

A surreal landscape featuring a calm lake in the foreground. In the background, there are mountains, a city skyline, and a bright, glowing light source in the sky, possibly a sun or moon, casting a long beam of light. The scene is framed by a dark, rocky archway.

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Food Glorious Food A Collection Of Favorite Recipes

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And on earth peace,

Glorious FOOD!



A Collection of Favorite Recipes

by members and friends of the
Twin Cities Gay Men's Chorus



Food, *Glorious* FOOD!

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Appetizers

Broiled Feta Cheese

Drew's Great Fresh Guacamole

Chicken Satay

Easy Sweet & Sour Meatballs

Ham Balls



Broiled Feta Cheese

Broiled feta cheese is one of my most favorite appetizers, which you can serve in a variety of ways. The following recipe is how I happened to make it on one occasion, and it turned out really well!

Chris Wogaman, Lower Bass, in his first year with the Chorus

Ingredients

1 pound feta cheese	2 tablespoons of paprika
1 small shallot or onion, diced	3 tablespoons of lavender
1/4 cup white wine	1 scallion, sliced
1/8 cup olive oil (for drizzling)	1/2 lemon for juice & zest

Directions

Crumble feta into an oven-safe dish which can be put under the broiler, and mix in the shallot/onion & lavender. Pour the wine over it, until it is evenly distributed. Drizzle with olive oil, squeeze lemon over it for juice, and sprinkle paprika.

You can pick up lavender at almost any coop store/health food store—and what they sell should be culinary grade. It's not necessary, but brings this dish to the next level.

Place under broiler for 10-13 minutes, checking every couple of minutes. It should end up crispy on top and creamy under the wine. Grate some lemon rind for zest and add some sliced scallion over the top when done, if you wish. Eat "straight" up, or with a pita. Enjoy!

PREP TIME: 8 Minutes

READY TIME: 18-21 Minutes

COOK TIME: 10-13 Minutes

SERVES: 2-4



Drew's Great Fresh Guacamole

Drew Kuula, First Tenor, has been singing with TCGMC since 1988 and his passion for the vision of this chorus keeps him involved year after year. The old line, 'If we don't tell our story, who will?' resonates with Drew and is central to his commitment to getting a positive message out to the public about gay men and what we really stand for.

Ingredients

2 spoonfuls onion (white)	1 spoonful Serrano peppers
juice from half of a lime	1 medium tomato (diced)
1 spoonful fresh minced garlic	1 cup cilantro (chopped)
2 medium avocados	pinch of salt

Directions

Mix all ingredients together and let set in the fridge for at least a couple of hours.

PREP TIME: 10 Min

READY IN: 120 Min

COOK TIME: 0 Min

SERVINGS: 8-16



Chicken Satay

For the past 18 years, I have made the same appetizer for the Chorus' annual holiday party. It has become a tradition. Typically, I cannot make it from the kitchen to the table without having all of the chicken devoured.

Timothy De Prey, Principal Accompanist

Marinade

1/4 cup natural smooth peanut butter	2 minced garlic cloves
2 tablespoons minced onion	1 tablespoon minced fresh ginger
2 tablespoons lemon juice	1/2 teaspoon coriander
1 tablespoon orange juice	1/8 teaspoon cayenne pepper
1 tablespoon Szechwan Stir Fry Sauce	2 tablespoons minced fresh parsley
1 1/2 teaspoons soy sauce	

1 pound boneless, skinless chicken breast, cut into 1-inch pieces

Directions

1. In a medium sized bowl, combine all the marinade ingredients thoroughly. Add the chicken pieces and toss to coat them well. Cover the bowl and chill the chicken for 4-8 hours.
2. Remove the chicken pieces and thread them on thin skewers. Grill or broil them for 10 – 15 minutes or until they are just cooked. Do not overcook them. Serve warm.

Easy Sweet & Sour Meatballs

This recipe is from my mother, Joan Bloom. An amazing hit at parties! Yummy!

Ken Bloom, a pediatric dermatologist in Eagan, has been a Second Tenor with the chorus for 3 years and has had a few solos. His other hobbies include cooking, playing the piano, golf, skiing, bridge and competitive ballroom dancing.

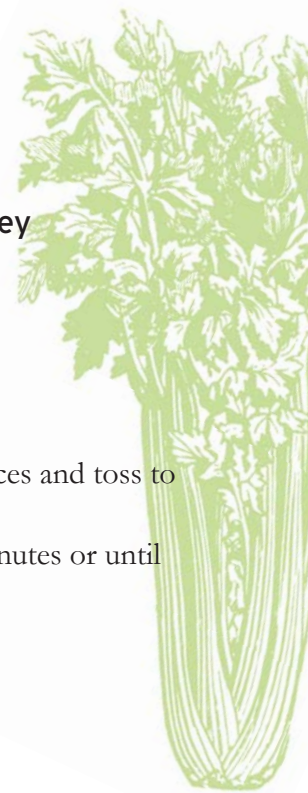
Ingredients

1 bag frozen meat balls (#30-40)
16-oz. (1 pound can) whole berry cranberry sauce
14-oz. can sauerkraut
12-oz. chili sauce

Directions

Mix ingredients into a bowl and place over meatballs into a crock pot, mixing occasionally and cooking on low heat for 1.5 hours.

You could also bake these in a Pyrex dish or cook on the stove. However, please note that this generates a considerable amount of heat on the stove and can scorch a pot if left unattended.



Ham Balls

Ham balls were the quintessential reception food at our family graduations, showers and weddings. Thankfully, our Mom would make “heaps” and we’d have leftovers for months.

Jeff Brand, Baritone, a member of TCGMC since 1992. Jeff’s gymnastics career was cut short by a tragic fall from platform shoes in the 1970s.

Ingredients

5 pounds of ham, ground
8 eggs, beaten
1/4 teaspoon pepper
5 pounds lean pork, ground
2 cups bread crumbs
Salt

Sauce

4 cups crushed pineapple
1/4 cup vinegar
1½ cups brown sugar
2 tablespoons dry mustard

*Nutritional information not available. Besides, reception guests should just eat what they are served and not ask questions.

Directions

1. Mix meat, eggs, crumbs and spices well and form balls.
2. Make sauce and pour over balls which have been placed closely together in flat pan.
3. Bake 1¼ hours at 350°.
4. Serve to famished guests.

PREP TIME	20 Min	READY IN	95 Min
COOK TIME	75 Min	SERVINGS	50



Entrees

AC/DC Casserole—aka Hotdish
Army S.O.S. (Sauce on a Shingle)

Beef Stroganoff

Crab Supreme

Cranberry Sauce & Onion Brisket

Chicken Soup with Matzo Balls

Death by Chili

Easy Crock-pot Swedish Meatballs

A Joe by Another Name

Matt's Signature Beef Stroganoff

Round Steak Sauerbraten

Pannukakku or Finnish Pancake

Pork Loin, Asparagus & Sweet Potato

Pulled Beef Sandwiches

Sum Lyk It Haut Thai Curry



AC/DC Casserole—aka Hotdish

This casserole, as it's commonly called everywhere but in Minnesota, is one I learned from a good friend in Cleveland, Ohio. Her name was Allison, and I called it Allison's Concoction. Thus, the recipe name and this explanation, just in case you wondered! A comfort food, best enjoyed in the depth of winter.

John MacLean, Upper Baritone, singing with the TCGMC for 18 years

Ingredients

2 diced onions
1 diced green pepper
1 pound ground beef
8-oz. mild cheddar
(or American cheese), grated
1–2 cups elbow macaroni
1 can (10½-oz.) tomato soup

Directions

1. Brown onions, green pepper and ground meat with salt or seasoning to taste.
2. Drain off grease.
3. Cook macaroni and put everything together in a 2-quart casserole dish.
4. Add tomato soup and cheese and bake at 350° for 45 minutes.
5. Remove, bubbling hot from the oven. Let it sit and cool for 10 minutes before serving.

PREP TIME	15 Min
COOK TIME	55 Min
READY IN	70 Min
SERVINGS	4-6



Army S.O.S. (Sauce on a Shingle*)

Jeff enjoys any activities involving costumes. My Dad, Don, was an army cook and this meal was prepared regularly for his troop of eight kids. Best served using stainless steel mess kits while drinking coffee from a pint-sized canteen and sitting on a log or army helmet.

Jeff Brand, Baritone

Ingredients

1/2 cup butter
6 ounces corned beef (3 2-oz. packages, chopped)
1/3 cup flour
4 cups milk
1/4 teaspoon pepper (or to taste)

Directions

Melt butter in medium size saucepan.

Add beef and saute 1 to 2 minutes or until tender.

Stir in flour until smooth and continue to cook for about 1 or 2 minutes more.

Slowly stir in milk and bring to boil over medium heat, stirring occasionally. Boil and stir 1-5 minutes or until thickened.

Add pepper and salt to taste.

Serve over buttered sliced biscuits or buttered toast.

PREP TIME	5 Min
COOK TIME	10 Min
READY IN	15 Min
SERVINGS	6

* "Sh#t on a Shingle" is the preferred army nomenclature. We also called it Chipped Beef on Toast.

** Nutrition as part of Army diets in the 1950's? Puh-LEASE.



Beef Stroganoff

This has always been one of my favorite recipes and something my mother handed down to me. It's easy to prepare and tastes fantastic. Serve it over a bed of rice or pasta.

Eric Strack, Lower Bass, has been singing in the chorus for 13 years and is also a member of its Board of Directors.

Ingredients

1/4 cup butter
1/4 cup flour
1 pound sirloin tips
diced garlic (from jar is fine)
1 large onion, sliced
8-oz. fresh mushrooms; halved, not sliced
10½-oz. can beef consommé
1/4 cup red wine or to taste
16-oz. container fat free sour cream
paprika to taste

Directions

Slice beef into bite size pieces and cover with flour in a zip lock bag, shake and set aside.
Slice onions and cut mushrooms in half (avoid slices as they tend to fall apart)
Melt butter in a large, deep sauté pan.
Sauté garlic and onions in the butter.
Add meat and mushrooms to pan and brown.
Add consommé and wine and simmer on low heat for 20 minutes (stir occasionally).
Add a little more red wine and the sour cream and simmer for 5 additional minutes.



Crab Supreme — also known as The Craig Swygman

The crab is known to dote over its young as they swirl in tiny clouds around them. However, soon they drift away on the currents. 1st Tenor, Craig Swygman imagines he, thus, holds court over his minions. Despite his delusions, we love and humor him... and feed into his need!

John MacLean, Upper Baritone

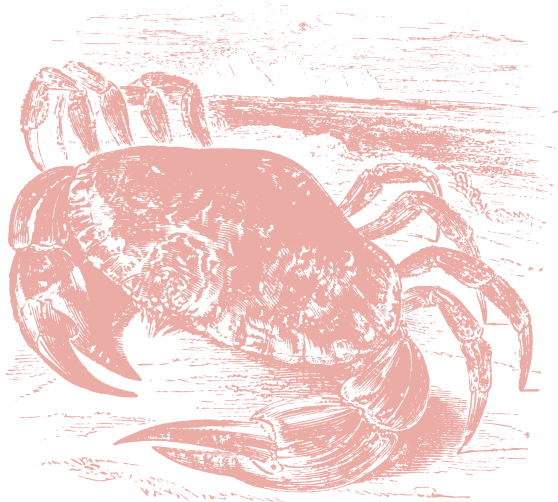
Ingredients

12-oz. cream cheese (softened in a pan of warm water)
2 tablespoons Worcestershire sauce
2 tablespoons sour cream
2 tablespoons lemon juice
2 tablespoons (real) mayonnaise
1 small onion (or 3 bulb onions) minced
1 dash of garlic salt (7th ingred.)
Heinz Chili Sauce
6½-oz. can of white crab meat (Sea Fare) or imitation crab
dried parsley
assorted crackers for dipping

Directions

1. Blend first 7 ingredients
2. Spread on a shallow and elegant platter
3. Spread chili sauce thinly over the cheese mixture
4. Spread crab meat or small shrimp over the chili sauce
5. Sprinkle the top, lightly, with chopped parsley
6. Spread crackers out on a separate plate

PREP TIME	30 Min
COOK TIME	0 Min
READY IN	30 Min
SERVINGS	20-30



Cranberry Sauce & Onion Brisket

Always a hit at our holiday dinners! This recipe is from my mother, Joan Bloom.

Ken Bloom, Second Tenor

Ingredients

4 pounds flat end brisket

Sauce

1/2 teaspoon of fresh ground garlic
(or 3/4 teaspoon of garlic powder)

1/4 cup vegetable oil

1 teaspoon black pepper

1/4 teaspoon of ground ginger

1 teaspoon sugar

1 bag of Lipton Onion Soup Mix

1 pound can (16-oz.) whole berry cranberry
sauce

small sliced onion

Directions

Use baking bag. Add 1 teaspoon of flour, shake and discard excess.

Place brisket into bag and cover with sauce.

Can add 2 potatoes, sliced in wedges.

Tie bag with string. Make 2 to 3 snips (about 1 inch) into the bag.

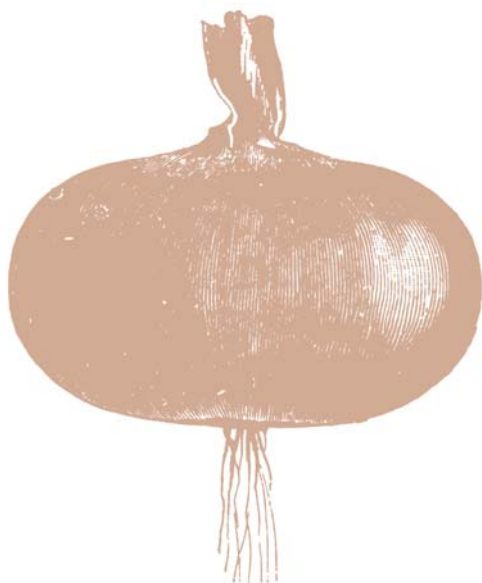
Lay the bag with the brisket into a 9x13 Pyrex dish.

Bake 3 hours at 350°.

Allow to cool and then slice about 1/4-inch slices. (Easier to slice if chilled.)

Reheat.

Options: While assembling the bag, add 2 potatoes sliced into wedges atop of the brisket and cover with sauce. At the end, remove these and sprinkle some pepper, garlic and oregano; roast at 400° turning until firm or crunchy. My late grandfather used to say to my mother, "Now these are potatoes!"



Chicken Soup with Matzo Balls

An old joke on how do you make chicken soup: The old man replied, "First you kill the chicken... Then you pluck the chicken..." This recipe is from my mother, Joan Bloom. If you serve this with the Cranberry & Onion Brisket with some challah (Jewish egg bread), people will think they are either on the lower East side of New York or in some shtetl with Tevye & Goldie.

Ken Bloom, Second Tenor

Ingredients

- | | |
|---|--|
| 2 4-pound chickens (quartered and with skins) | 1 tablespoon dill weed |
| 4½ quarts water | 3 tablespoons of low sodium Karmol chicken broth mix (or equivalent) |
| 3 teaspoons salt | 1 teaspoon sugar |
| ¾ teaspoon black pepper | 1 teaspoon garlic |
| 5 medium onions peeled, quartered, and cut in half. | parsnip |
| 4 large carrots, peeled and sliced at an angle. | |
| 4 stalks of celery | |

Directions

Place the water into a large soup pot. Add chickens and allow to gently boil.

Skim fat off of the top after 4-5 minutes.

Add all ingredients, cover and let simmer x 1 hour.

Remove chicken, discarding skin and set aside. For clearer broth, strain all ingredients through cheese cloth lined colander.

Replace broth into pot. Add carrots, celery (optional 1 chopped potato and/or 1 parsnip). Add additional fresh dill weed, 1 Tablespoon.

Take 1 cup of the white chicken meat, broken apart and place into soup.

Additional salt and pepper to taste.

Simmer another 30 minutes.

You may either add wide egg noodles, cooked still-firm into soup, but better yet – buy a box of Motzah Ball mix (in the Kosher aisle at the local supermarket, not with the soup mix), prepare them per the box instructions and boil separately in water. When done, place them into soup.



Death By Chili

I am originally from New Orleans, where we love our hot, spicy foods, and this is the perfect meal for a cold winter's day. This started as my mother's recipe, with added tweaks of my own I've made over the years. It works best in a crock pot. The one time I entered this in a chili contest, it won both Best Overall and Most Five-Alarm.

Matt Butts, Upper Bass. This is my third season singing with TCGMC.

Ingredients

- | | |
|---|---------------------------------|
| 1 pound beef <i>(I like to use 1/2 ground beef and 1/2 stew meat, which give a nice chunky texture)</i> | 1 large can of whole tomatoes |
| 2 jalapeño peppers, diced | 1 can beef bouillon |
| 3-4 serrano peppers <i>(if you're brave)</i> , diced | 1 can tomato sauce |
| 1-2 habañero peppers <i>(if you're really brave)</i> , diced | 1 can tomato paste |
| 1 tablespoon chili powder | 1 can red kidney beans, drained |
| 1/2 teaspoon cayenne pepper | 1/2 teaspoon vinegar |
| 1 medium onion, chopped | 4 bay leaves |

Directions

1. Brown the beef in a skillet with the onions and peppers. For a milder chili, remove the seeds from the peppers, otherwise leave them in for a hotter chili.
2. Put the browned beef, onion and pepper mixture into a crock pot and add all the other ingredients. Simmer on high until it boils, then turn down to low and let it simmer for at least 8 hours. The longer it simmers, the better it gets.
3. Stir occasionally. Remove bay leaves before serving.
4. My favorite way to serve is topped with sour cream and grated sharp cheddar cheese with cornbread sticks on the side. Can also be served over macaroni.

Serves a small army with lots of leftovers.

NO CROCK POT? If no crock pot is available, or you want to make "express chili" just use a regular pot and simmer on high until it boils, then low for about 1³/₄-2 hours.



Easy Crock-pot Swedish Meatballs

My Chorus Buddy insisted that I submit this standby for hors d'ouevres.

*David T. Anderson, Lower Baritone, has sung with the Chorus since 1988,
served as President of the Chorus for 3 years.*

Ingredients

1 large bag prepared frozen meatballs (65-oz.)
2 cans condensed cream of mushroom soup
1 pint sour cream
nutmeg
pepper

Directions

Place frozen meatballs in the bottom of a crock-pot.
Mix soup and sour cream together and pour over the meatballs.
Season with nutmeg and pepper to taste.
Cook on high for 3 hours or low for 6 hours.

PREP TIME	10 Min
COOK TIME	3-6 hours
READY IN	3-6 hours
SERVINGS	15-20



A Joe by Another Name

'Eat at Joe's' is the proverbial archetype for many American restaurants. In the Twin Cities there are at least 7 Joe's eateries; even one called 'Joe's Garage'. Since the late 1930's, a restaurant in San Francisco called 'Original Joe's' has been serving an egg dish with a mix of ground beef, spinach and eggs. In the 2007 motion picture Zodiac Original Joe's was patronized by Jake Gyllenhaal's character. Dedicated to all the TCGMC Joe's that have sung with us – all of them anything but average!!

John MacLean, Upper Baritone

Ingredients

- 1 tablespoon olive oil
- 1 clove garlic, crushed
- 1/2 pound ground beef
- 1/4 cup cooked, chopped spinach, well drained
Optional: cooked frozen peas (in place of spinach)
- 3 eggs
- 1/4 cup sharp cheddar cheese, grated
- 1/2 cup tomato, chopped
- 1–2 tablespoons olives, chopped

All of these ingredients can be scrambled in a frying pan with mushrooms and spices, using whatever you have on hand. Or, they can be placed in an omelette, as follows.

Directions

1. Heat olive oil in a frying or omelette pan over medium heat.
2. Sauté garlic in the oil until it softens. Remove the garlic with a spoon.
3. Cook the ground beef in the oil, stirring it constantly to keep it loose. Remove the beef from the pan and drain well, then mix with spinach or cooked peas.
4. Wipe the pan clean with a paper towel and melt butter in the pan. Reduce the heat, being careful not to let the butter burn.
5. Beat 3 eggs well with 2 T of water. When butter is sizzling, pour the eggs into the pan. As the eggs begin to set add cheddar cheese, then beef/spinach or alternate pea mixture, then tomatoes and olives. When the bottom of the omelette is firm, fold it over.
6. Serve *your* Joe his Joe.

PREP TIME	15 Min
COOK TIME	20 Min
READY IN	35 Min
SERVINGS	2-4



Matt's Signature Beef Stroganoff

My mom made beef stroganoff with cream of mushroom soup, but now and then she'd make the good stuff with real everything. Over the years I've tweaked the recipe quite a bit to make it my own. This is one of my favorite meals to make, though just as deadly as my chili in its own way.

Matt Butts, Upper Bass

Ingredients

- 1 pound top sirloin steak
- 1 cup sliced fresh mushrooms
- 1 medium yellow onion
- 1 stick (1/2 cup) unsalted butter
- 1/2 cup all-purpose flour
- 1 cup burgundy, merlot or other dry red wine (optional)
- 1 can (10½-oz.) beef broth + 1/2 can water
- sour cream to taste
- 2 cups egg noodles, cooked, drained and buttered

Prep

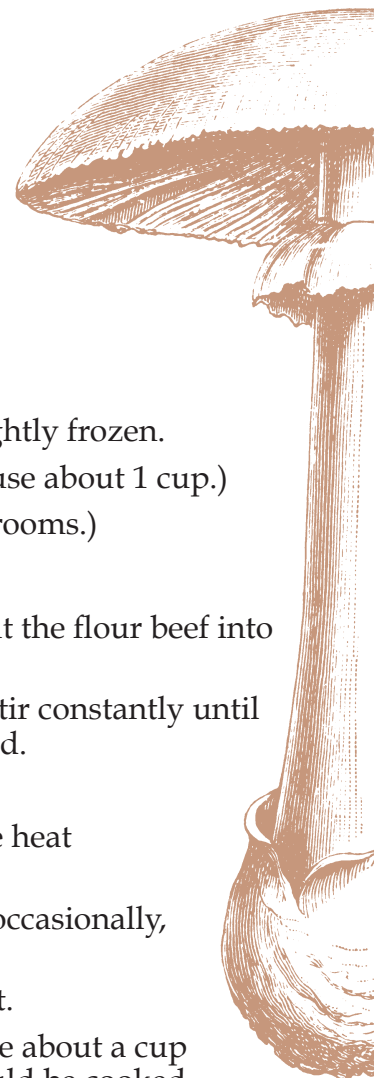
1. Slice the beef into strips about 1/2" wide and 1" long. It's easier to cut if it's slightly frozen.
2. Coarsely chop one medium yellow onion. (Frozen chopped onions work, too; use about 1 cup.)
3. Slice the mushrooms about 1/4" thick. (Or just open a 6-oz. can of sliced mushrooms.)

Directions

1. Melt the butter in a large skillet over medium-high heat. While it is melting, put the flour beef into a bag or airtight container and shake until the beef is thoroughly coated.
2. Once the butter has melted and come to a boil, pour the beef and flour in and stir constantly until the butter and flour form a roux. Saute, stirring frequently, until beef is browned.
3. Add in the onions and mushroom and saute another 3-4 minutes.
4. OPTIONAL Add about 1 cup of burgundy and stir until it incorporates. Reduce heat to medium and cook down until it reduces. (All of the alcohol will cook out.)
5. Add beef broth and 1/2 can of water. Reduce heat, cover and simmer, stirring occasionally, 45-60 minutes.
6. In a large kettle, bring water for the noodles to a boil and add 1/2 teaspoon salt.
7. Right after adding the noodles to boiling water, fold in sour cream to taste. I use about a cup myself, sometimes more. It should only heat through: it should not boil. It should be cooked in perfectly about the time the noodles are done.
8. It's Suppertime!

Serving Suggestion for Matt's Signature Beef Stroganoff

- I like to serve this with dinner rolls and a green vegetable like asparagus or broccoli, with hollandaise sauce. (See following page.)
- The leftover wine from cooking (if you left any) goes well with dinner.



Easy Hollandaise Sauce (because those packet mixes are evil)

- Use a blender to mix two egg yolks and 2 tablespoons lemon juice.
- Melt one stick of unsalted butter in the microwave or on the stove top.
- Take the center plug out of the blender jar lid and SLOWLY drizzle the butter into it while the blender is running on low. Once all the butter is added, put the center plug back in and blend on high for a minute or two.
- Pour into a serving container (a cream pitcher works well) and microwave for about 10 seconds. Remove immediately and stir well. Serve over asparagus or broccoli.
- Refrigerate leftovers: they make great Eggs Benedict the next morning. (Reheat by setting the pitcher in a pan of boiling water, stirring occasionally until it comes up to temperature.) Great on fish, too, especially salmon.

PREP TIME 20 Min
MARINATE 1-2 hours
COOK TIME 1 hour
READY IN 1½ hours (depending on method)
SERVINGS 6

NUTRITION DATA (You might not want to read this part)
Prepared as above and served over noodles:
Calories: 625 (368 from fat)
Fat: 41g; Carb: 32g; Prot: 31g

Round Steak Sauerbraten

This has always been the favorite of all of my Mother's many dishes she prepared on a daily basis for dinner growing up.

Chris Ridgway, Second Tenor in TCGMC for 3 years

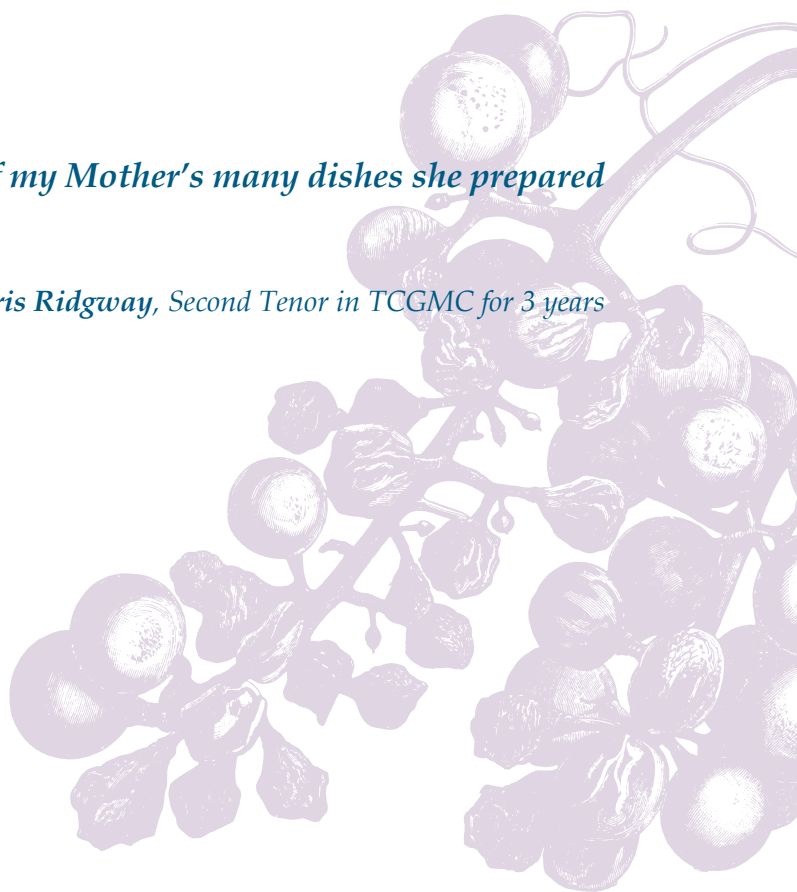
Ingredients

2 pounds round steak
2 envelopes brown gravy mix
2 tablespoons instant minced onion
2 tablespoons brown sugar
4 tablespoons wine vinegar
2 teaspoons Worcestershire
1/2 teaspoon ground ginger
1/2 teaspoon salt
1/2 teaspoon pepper
2 bay leaves

Directions

1. Cube the round steak no larger than 1 inch square. (cuts best if partially frozen). Brown meat in skillet with 2 tablespoons oil. Transfer meat from skillet to 2-3 quart baking dish.
2. In same skillet, Add gravy mix and 2 cups water to remaining meat juices in skillet. Bring to boil, stirring constantly. Remove from heat and stir in remaining ingredients.
3. Pour skillet contents over meat in baking dish. Cover and Bake 1½ hrs at 350°
4. Serve over wide egg noodles and garnish.

PREP TIME 15 Min
COOK TIME 90 Min
READY IN 2 HOURS
SERVINGS 6



Pannukakku or Finnish Pancake

This is my grandmother's recipe and a required comfort food for any visit home. It also works great up at the lake or for Sunday brunch.

Kent Marshall, Upper Bass, joined TCGMC in 1995 and has served on the board. He also enjoys playing piano.

Ingredients

3-4 eggs (I use 4)
1/2 teaspoon salt
1 1/2 cups milk
1/4 cup butter (4 tablespoons)
1/2 cup flour
1 tablespoon sugar

Directions

Preheat oven to 400°.

Melt butter in pan 8x12x2 (can use 9x13) in hot oven.

Break eggs into bowl. Add salt and sugar. Add milk alternatively with flour beating with electric mixer. Lastly add melted butter, pour into sizzling hot pan.

Bake 35 minutes in 400° oven.

Secret to success - thin batter and hot oven. The "oven pancake" settles as you take it out of the oven.

Cut into square serving pieces (4 to 6) and serve immediately with syrup or lingonberries for a great breakfast treat.



Pork Loin, Asparagus and Sweet Potato

A meal that can be prepared on the cook top or grill with the help of a microwave. This meal is my creation. I spent many years not liking to cook and found it a chore. A very close friend of mine from Norway has been a real inspiration for me, and has opened my eyes and mind on how to make cooking fun. There may be components within the ingredients or within the preparation of this meal which aren't unique, however once I experimented enough with the combination, I discovered a meal that I make frequently. I hope you enjoy it too.

Rick Christensen, Upper Baritone, has been a member of TCGMC since 2006. Singing has been a passion of mine since singing my very first solo in first grade on the stage of the one room school I attended. Over the years I have been able to perform with groups in Europe, China and 30 different states here in the U.S.

Begin the meal first by prepping the pork loin.

Pork Loin

Ingredients

1 1/2–2 pounds pork loin
Olive oil

Pork Loin Dry Rub

1 tablespoon whole coriander
1 teaspoon whole peppercorns
1/2 to 1 teaspoon kosher salt (to taste)
1 teaspoon dried basil
1 teaspoon whole cumin
1/2 teaspoon ground cinnamon
1/4 teaspoon celery seed

Directions

Combine all of the dry rub ingredients into a grinder (a coffee grinder works great) and grind to a relatively fine powder.

Pour the rub into a bowl large enough to hold the pork loin. Add the pork loin and coat with the rub.

If cooking on the stove top, add olive oil to a nonstick pan and bring to a temperature hot enough to sear (brown) the meat. Add the loin and sear each side (approx 1–2 minutes per side).

Reduce the heat to a medium/low setting and cook to a minimum temperature of 140° (F).

If cooking on a grill, simply place the loin on a searing hot grill, sear on both sides and then reduce heat and cook to 140° (F).

Asparagus

Ingredients

1 bunch asparagus (generally sold this way in grocery store)

olive oil

kosher salt (to taste)

freshly ground pepper (to taste)

Directions

Add olive oil, salt and pepper into a nonstick pan. Bring temperature of the pan high enough to initially sear the asparagus slightly. Add the asparagus, sear and then reduce the heat. The asparagus will not take long to cook. Cook so that the asparagus is al dente and still retains some of the brilliant green color.

If cooking on a grill, simply lay cross ways, and cook so that the asparagus is al dente and still retains some of the brilliant green color.

Sweet Potato

Ingredients

4 small to medium sized sweet potatoes
(or yams)

2 tablespoons olive oil

1/2 cup water

Sauce

1 tablespoon olive oil

1/3 cup butter

1/3 cup real maple syrup

Directions

Place the sweet potato's in a microwavable dish, pour water and 2 tablespoons olive oil over the potatoes. Cook until soft.

In a microwavable cup, melt the butter, maple syrup and 1 tablespoon olive oil.

When serving, cut the potatoes down the center to create a "bowl" and fill with the sauce.



Pulled Beef Sandwiches

This delicious pulled beef sandwich recipe is quick and easy to prepare, and is a tried and true crowd-pleaser. The onion soup mix is the key to this recipe – no need for additional spices or salt. By adding the optional red wine and rosemary you can increase the depth of flavor and make it a more “gourmet” sandwich. I came up with this recipe as an alternative to traditional pot roast, and for an excuse to pair two of my favorite things—beef and bleu cheese! Serve alongside your favorite potato or pasta salad.

*Todd Nesgoda, Baritone since 2007, and administrator of the Chorus
Facebook and MySpace pages*

Ingredients

- | | |
|---|---|
| 1 beef roast, 2–2½ pounds | 8–10 tablespoons good quality bleu cheese dressing (found in the produce section) |
| 2 cloves fresh garlic, finely chopped
OR 1 teaspoon prepared minced garlic | Optional: |
| 1 tablespoon Worcestershire sauce | 2 sprigs fresh rosemary, finely chopped
OR 1 teaspoon dried crushed rosemary |
| 1 cup water | 1/4 cup red wine (substitute for 1/4 cup
of the water) |
| 1 envelope dry onion soup mix | |
| 1 teaspoon fresh ground black pepper | |
| 8–10 sliced onion rolls | |

Directions

1. Trim the excess fat from the beef and place inside an electric slow cooker.
2. Add the garlic, Worcestershire sauce, water or water/wine mixture, onion soup mix, pepper, and optional rosemary.
3. Set the slow cooker to the low or medium setting if the beef is fresh or thawed, or to the high setting if it is frozen. Cook for a minimum of 5–6 hours. The longer the beef cooks the more tender it will be and the easier it will shred.
4. Turn off the slow cooker and shred the beef, mixing the meat and juices well.
5. Serve the beef on the onion rolls, and top each sandwich with 1 tablespoon of the bleu cheese dressing.
6. Eat, and enjoy!

PREP TIME: 10 minutes before cooking, 20 minutes after cooking (for shredding)

COOK TIME: 5–6 hours

TOTAL TIME: 5½–6½ hours

SERVINGS: 8–10 sandwiches

Sum Lyk Ot Haut Thai Curry

I love curry. I love lots of curries. This recipe combines the traditional red curry and panang (peanut curry) approach, and it's really a nice domestic partnership (still waiting on getting the official marriage rights...). ;) It's colorful, spicy (I like to add more curry paste than the amount I've listed here), and looks great served over jasmine rice layered on top of a bed of fresh baby spinach.

Derek Blechinger, First Tenor, in TCGMC for 5 years

Ingredients

- 2 tablespoons brown sugar
- 4 tablespoons creamy peanut butter
- 1 tablespoon (to taste) red curry paste
- 1 tablespoon freshly ground ginger
- 2 teaspoons of freshly ground ginger
- 1 teaspoon curry powder
- 1 tablespoon freshly ground basil
- 2 tablespoons extra virgin olive oil
- 2 pounds (4) boneless chicken breasts
- 1 small yellow onion, diced
- 1 small red bell pepper, sliced
- 1 small orange bell pepper, sliced
- 1 small green bell pepper, sliced
- 3 cups broccoli florets
- 1 cup snow pea pods, whole
- 2 cups mushrooms, sliced
- 4 cups baby spinach
- toasted sesame seed garnish
- 4 cups jasmine rice
- 1 (14-oz.) can premium coconut milk (or lite, if you must!)
- 3/4 cup cream or whole milk (or 2%, if you must!)

Directions

1. Start the water boiling for the jasmine rice, and begin prepping your ingredients.
2. In a sauce pot, add the coconut milk, peanut butter, 1 tablespoon freshly ground ginger, curry powder, (1 tablespoon or more, depending on your spice level desired!) red curry paste and the brown sugar. Heat on low, melt peanut butter slowly and reduce coconut milk to desired thickness/consistency. Slowly mix.
3. Warm 1 tablespoon of olive oil and 1 teaspoon of freshly ground ginger in a pan. Add chicken breasts and slow cook on medium-low heat for 30 minutes (or until insides are no longer pink), sprinkling ground basil on each side of the chicken before flipping as you cook.
4. While cooking chicken, warm 1 tablespoon of olive oil and 1 teaspoon of ginger in a wok. Add the broccoli, onion and bell peppers first, and stir fry on medium heat. Halfway through the stir fry, add mushrooms and pea pods.
5. Sear chicken breasts for 5 minutes over high heat (after no longer pink inside), flipping frequently while adding pinches of ground basil to each side as flipping.
6. While searing chicken, add curry to vegetables in wok, cook on medium heat for 5 minutes, stir.
7. Add a layer (1 cup) of baby spinach on each plate. On top of the spinach, add steaming hot rice directly on top of the spinach. Place one chicken breast on each plate (either to the side or on top of the jasmine rice). Add vegetable/curry mixture on top of the jasmine rice. Garnish with toasted sesame seed.

PREP TIME 10 Min
COOK TIME 40 Min
READY IN 50 Min
SERVINGS 4

Side Dishes

Grandma Mabel Carlson's Swedish Rye Bread

Home-Made Sauerkraut

Italian Flat Bread (Focaccia)

Napa Cabbage Salad

San Francisco Florentine Bread

Stan's Magic Potatoes

Sweet Potato Soufflé



Grandma Mabel Carlson's Swedish Rye Bread

A family recipe that was brought from Sweden and slightly altered over the years.

*Don Carlson, TCGMC Bass Section since April 2006, TCGMC Board Member
and member of Marketing Committee and Board Governance Committee*

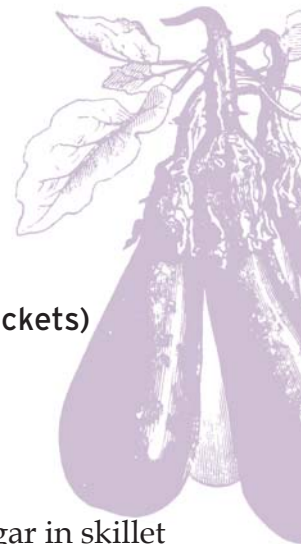
Ingredients

2 cups rye flour	2 teaspoons salt
1/2 cup white sugar	3 tablespoons shortening
1 medium potato	1/2 cup brown sugar
2 cups water (for potato)	6 tablespoons molasses
2 cups milk	2 packages dry yeast (or 2½ tablespoons, if not from packets)
	1/2 cup warm water (for yeast)
	1 tablespoon sugar
	6 cups white flour

Directions

In a large mixing bowl, add two cups of rye flour. Then caramelize 1/2 cup of white sugar in skillet and add a few drops of water to just melt the sugar. Boil one medium sized potato, in about two cups of water in a pan. Mash the potato when it is cooked, and then add the mashed potato back in the pan with about 1 cup of water it was boiled in (this potato starch and water solution is critical for this bread recipe). In a separate sauce pan, add two cups of milk and boil it (scalded milk). Add the caramelized sugar, and the scalded milk to the pan with the mashed potato and the potato water and heat all the ingredients together, and stir it till the ingredients are thoroughly mixed together.

Pour the mix of potato, water, caramelized sugar and scalded milk over the rye flour in the mixing bowl. Add two teaspoons of salt, 3 tablespoons of shortening, 1/2 cup of brown sugar (my grandmother's exact recipe said two handfuls of brown sugar – not real scientific), 6 tablespoons of Molasses, 2 packages of yeast (or 2½ tablespoons of yeast if not from packets) dissolved in 1/2 cup of warm water with 1 tablespoon of sugar. Add six cups of white flour. Mix and knead on a well-floured board until its elastic (about 8–10 minutes). The dough will be very sticky, so hands should be well floured for the kneading. Place bread dough in a greased mixing bowl. Cover the mixing bowl (with a damp kitchen towel) and let the dough rise in a warm place until it doubles in size for about an hour (keep it out of the draft). After the dough rises, punch down the dough and divide it into loaves and place in bread pans. Let the dough rise again till it doubles in size. Bake the risen dough at 350° F for 45 minutes. Take out of oven and cool. Enjoy.



Home-Made Sauerkraut

This recipe is from the elder neighbors in Ely who not only had huge vegetable gardens, but who also canned their berries, fruits, veggies, and even some meats. They harvested cranberries in 'secret' ponds in the Northwoods, had favorite blueberry patches as well as wild rice ponds and who made their own sauerkraut.

Mick Smuk, First Tenor, who is beginning his 25th year with the chorus.

What You Need:

about 25 pounds of cabbage, a cup of salt, jars, 5 quart bucket or preferably one of your antique, salt-glazed, 2-4 gallon Red Wing crock pots you might have in your home.

Directions

Begin by shredding your cabbage into fine cuttings.

Pack about two inches of finely cut cabbage into your crock or container. Add 1 Tablespoon of salt spread over the top. Tamp down with your hands or potato masher until a juice forms. Continue with the next two inches of cabbage, 1 T salt, tamp down again. Repeat this process until cabbage is about 2 inches from the top of the crock.

Place an old plate atop your cabbage to weigh it down. Place a clean rock or gallon jar of water atop the plate to hold it down (you want to help create the brine juice that covers all the kraut, protecting it as it ages).

Keep top of container and kraut clean during processing. Watch for any mold and remove it as it forms. Some call this a 'bloom'..it is simply air getting to the top of the brine/kraut.

Allow 4 weeks or so to process.

Keep cleaning the plate and top of kraut as needed. Some scoop a bowl of kraut out at this point and put in the fridge for use and some use kraut juice as a healing tonic.

If the remaining kraut is not covered, be sure to add 1 T of salt for each cup of water so that all the kraut remains covered.

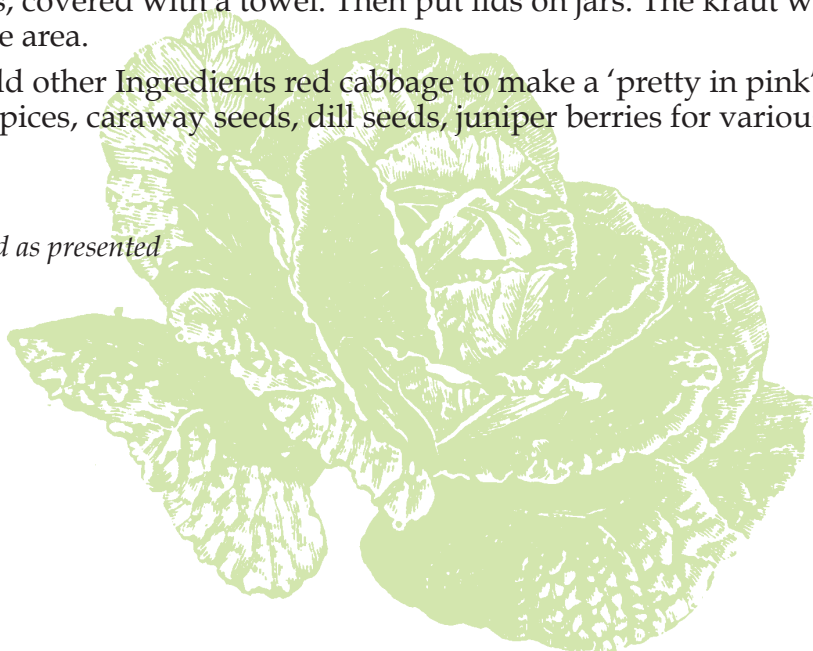
Some like to use it as it ages as the taste gets better over time. However, too much summer heat or length of processing can cause the kraut to get soft and reduce its taste.

You can also pack kraut in jars; process in water bath/boil, 10 minutes. Allow to stand at room temperature for 7 days, covered with a towel. Then put lids on jars. The kraut will finish processing. Store in regular storage area.

Some people like to add other Ingredients red cabbage to make a 'pretty in pink' kraut; sliced carrots, turnips, beets, herbs, spices, caraway seeds, dill seeds, juniper berries for various flavors.

Enjoy, Dorothy!

Editor's Note: recipe posted as presented



Italian Flat Bread (Focaccia)

This has been a hit at all of my parties and gatherings as an appetizer; however, it can also be used as an addition to a salad or pasta meal. I have modified the recipe over the years from the original that came from my good friend Jackie.

Sean P. Sweeney, Lower First Tenor in TCGMC for 5 years

Ingredients

1 12" pre-made pizza crust (I use either Boboli or Market Pantry)
1 cup real mayonnaise
1 ½ cup grated parmesan cheese
1/2 tablespoon ground pepper
1 teaspoon basil
1 teaspoon oregano
6 tablespoons minced onion
2 cloves fresh garlic, minced
dash cayenne pepper
1/2 cup parsley

Directions

Preheat oven to 450° (or use recommended temperature on pizza crust package)

In a medium bowl, combine the mayo and parmesan cheese. Stir in all the herbs & spices; blending thoroughly. The mixture resembles a thick paste.

(Optional) Refrigerate mixture for 30 minutes

Spread mixture evenly on the pizza crust and bake for 8-10 minutes. The desired look is a golden brown top. For best results bake on a pizza stone.

Serve warm & enjoy!

Prep Time: 10 min or less

Cook Time: 8-10 min

Ready in: 30 min

Servings: 4-6 depending on if used as an appetizer or an addition to a meal.



Napa Cabbage Salad

Another Barthel family recipe that's tangy, sweet and crunchy. (From Genevieve)

John MacLean, Upper Baritone

Ingredients

- 2 packages chicken ramen noodles
- 1 head of Napa cabbage, chopped finely
(Napa is oblong, elongated head, white on root end)
- 5 green onions, chopped (long onions - use half way up the stalk)
- 2 cups of sunflower seeds
- 4-oz. package of slivered almonds

Directions

1. Break ramen noodles into small pieces while still in closed package
2. Brown noodles in 1/2 cup of butter, being careful not to burn (watch carefully)
3. Sprinkle packet of seasoning powder from ramen noodle package over the noodles in the pan
4. Combine all ingredients in a bowl

Salad Dressing

- 3/4 cup sugar
- 1 1/2 teaspoons soy sauce
- 1/2 cup vinegar

1. In a shaker blend the above ingredients, making sure the sugar is dissolved.
2. Pour the dressing over the salad just before serving and toss well.

PREP TIME	45 Min
COOK TIME	10 Min
READY IN	55 Min
SERVINGS	10-20



San Francisco Florentine Bread

A staple hors d'oeuvre for any really gay soirée in the 80's. Now it's a staple! What can I say, we set the trends and everyone else follows. In honor of our Artistic Director, Stan Hill, a native Southern California Boy.

John MacLean, Upper Baritone

Ingredients

1 round San Francisco sourdough loaf
1 cup sour cream
1 cup mayo
1 package Lipton's dry vegetable beef soup
3 green (bulb) onions, chopped finely
1 (10-oz.) frozen chopped spinach, boiled and drained or fresh, cooked spinach
assorted, cruciferous vegetables for dipping (broccoli, cauliflower, baby carrots, sliced green/red pepper, baby mushrooms, etc)

Directions

1. Mix together dip ingredients and refrigerate, preferably overnight.
2. Wash and cut up vegetables into handy, dipping sizes. Arrange the vegetables in a colorful and artistic fashion on an additional side plate. Cover and refrigerate.
3. Take the center out of the bread and cut up in cubes for dipping. (Tip: a serrated knife, such as a curved, grapefruit knife and spoon are handy in hollowing out the loaf. Be careful not to dig through the bottom of the bread.)
4. Place bread cubes around the bread on a suitably elegant, serving plate. Preferably done no more than 2 hrs before, serving to maintain freshness.
5. Shortly before serving, pour the dip into the middle of the bread. Have an extra plate for bread, or replenish the bread as your guests dip away!!

PREP TIME	45 Min
COOK TIME	15 Min
READY IN	60 Min
SERVINGS	20-30



Stan's Magic Potatoes

This recipe is a must at family gatherings, needs no gravy, and is not for the weak of heart.

Dr. Stan Hill, Artistic Director, Twin Cities Gay Men's Chorus for the past nine years.

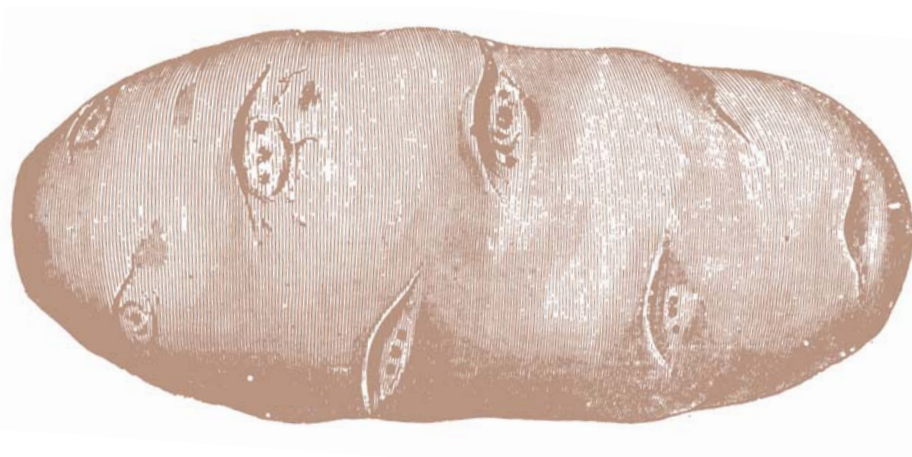
Ingredients

- 6 medium Russet potatoes, cubed
- 1 pound butter
- 1 8-oz. package of Philadelphia cream cheese
- 1/2 cup finely chopped chives
- 1/2 cup heavy cream
- 1 teaspoon paprika
- 1 tablespoon salt
- 1 teaspoon freshly ground pepper

Directions

1. Mash cooked potatoes with 3/4 lb of the butter, Philadelphia cream cheese, chives, salt and pepper to taste. Use heavy cream to achieve creamy consistency, depending on the moisture from the potatoes.
2. Pour into 8x12 glass Pyrex bake ware. Peak the potatoes with a spatula and use the remaining 1/4 lb of butter in thin slices all over the top of the potatoes. Dust with paprika.
3. Bake at 350° for 30 minutes until golden brown and bubbling. Caution, the potatoes stay hot for a long time.

PREP TIME	15 Min
COOK TIME	30 Min
READY IN	45 Min
SERVINGS	6



Sweet Potato Soufflé

Tom Peterson, Baritone

Ingredients

3 cups mashed sweet potatoes, about 3 to 4 large
2 eggs
1/2 cup milk
1/3 cup butter melted
1 cup sugar
1/2 teaspoon vanilla

Topping

1 cup brown sugar
1/3 cup flour
1 cup chopped pecans
1/3 cup melted butter

Directions

1. Microwave sweet potatoes for about 12 minutes or until soft.
2. Wrap in aluminum foil to finish cooking.
3. Scoop the sweet potatoes out of the skins and mash.
4. Mix the sweet potato ingredients and put into a 10 inch casserole dish.
5. Sprinkle the topping over the mix.
6. Bake at 350° for 30 to 40 minutes.

PREP TIME	20 Min
COOK TIME	40 Min
READY IN	50 Min
SERVINGS	8



Desserts

Aunt Elna's Southern Lemon Ice Box Pie

Caramels

Cranberry Pudding

Drew's "State Fair Blue Ribbon
Award-Winning" Banana Nut Bread

English Plum Pudding

Farmhouse Panna Cotta

Grandma Mabel Carlson's Swedish Spritz Cookies

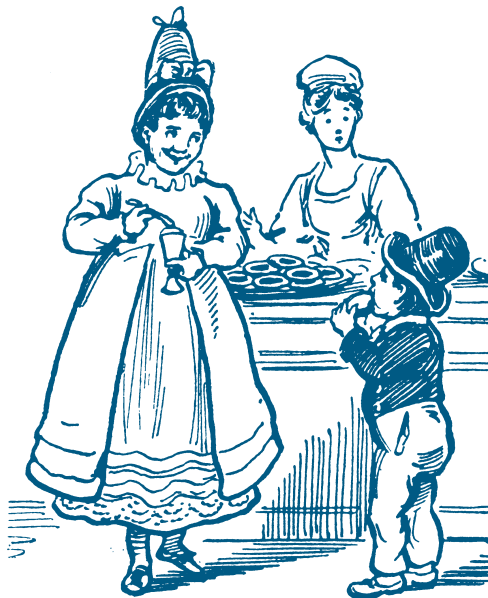
Lavender Bread Pudding

Pots de Crème au Chocolat

Scotcharoo Rice Krispie Bars

Walnut Potica

Year-Round Holiday Caramel Corn



Aunt Elna's Southern Lemon Ice Box Pie

Bill enjoys traveling down south to Alabama with his friend, Stephen, where this secret recipe has been closely guarded by his Aunt Elna (until now).

Bill Lent, Baritone, chorus member since 1998

Filling

- 1 crumb/baked pastry 8-9 inch shell, cooled
- 1⅓ cups (1 can) Eagle Brand Sweetened Condensed Milk (fat free)
- 1/2 cup of lemon juice (fresh, reconstituted, or frozen)
- 1 teaspoon grated lemon peel (fresh or dried)
- 2 egg yolks

Directions

1. In medium-sized bowl, blend together Eagle Brand Sweetened condensed milk, lemon juice, lemon peel and yolks until thickened.
2. Fill pie shell.

Meringue

- 2 egg whites (at room temperature)
- 1/4 teaspoon cream of tartar
- 1/4 cup sugar

Directions

1. In a small-sized bowl, whip whites with cream of tartar until they hold a soft peak.
2. Gradually whip in sugar.
3. Continue to whip until whites hold a firm peak.
4. Pile onto pie filling.
5. Seal to inside edge of pie shell.
6. Bake in 325° F (slow) oven until top is golden brown (about 15 minutes).

PREP TIME	30 Min
COOK TIME	15 Min
READY IN	45 Min
SERVINGS	8



Caramels

These buttery, chewy confections are a hit with my friends and family. They are a staple at the Chorus Christmas party each year. Get wrapping and enjoy the sugar rush!

Keith Seifert, Baritone in TCGMC for 9 years

Ingredients

1 cup good quality butter
2¼ cups light brown sugar
1 cup light corn syrup
1 14-oz. can sweetened condensed milk
1 tablespoon vanilla

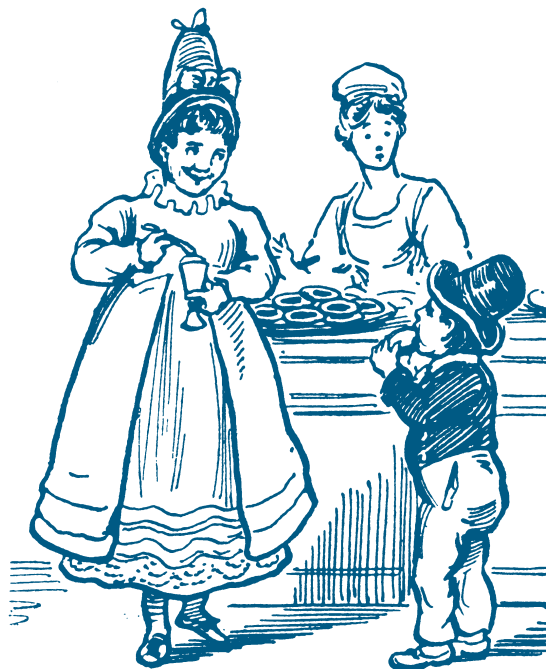
Equipment Needed

9x13 pan, buttered
heavy-bottomed large pan
metal spatula for stirring
candy thermometer

Directions

1. Butter a 9x13 baking pan. Set aside.
2. Put butter in large, heavy-bottomed pan. Melt and stir over medium heat. Add brown sugar, corn syrup and sweetened condensed milk. Cook and stir constantly until mixture boils and reaches 240° on candy thermometer.
3. Take mixture off heat. Let cool 1 minute and stir in vanilla.
4. Pour candy into 9x13 pan. Let cool completely to room temperature.
5. Turn out of pan and cut caramel into bite-sized pieces.
6. Wrap in squares of wax paper. Store in airtight container in cool, dry place.

PREP TIME: 5 Min
COOK TIME: Approx. 20-30 minutes
SERVINGS: Approx. 100 pieces



Cranberry Pudding

I love this recipe. It has been handed down through my family for many generations and stems from German tradition. It is a steamed pudding. My grandmother used to make it in an old coffee can but I forego that part of the tradition. My family serves this for dessert each year at Christmas.

Eric Strack, Lower Bass

Ingredients

Pudding

2 cups chopped fresh cranberries
1²/₃ cups flour
1 egg
1 tablespoon molasses + enough dark
Karo Syrup to make 1/2 cup
2 teaspoons baking soda

Sauce

1/2 cup butter
1 cup sugar
1/2 cup cream
vanilla to taste

Directions

I use a large stock pot and place a 1¹/₂-inch high round metal cooling rack inside.

Fill pot with water to top of rack and bring to a boil.

While water is coming to a boil, chop up fresh cranberries in food processor and then mix pudding ingredients.

Cover inside of 9-inch ceramic dish with non-stick cooking spray and pour mixture into dish.

Once water is boiling, set dish on rack and cover pot.

Let it steam on rack for 1¹/₂–2 hours until it has separated from the sides of the dish and allow to cool. You may need to add more water part way through. Take first three ingredients of sauce and bring to a boil. Add vanilla to taste and serve by drizzling on top of a slice. You can make the pudding ahead of time as it doesn't need to be served hot. The sauce however is served hot and should be made just prior to serving.

PREP TIME	30 Min
COOK TIME	90-120 Min
READY IN	150 Min
SERVINGS	8



Drew's "State Fair Blue Ribbon Award-Winning" Banana Nut Bread

At least it will win some day!

Drew Kuula, First Tenor

Ingredients

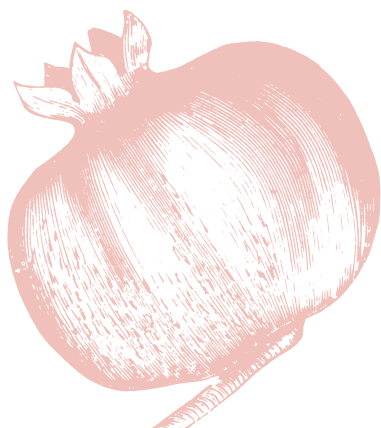
1/2 cup butter
1½ teaspoons baking soda
1/2 cup shortening
1 teaspoon baking powder
1½ cups sugar
4 bananas
4 eggs
1½ teaspoons pure vanilla extract
3 cups sifted flour
2 teaspoons pure almond extract
1/2 teaspoon salt
6- to 8-oz. bag of nuts (either chopped walnuts or sliced almonds)
8-oz. bag of semi-sweet chocolate morsels



Directions

1. Cream shortening, butter and sugar.
2. Beat in eggs one at a time.
3. Sift together (or whisk in a bowl) the flour, salt, baking soda and baking powder.
4. Mash bananas with PURE vanilla and PURE almond extracts on a plate. (Don't be cheap! Use the PURE EXTRACTS, NOT IMITATION!)
5. Add dry ingredients and banana mixture to creamed mixture and blend thoroughly with beaters.
6. Add chocolate chips and nuts to mix. (You can separate the mix into two bowls and add nuts or chocolate chips to one or both. Mix it up. Be creative.)
7. Pour into two greased and floured loaf pans.
8. Bake at 350° for 55–65 minutes. Check with toothpicks to be sure it's done.

PREP TIME	15 Min
COOK TIME	60 Min
READY IN	75 Min
SERVINGS	8-16



English Plum Pudding

Traditional English Christmas dessert, handed down to me by my grandmother.

Georg West, Bass

Ingredients

- | | |
|----------------------------|--|
| 1½ cups all purpose flour | 1½ cups dried fruit |
| 2 cups bread crumbs | 1 cup nuts (coarsely chopped filberts, pecans, walnuts, or slivered almonds work best) |
| 1/2 cup sugar | 1/2 cup molasses |
| 1/2 cup dark brown sugar | 1/2 cup cream |
| 2 teaspoons baking powder | 1/4 cup sherry |
| 1 teaspoon salt | 4 large eggs, separated |
| 1 tablespoon cinnamon | 1/4 cup brandy (warmed) |
| 1 teaspoon nutmeg | |
| 1/2 teaspoon ground cloves | |
| 1½ teaspoons mace | |
| 1 cup butter | |

Directions

1. In a large mixing bowl combine the first ten ingredients.
2. Cut in butter with pastry blender; add dried fruit and nuts.
3. In another bowl combine the molasses, cream, sherry and egg yolks.
4. Add wet ingredients to dry ingredients and mix well.
5. Beat egg whites until stiff and fold into batter.
6. Pour batter into well greased (or "Pammed") 10 cup mold.
7. Cover top of mold with foil and tie securely with string. Poke 5 to 6 holes in foil with toothpick.
8. Place metal trivet in a pot large enough to hold the mold (a canning pot works well). Set mold in pot. Pour water into pot to about 1 inch below rim of foil. Cover pot. Heat water to boiling on high heat. Reduce heat and simmer for 3½ hours or until toothpick inserted through foil comes out clean. More water may be added as needed. Remove from water and allow to cool for at least 1 hour before removing pudding from mold.
9. Pour warmed brandy over pudding and ignite. When alcohol burns off, cut and serve. Garnish with your favorite hard sauce or whipped cream.

PREP TIME	30 min
COOK TIME	3½ hours
READY IN	5 hours
SERVINGS	16



Farmhouse Panna Cotta

Culinary reputations have been built on this recipe. It is as lush and as memorable as any sweet you can conjure. Yet, essentially panna cotta is nothing more than jelled cream, and it is so simple it's almost mindless. This first appeared in a previous book of mine, but it became such a standby for everyone who made it that I wanted to offer it again.

*The Splendid Table's® How To Eat Supper: Recipes, Stories, and
Opinions from Public Radio's Award-Winning Food Show
by Lynne Rossetto Kasper and Sally Swift
(Clarkson Potter, April 2008)*

Unlike other panna cotta recipes this one is far closer to soft ice cream than to a quivering gel.

Cook to Cook: Use organic cream if possible and be sure the sour cream contains only cream and culture, no other additives. As written, this recipe unmolds with a soft, creamy finish, like softened ice cream. For a firmer panna cotta, increase the gelatin to 2 teaspoons (1 envelope).

Ingredients

2 tablespoons cold water
1½ teaspoons unflavored gelatin
3 cups heavy whipping cream
½ cup sugar, or more to taste
Pinch of salt
1½ teaspoons vanilla extract
1 cup (an 8-oz. container) sour cream

Directions

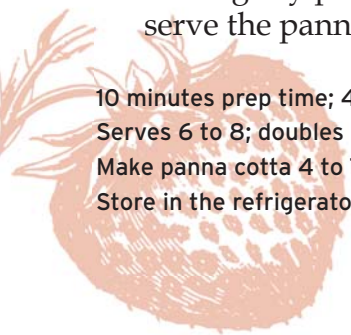
1. Put the cold water in a small cup, and sprinkle the gelatin over it. Let it stand 5 minutes.
2. Meanwhile, in a 3-quart saucepan, warm the cream with the sugar, salt, and vanilla over medium-high heat. Do not let it boil. Stir in the gelatin until thoroughly dissolved. Take the cream off the heat and cool for about 5 minutes.
3. Put the sour cream in a medium bowl. Gently whisk in the warm cream a little at a time, until it is smooth. Taste the mixture for sweetness; it may need another teaspoon of sugar. Turn the panna cotta into a serving bowl, or 8 ⅔-cup ramekins, custard cups, or coffee cups. Fill each one three-quarters full with the cream. Chill 4 to 72 hours.
4. Serve directly from the serving bowl. Or if you used ramekins, either unmold the individual servings by packing the molds in hot towels and then turning each out onto a dessert plate, or serve the panna cotta in the containers.

10 minutes prep time; 4 to 72 hours refrigerator time.

Serves 6 to 8; doubles easily.

Make panna cotta 4 to 72 hours before serving.

Store in the refrigerator for up to 3 days.



Grandma Mabel Carlson's Swedish Spritz Cookies

A family recipe that was brought from Sweden and slightly altered over the years.

Don Carlson, Bass

Ingredients

1 cup of sugar
1 cup of butter
3 egg yolks
3 tablespoons of cream (or half and half)
2³/₄ cups of flour
1/4 teaspoon of baking powder
1 teaspoon of almond flavoring

Directions

Mix ingredients together in a large bowl to form the cookie dough.

Put the cookie dough in a cookie press.

Make any shape cookies you desire (naughty or nice) with the cookie press onto a cookie baking sheet.

Add any decorative touches, such as colored sugar sprinkles.

Bake for 10 minutes at 400° F.

This is a great cookie for parties particularly during the holiday season.



Lavender Bread Pudding

I created this recipe by modifying a bread pudding recipe from The New Basics Cookbook and combining it with a lavender ice cream recipe I stumbled across in a newspaper. It makes a great desert after an autumn dinner. I like to serve it still warm, with a light dusting of cinnamon.

Lane Oase, Upper Bass with TCGMC since 2003

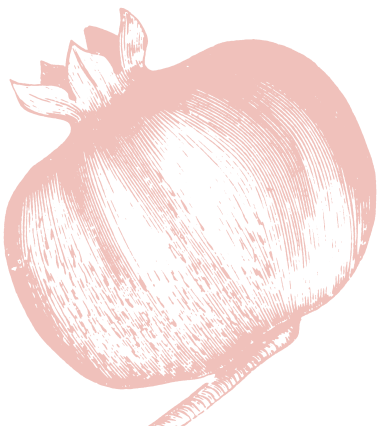
Ingredients

1½ cups 2% milk
1½ cups heavy cream
2 tablespoons lavender flowers
1 loaf challah or other egg bread, day-old
4 tablespoons unsalted butter, melted
4 large eggs
3 egg yolks
2/3 cup sugar
1½ teaspoons vanilla
cinnamon for garnish



Directions

1. Preheat the oven to 350°F.
2. Combine the milk, cream, and lavender in a saucepan and heat gently for 15 minutes, making sure the mixture doesn't boil. Remove from the heat and let cool.
3. While the lavender is steeping, cut the bread into 1" cubes. Toss the bread with the melted butter and set aside.
4. Strain the milk mixture into a large mixing bowl. Discard the lavender. Add the eggs, egg yolks, sugar, and vanilla to the milk. Whisk to combine.
5. Butter a 9x5 loaf pan and add the cubed bread. Slowly pour the milk mixture over the bread. You may need to pause occasionally for the bread to absorb the milk.
6. Set the loaf pan into a roasting pan. Add boiling water to the roasting pan until it comes half-way up the loaf pan. Put the pudding into the oven and bake until set, about 45 minutes.
7. Remove from the oven and set the loaf pan on a rack to cool slightly.
8. Divide the pudding into 6 to 8 portions, sprinkle with the cinnamon, and serve.



Pots de Crème au Chocolat

A rich, delicious, and creamy chocolate desert. A classic French chocolate custard dessert recipe that was given to me by a friend.

Georg West, Bass in TCGMC for 16 years

Ingredients

1 cup semi-sweet chocolate chips
1/3 cup sugar
1 tablespoon cocoa powder
3 cups half & half
5 large egg yolks
1 large egg
1 teaspoon vanilla extract
whipping cream (for garnish)

Directions

1. Day before serving: Preheat oven to 325°. Combine the chocolate, sugar, cocoa, and 1/3 of the Half and Half in double boiler over medium high heat, whisking constantly until the chocolate melts and the mixture is smooth.
2. Mix the egg, egg yolks and vanilla in a medium bowl and gradually whisk in the chocolate mixture. Add the remaining half and half and whisk until smooth.
3. Pour the mixture into 6 ounce pot de creme dishes or ramekins placed in a shallow roasting pan. Place the pan on the center rack. Pour enough hot water into the pan to come halfway up the sides of the dishes. Bake until the mixture is set, 40–45 minutes.
4. Remove the pots de creme from the roasting pan and cool on a wire rack. Cover loosely with plastic wrap and refrigerate overnight.
5. Garnish with whipped cream if desired.

PREP TIME 20 min (day ahead)
COOK TIME 45 min
SERVINGS 8



Scotcheroo Rice Krispie Bars

Jay Olson, First Tenor

Ingredients

1½ cups of White Karo Syrup
1 cup of white sugar
1 cup of peanut butter
7–8 cups of Rice Krispies
1 package of semi sweet chocolate chips
1 package of butterscotch chips

Pans and Utensils

10x15 cookie sheet or smaller cake pan
small to medium sauce pan
double boiler pans
wooden spoon
mixing bowl

Directions

In a small sauce pan, combine the Karo Syrup and sugar and bring to a boil. Add in the peanut butter until all ingredients have melted down.

In a large mixing bowl (enough to work the peanut butter mixture around), add the Rice Krispies to the bowl and pour the peanut butter mixture on top and mix with a wooden spoon or with double plastic-gloved hands until all the Rice Krispies have been coated.

With a little butter or margarine, grease a cookie sheet slightly on the bottom and the sides. A 10x15 cookie sheet with ½" or ¾" sides will work, or a cake pan. Spread the Rice Krispie mixture evenly into the pan to cover it.

If you have a double boiler, place water in the bottom pan and pour the chocolate and butterscotch chips into the top pan, heating the chips over the double boiler until all have melted.

Once melted, pour the frosting mix over the top of the bars, spreading evenly with a rubber spatula. Let cool completely until the frosting has hardened. Cut the bars into squares and enjoy!

Note: When double boiling the chips, make sure no water gets into the chips or the frosting mixture will harden and make it hard to spread.



Walnut Potica (pah-teet'-zah)

A recipe from Northern MN Slovenian Community. 'I grew up with this recipe. We had potica on most Holidays and special Sunday dinners with family. We also ate apple and cottage cheese/chive potica at gatherings of extended families at our grandparents' homes. These were times of celebration with polkas being played and lots of dancing and good food. If you choose to try this recipe, I recommend giving yourself plenty of time as it can take a while to complete. It is a 'nummmmy' dessert and worth the effort!'

Mick Smuk, First Tenor

Prepare the Yeast

2 teaspoons of dry, active yeast

4 tablespoons warmed milk

1 teaspoon sugar

3 tablespoons of flour

Stir this well and let it stand to rise; a 'warm' place assists with this.

Potica Dough

1/2 cup butter

2 cups of milk

3/4 cup sugar

1 tablespoon vanilla

5 egg yolks
(the whites will be used for the filling)

1 teaspoon nutmeg

6-8 cups of flour

3 teaspoons salt

Directions

In a fairly large mixing bowl, combine the butter with sugar and salt (cream this together).

Add the 5 egg yolks and vanilla/nutmeg-mix this together.

Add about 1 cup of flour and after mixing this, add the prepared risen yeast and mix this well.

Slowly add the flour, a cup at a time and add the milk a bit at a time until the ingredients are all mixed and you have a nice dough.

Now flex your muscles and knead the dough until it is fairly soft, has a smooth texture, yet stiff enough to handle. (add flour as needed).

Place the dough into a greased bowl and cover with a damp cloth and let rise in a warm place for about 2 hours.

Meanwhile, make the walnut filling.



Walnut Filling

2 pounds of finely ground walnuts
 1/2 cup sugar
 1 cup honey
 1 stick butter, melted
 5 egg whites

1 teaspoon lemon zest
 1 teaspoon cinnamon
 1 teaspoon vanilla
 2 cups milk

In a sauce pan, blend together the butter, honey, milk, spices and sugar. Bring this to a slow boil, stirring constantly, then add the walnuts. Remove from burner and cool this down slightly.

Fold in beaten egg whites. Mix all ingredients well.

Assemble the Potica

Now on a floured sheet or cloth that is spread across your kitchen table top, roll and stretch the dough. You can start with a rolling pin or use your fingers over and over to spread it out.

Once spread somewhat, you can lift the thinned dough from underneath to spread it out even more. The dough should be $\frac{1}{4}$ inch thick or less.

Patch any 'holes' that are made with extra dough from the edges.

Using a butter knife, spread the filling all over the dough (which is now about 3 feet by 3 feet) except for the edges.

Choose one side to begin to tightly roll the dough as for a jelly roll. Once you get it started you can lift the floured cloth slightly to help roll the dough. You should now have a 3 foot long roll.

Cut this to fit into greased baking pans ($10\frac{1}{4}$ " x 3" x 5").

Pinch the edges of each loaf together using any excess dough for a seal. Using a sharp knife, cut a small slit in the top of each loaf.

Cover the pans with a cloth and let the dough rise again for 45 – 60 minutes (double in size).

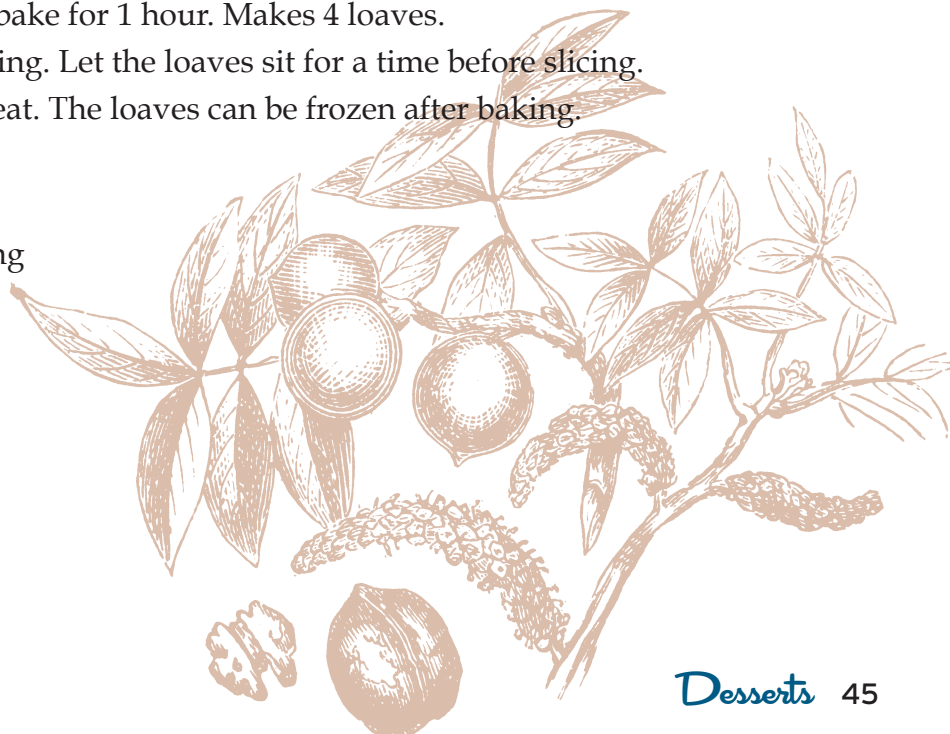
Then place in preheated 350° oven and bake for 1 hour. Makes 4 loaves.

Brush tops with melted butter after baking. Let the loaves sit for a time before slicing.

Cut slices and butter them for a tasty treat. The loaves can be frozen after baking.

Variations To Try:

- add ground raisins or Craisins to filling
- sugar, cinnamon & sliced apples
- cottage cheese & chives
- blueberries
- even chocolate!



Year-Round Holiday Caramel Corn

This is an old, family recipe (Grandma's-Grandma's-Grandmother's) that is always a pleaser and, around the winter holidays, a requisite for me getting in the door.

Tim Hodapp, singing with the Upper First Tenors for three years

Ingredients

- 4 cups brown sugar
- 4 sticks butter
- 1 cup Karo Syrup
- 1/2 teaspoon cream of tartar
- 1 teaspoon salt
- 2 teaspoons baking soda
- 16 quarts popped corn, unsalted/unbuttered
- 2 10-oz. cans Planters Deluxe Mixed Nuts (optional)

Directions

1. Pop popcorn and place in large, oven-ready pans (the cheap, aluminum turkey roasters are perfect and two should do). Set aside.
2. Preheat oven to 200°.
3. Mix brown sugar, butter, syrup, cream of tartar and salt in large saucepan. Bring to boil. Add nuts. Boil 3 minutes, stirring often. Remove from heat and add soda. Stir until foam is gone.
4. Pour over popcorn, mix thoroughly with wooden spoon and place in oven. Bake for 1½ hours, removing from oven and stirring every 15 minutes.
5. Open two large grocery bags and place on counter, pour corn onto bags and stir twice over next 20 minutes to break up clumps. It is very sticky, but will dry.

Prep time: 2 hours
Cook time: 1½ hours
Ready in: 20 minutes
Servings: How addictive a personality are you? (Enough to fill a grocery bag.)



Beverages

Rick & Jim's Cosmo

Apricot Brandy Slush

The Perfect Stanhattan



Rick and Jim's Cosmo

What is a meal without libation?! My partner and I over the years have taken the standard Cosmopolitan Martini (vodka, triple sec, cranberry juice and fresh lime juice), and have added our own twist to it. I think this Cosmo will strike you as much more flavorful and bolder than the standard.

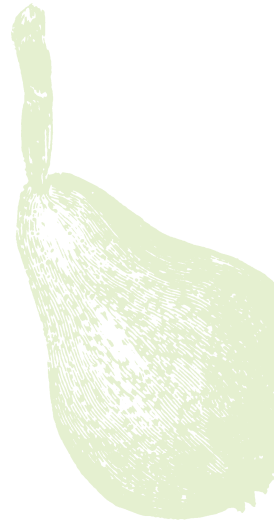
Rick Christensen, Upper Baritone

Ingredients

4 oz. gin
4 oz. vodka
1.5 oz. Grand Marnier
1.5 oz. Cointreau liquor
2 oz. sweetened lime
8 shakes Fee Brothers East Indian Orange Bitters (optional)
2 tablespoons frozen cranberry concentrate

Directions

Combine all into a cocktail shaker.
Add ice, vigorously shake and pour and garnish with a slice of lime.
Servings: 4 (unless you're a lush, then its 2)



Apricot Brandy Slush

Served every holiday at Genevieve and Jeaneen Barthel's home, long-time supporters and attendees of the TCGMC. This is more potent than you might imagine, Genevieve!! Woo, hoo!!!

John MacLean, Upper Baritone

Ingredients

1 6-oz. can of frozen lemonade
1 6-oz. can of frozen orange juice
2 cups apricot juice
2 cups apricot brandy
1 large bottle of ginger ale

Directions

1. Mix all ingredients together in one of those large plastic ice cream pails
2. Put in the freezer overnight
3. Bring it out of the freezer an hour before serving to thaw into a slush.

PREP TIME 30 Min
COOK TIME 0 Min
READY IN Overnight
SERVINGS 20-30

The Perfect Stanhattan

This cocktail is so difficult to describe to wait-persons their eyes glaze over before you get half through. So Susan, at Jet Set decided that she would simply call it a Stanhattan and that way I would not have to spend the five minutes it takes to describe it. The difference is that it is very sweet with LOTS of vermouth, and some cherry juice (Grenadine can be substituted for cherry juice).

Dr. Stan Hill, Artistic Director, Twin Cities Gay Men's Chorus

Ingredients

2/3 cup *REALLY* good bourbon (Maker's Mark or Knob Creek)

2/3 cup *REALLY* good sweet red vermouth

2 tablespoons of cherry juice or Grenadine

1-3 stemmed cherries

Directions

1. In a cocktail shaker, pour bourbon (Maker's Mark, Knob Creek, etc.) sweet red vermouth, cherry juice or Grenadine, two or more cherries, no bitters.
2. Shake in a cocktail shaker until very chilled.
3. Served "UP" in a stemmed cocktail with 1-3 stemmed Maraschino cherries.

PREP TIME	5 Min
COOK TIME	5 Min to shake
READY IN	10 Min
SERVINGS	2

<http://www.nd-warez.info/>

