- 1 tsp. salt
- 1/4 c. mayonnaise
- 1 c. milk
- 1 tsp. sugar

Sift flour, baking powder, sugar and salt. Add remaining ingredients. Mix until smooth and drop by tablespoonfuls onto a greased cookie sheet or fill a 12 muffin tin 2/3 full. Bake 18-20 minutes at 375°.



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BREADS AND ROLLS

OVERNIGHT CINNAMON ROLLS

Denise Pagel, Chatfield, MN

2 loaves frozen bread dough, thawed (do not let rise)
½ c. butter, melted
1 c. brown sugar
1 large box cook & serve vanilla pudding (not instant)
2 Tbsp. milk
1 tsp. cinnamon

Frosting:

2 c. confectioner's sugar
2 Tbsp. butter
1 tsp. vanilla
Milk to desired consistency

Generously grease or spray a 9x13 inch pan. Cut 1 loaf of bread lengthwise about 8 times using a kitchen scissors. Cut each of these into long thin strips. Then snip the strips into smaller pieces in the cake pan. Combine the butter, brown sugar, pudding, milk and cinnamon. Place the mixture over the top of the dough pieces. Take the other loaf of bread dough and snip as in above, placing on top of cinnamon mixture. Cover with dish towel. Let rise overnight. Bake at 350 degrees about 40 minutes. Cool 15-20 minutes and frost (can also used canned frosting.)

BRAN MUFFINS

Roxanne Braband, Spring Valley, MN

12 paper baking cups or cooking spray to grease pan
1 ¼ c. Fiber One cereal
1 ⅓ c. milk
½ c. cranberries, if desired
½ tsp. vanilla
¼ c. vegetable oil
1 large egg
1 ¼ c. all-purpose flour
½ c. packed brown sugar
3 tsp. baking powder
¼ tsp. salt
¼ tsp. ground cinnamon, if desired
1 c. chopped walnuts, if desired

Step 1 - Heat oven to 400° F. Place a paper baking cup in each of 12 regular-size muffin cups, or spray just the bottoms of the cups with cooking spray.

Step 2 - Place cereal in a resealable food-storage plastic bag; seal the bag. Roll over cereal with a rolling pin or bottle, or press with bottom of small saucepan, to crush cereal into fine crumbs.

Step 3 - In a medium bowl, stir the crushed cereal, milk, cranberries and vanilla until well mixed. Let stand about 5 minutes or until cereal has softened. Beat in the oil and egg with a fork.

Step 4 - In another bowl, stir the flour, brown sugar, baking powder, salt, cinnamon and walnuts until well mixed. Stir flour mixture into cereal mixture just until flour is moistened (batter will be lumpy). Spoon the batter into the cups, dividing batter evenly.

Step 5 - Bake 20 to 25 minutes or until a toothpick inserted in the center comes out clean. If muffins were baked in paper baking cups, immediately remove from pan to a cooling rack. If muffins were baked in a sprayed pan, leave in pan about 5 minutes, then remove from pan to a cooling rack. Serve warm if desired.

Makes 12 muffins and they are yummy!



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SPECIAL DIET

GOLDIE BARS

(GLUTEN FREE)

Barb Yetter, Fountain, MN

First layer:

- 1 c. brown sugar
- 1 c. corn syrup (white or brown)
- 2 c. peanut butter (crunchy or smooth)
- 4 c. Rice Krispies

Second layer:

- 1/2 c. soft butter
- 4 Tbsp. instant dry vanilla pudding
- 6 Tbsp. milk
- 4 c. powdered sugar

Third layer:

- 1 c. milk chocolate chips
- 4 Tbsp. peanut butter

First layer: Melt brown sugar, corn syrup and peanut butter in microwave. Add 4 cups Rice Krispies. Pat into a 9x13 pan.

Second layer: Mix pudding, butter, milk and powdered sugar; spread over first layer. Let set and chill.

Third layer: Melt chocolate chips and peanut butter together. Drizzle over second layer. Refrigerate.



FLOURLESS DARK CHOCOLATE CAKE

Promise Syverson, Harmony, MN

- 4 large eggs
- 3 Tbsp. butter
- 8 oz. dark baking chocolate, chopped
- 1/3 + 1/4 c. sugar, divided
- 1 container (2-1/2 oz) prune baby food
- 1 1/2 tsp. vanilla
- Confectioners' sugar

Place egg whites in a small bowl; let stand at room temperature for 30 minutes. Preheat oven to 350*. Coat a 9" springform pan with cooking spray; place on a baking sheet.

In a small saucepan, melt butter and chocolate over low heat, stirring occasionally. Remove from heat; cool slightly. In a large bowl, beat egg yolks on high speed for 3 minutes or until slightly thickened. Gradually add 1/3 cup sugar, beating until thick and lemon-colored. Beat in baby food, vanilla and chocolate mixture.

With clean beaters, beat egg whites on medium until soft peaks form. Gradually add remaining sugar, 1 tablespoon at a time, beating on high after each addition until sugar is dissolved. Continue beating until stiff peaks form. Fold in fourth of the whites into chocolate mixture, then fold in remaining whites.

Pour into prepared pan. Bake 30-35 minutes or until a toothpick inserted in center comes out with moist crumbs. Cool on a wire rack 20 min. Loosen sides from pan with a knife; remove rim from pan. Cool cake completely. Dust with confectioners' sugar before serving.

* Winners receive Gift Cards to Preston, Harmony or Rushford Foods

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SPECIAL DIET

EGG FREE CHOCOLATE CHIP COOKIES

Denise Pagel, Chatfield, MN

- 1 c. butter flavored Crisco
- 1 c. brown sugar
- ½ c. sugar
- 2 oz. cream cheese, softened
- 2 Tbsp. whole milk
- 1 ½ tsp. vanilla extract
- 2 ½ cups flour
- 1 tsp. baking soda
- ½ tsp. baking powder
- ¼ tsp. salt
- 2 c. chocolate chips

Preheat oven to 350°. Cream the shortening and sugars together 3-5 minutes until fluffy. Add in cream cheese, milk and vanilla and mix to fully incorporate. Whisk together the dry ingredients. Slowly add the dry ingredients into the wet. Don't over mix. Fold in the chocolate chips. Roll into 1 inch balls and place on baking sheet. Bake about 10 minutes.



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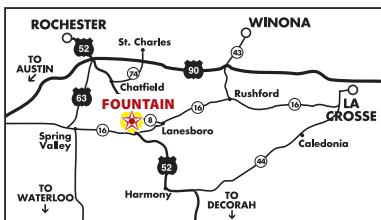
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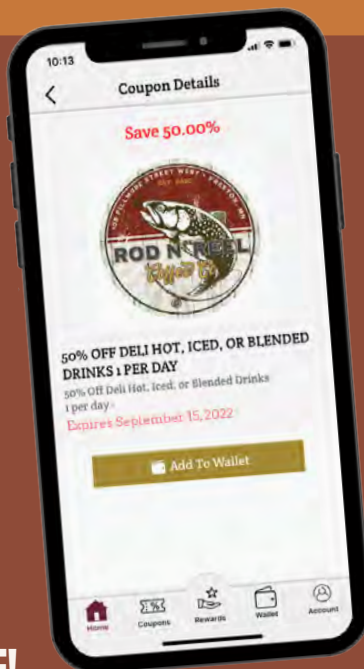
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