



## NEBRASKA BY HEART

Folk Arts • Traditional Arts • Folklife  
Curriculum Unit • Grades 6–8  
nebraskafolklife.org



# Recipes: Traditional Foods of Nebraska Ethnic Groups

## African American

**Black Eyed Peas** • prep time: 30 min • cooking time: 1 1/2 hrs

### Ingredients:

1 pound black-eyed peas – dried  
1 piece skin from a smoked ham or 2 ounces of slab bacon – diced  
1/4 cup pork rib drippings, fried chicken drippings or bacon drippings  
3/4 teaspoon salt  
1/4 teaspoon ground black pepper  
1/2 teaspoon sugar

### Directions:

1. Pick over the peas to remove stones and dirt. Rinse the peas well and soak them in cold water for 20 minutes. Drain well.
2. Combine the peas and the remaining ingredients in a large pot. Pour in enough cold water to cover the peas by 1 inch. Heat to simmering and cook, covered, until the peas are tender but not mushy, about 1 1/2 hours. Keep an eye on the peas while they are cooking and add more water to keep them covered if necessary.

**Peach Cobbler** • prep time: 8 min • cooking time: 1 hr or until golden brown • recipe feeds 4 to 5 people

### Ingredients:

3 tbsp. butter  
1/2 cup self rising flour  
1/2 cup pure fine granulated sugar  
1/2 cup whole milk  
1/2 teaspoon vanilla extract  
1 cup canned sliced peaches

### Directions:

1. Preheat oven to 350 degrees and melt the butter in a 8.5 x 4.5 x 2.5 inch baking pan.
2. Combine flour and sugar in a mixing bowl and stir briefly.
3. Next add whole milk and vanilla extract and mix thoroughly.
4. After the butter has melted, pour the mixture to the baking pan.
5. Next, evenly distribute the sliced peaches over the mixture. Do not stir.
6. Bake at 350 degrees, in the center of the oven for 1 hour until peach cobbler is golden brown.

NOTE: Students can look up additional recipes that are popular in traditional African American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for okra, collard or turnip greens, sweet potato pie, cornbread, fried chicken, red beans and rice, and various traditional pork and fish dishes.

## **African Immigrant – Recent (Nigerian, Senegalese, Sudanese, Others)**

### **Nigerian Boli (baked plantains)**

#### Directions:

Pre-heat the oven to about 350 degrees.

Peel each plantain that you are going to bake.

Place in the oven, and bake until it is as brown as you would like it.

Remove, and either serve like that, or cut them before serving.

Goes great with beans, rice, and as a side to other dishes, or as a snack

### **Senegalese Lemon Soup**

This classic soup with a multitude of variations can be served either warm or cold. Diced, cooked chicken meat can be added to enrich the warm, mellow taste.

#### Ingredients:

1 tablespoon butter

1 teaspoon curry powder

2 teaspoons flour

2 cups chicken broth

1 cup plain yogurt

1/2 lemon

dash of paprika

snipped fresh chives

#### Directions:

Melt the butter in a saucepan over medium heat. Add the curry powder and flour and cook 1-1/2 minutes, stirring. Blend in the chicken broth and bring to a boil.

Remove the pot from the heat and gradually stir in the yogurt, a little bit at a time to prevent curdling. If serving the soup warm, reheat it over a low flame until heated through but do not boil. Finish by squeezing in the juice from the lemon.

Serve warm or cold, topped with a sprinkle of paprika and garnished with fresh chives.

### **Sudanese Peanut Macaroons**

#### Ingredients:

1 cup peanuts, unsalted

1 egg white pinch of salt

3/4 cup superfine sugar

1/2 teaspoon vanilla extract

wax paper

#### Directions:

Brown the peanuts under the broiler. Crush them. Beat the egg white with a pinch of salt. Add the sugar and beat again.

Then add the peanuts. Put the wax paper on a baking sheet. Grease it a little. Put small mounds of mixture on the paper.

Bake at low heat 250 until the macaroons are golden.

NOTE: Students can look up additional recipes that are popular in traditional African cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for rice dishes, dishes featuring cassava (also called “manioc”), and other dishes using plantains.

## Czech American

### Kolaches • makes 2 dozen

#### Ingredients:

1/2 cup milk  
2 pkgs. active dry yeast  
1/2 cup warm water (110 to 115\*)  
3/4 cup butter or regular margarine  
1/2 cup sugar  
1 tsp. Salt 4 egg yolks  
4 1/2 cup sifted flour Fillings (recipe below)  
2 tbsp. melted butter  
2 tbsp. sifted confectioners sugar

#### Directions:

1. Scald milk (Use low heat. Stir occasionally until just hot with steam and small bubbles appear around the edges; do not boil); cool milk to lukewarm.
2. Sprinkle yeast on warm water; stir to dissolve.
3. Cream together butter, sugar, salt and egg yolks until light and fluffy.
4. Add yeast, milk and 1 1/2 cup flour. Beat at medium speed 5 minutes, scraping bowl occasionally. Batter should be smooth.
5. Stir in enough remaining flour, a little at a time, to make a soft dough that leaves the sides of bowl.
6. Place in lightly greased bowl; turn dough over to grease top. Cover and let rise in warm place until doubled, 1 to 1
7. hour 30 minutes. 7. Stir down; turn onto lightly floured board and divide into 24 equal pieces.
8. Shape each piece into a ball. Cover and let rest 10 to 15 minutes.
9. Place dough balls 2" apart on greased baking sheets; press each ball of dough from center outward with fingers of both hands to make a hollow in center with a 1/2" rim around the edge.
10. Fill each hollow with 1 level tbsp. filling.
11. Cover and let rise in warm place until doubled, 30 to 40 minutes.
12. Bake in 350\* oven 15 to 18 minutes or until browned. Brush tops of rolls lightly with melted butter and sprinkle lightly with powdered sugar. Remove from baking sheets and place on racks.

Some Fillings for Kolaches (Note: Other fruit and poppy seed fillings are also commonly used.)

#### Prune:

Cook 30 prunes in water to cover until tender; drain. Mash with fork; stir in 1/4 cup sugar and 1/4 tsp. ground allspice. Filling should be thick. Makes enough for 14 kolaches.

#### Apricot:

Cook 25 dried apricot halves in water to cover until tender; drain. Press apricots through strainer or food mill (or blend in blender). Stir in 1/4 cup sugar. Filling should be thick. Makes enough filling for 10 kolaches.

NOTE: Students can look up additional recipes that are popular in traditional Czech American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for dumplings, duck, roast pork, various cakes or tortes, sauerkraut, or sausage.

## Eastern European Immigrant – Recent (Bosnian, Russian, Others)

### Sarajevo Soup (Bosnian)

#### Ingredients:

10 oz veal  
2 oz fresh okra  
1 oz butter or margarine  
1 oz flour  
salt, pepper  
3 oz mixture of carrots, parsley and onion  
water to fill medium pot  
2 egg yolks  
sour cream to taste  
juice of one lemon

#### Directions:

Cut the veal into cubes. Heat butter or margarine in a frying pan and add meat and vegetables. Keep on medium until the meat and the vegetables soften a bit and add flour. Then, move the mixture into a pot, add water, okra, salt and pepper and boil until the okra is tender. Make a separate mixture of egg yolks and sour cream and add it to the boiling soup. After this, do not boil anymore. Serve the soup with lemon to add special aroma. Serves 4 to 6.

### Classic Russian Borscht (beet soup)

#### Ingredients:

2 quarts beef stock  
3 tablespoons butter  
1 cup cabbage, finely chopped  
1 cup potatoes, diced  
1/2 cup carrots, diced  
1 stalk celery, minced  
1 onion, chopped  
1 1/2 cups canned tomatoes  
1/2 cup juice (from can of beets)  
1 cup cooked or canned beets, diced  
1 teaspoon vinegar  
chopped dill or parsley (for garnishing)  
sour cream

#### Directions:

In a large heavy pan, melt butter and lightly sauté cabbage, potatoes, carrots, celery and onion for approximately 5 minutes. Add beef stock. Blend canned tomatoes or press through a sieve until fine. Add pureed tomatoes and beet juice to stock. Cover and simmer over low heat until vegetables are firmly tender but not soft. At this point, add the chopped beets and vinegar. Season well with salt and pepper and remove from heat before the beets begin to lose their color. Serve with a dollop of sour cream and a sprinkling of dill or parsley over each bowl.

NOTE: Students can look up additional recipes that are popular in traditional eastern European cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for holiday breads, wild game, cookies and other traditional desserts.

## German American

### Pluma Mous (fruit soup) • makes 8 servings

#### Ingredients:

2 quarts water	1/2 tsp. salt
1/2 cup sugar	1/4 cup dried peaches
1 cup raisins	1 tsp. cinnamon
4 tablespoons flour	1/4 cup dried apricots
1 cup dried prunes	1 cup sweet or sour cream

#### Directions:

Wash fruit and add warm water. Cook until almost tender. Then add sugar. While fruit is cooking, prepare flour paste by combining flour, salt, cinnamon and cream. When fruit is done, slowly add flour paste, stirring constantly. Cook until slightly thickened. Serve warm or cold. Makes 8 servings.

### Verenika (Like the pierogies made by Poles, Russians and Ukrainians)

#### Ingredients:

1 cup milk  
2 3/4 cup flour  
2 eggs  
1 tsp. salt

#### Directions:

1. Sift flour and salt into mixing bowl, add eggs and milk. Mix until a medium soft dough is formed.
2. Roll out very thin and cut out into 4 inch circles or squares.
3. Add filling (see below), about 1 rounded teaspoon. Moisten edges, fold over and pinch closed. Make sure that the edges are pinched tightly together so filling doesn't escape during boiling.
4. Boil in rapidly boiling water for about 5 minutes.
5. Optional step: Once boiled, fry in a hot skillet with butter and onions until a nice golden brown.
6. Serve with cream gravy (see recipe below) or sour cream.

#### Fillings

Cottage Cheese: Mix one pound of cottage cheese with 3 egg yolks and 1/2 tsp. of salt.

Mashed potatoes with bacon, cheese or onions: Make enough mashed potatoes for number of verenika. Add cheese (slightly melted), cooked bacon or thinly diced onions.

#### Cream Gravy Ingredients:

2 - 3 tbsp. butter OR left-over drippings from cooked meat  
Flour for thickening  
1 cup heavy cream (whipping cream)  
1 medium onion, sliced and stir fried. (optional)

#### Directions:

1. Brown butter or drippings in a skillet. (Onions can be added and browned or added later.)
2. Add the cream and bring to a boil.
3. Add flour, a little at a time, constantly stirring until the gravy is thickened to your preference.
4. Serve over verenika.

NOTE: Students can look up additional recipes that are popular in traditional German American or German Mennonite cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for portzilka (New Years cookies), strudel, or zwieback.

## Germans from Russia

### Broda (German beef roast)

#### Ingredients:

2 lbs. beef roast  
3 bay leaves  
2 qts. water  
1/2 tsp. mixed spices & garlic powder to taste  
1 tbsp. salt or garlic salt  
2 large onions

#### Directions:

Combine all ingredients in large kettle and cook until well done. Remove meat from kettle and place in roasting pan with cut up potatoes and carrots around it. Pour part of broth over all and reserve some for basting during the roasting process. Roast in 375 degree oven for 2 hours.

### Grebbe (Also spelled "greble," "kreppe" or "krebbe" - German doughnuts)

#### Ingredients:

2 cup buttermilk	5 tsp. baking powder
5 eggs	1 tsp. salt
1 cup heavy cream	1 tsp. baking soda
1/2 cup sugar	flour – about 5 cups

#### Directions:

1. Add beaten eggs to cream and buttermilk
2. Add flour and other ingredients to make a soft dough
3. Roll out dough to 1/4 inch thick and cut in long strips 2" x 4". Cut 2 lengthwise slits in each.
4. Pull one end through slits.
5. Fry in hot fat or oil until golden brown, roll in sugar and drain on paper towel.

### Quickie Bierocks (Also called krautburgers, a commercial version of this is served by Nebraska's *Runza* restaurants)

Makes 8 • Serves 4 to 6

#### Ingredients:

1 lb lean ground beef	1/2 cup chopped onion
1/4 teaspoon garlic salt	2 tubes refrigerated crescent rolls
1 fourteen ounce can sauerkraut, drained	3/4 cup sour cream
2 tsp. Worcestershire sauce	softened butter

#### Directions:

1. Sauté beef in a skillet and drain it well
2. Add sauerkraut, onions, sour cream and seasonings and simmer mixture ten minutes
3. Preheat oven to 350 degrees.
4. Make a rectangle from two crescent rolls and roll it into a 6" square with a rolling pin.
5. Place 2 heaping tablespoons of the meat mixture in the center of the square.
6. Bring up the corners to the center and pinch the edges to seal.
7. Place the bierocks seam side down on a greased cookie sheet and bake 15 to 18 minutes.
8. Remove from oven and brush tops with softened butter.

NOTE: Students can look up additional recipes that are popular in the traditional cooking of Germans from Russia or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for homemade sausage, noodles, kuchen, dumplings, or pickles.

## Greek American

### Xoriatiki (Greek salad) • makes 6 servings

#### Ingredients:

1 cucumber	1 onion
1/3 lb feta cheese	1 pinch of oregano (to taste)
1 green pepper	1 pinch of salt (to taste)
1/2 cup olive oil	4 medium sized ripe tomatoes
1 handful of Kalamanta (Greek) olives	capers for topping (if desired)

#### Directions:

Cut the vegetables in slices and mix in a salad bowl.

Top with the olives, capers, and oregano and cover with “crumbled” feta cheese.

Pour the olive oil evenly over all.

### Souvlaki (Greek kabobs) • Makes 4 servings

#### Ingredients:

5 cloves of garlic, finely chopped	1 tablespoon of oregano
2 lbs of lamb meat or chicken	a pinch of pepper (to taste)
a little olive oil	a pinch of salt (to taste)

#### Directions:

1. Cut the meat into 2 x 2 inch cubes.
2. Mix with the rest of the ingredients and marinate\*, preferably overnight, in the refrigerator.
3. Skewer with or without your favorite vegetables( like mushrooms, peppers, onions or tomatoes) and barbecue at medium heat.
4. Baste with an olive oil, lemon juice and oregano brine.

\*For a little bit of tang, add 1/4 cup fresh lemon juice to marinade!

### Dolmathes (stuffed grape leaves – an appetizer)

#### Ingredients:

1 bunch fresh dill (finely chopped)	1/2 lb grape leaves (can used canned instead)
1 whole lemon (squeezed)	1 bunch fresh mint (finely chopped)
1 cup olive oil	1 cup rice
1 lb yellow onions (finely chopped)	3 cup water

#### Directions:

1. If using fresh grape leaves, briefly dip them in boiling water, rinse with cold water, & wipe dry.
2. Mix the onions with half the olive oil.
3. After a few minutes, mix in the rice, 1 cup of hot water and the remaining ingredients, except for the oil and the lemon juice.
4. Boil the mixture for 4 to 5 minutes.
5. Wrap one tablespoon of the mixture with a grape leaf and repeat until completed.
6. Carefully place the dolmathes in a pot with some space between them.
7. Cover the dolmathes with a plate a add oil and lemon juice with 2 cups of water.
8. Boil at low heat for 30 minutes, until some water is absorbed and the rice is done.
9. Serve cold with slices of lemon.

NOTE: Students can look up additional recipes that are popular in traditional Greek cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for baklava, moussaka, pastitsio, patates psites, or spanakopita.

## Irish American

### **Soda Bread** • Makes one 8-inch-wide loaf

#### Ingredients:

2 cups white flour  
2 cups whole wheat flour  
1/2 cup sugar  
2 tsp. baking soda  
1 tsp. salt  
4 tbsp. butter, chilled  
1 cup raisins  
1 1/2 cups buttermilk or plain yogurt

#### Directions:

1. Heat the oven to 350 degrees.
2. In a bowl, combine the dry ingredients.
3. Cut in the butter until it is pea-sized.
4. Stir in the raisins and buttermilk or yogurt.
5. Turn the dough onto a floured surface, knead 1 minute, and shape into a disk.
6. Cut an "X" in the top and bake on a greased baking sheet for 45 to 50 minutes.

### **Crockpot Irish Stew** (Traditional recipe adapted) • 6 to 8 servings

#### Ingredients:

2 pounds boneless lamb cubed, browned, and drained  
2 teaspoons salt  
1/4 teaspoon pepper  
2 cups water  
1 small bay leaf  
2 medium carrots, peeled and cut in 1/2-inch slices  
2 small onions, thinly sliced  
4 medium potatoes, peeled and quartered  
1/4 cup quick-cooking tapioca (Optional, leave out for thinner stew)  
10 ounces frozen peas

#### Directions:

1. Brown lamb cubes in a skillet.
2. Sprinkle browned lamb cubes with salt and pepper.
3. Place lamb in the crockpot along with water, bay leaf, carrots, onions, potatoes, and tapioca.
4. Cover and cook on low for 10 to 12 hours, adding peas to the stew during the last hour.

NOTE: Students can look up additional recipes that are popular in traditional Irish American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for corned beef and cabbage, boxty, oatcakes, apple tarts, and colcannon.

## **Jewish American**

**Latkes** (fried potato pancakes, usually served for Chanukkah [Hanukkah], the Festival of Lights)

Ingredients:

4 cups peeled, grated potatoes  
1 large onion, chopped  
1 1/2 teaspoons salt  
2 tablespoons flour  
2 eggs  
pepper to taste  
2 teaspoons chopped chives (optional)

Directions:

1. Wash, peel, and grate the potatoes.
2. Squeeze out liquid.
3. Combine with onion, salt, flour, and pepper (and chives).
4. Lightly beat the egg, and stir into the mixture.
5. Heat the oil in a skillet, and spoon in tablespoons of the mixture to make medium sized patties. Brown on one side, turn and brown lightly on the other.
6. Repeat with the rest of the mixture.
7. Serve with applesauce, cottage cheese, yogurt, or sour cream.

**Never Fail Knaidlach** (Matzo Balls)

Ingredients:

2 eggs  
1/4 cup vegetable oil  
1/4 cup water  
3/4 tsp. Salt  
3/4 cup Matzo Meal  
dash of white pepper

Directions:

1. Beat eggs with salt and pepper.
2. Mix in oil and water.
3. Stir in matzo meal and refrigerate for 1 hour.
4. In a large pot bring 2- 1/2 quarts of water and 1 tsp. salt to a boil.
5. Wet hands and form balls.
6. Drop into boiling water and cook covered for 30 minutes. NO PEEKING!
7. Drain with slotted spoon and serve in hot soup. The secret to success is NO PEEKING!!

NOTE: Students can look up additional recipes that are popular in traditional Jewish American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for blintzes, bagels, charoset, farfel (potato dairy soup), gefilte fish or kugel.

## Latin American

**Mexican Hot Chocolate** • prep. Time: 10 minutes • cooking time: 15 minutes • makes 8 very rich servings

### Ingredients:

4 ounces unsweetened chocolate (or use Mexican chocolate with the cinnamon already in it)  
4 cups milk  
2 cups heavy cream  
3/4 cup sugar  
1 1/2 teaspoons cinnamon (if not using Mexican chocolate)  
2 eggs  
3 teaspoons pure vanilla extract

### Directions:

1. Melt the chocolate in the top of a double boiler.
2. In a separate heavy saucepan heat the milk and cream on low until hot but not bubbling.
3. When the milk mixture is hot add 3 tablespoons of it to the chocolate and mix well.
4. Blend in the rest of the milk mixture, the sugar, and the cinnamon.
5. In a small bowl beat the eggs and vanilla.
6. Add a tablespoon of the chocolate mixture to the eggs and beat well.
7. Slowly stir the egg mixture into the chocolate.
8. Whisk the hot chocolate briskly in the double boiler for 3 minutes, then serve immediately.

**Crescent, Ball and Ring Cookies** • time: 40 minutes • makes 24 cookies

### Ingredients:

1 3/4 cups flour  
1 cup butter, softened  
1/4 tsp. pinch salt  
1 cup finely chopped pecans  
1/2 cup powdered sugar  
1 tsp. vanilla

### Directions:

Preheat oven to 325 degrees. In medium sized bowl, mix together all ingredients. Shape by hand into a mixture of 24 crescents, balls and rings. Place on lightly greased cookie sheet and bake for 10 to 15 minutes, or until golden brown. Cool and serve.

**Pico de Gallo** (A fresh salsa)

### Ingredients:

6 medium Tomatoes diced  
1 medium Onion diced  
1/4 cup fresh Cilantro chopped.  
2 to 4 Fresh serrano or jalapeño seeded and minced  
garlic powder just a pinch  
salt to taste

### Directions:

Put all ingredients in a bowl. Add 1/2 cup of cold water. Mix well and let sit a few minutes so flavors can mingle.

NOTE: Students can look up additional recipes that are popular in traditional Latin American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for tamales, pupusas, flan, tres leches cake, gallo pinto and aguas frescas.

## Middle Eastern Immigrant – Recent (Afghani, Iraqi, Iranian, Other)

### Firnee (Custard from Afghanistan)

#### Ingredients:

3 cups whole milk  
1 cup sugar  
1 pinch salt  
1/2 cup cornstarch  
1/4 cup cold water  
1/2 tsp. freshly ground cardamom  
pistachios

#### Instructions:

1. Mix 1/2 cup of milk with water and cornstarch. Set aside.
2. Heat the rest of the milk. Add salt and sugar. Mix until the sugar dissolves.
3. Add the cornstarch mixture and stir. Add cardamom.
4. Cook stirring constantly until it thickens, about 5 minutes.
5. Remove and pour into serving dish. Sprinkle pistachios on top. Refrigerate until serving.

### Hadgi Badah (Iraqi Cardamom Cookies) • makes about 72 cookies

#### Ingredients:

2 cups all-purpose flour  
4 large eggs  
1 tsp. ground cardamom  
2 cups ground blanched almonds  
1/2 tsp. salt  
about 10 oz. rose water (optional)  
1/4 tsp. baking powder  
6 dozen whole almonds (approximately)  
1 1/3 cup Sugar

#### Directions:

1. Preheat the oven to 350 degrees and grease several large baking sheets.
2. Sift together the flour, cardamom, salt, and baking powder.
3. Beat the sugar and eggs until light and creamy.
4. Stir in the flour mixture, then the ground almonds.
5. Form the dough into 1-inch balls, moistening your hands with rose water, if desired.
6. Place on the prepared baking sheets and flatten slightly. Press a whole almond into the center of each cookie.
7. Bake until lightly browned about 12 minutes. Transfer to a wire rack and let cool. Store in an airtight container at room temperature.

NOTE: Students can look up additional recipes that are popular in traditional Middle Eastern cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for baba ghannouj, barmia, falafel, hummus, ranginak, and many kinds of kebobs.

## Native American

### Frybread

#### Ingredients:

1 egg  
3 tsps. baking powder  
1/2 cup dry milk  
2 cups flour  
1 tsp. salt  
1 cup warm water  
a small amount of sugar may be added, if desired

#### Directions:

Mix the dry ingredients together, Mix the egg and the water, add to the dry mixture. Add flour or water to adjust mixture to a very soft dough. Put dough on a well floured board. Roll out to about a 1 inch thickness. Let sit for about 15 minutes. Cut into what ever size you would like,. You could get about 24 small pieces out of this batter. Deep fry in hot oil, just enough to brown on each side. Put on a paper towel to get some of the top oil off the bread.

Note: When making frybread, it is better to make one batch at a time. Frybread is good dipped in wojapi, spread with honey or jam, or rolled in sugar.

### Wojapi (fruit pudding)

#### Ingredients:

4 cups water  
2 cups sugar  
4 lbs blueberries (can use strawberries, any berries or peaches too)  
half a package of cornstarch or arrowroot to thicken

#### Directions:

1. Mash the fruit (with peaches it is good to cook them a little first).
2. Reserve some of the water to mix up the cornstarch or arrowroot in.
3. Put mashed fruit, sugar and water into pan and bring slowly to boil.
4. Remove from heat and stir in cornstarch mixture. Watch for lumps!
5. Place back on low heat and stir well until thickened to the consistency of pudding.

You can eat this over frybread, ice cream, or biscuits.

NOTE: Students can look up additional recipes that are popular in traditional Native American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for corn soup, flat bread, cactus salad, and dishes made from wild game or wild plants. Recipes: Traditional Foods of Nebraska Ethnic Groups

## Scandinavian American

**Citronsmåkager** (Danish lemon wafers) • makes 10 dozen

Ingredients:

1/2 cup butter  
1 cup sugar  
4 eggs, beaten  
2 1/8 cups flour, sifted  
2 teaspoons lemon extract

Directions:

1. Cream butter and sugar until light and fluffy.
2. Add eggs and beat until well mixed.
3. Add the flour and beat until smooth. Add the flavoring.
4. Drop by teaspoonfuls about 2 inches apart on greased cookie sheets.
5. Bake about 6 minutes in a preheated 350° oven, or until browned lightly around the edges.

**Ostkaka** (a Swedish cheesecake often served at Christmastime)

Ingredients:

1/3 cup milk, lukewarm  
1 rennet tablet  
1 gallon whole milk, heated  
1 cup flour  
2 cups milk (for flour mixture)  
6 eggs  
1 1/3 cups cream  
1 1/3 cups sugar

Directions:

1. Heat the 1/3 cup of milk to lukewarm. Add the rennet tablet to this to dissolve.
2. Heat the gallon of whole milk to 100 degrees F.
3. Mix the flour with the remaining 2 cups of milk to form a paste.
4. Add the "paste" to the heated whole milk.
5. Then add the milk (in which the rennet has dissolved) to the heated whole milk.
6. Stir until the milk begins to curdle. Set aside until it forms firm curds, and then drain off 2 quarts of whey.
7. Beat the eggs and add the cream and sugar. Add this mixture to the curds, and stir.
8. Pour the entire mix into a pan and bake at 400 degrees F for 10 minutes. Then lower the temperature and bake at 350 degrees F for 1 hour.
9. Serve topped with lingonberries.

NOTE: Students can look up additional recipes that are popular in traditional Scandinavian American cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for ableskiver, frikadeller, julgrot, pepparkakor, and the many types of dishes served at smørgåsbords.

## Vietnamese American

**Phôu boø** (Vietnamese beef noodle soup) The most well known noodle soup of Viet Nam.  
prep time 15 min • cooking time 1 hr • serves 8 to 12 people

### Ingredients:

1 pound of flat, medium sized rice noodles  
15 cups of beef stock (seasoned to taste)  
3 tsp. fish sauce (nouc mam)  
1/2 tsp. sugar  
1/2 tsp. black pepper (freshly ground)  
2 lbs. of tender beef, thinly sliced into 1 inch by 2 inch segments  
1 cup bean sprouts  
1 bunch of cilantro, chopped  
3 scallions, chopped  
3 tsp. fresh red chilies, sliced lengthwise  
2 limes, sliced into wedges  
1 large sweet onion, sliced thinly and marinated in vinegar (pickled)

Place extra bean sprouts, chopped herbs, scallions, 1/2 bunch of basil, pickled onions, lime wedges, fish sauce, hot sauce and 1/2 bunch of mint, on the table for guests to add as they like.

### Directions:

1. Marinate the meat in a combination of fish sauce, black pepper and sugar.
2. If they are dried, soak the rice noodles in cold water for 30 minutes or longer.
3. Boil water in a large pot and add rice noodles.
4. Bring to boil again; then drain.
5. Rinse and separate rice noodles, using cold water. Set aside. (Do not overcook noodles.)
6. Put 1 cup of cooked noodles in a large soup bowl.
7. Place beef slices on the noodles
8. Add cilantro, basil, and mint
9. Bring the beef broth to a boil
10. Pour the boiling soup on top of the uncooked slices of beef. (Whether your beef is rare or well done will be determined by how long you leave the beef in the hot broth before serving.)
11. Serve hot

## Bananas in Rich Coconut Sauce

### Ingredients:

1 1/2 cups coconut milk  
1 1/2 tbsp. sugar  
salt  
6 large bananas, peeled and sliced diagonally about 3/4 inch thick  
ice cream or whipped cream to serve

### Directions:

Heat the coconut milk in a small saucepan and add the sugar and salt. Bring to a boil. Lower the heat and simmer for 2 minutes. Remove from the heat and stir in the banana slices. Bring back to a boil for a few seconds to coat the bananas. Serve with ice cream or whipped cream.

NOTE: Students can look up additional recipes that are popular in traditional Vietnamese cooking or seek them out from friends and relatives. Some additional suggestions of recipes to find are ones for spring rolls, green papaya salad, ginger lemonade, Vietnamese sandwiches and various rice and noodle dishes.