

**BEEF CABBAGE BEROX
(GERMAN BEEF ROLLS)**

Mix Rolls

- 1 cup milk 1/2 cup sugar
- 1 tsp. salt 1 pkg. dry yeast
- 1 egg (beaten) 3 Tbsp. shortening
- 4 cup flour

Combine milk with yeast, salt, and sugar in large bowl. Stir until dissolved. Beat the egg and add shortening into the large bowl. Stir again. Add flour slowly and stir until thick. Cover loosely and let it rise.

- 1 lb. ground beef
(or 1/2 lb. beef and 1/2 lb. sausage)
- 2 cups shredded cabbage
(with or without shredded carrots)
- Salt & Pepper, if desired
- 1/2 onion chopped, optional
- 2 Tbsp. butter

Brown onion and ground beef in a skillet. Wilt cabbage and butter in a sauce pan. Add salt, pepper and/or Accent. Pour cabbage with butter into the skillet and stir. Pinch off enough dough for a roll size (make large as you like). Flatten the dough to a round and stuff with meat/cabbage mixture. Fold dough around mixture and allow to rise again on a cookie sheet or muffin tin. Bake at 350 degrees until golden. Voila!

*Beef Cabbage Berox
photo by Chris Fritchie*



JAN'S CRAWFISH BISQUE

- 1-2 lbs. crawfish tail meat, rinsed
- 2 cans potato soup
- 1 can cream of mushroom soup
- 8 oz. cream cheese
- 1 stick butter
- 1 pint half & half cream
- 2 cans whole kernel corn, undrained
- Dash garlic salt
- 1 tsp. Cajun seasoning
- Salt & pepper to taste

In large crockpot mix potato soup, mushroom soup and corn. Melt butter and cream cheese together and stir into soup mixture. Add crawfish tails. Season to taste with garlic, salt, pepper and Cajun seasoning. Cook on low setting for 3-4 hours or 2 hours on high setting. Stir occasionally. Serve with warm sourdough bread.

MANDARIN TURKEY SALAD

- 1/4 cup orange juice
- 1-1/2 Tbsp. red wine vinegar
- 1-1/2 tsp. poppy or sesame seeds
- 1 tsp. Dijon mustard
- 1/8 tsp. pepper

- 5 cups red leaf lettuce washed, dried chilled and torn into bite-sized pieces
- 2 cups baby spinach, washed, dried, chilled and torn
- 1/2 lb. turkey breast cut 1/2 inch julienne slices
- 10 1/2 oz. mandarin oranges, drained
- Orange zest as desired

In a bowl combine orange juice, vinegar, poppy or sesame seeds, oil, mustard and pepper. Set aside. In a bowl toss together lettuce, spinach, turkey and oranges. Pour dressing over salad mixture and garnish with orange zest. Serve immediately.



*Jan's Crawfish Chowder
photo by Chris Fritchie*



Grandma Emma
Stoeltzing's
Springerle Cookies
photo by Chris Fritchie

GRANDMA EMMA STOELTZING'S SPRINGERLE COOKIES

- 5 eggs 1/4 tsp. salt
- 4 cups powdered sugar
- Grated lemon rind (to taste)
- 1/4 tsp. anise oil (to taste)
- 4 1/2 cups of flour
- 1 tsp. baking powder

Beat together the eggs and powdered sugar until light and fluffy. Add remaining ingredients to form dough. Chill dough for 1 hour. Roll 1/3 of the dough at a time to 1/2" thickness (use the springerle rolling pin which can be found at specialty shops). Cut out using the squares as guidelines. Grease cookie sheets and cover with anise seed. Set on counter uncovered overnight. Bake 350 degrees, 20-30 minutes. Hint: They will rise during baking.

CRAWFISH ETOUFFEE

- 1 lb. Crawfish Tails, peeled
- 1 large onion salt
- 1 stalk celery black pepper
- 4 cloves garlic 1/2 green bell pepper
- 5 Tbsp. flour 1/3 cup parsley
- 1 cup water 3/4 cup green onions
- Tony Chachere's Cajun Seasoning
- Fat from crawfish, optional
- 1 stick + 5 Tbsp. butter

Chop onions, celery, bell pepper, garlic, parsley and green onions. Cook vegetables in one stick of melted butter. While vegetables are cooking prepare roux. Add roux to vegetables and stir. Add crawfish tails and fat. Season with salt, pepper and Tony Chachere's to taste. Add water to desired thickness. Let simmer until tails are tender. Serve over warm rice. To make the roux: heat



Tamales
photo by Chris Fritchie

5 Tbsp. butter in black iron skillet with 5 Tbsp. flour. Cook over medium-low heat until golden brown. Continually stir as to not burn. Servers: 4-6

NEW FRENCH VANILLA BANANA CREAM PIE

- 1 banana, sliced 2 cups milk
- 1 graham cracker crumb piecrust
- 2 packages vanilla pudding mix, 4-serving size each
- 2 cups Cool Whip, French Vanilla

Place banana slices in crust. Pour milk into bowl. Add pudding. Beat with wire whisk 2 minutes. Gently stir in 1 cup of the Cool Whip; spoon into crust. Refrigerate 4 hours. Top with remaining Cool Whip.

TAMALES

- 2 lbs. roast beef, chicken, or pork
- Salt & pepper, to taste
- 2 onions, sliced 2 Tbsp. cumin
- 1 whole garlic diced 1 Tbsp. salt
- 2 Tbsp. red chili powder
- 2 bags dried corn husks, about 3dozen
- 4 cups masa mix (can be purchased pre-mixed)
- 1 Tbsp. baking powder
- 2 tsp. salt
- 4 cups reserved warm broth from cooked meat
- 1 cup vegetable shortening

Season the meat with salt & pepper then brown on all sides in a large heavy pot over medium heat. Add enough water to cover with a sliced onion and 6 cloves of garlic. Cook until fork tender and separates with no resistance, about 2 hours. Allow to cool, reserving broth. Hand shred the meat and set aside. (With chicken or pork, green chilies can be added for additional taste).

Soak corn husks in warm water for 30 minutes to soften. In a deep bowl, combine the masa, baking powder and salt. Pour the broth into the masa a little at a time, working it in with your fingers. In a small bowl, beat the vegetable shortening until fluffy. Add to masa and beat until the dough has a spongy texture. Chili powder may be added to masa for color and taste, 1 to 2 tablespoons.

Rinse, drain, and dry the corn husks, place them on a sheet pan covered by a damp towel. Create an assembly line with the bowls of masa dough and seasoned meat. Start with the largest husks because they are easier to roll. Lay the husk flat on a plate or in your hand with the smooth side up and the narrow end facing you. Spread a thin, even layer of masa over the surface of the husk with a tablespoon dipped in water. Do not use too much! Add about a tablespoon of meat filling in the center of the masa. Fold the narrow end up to the center then fold both sides together to enclose the filling. The sticky masa will form a seal. Pinch the wide top closed.

To cook the tamales place them standing up in a large steamer or colander with the pinched end up. Load the steamer into a large pot with 2-inches of water. The water should not touch the tamales. Lay a damp cloth over the tamales and cover with lid. Keep the water at a low boil, checking periodically to make sure the water doesn't boil away. Steam the tamales for 2 hours. The tamales are done when the inside pulls away from the husk. The tamale should be soft, firm and not mushy.



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