

Knowledge @ Noon

“Oktoberfest, Dress Your Dog”



Wednesday, October 15, 2014

12:00 - 1:00 p.m.

104 S. Brayman, Paola, KS

Marais des Cygnes Extension District, Paola Office

Instructors:

Marais des Cygnes Extension District Master Food Volunteers

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An Apple a Day...



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 h a n l j o n a g o l d

Just may keep the doctor away, all right. Apples are rich in antioxidant phytochemicals as well as fiber. Researchers think apples may help prevent cancer, stroke, and heart disease when they are part of a low-fat, high-fiber plant based diet. While some varieties are available only in the fall, you'll find others in the supermarket year round. Find the most popular apples in the word search. Then try them all!

- Braeburn: As a snack or in a salad, this apple is crisp, sweet, and tart.
- Cameo: Sweet, tart, and firm flesh makes it versatile.
- Cortland: Sweet flavor makes it the perfect dessert apple.
- Criterion: Juicy and sweet, this apple resists browning when cut, making it perfect for salads and fruit plates.
- Empire: Bake it, toss it in a salad, or eat as a snack.
- Fuji: Sweet and crisp, makes good applesauce or snack.
- Gala: A crisp, sweet snack or addition to salad.
- Golden Delicious: Sweet taste. Good

for just about every use, including baking, pies, applesauce, salads, snacks and fruit plates.

- Granny Smith: Tart taste is also appropriate for all uses.
- Ida Red: Large, tangy, and tart. Great in applesauce, pies, and baking.
- Jonagold: Tangy-sweet taste is good for cooking as well as munching out of hand.
- Jonathan: Spicy tang makes it good as a snack, in a pie, or for applesauce.
- McIntosh: Slightly tart and juicy with a smooth texture that is good raw or cooked. Bruises easily.
- Newtown-Pippin: A tangy tasting apple for pies or applesauce.
- Pink Lady: Salads, pies, and applesauce shine with this sweet, tart, crisp and firm variety.
- Red Delicious: Crisp, juicy, and

sweet—a favorite for snacking and in salads. But beware—it doesn't cook well.

- Rome Beauty: Firm flesh and sweet taste—a good baking apple.

- Winesap: Mildly tart and juicy, good for all uses. Spicy, too—a great choice for cider.

- York: Holds its shape well when baked. Yellow, moderately juicy flesh.

For recipes and tips on apples, go to www.foodandhealth.com/links/ and type apple in the search - you will get 8 links to great apple sites.

Success Tips:

- Store apples in the refrigerator.
- Keep them in a drawer or other closed container away from foods with strong odors.
- Handle carefully to avoid bruising.
- Cut just before serving to minimize browning.
- Experiment with different varieties to find your favorites.

By Hollis Bass, MEd, RD.



Pumpkin: Beyond Halloween

Besides being great for Halloween fun, pumpkins make wonderful eating. Just one-half cup of canned pumpkin provides 4 grams of fiber, no fat or cholesterol, and only 50 calories. Pumpkin also has more beta-carotene per serving than any other commonly eaten food. Your body converts beta-carotene to vitamin A, and it may protect against heart disease and some cancers.

Fresh pumpkins

Fresh pumpkins are available from late summer well into the fall. Small sugar or pie pumpkins are the best for eating, though you can eat the large ones, too. Be sure the pumpkins are clean and dry, then store in a cool, dry, dark place. Depending on storage conditions, pumpkins may last for several months.

To peel a pumpkin, cut the top off and then cut a thin slice off the bottom so the pumpkin sits flat. Using a large knife, cut slices of the skin off from top to bottom, working your way around the pumpkin, just like you would cut the skin off an orange or a squash. Cut the pumpkin in half and scoop out the seeds and stringy pulp, then cut the pumpkin into chunks.

To make pumpkin puree, steam pumpkin chunks until quite tender and drain well. Puree in a food processor or use a potato masher, then drain again through a fine sieve or coffee filter. You may also bake (325°) unpeeled, seeded pumpkin halves until tender, about 1 hour. Scoop the flesh out of the shell and puree. This puree will be drier so you won't need to drain it. Puree may be frozen for up to six months.

Canned pumpkin

Canned pumpkin puree is easy to use and works very well in recipes. Be sure to purchase plain pumpkin and not the pie filling, which contains sugar and other ingredients. Read the label carefully to see which one you are buying.

Cooking tips

- You can substitute pumpkin for winter squash in most recipes.
- Stir pumpkin puree into soups, chilies and stews.
- Cut a fresh pumpkin into cubes and toss with 1 tablespoon oil, 2 tablespoons thawed apple juice concentrate, and a dash of nutmeg. Put into a baking pan coated with cooking spray and roast in a 400° oven for 30 minutes or until tender, stirring once.
- Make a delicious, quick pumpkin soup by heating 1 can (15 oz) pumpkin, 1 can (14.5 oz) broth, 1/2 cup water or skim milk, and 1 teaspoon mild curry powder together in a medium saucepan.
- Soften 1 pint nonfat vanilla ice cream, then fold in 1/2 cup canned pumpkin, 2 tablespoons sugar (or artificial sweetener), and 1/2 teaspoon pumpkin pie spice. Refreeze, then scoop into 4 dishes to serve.
- A scooped out pumpkin makes a wonderful serving container! Bake a pumpkin (seeds removed) at 350° until tender (about 1 hour, depending on the size of the pumpkin) and then use it to serve soups, stews, grains, or whatever. Scoop out a little of the pumpkin flesh to serve with each portion, but be sure to leave enough pumpkin so that the shell won't collapse.

Pumpkin Trivia

- The biggest pumpkin on record weighed 1140 pounds. To get that big, it grew more than a pound an hour during the month of August! See www.pumpkinnook.com.
- In 1997 there was a pumpkin boat race in Central Park Lake in New York City. A motor was attached to each of several giant pumpkins (over 700 lbs) that were steered by drivers sitting in the hollowed-out pumpkin shells.

Pumpkin Pie Oatmeal

1 small apple, finely diced

2/3 cup apple juice

2/3 cup skim milk

1/2 cup pumpkin puree

1/2 tsp pumpkin pie spice or cinnamon

2/3 cup quick oatmeal, uncooked

Combine everything but the oatmeal in a 1-1/2 quart microwave-safe dish. Bring just to boiling in the microwave (about 4 to 5 min on full power). Stir in oatmeal and heat at full power for 1 minute longer. Serves 2 or 3.

Cheryl Sullivan, MA, RD.

Poppin' Popcorn

Did you know...

- What makes popcorn pop? The small amount of water that's naturally inside each kernel of corn expands when heated. This makes the kernel explode, giving the pop to corn.
- Just how much popcorn do we munch? According to the Popcorn Board, the average American eats about 68 quarts of popcorn each year.
- Was the microwave invented for popcorn? Not really. But in the 1940s, the first tests with microwave heating involved cooking popcorn. Who knew just how popular microwave popcorn would become?

Poppin' up good nutrition

Ounce for ounce, air-popped popcorn is more nutritious than snack chips, with fewer calories and a lot less fat. However, you should read the label since packaged, flavored popcorn runs high in calories, fat and salt. Popcorn at theaters is usually not a good choice because it is popped with tropical oils that are high in artery-clogging saturated fat. We recommend making and bringing your own.

Poppin' it healthy

It's easy to see why popcorn is a nutritious snack. But, like potatoes and pizza, it's what you put on the popcorn that makes all the difference. Too much butter or salt will cancel out the health benefits.

Your best bet is to use a hot-air popcorn popper and add just a touch of seasoning to taste (see "Poppin' up good taste" for ideas). Some low-fat microwave brands are also good choices. Label reading is important here. It can be confusing because some brands list nutrient values for unpopped corn or for 1-cup and 6-cup serving sizes. Look for "low fat" or "94% fat free" claims, which still make a healthy snack. Orville Redenbacher Smart Pop, Pop Secret 94% Fat Free, Cousin Willie's Low Fat, and Healthy Choice are good choices. Three cups is considered one serving of popcorn, so watch it—you can munch a whole bag if you're not careful.

For more recipes (including some cute Halloween ideas) and popcorn information, try the Popcorn Board at www.popcorn.org.

Poppin' up good taste

You can make popcorn into a sweet or spicy snack without adding too much fat, extra calories, or sodium. Just spray popcorn lightly with butter flavored cooking spray (or try the garlic flavor for a change) and toss with your favorite seasonings.

Sweet tooth

Add a dash of cinnamon sugar and some dried fruit to your air-popped popcorn.

Adventurists

Try a dash of these:

- Garlic powder
- Chili powder
- Oregano
- Other favorite herbs and spices
- Parmesan cheese

Traditionalists

Spray margarine or butter flavored cooking spray with just a dash of salt. A little goes a long way.

On the run

Skip the afternoon candy or Power Bar and try a popcorn trail mix. Add dried fruit, nuts (try soy nuts, almonds, or sunflower seeds), and raisins to popcorn. *By Hollis Bass, MEd, RD.*

Brat Wraps

4 Brats, grilled and split in half lengthwise	½ teaspoon kosher salt
1 large yellow onion, thinly sliced	¼ to ½ teaspoon crushed red pepper flakes
1 to 2 teaspoons canola oil	4 flour tortillas, 8 inch, warmed
14 oz. can sauerkraut, rinsed and drained well	¼ cup honey-Dijon mustard
2 Tablespoons granulated sugar	1 cup shredded smoked Swiss cheese

In a large sauté pan, sauté onions in oil over medium heat until softened and translucent, approx. 15 to 20 minutes. Add sauerkraut, sugar, salt and red pepper flakes; combine well and continue to cook until nearly all of the moisture from the sauerkraut is gone and mixture is rather “dried out” looking. Divide sauerkraut mixture in fourths, placing it down the center of each flour tortilla; place 2 brat halves on top of the sauerkraut. Drizzle 1 Tablespoon mustard on brats and top with 3 to 4 Tablespoons shredded Swiss. Fold up tortilla and serve. Makes 4 fat brat wraps.

Oktoberfest Chili Cook Time: 5 Hours 20 Minutes Servings: 7

1-1/4 pounds fresh bratwurst links, cut into 1-inch slices	2 cloves garlic, minced
1 tablespoon bacon drippings, divided	1 cup sauerkraut, drained
1/2 large onion, diced	1 (15 oz) can red beans, drained
1/2 green bell pepper, diced	1 (15 oz) can petite diced tomatoes
1 jalapeno peppers, diced	½ (28 oz) can crushed tomatoes
1 (15 ounce) can tomato sauce	1 Tablespoon & 1 ½ teaspoon white sugar
1 (12 fluid ounce) can tomato juice	1 teaspoon garlic powder
1/2 (12 fluid ounce) can or bottle German-style beer	1 teaspoon paprika
1-1/2 teaspoons salt	½ teaspoon allspice
1-1/2 teaspoons black pepper	½ teaspoon oregano
1-1/2 teaspoons cumin	1 oz. milk chocolate candy
2 tablespoons chili powder	

1. Place the bratwurst into a large skillet with 1 tablespoon of bacon drippings over medium heat; cook and stir the bratwurst until the pieces are browned and no longer pink inside, about 15 minutes, drain grease

2. Place remaining 1 tablespoon of bacon drippings in a large, deep pot over medium heat, and cook and stir the onion, green and jalapeno peppers, and garlic until the onion is translucent, about 8 minutes. Place the bratwurst into the pot with the vegetables, and stir in the sauerkraut, red beans, petite diced tomatoes, crushed tomatoes, tomato sauce, tomato juice, beer, salt, black pepper, cumin, chili powder, sugar, garlic powder, paprika, allspice, and oregano.

3. Bring the chili to a boil, reduce heat to a simmer, and stir in the milk chocolate until melted and dissolved. Simmer for 5 hours, stirring occasionally.

Simple Chili Dog Casserole Recipe

2 (15 oz) chili with beans
1 (16 oz) package beef hotdogs
10 (8 inch) flour tortillas
1 (8 oz) package shredded cheddar cheese

Preheat oven to 425 degrees. spread 1 can of chili in the bottom of a 9x13 inch baking dish. Roll up hotdogs inside tortillas and place in baking dish, seam side down, on top of the chili. Top with remaining can of chili, and sprinkle with shredded cheddar cheese. Cover baking dish with cover or aluminum foil, and bake at 425 degrees for 30 minutes. This is a great football game day recipe.

Hot German Potato Salad

9 potatoes, peeled	2 teaspoons salt
6 slices bacon	½ teaspoon celery salt
¾ cup chopped onions	1/8 teaspoon ground black pepper
2 tablespoons all-purpose flour	¾ cup water
2 tablespoons white sugar	1/3 cup distilled white vinegar

1. Bring a large pot of salted water to a boil.
2. Add potatoes and cook until tender but still firm, about 30 minutes.
3. Drain, cool and slice thin.
4. Place bacon in a large, deep skillet.
5. Cook over medium high heat until evenly brown.
6. Drain, crumble and set aside, reserving drippings.
7. Sauté onions in bacon drippings until they are golden-brown.
8. In a small bowl, whisk together the flour, sugar, salt, celery seed, and pepper.
9. Add to the sautéed onions and cook and stir until bubbly, then remove from heat.
10. Stir in water and vinegar, then return to the stove and bring to a boil, stirring constantly.
11. Boil and stir for one minute.
12. Carefully stir bacon and sliced potatoes into the vinegar/water mixture, stirring gently until potatoes are heated through.

Sweet Pepper Relish

Ingredients

20 large bell peppers, red, yellow, orange,
green, stems and seeds removed, about 6 pounds
1 ½ pounds sweet onions
¼ cup kosher salt or pickling salt
5 cups sugar
2 cups white vinegar
2 cups cider vinegar
1 tablespoon yellow mustard seeds
1 tablespoon (sweet Hungarian paprika, optional)

REDUCED RECIPE

6-7 large bell peppers
½ pound sweet onions
1 1/3 Tbsp. kosher salt
1 2/3 cup sugar
2/3 cups white vinegar
2/3 cups cider vinegar
1 tsp. yellow mustard seeds
1 tsp. sweet Hungarian paprika

Wash peppers and cut in large chunks; you'll have about 6 pounds of chunks. Finely chop about 1/2 to 2/3 of the peppers.

Grind or finely chop the remaining peppers using a food grinder or food processor. Coarsely chop about half of the onions and add the remaining onions to the grinder or food processor. Combine in a large bowl with the salt; toss to mix thoroughly.

Cover with ice and let stand for 3 hours.

Drain peppers, squeezing to get as much moisture out as possible. In a large nonreactive kettle, combine the vinegars, sugar, mustard seeds, and paprika, if using. Add the well-drained pepper mixture and bring to a boil. Reduce heat to medium low and simmer, uncovered, for 50 to 60 minutes, until thickened. Stir occasionally.

Meanwhile, fill a boiling water bath canner about half full. Add clean canning jars to the water and bring to a boil. Reduce heat to low and keep jars warm.

In a saucepan, bring water to a simmer, turn to low and add the flat lids. Keep the lids in the hot water until ready to use.

When the pepper mixture is finished cooking, ladle into the hot drained jars. With a damp clean cloth, wipe the rims of the jars. Using tongs lift lids from the water and let excess drip off of them; place on the clean jar rims. Screw on the jar rings firmly. Lift jars into the canner.

Bring to a boil, and boil gently for 10 minutes.

Octoberfest Red Cabbage (6 servings)

3 tablespoons bacon drippings or canola oil	¾ teaspoon salt
1 head (1 ½ pounds) red cabbage shredded	¼ teaspoon pepper
2 medium tart apples, peeled and chopped	1/8 teaspoon ground cloves
1 cup water	¼ cup white vinegar
¼ cup sugar	

1. In Dutch oven heat bacon drippings or canola over medium heat. Add cabbage and apples; cook and stir 2-3 minutes. Stir in water, sugar, salt, pepper, and cloves.
2. Bring to a boil. Reduce heat; simmer, covered, 40-50 minutes or until cabbage is tender, stirring occasionally. Stir in vinegar.

Nutrition per serving: 146 calories, 7 grams fat, 331 mg sodium, 22 grams carbohydrates, 3 gram fiber. *Adapted from Taste of Home Magazine September/October 2014.*

German Potato Dumplings with Browned Butter Sauce (8 servings)

3 pounds medium sized potatoes (about 10), peeled and quartered	2/3 cup dry bread crumbs
1 cup all-purpose flour	1 teaspoon salt
3 eggs, lightly beaten	½ teaspoon nutmeg
	12 cups water

Browned Butter Sauce

½ cup butter, cubed	¼ cup dry bread crumbs
1 tablespoon onions chopped fine	

Place potatoes in a Dutch oven: add water to cover. Bring to a boil. Reduce heat; cook uncovered 15-20 minutes or until tender. Drain and transfer to a large bowl.

Mash potatoes. Stir in flour, eggs bread crumbs, salt and nutmeg. Shape into sixteen 2 inch balls.

In a Dutch oven bring the 12 cups water to a boil. Carefully add dumplings. Reduce heat, simmer, uncovered, 7-9 minutes until a toothpick inserted in center of dumpling comes out clean. Remove from water.

In a small heavy skillet, heat butter and onions over medium heat. Heat 5-7 minutes until butter is golden brown, stirring constantly. Remove from heat; stir in bread crumbs. Serve over dumplings.

Nutrition per serving: 367 calories, 14 grams fat, 524 mg sodium, 51 grams carbohydrates, 5 grams fiber, 9 grams protein.

From Taste of Home Magazine-September/October, 2014. Submitted by Royce Collins

German Style Green Beans

1 ½ lbs fresh green beans, cut into 1 inch pieces	1 large onion, chopped
6 slices bacon, diced	Salt and pepper, to taste

Place beans in saucepan, cover with water and bring to a boil. Reduce heat; cover and cook for 15-20 minutes or until tender. Meanwhile, cook bacon until crisp; remove and set aside. Sauté onion in bacon drippings until tender. Drain beans; return to pan. Add onion, 1 tablespoon drippings, salt and pepper; heat through. Crumble bacon, add to beans and toss. Serve immediately. Serves 6

Nutritional Analysis per serving: Calories: 82, Total fat 3.8 g (1.2 g saturated), Cholesterol 6 mg (sugars 5 mg), Sodium, 74 mg; Total Carbohydrates 10 g (fiber 3 g) protein 3 g

Slow Cooker Beer-Braised Smoked Sausage and Onions Makes 12 servings

12 sausages (also referred to as bratwursts) 1 teaspoon caraway seeds
3 Tbsp. melted butter ½ teaspoon salt
1 Tbsp. brown sugar ¼ teaspoon pepper
1 Tbsp. grainy mustard 1 can (12 oz) beer
3 large onions, sliced into 1/4 inch rings
12 hoagie rolls or hot dog buns, split

Mustard and shredded cheddar cheese (optional)

Heat a large nonstick skillet over medium-high heat. Add sausage/brats and brown all sides. About 10 minutes

Meanwhile, coat the bowl of a slow cooker with nonstick spray. Slow cooker bags work great. Place butter, brown sugar and mustard in slow cooker; stir in onion, caraway seeds, salt and pepper. Place sausage/brats over the onions and pour beer over top.

Cover and cook on high for 4 hours. Serve sausage/brats on rolls with onions. Top with mustard and fresh shredded cheese. *Recipe source--www. [keyingredient.com](http://www.keyingredient.com)*

Beer Braised Beef

1 ½ lbs. beef chuck or roast, cut into 1 inch cubes
½ cup flour for breading 1 Tablespoon Hungarian paprika
¼ cup olive oil 4 strips bacon, cut into strips
1 cup EACH carrots, turnips, celery, leeks, onion 1 quart beef stock
1 cup beer 4 bay leaves
1 Tablespoon black peppercorns 1 Tablespoon caraway seed
1 Tablespoon Hungarian paprika

Place the beef cubes in a bowl and toll with the flour and paprika. Reserve the left over flour and paprika in case you want to thicken the stew at the end. Heat the oil in a Dutch oven on medium and add part of the beef. Don't crowd or it won't brown. Brown a bit at a time, remove to a bowl, and add more beef to brown. Add the browned beef, beef stock, beer, onion, leeks, bay leaves, peppercorns, caraway seeds, and the second Tablespoon of paprika. Brown the bacon in another pan and add to the pot. Simmer for about an hour. Check the beef until it is fork tender but not fall apart then add the rest of the carrots, celery, and turnips. Cook another 30-45 minutes. You can add the leftover flour mixture if you want the sauce thicker, adding a little at a time.

Bavarian Style Meatballs

Servings: 7

Ingredients:

12 fluid ounces tomato-based chili sauce 1 cup water
1 (16 ounce) can whole cranberry sauce 1 cup packed brown sugar
27 ounces Bavarian-style sauerkraut, undrained 1 (16 oz) package frozen meatballs

Directions:

1. In a medium size mixing bowl, combine chili sauce, cranberry sauce, sauerkraut, water, and brown sugar. Mix well. Pour sauce and meatballs in a slow cooker, stir.
2. Cook, covered, at a medium temperature for 4 hours. Stir occasionally to coat meatballs.

Printed from Allrecipes.com

Spicy Yellow Mustard

This spicy version is great for dipping soft pretzels or smearing on brats and cheeseburgers. The longer the mustard sits the less spicy it becomes; the oil in the seeds that gives pungency and heat tends to dissipate over time.

1/4 cup ground mustard, such as Coleman's
2 tsp granulated sugar
1/2 tsp kosher salt
1 large egg
1/2 cup white wine vinegar
1/8 tsp paprika
1/8 tsp turmeric

Place ground mustard, sugar and salt in a medium heatproof non-reactive bowl and whisk to combine. Add the egg and whisk until smooth. Add the vinegar, paprika, and whisk until combined. Cover the bowl tightly with plastic wrap and refrigerate for 2 weeks. Fill a medium saucepan with 1 inch of water and bring it to a bare simmer over low heat. Remove the plastic wrap from the mustard mixture, place the bowl over simmering water and cook, whisking constantly, until the mustard mixture has thickened to the consistency of olive oil, about 8-10 minutes. (Check to make sure the water is not boiling periodically removing the bowl from the saucepan using a potholder or dry towel. If the water is boiling, reduce the heat so the egg doesn't curdle.) Transfer the mustard to a nonreactive container with a tight fitting lid and cool completely. Seal the container and refrigerate for up to 2 weeks.

Recipe source--chow.com

Red Cabbage Salad with Blue Cheese & Maple-Glazed Walnuts (8 servings)

1 tablespoon crumbled blue cheese	1 Tablespoon Dijon mustard
¼ cup olive oil	½ teaspoon salt
3 tablespoon red-wine vinegar	¼ teaspoon pepper

Salad:

1 tablespoon olive oil	3 Tablespoons pure maple syrup
1 teaspoon butter	8 cups very thinly sliced red cabbage
1 cup walnuts	2 scallions, thinly sliced
¼ teaspoon salt	1/3 cup crumbled blue cheese
¼ teaspoon pepper	

1. Combine 1 tablespoon blue cheese, ¼ cup olive oil, vinegar, mustard, salt and pepper in blender or mini food processor until creamy. Set aside.
2. Place a piece of parchment or wax paper near stove. Heat 1 tablespoon oil and butter in a medium sized skillet over medium heat. Add walnuts and cook, stirring for 2 minutes. Add salt and pepper. Drizzle in maple syrup and cook, stirring until nuts are well coated and have begun to caramelize. Transfer nuts to paper. Separate the nuts while they are still warm. Cool at least 5 minutes.
3. Place cabbage and scallions in a large bowl. Toss with dressing. Serve topped with blue cheese and walnuts.

Nutrition for 1 cup serving: Calories 232, Fat 19 grams, Carbohydrates 12grams, Protein 4 grams, Sodium 284 mg. *Adapted from Eating Well Magazine-March/April, 2014*

Apple Cheddar Soup

½ cup finely chopped onion	½ teaspoon salt
1 Tablespoon butter	Dash cayenne pepper
2 medium baking potatoes, peeled and diced	1 medium cooking apple, peeled, coarsely chopped
2 cups apple cider	4 oz. sharp Cheddar cheese, shredded (1 cup)
1 teaspoon snipped fresh thyme OR ½ tsp. dried thyme, crushed	
Fresh apple slices	
Green Peppercorns	

In large saucepan cook onion in hot butter over medium heat until tender. Stir in potatoes, cider, thyme, salt, and cayenne pepper. Bring to boiling; reduce heat. Simmer, covered, 15 minutes. Add chopped apple; simmer, covered, 5 minutes or until potatoes are tender. In small bowl combine milk and flour; stir into soup. Cook and stir until bubbly. Slowly add cheese, whisking until cheese is melted. Divide soup among serving dishes; top with apple slices and peppercorns.

Makes 4 to 6 side-dish servings.

Nutrition information

Per Serving: cal. (kcal) 352, Fat, total (g) 16, chol. (mg) 48, sat. fat (g) 10, carb. (g) 32, Monosaturated fat (g) 4, Polyunsaturated fat (g) 1, fiber (g) 4, sugar (g) 10, pro. (g) 12,

Beer Mac'N Cheese

16 ounce box of pasta	3 Tablespoons butter
3 Tablespoons flour	1 cup German beer
1 cup cream	4 ounces cream cheese
8 ounces shredded cheddar cheese	8 ounces shredded mozzarella cheese

First cook and drain the pasta according to the directions on the box. While your pasta is cooking, melt butter and add in the flour. Mix until it turns into a thick paste. Next pour in the beer and mix. Then add and mix the cream. Bring the mixture to a low boil, and then add in the cream cheese. Stir and heat until it's melted. Next add the cheese. Heat and stir until everything is melted. Finally mix the sauce with the pasta.

Cold Green Bean Salad

1 ½ Lbs. Fresh Green Beans	2 Tablespoons lemon juice
1 teaspoon Salt	2 Tablespoons finely chopped onion
½ teaspoon dried summer savory, crumbled	1 teaspoon finely chopped fresh dill
¾ cup rich homemade chicken broth	1 teaspoon finely chopped fresh parsley
4–5 Tablespoons Olive oil	1/8 teaspoon freshly ground black pepper
3 Tablespoons White or red wine vinegar	

Trim beans & cut into 2 inch pieces. Heat 8 cups water, salt & savory to boiling in 4 or 5 quart pan over high heat. Drop beans into water & return to boil. Reduce heat to medium & cook until beans are crisp-tender, 10 to 15 minutes.

Drain beans & place in large bowl. Combine all remaining ingredients in medium bowl, beat with whisk until well blended and immediately pour over beans. Cover & refrigerate, stirring occasionally, until chilled, at least 2 hours. Drain beans, discard marinade. Transfer beans to serving bowl. Serve chilled. *Tastes of Liberty, 1986*

Pretzel Bites with Sauces

1 ½ cup warm water
1 pkg. active dry yeast
2 ½ teaspoon kosher salt
Vegetable oil
¾ cup baking soda
Salt, (sea or kosher salt)

2 Tablespoons light brown sugar
6 Tablespoons unsalted butter, melted
4 ¾ cup all-purpose flour
12 cup water
1 egg, beaten

Combine the water, sugar, yeast, and butter in the bowl of an electric mixer with a dough hook. Once combined, let sit for 5 minutes. In a separate bowl, mix together the flour and salt. Add the dry ingredients to the wet ingredients and mix on low until combined. Increase the speed until the dough is smooth and pulling away from the sides of the bowl, about 3 minutes. Remove from the bowl and knead on a flat surface for an additional minute. Grease the inside of the bowl with the vegetable oil and return the dough to the bowl, turning until coated with oil. Cover with a towel and let stand for an hour.

Preheat the oven to 425° F. Bring a large pot full of water mixed with baking soda to boil over high heat. Remove the dough from the bowl and on a flat surface, divide the dough into 8 equal pieces. One at a time, roll each piece into a long rope about 22 inches. Cut each rope into 1 inch pieces. Working in batches of about 22 pieces, boil the pretzel bites for 30 second, being sure to stir the pot so all sides are covered. Using a strainer, remove the bites from the water and place on a parchment lined baking sheet so they aren't touching. Repeat with all the pretzel bites. Brush the tops with the egg wash and season liberally with salt. Bake for 10-11 minutes, until golden brown.(be careful not to over bake or the bottoms will start to burn). Remove from oven and let cool on a wire rack. Serve with mustard, pizza sauce, cheese dip, or melted chocolate. Makes about 160 bites.

Cheese Dip

½ Tablespoon unsalted butter
¾ cup milk
½ teaspoon cayenne pepper

½ Tablespoon all-purpose flour
8 oz. cheddar cheese, grated
Salt and pepper, to taste

In a medium saucepan, melt the butter over medium heat. Add flour and cook and stir for 2 minutes, until it begins to brown. Slowly add milk and cook while whisking until it begins to thicken. Add grated cheese and stir until melted. Remove from heat and add cayenne pepper, salt, and pepper. Serve warm. If it begins to harden, put in microwave for a few seconds.

Chocolate Sauce

1 cup semi-sweet chocolate chips
½ teaspoon chocolate extract (optional)

1 cup heavy whipping cream

Melt chocolate chips, either in a double boiler or in the microwave (taking care not to burn them). Stir. Add whipping cream and extract and stir until combined. Continue cooking until warm. Remove from heat and serve.

Celery Root and Apple Salad

½ Celery root
2 medium apples

Dressing;

1 cup mayonnaise
2 Tablespoon lemon juice
1 cup dried cranberries soaked in
½ c. orange or apple juice

1 cup chopped celery ribs, julienne
1 quart beef broth

2 Tablespoons honey
½ teaspoon poppy seeds

Bring the broth to a simmer on the stove. Skin the celery root, cut in half from top to bottom and then cut into triangle shaped pieces. Simmer the pieces on the broth for 10 minutes or until lightly cooked. Using a slotted spoon, get the pieces out of the broth, rinse in cool water, and place in a mixing bowl. Cut the apple into slices and add to the mixing bowl. Add the julienne strips of celery to the bowl. Mix all ingredients of the dressing and fold into the salad. Fold in the cranberries and serve.

Potato Dumplings

6 medium potatoes, peeled, boiled and cooled (can also be baked or microwaved)
½ cup flour
1 ½ teaspoon salt
2 eggs

Take the cooked potatoes, cut them open and put on a baking sheet. Bake at 325° for 30 minutes. This dries the potato out which helps the dumpling hold together. Once done baking, grate the potato or put through a ricer into a mixing bowl. Add the eggs, flour, and salt and mix well together to make dough. Take a bit of dough and make about a 1 inch ball until all the dough is used up. Add the balls to boiled water with 1 teaspoon of salt in it. Cook for about 10 minutes, until they float. Remove with a slotted spoon. Check by cutting to see if it is cooked all the way through. When they are all cooked, add them to the Beer Braised Beef. Simmer for a few minutes to pick up the flavor.

Green Beans in Beer Sauce

1/3 lb bacon strips, diced
16 oz frozen cut green beans, thawed
1/3 cup beer or non-alcoholic beer
1/3 cup butter, cubed

3 Tablespoons brown sugar
3 Tablespoons white vinegar
4 teaspoons cornstarch
2 teaspoons grated onion

In a large skillet, cook bacon over medium heat until crisp. Meanwhile in a large saucepan bring the beans, beer and butter to a boil. Reduce heat, cover and simmer for 8-10 minutes or until beans are tender-crisp. Remove bacon to paper towels to drain. Remove beans and keep warm. In a small bowl, combine the brown sugar, vinegar, cornstarch and onion until blended. Stir into the saucepan. Bring to a boil; cook and stir for 1 -2 minute or until thickened. Add beans, heat through. Sprinkle with bacon.
Serves 4

Beer Cheese Soup

2 Tablespoons finely chopped onion	1 cup milk
½ teaspoon butter	1 teaspoon Worcestershire sauce
2 cans (10 ¾ oz each) cream of celery soup	½ teaspoon dried parsley flakes
1 cup beer or nonalcoholic beer	¼ teaspoon paprika
¾ lb. Velveeta, cubed	

In a large saucepan, sauté onion in butter. Stir in the rest of the ingredients except the cheese. Reduce heat and stir in cheese until melted-do not boil. Serves 6

Nutritional Analysis: Calories: 269; 18 g fat (11 g saturated) 45 mg cholesterol, 1077 mg sodium, 12 g carbohydrates, trace fiber, 13 g. protein

Caramel Apple Streusel Bars

1 can (8 oz) Pillsbury™ Crescent Recipe Creations® refrigerated seamless dough sheet	¾ cup packed brown sugar
3 cups chopped peeled cooking apples (2 large)	½ cup all-purpose flour
½ cup caramel topping	½ cup quick cooking oats
¼ cup all-purpose flour	½ teaspoon ground cinnamon
½ cup butter or margarine, softened	½ cup chopped pecans

- 1) Heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. Unroll dough; press in bottom and 1/2 inch up sides of pan. Sprinkle apples over dough.
- 2) In 1-quart saucepan, heat caramel topping and 1/4 cup flour to boiling over medium heat, stirring constantly. Boil 1 minute, stirring constantly, until thickened. Drizzle over apples.
- 3) In medium bowl, mix brown sugar, flour, oats and cinnamon. With pastry blender, cut in butter, until mixture looks like fine crumbs. Stir in pecans. Sprinkle evenly over apples.
- 4) Bake 18 to 22 minutes or until top is golden brown and apples are tender.

Nutrition Information

Serving Size: 1 Serving Calories 470 (Calories from Fat 190), % Daily Value Total Fat 21g 21% (Saturated Fat 10g, 10% Trans Fat 0g 0%), Cholesterol 30mg 30%; Sodium 390mg 390%; Total Carbohydrate 65g 65% (Dietary Fiber 2g 2% Sugars 37g 37%), Protein 4g 4%; % Daily Value*: Vitamin A 8%; Vitamin C 0%; Calcium 4%; Iron 10%;
Recipe from General Mills

Black Forest Trifle

1 box chocolate cake mix	1 can (21 oz) cherry pie filling
1 small box instant chocolate pudding	1 (8 oz) container whipped topping, thawed
2 cup milk	Chocolate curls

Preheat oven to 350. Grease 9x13 baking dish. Prepare and bake cake mix according to pkg. direction. Let cake cool in pan. Prepare chocolate pudding using milk and refrigerate for 30 minutes. When cake has cooled, cut it into cubes. Place cake cubes in trifle bowl and spoon half of cherries over the cake cubes, spread 1 cup of pudding over the cherries and top with half of the whipped topping. Repeat layers. Cover and chill till ready to serve. Makes 10-12 servings.