

Johnson County 4-H welcomes you to

2018

4-H Food Fare: Around the World

K-STATE
Research and Extension



Johnson
County

Thank you to all the clubs that participated this year!

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American

Oxford Hustlers

Mini Pigs-in-a-Blanket

1 package refrigerated crescent roll dough

1 package miniature sausages (such as Lil' Smokies)

Spread the crescent roll dough out. Cut each triangle into 2 inch triangles. Wrap a triangle around each sausage, starting with the wide end of the triangle. Bake at 375 degrees for 11-13 minutes.

Chocolate Chip Cookies

1 c butter flavored shortening

2 1/4 c. flour

3/4 c. granulated sugar

1 tsp baking soda

3/4 c. brown sugar

1/2 tsp salt

1 tsp vanilla

15 oz package choc chips

2 eggs

Preheat oven to 375 degrees. Cream the butter, sugars and vanilla in a large bowl with electric mixer. Add eggs and beat well.

Combine dry ingredients with a wire whisk in another bowl. Gradually add the flour mixture to butter mixture. Stir in chocolate chips by hand. Drop rounded tablespoons onto greased cookie sheet.

Bake for 8-10 minutes. Allow to cool one minute, then place on cooling rack.

Makes 5 dozen.

Apple Pie Parfaits

1 Graham cracker, crushed

1/4 c. cinnamon apple sauce

1/4 c. chopped apple

Whipped topping

Layer ingredients in a cup in the order shown. Dip chopped apples in lemon juice to prevent browning.

France

Comet Tech

Sorbet in a bag

1 pint size resealable plastic bag
1 gallon size resealable plastic bag
juice
rock salt
ice cubes

Put juice in small bag. Seal well. Fill large bag half full with ice cubes and salt. Put small bag inside large bag and seal well. Shake bags about 10 minutes or until sorbet forms.

Bread

2 c. flour
3 T. sugar
2 packages yeast
1 3/4 c milk, heated
1/2 c. water, heated
2 T. shortening
1 T. salt
additional flour

Put first 3 ingredients in a large bowl. Add milk and water and beat.

Add 2 T. shortening and 1 T. salt. Mix in.

Add additional white flour, 1 cup at a time until stiff. Knead. Allow to rise. Shape into two loaves. Bake at 375 degrees about 30 minutes.

German

Country Hearts

Pfeffernusse Cookies

1/2 cup molasses
1/4 cup honey
1/4 cup shortening
1/4 cup margarine
2 eggs
2 t. anise extract or 1/2 t. oil of anise
4 cups all-purpose flour
3/4 cup white sugar
1/2 cup brown sugar
1 teaspoon ground cardamom
1 teaspoon ground nutmeg
1 teaspoon ground cloves
1 teaspoon ground ginger
2 teaspoons ground cinnamon
1 1/2 teaspoons baking soda
1 teaspoon ground white pepper
1/2 teaspoon salt
1 cup confectioners' sugar for dusting

Stir together the molasses, honey, shortening, and margarine in a saucepan over medium heat; cook and stir until creamy. Remove from heat and allow to cool to room temperature. Stir in the eggs and anise.

Combine the flour, white sugar, brown sugar, cardamom, nutmeg, cloves, ginger, cinnamon, baking soda, pepper, and salt in a large bowl. Add the molasses mixture and stir until thoroughly combined. Refrigerate at least 2 hours, longer is better.

Preheat oven to 350 degrees F. Roll the dough into ropes & slice with knife dipped in flour or cold water, about the size of hazelnuts. Arrange on baking sheets & bake in preheated oven 7 to 10 minutes. Move to a rack to cool. Dust cookies with confectioners' sugar.

Authentic German Potato Salad

Ingredients

3 cups diced, peeled potatoes
4 slices bacon
1 small onion, diced
¼ cup white vinegar
2 tbs water
3 tbs white sugar
1 tsp salt
1/8 tsp ground black pepper
1 tbs chopped fresh parsley

Directions

Place the potatoes into a pot, and fill with enough water to cover. Bring to a boil, and cook for about 10 minutes, or until easily pierced with a fork. Drain, and set aside to cool.

Place the bacon in a large deep skillet over medium-high heat. Fry until browned and crisp, turning as needed. Remove from the pan and set aside.

Add onion to the bacon grease, and cook over medium heat until browned. Add the vinegar, water, sugar, salt and pepper to the pan. Bring to a boil, then add the potatoes and parsley. Crumble in half of the bacon. Heat through, then transfer to a serving dish. Crumble the remaining bacon over the top, and serve warm.

Recipe by: Angela Louise Miller (www.allrecipes.com/recipe/83097/)

German

Country Hearts

Easy Homemade Soft Pretzels

yield: 12 PRETZELS

prep time: 25 MINUTES

total time: 40 MINUTES

Ingredients:

1 and 1/2 cups (360ml) warm water (lukewarm-- no need to take temperature)

1 packet active dry or instant yeast (2 and 1/4 teaspoons)

1 teaspoon salt

1 Tablespoon brown sugar

1 Tablespoon unsalted butter, melted and slightly cool

3 and 3/4 - 4 cups (460-500g) all-purpose flour, plus more for work surface

coarse sea salt for sprinkling

Baking Soda Bath

1/2 cup (120g) baking soda

9 cups (2,160ml) water

Directions:

Whisk the yeast into warm water. Allow to sit for 1 minute. Whisk in salt, brown sugar, and melted butter. Slowly add 3 cups of flour, 1 cup at a time. Mix with a wooden spoon (or dough hook attached to stand mixer) until dough is thick. Add 3/4 cup more flour until the dough is no longer sticky. If it is still sticky, add 1/4 - 1/2 cup more, as needed. Poke the dough with your finger - if it bounces back, it is ready to knead.

Turn the dough out onto a floured surface. Knead the dough for 3 minutes and shape into a ball. Cover lightly with a towel and allow to rest for 10 minutes. (Meanwhile, I like to get the water + baking soda boiling as instructed in step 6.)

Preheat oven to 400°F (204°C). Line 2 baking sheets with parchment paper or silicone baking mats. Set aside.

With a sharp knife or pizza cutter, cut dough into 1/3 cup sections.

Roll the dough into a 20-22 inch rope. Take the ends and draw them together so the dough forms a circle. Twist the ends, then bring them towards yourself and press them down into a pretzel shape.

Bring baking soda and 9 cups of water to a boil in a large pot. Drop 1-2 pretzels into the boiling water for 20-30 seconds. Any more than that and your pretzels will have a metallic taste. Using a slotted spatula, lift the pretzel out of the water and allow as much of the excess water to drip off. Place pretzel onto prepared baking sheet. Sprinkle each with coarse sea salt. Repeat with remaining pretzels.

Bake for 12-15 minutes or until golden brown.

Remove from the oven and serve warm with [cheese sauce](#). Pretzels may be stored in an airtight container or zipped top bag for up to 3 days (they lose a little softness).

Make ahead tip: Pretzels freeze well, up to 2 months. To reheat, bake frozen pretzels at 350°F (177°C) for 20 minutes or until warmed through or microwave until warm. The prepared pretzel dough can be refrigerated for up to one day or frozen in an airtight container for 2-3 months. Thaw frozen dough in the refrigerator overnight. Refrigerated dough can be shaped into pretzels while still cold, but allow some extra time for the pretzels to puff up before the baking soda bath and baking.

<https://sallysbakingaddiction.com/2017/04/24/easy-homemade-soft-pretzels/>

Greece

Great Plains

Greek Meatballs with Tzatziki Sauce

20 minPrep Time
12 minCook Time
32 minTotal Time

Ingredients

Greek Meatballs

1 pound lean ground beef
1/4 cup panko breadcrumbs
1/4 cup chopped fresh leaf parsley
3 tablespoons grated onion
1 clove garlic, minced
Zest of a lemon
2 tablespoons fresh lemon juice
1 egg
1 teaspoon dried oregano
1/2 teaspoon ground coriander
1/2 teaspoon ground cumin
1/4 teaspoon ground cinnamon
Kosher salt and black pepper to taste
2 ounces cubed or crumbled feta cheese

Tzatziki Sauce

1/2 cup grated English cucumber, excess liquid squeezed out
1 cup plain non-fat Greek yogurt
Juice of half a lemon
2 teaspoons chopped fresh dill or 1/2 teaspoon dried
1/4 teaspoon grated garlic
Kosher salt and black pepper to taste

Instructions

Preheat oven to 450 degrees.

Line a baking sheet with foil and spray it with cooking spray. In a large bowl whisk together the panko, parsley, grated onion, garlic, lemon zest and juice, egg, spices, salt and pepper.

If you aren't planning to stuff the meatballs with a cube of feta add the feta crumbles to the mixture.

Add the ground beef to the mixture and combine with your hands being careful not to over-work the meat mixture.

Form approximately 1 tablespoon sized meatballs.

If you are stuffing the meatballs with feta, stuff a small cube of feta into the center of each meatball making sure it is completely covered.

Place the meatballs on the prepared baking sheet, spray the tops with cooking spray, then place the baking sheet on the center rack of the oven and bake for approximately 12-15 minutes or until golden brown.

Make the tzatziki sauce while the meatballs are baking.

Remove the meatballs from the oven and serve with the tzatziki sauce.

Tzatziki Sauce

Combine all of the ingredient in a medium sized bowl, whisking or stirring together until combined.

Super Easy Hummus

Prep 5 m

Ready In 5 m

Recipe By:Chelsey

"Super easy hummus that only takes minutes. Great with veggies or pita chips. Really it's great with ANYTHING!"

Ingredients

1 (15 ounce) can garbanzo beans, drained, liquid reserved
1 tablespoon lemon juice
1 tablespoon olive oil
1 clove garlic, crushed
1/2 teaspoon ground cumin
1/2 teaspoon salt
2 drops sesame oil, or to taste (optional)

Directions

Blend garbanzo beans, lemon juice, olive oil, garlic, cumin, salt, and sesame oil in a food processor; stream reserved bean liquid into the mixture as it blends until desired consistency is achieved.

Hawaiian Luau

Sharon/Morning Glory

SLOW COOKER HAWAIIAN MEATBALLS

Ingredients—

- 32 oz. package of precooked, frozen meatballs (you could use turkey meatballs)
- 13.5 oz. can of unsweetened pineapple chunks (put juice aside)
- 1 large green pepper, diced
- 1 c. brown sugar
- 2 T. cornstarch
- 2/3 c. white vinegar
- 2 T. soy sauce

Instructions—

Place meatballs in slow cooker and top with green pepper and drained pineapple chunks. In a separate bowl mix reserved pineapple juice, brown sugar, cornstarch, vinegar, and soy sauce. Pour sauce over meatballs, pineapple, and green pepper. Cook on low for 3-4 hours or until heated through.

<https://www.sixsistersstuff.com/recipe/2012/04/slow-cooker-hawaiian-meatballs-recipe/>

BACON-WRAPPED PINEAPPLE

Ingredients—

- 1 pineapple--peeled, cored, and cut into half-inch chunks, about 40 chunks
- 1 pound sliced lean bacon, about 20 slices

Instructions—

Preheat oven to 425 degrees.

Cut bacon strips in half making 2 equal size pieces, about 4 inches each. Wrap each half-strip of bacon around a pineapple chunk. Pierce it with a toothpick and place on a baking sheet. Bake until the bacon is crispy, about 15-20 minutes.

https://www.rachaelrayshow.com/recipe/15589_Bacon_Wrapped_Pineapple/

HAWAIIAN VOLCANO DRINK

Ingredients—

- 1 gallon cold Hawaiian Fruit Punch
- 2 cups guava juice
- 2 bottles cold ginger ale or lemon-lime soda
- ½ gallon rainbow sherbet

Instructions—

Combine fruit punch and guava juice; slowly add sherbet. Pour the ginger ale directly on top of sherbet (makes punch foam like a volcano).

<http://www.toppartyideas.com/summer-luau-party-drink-recipes/>

Mediterranean

Master Food Volunteers

Stuffed Grape Leaves

- 1 (16-ounce) jar grape leaves
- 2 tablespoons extra-virgin olive oil, plus extra for serving
- 1 large onion, chopped fine
- Salt and pepper
- 3/4 cup short-grain white rice
- 1/3 cup chopped fresh dill
- 1/4 cup chopped fresh mint
- 1-1/2 tablespoons grated lemon zest plus 2 tablespoons juice

Reserve 24 intact grape leaves, roughly 6-inches in diameter; set aside remaining leaves. Bring 6 cups water to boil in medium saucepan. Add reserved grape leaves and cook for 1 minute. Gently drain leaves and transfer to bowl of cold water to cool, about 5 minutes. Drain again, then transfer to plate and cover loosely with plastic wrap.

Heat oil in now empty saucepan over medium heat until shimmering. Add onion and 1/2 teaspoon salt and cook until softened and lightly browned, 5 to 7 minutes. Add rice and cook, stirring frequently, until grain edges begin to turn translucent, about 2 minutes. Stir in 3/4 water and bring to a boil. Reduce heat to low, cover and simmer gently until rice is tender but still firm in center and water has been absorbed, 10 to 12 minutes. Off heat, let rice cool slightly, about 10 minutes. Stir in dill, mint and lemon zest. (Blanched grape leaves and filling can be refrigerated up to 24 hours.)

Place 1 blanched leaf smooth side down on counter with stem facing you. Remove stem from base of leaf by cutting along both sides of stem to form narrow triangle. Pat leaf dry with paper towels. Overlap cut ends of leaf to prevent any filling from spilling out. Place heaping tablespoon filling 1/4-inch from bottom of leaf where ends overlap. Fold bottom over filling and fold in sides. Roll leaf tightly around filling to create tidy roll. Repeat with remaining blanched leaves and filling.

Line 12-inch skillet with single layer of remaining leaves. Place rolled leaves seam side down in tight rows in prepared skillet. Combine 1-1/4 cups water and lemon juice, add to skillet and bring to simmer over medium heat. Cover, reduce heat to medium-low, and simmer until water is almost completely absorbed and leaves and rice are tender and cooked through, 45 minutes to 1 hour.

Transfer stuffed grape leaves to serving platter and let cool to room temperature, about 30 minutes; discard leaves in skillet. Drizzle with extra olive oil before serving.

Makes 24 servings

Notes: Nutritional analysis was completed without the salt and pepper.

Source: Meze, Antipasta, Tapas, and Other Small Plates

Mediterranean

Master Food Volunteers

Tuscan Bean Dip

1 cup dried Great Northern white beans, soaked overnight and cooked until tender
4 cloves garlic or 1 14-ounce can of Great Northern white beans, rinsed & drained
1/4 cup olive oil
2 tablespoons Worcestershire sauce
1-1/2 tablespoons white wine vinegar
2 teaspoons red pepper flakes
2 teaspoons dried thyme
2 teaspoons dried rosemary
Salt and pepper to taste

Place beans and garlic in the bowl of a food processor. Add the olive oil, Worcestershire sauce, vinegar, red pepper and herbs. Process until thoroughly mixed. Season with salt & pepper. Serve with crackers, pita chips or pita bread

Makes approximately 2-1/2 cups or 20 servings, 2 tablespoons each

Source: Three Rivers Renaissance Cookbook IV by Child Health Volunteers Staff

Moroccan Carrot Dip

1 pound carrots, peeled, thinly sliced
3 cloves garlic, thinly sliced (2 tablespoons)
1 (2-inch) piece fresh ginger, peeled and thinly sliced (2 tablespoons)
3/4 teaspoon salt
1/3 cup apricot preserves
2 tablespoons fresh lemon juice
1 tablespoon plus 1 teaspoon toasted sesame oil, plus more for drizzling, if desired
1-1/2 teaspoons ground coriander
1/8 teaspoon cayenne pepper

Put carrots, garlic, ginger and 1/4 teaspoon salt in a large saucepan, then add enough water to cover. Bring to a boil, reduce heat and simmer, covered, until carrots are tender, 10 to 12 minutes. Drain.

Transfer carrot mixture to a food processor along with apricot preserves, lemon juice, sesame oil, coriander, cayenne, and remaining 1/2 teaspoon salt. Process until almost smooth.

Servings: Makes 2 1/2 cups, or 20 servings of 2 tablespoons each

Notes: Dip can be made ahead and chilled, covered. Carrot dip may sound unusual, but this Mediterranean-style blend is a perfect balance of sweet and spicy, and a nice change of pace from hummus. Delicious with pita bread or pita chips.

Source: Allrecipes magazine, February/March 2016 or www.allrecipes.com

Mediterranean

Master Food Volunteers

Olive Oil-Yogurt Cake

Cake:

3 cups all-purpose flour
1 tablespoon baking powder
1 teaspoon salt
1-1/4 cups granulated sugar
4 large eggs
1-1/4 cups extra-virgin olive oil
1 cup plain whole-milk yogurt

Lemon Glaze:

2-3 tablespoons lemon juice
1 tablespoon plain whole-milk yogurt
2 cups confectioners' sugar

For the cake, adjust oven rack to lower-middle position and heat oven to 350°F. Grease 12 cup nonstick Bundt pan. Whisk flour, baking powder and salt together in bowl. In separate large bowl, whisk sugar and eggs together until sugar is mostly dissolved and mixture is pale and frothy, about 1 minute. Whisk in oil and yogurt until combined. Using rubber spatula, stir in flour mixture until combined and no dry flour remains.

Pour batter into prepared pan, smooth top and gently tap pan on counter to settle batter. Bake until cake is golden brown and wooden skewer inserted into center comes out clean, 40-45 minutes, rotating pan halfway through baking.

For the lemon glaze, whisk 2 tablespoons lemon juice, yogurt and confectioners' sugar together in bowl until smooth, adding more lemon juice gradually as needed until glaze is thick but still pourable. Let cake cool in pan for 10 minutes, then gently turn cake onto wire rack. Drizzle half of glaze over warm cake and let sit for 1 hour. Drizzle remaining glaze over cake and let cool completely, about 2 hours. Serve.

Makes 12 servings

Source: The Complete Mediterranean Cookbook

Mexican

Prairie Star

Easy Sopapilla Cheesecake

2 (8oz.) packs of Pillsbury crescent rolls
(8oz.) packs of cream cheese, room temperature
cup sugar
teaspoon vanilla
1/4 cup butter (melted)
tablespoon cinnamon
4 tablespoons sugar
* honey

Preheat the oven to 350 degrees. Spray 9 x 13 baking dish with cooking spray.

Press a can of the crescent rolls to the bottom of the dish, making sure to reach edges and keep together.

* bake the first layer of crescent roll dough till just done maybe 5-8 minutes. (Optional, that way I make sure it is done. I don't like raw dough)

Combine softened cream cheese, sugar, and vanilla. Spread mixture over crescent rolls. Roll the remaining crescent roll over the top and stretch to the edges and seal. Brush across the entire top of the crescent roll with the melted butter. Sprinkle the top with 1 tablespoon cinnamon and 4 tablespoons of sugar.

Bake for about 30 minutes, or until golden brown.

Eat warm (it will be a hot mess!) or let cool and chill for several hours before serving.

Slice into triangles or squares, drizzle with a little honey if you like and serve.

GAZPACHO

3 to 4 1" slices of a crusty baguette (See Notes)
2 1/2 pounds tomatoes, cored and cut in half
2 medium cucumbers, peeled, seeded and roughly chopped
1/2 small red onion, roughly chopped
1 clove garlic, peeled and minced
2 1/2 tablespoons red wine vinegar
1/4 teaspoon cumin
1 1/2 teaspoons fine sea salt
1/4 cup extra virgin olive oil

Garnish with...

finely diced avocado
finely diced cucumber
finely diced red onion
grape or cherry tomato slices
a few sprigs of fresh lemon thyme (try regular thyme or basil if you'd like)
freshly ground black pepper
a squeeze of fresh lime
drizzle of extra virgin olive oil

Place the bread slices in a medium bowl topped with a fine mesh sieve. Squeeze the tomato halves over the sieve to remove the seeds and allow the juices to run into the bowl with the bread. Place the tomatoes into the pitcher of your blender as you work. Press the seeds and any pulp through the sieve using a rubber spatula or your hands. Allow the bread to soak in the tomato juice for about 20 to 30 minutes.

In two or more batches, process the tomatoes, the bread and the rest of the ingredients in the blender on its highest speed until smooth. Pour each batch into a large serving bowl. Once done, use a whisk to bring it all together. Cover with plastic wrap and refrigerate for 2 to 3 hours.

Serve in chilled bowls and garnish with your favorites!

Serves 4

North Pole

Stanley Buccaneers

Banana Snowmen

Bananas
Apples
Grapes
Pretzel Sticks
Mini Chocolate Chips
Carrots
White Lollipop Sticks

WHITE CHOCOLATE M&M POPCORN

INGREDIENTS

2 bags microwave popcorn, popped (or 8-10 cups air popped popcorn)
½ - 1 cup m&m candies
1 cup mini marshmallows
½ cup pretzel sticks
½ cup peanuts
1 - 2 packages good quality white chocolate chips

INSTRUCTIONS

Pop the popcorn and discard any unpopped kernels.

In a large bowl (or working in batches), toss together the popped popcorn, m&m candies, mini marshmallows, pretzels, and peanuts.

Melt the white chocolate chips in the microwave - 30 seconds at a time, stirring in between, until *just* melted.

Pour the chocolate over the popcorn mixture and stir to coat everything.

Spread the mixture out in a single layer onto cookie sheets and let set for 1-2 hours (if you can wait that long!).

Store in an airtight container.

Source: www.livecrafteat.com/eat/white-chocolate-popcorn/

Crock Pot Hot Chocolate - Serves 6-8 full cups

Ingredients

1.5 cups heavy whipping cream
1 14oz can sweetened condensed milk
6 cups milk
1 teaspoon vanilla
2 cups of milk chocolate chips (can also use half semi-sweet)
Marshmallows

Instructions

Stir together the whipping cream, milk, vanilla, and chocolate chips in a 5 quart crock pot (if doubling, use a 6-7 quart slow cooker/crock pot).

Cover and cook on low for 2 hours, stirring occasionally with whisk, until mixture is hot and chocolate chips are melted.

Once it is heated through and chocolate is melted, switch the slow cooker to the warm setting. Stir again before serving. (If you have trouble getting the chocolate to melt, turn to high temporarily).

Garnish individual cups of hot chocolate with whipped cream or marshmallows.

Source: <https://wishesndishes.com/creamy-crock-pot-hot-chocolate/>

North Pole

Stanley Buccaneers

Snowflake Cookies | serves 30-35

Ingredients:

- 2 cups unsalted butter (at room temperature)
- 2 cups sugar
- 2 large eggs
- 3 tsp vanilla extract
- 5 cups flour
- 1 tsp baking powder (*take this out if you don't want your cookies to spread)
- 1 tsp salt

Instructions:

1. Cream the butter and sugar together in the bowl of an electric mixer on low to medium speed. (Use the paddle attachment). Mix until thoroughly incorporated – for about one minute. Scrape down the sides of the bowl with a plastic spatula and mix again for a few seconds more. Over-mixing the butter and sugar in this step will cause too much air to be incorporated into the dough. If you'd like a light and fluffy cookie, that's ideal, however the dough will spread more during baking; not ideal if you'd like the cookie to hold its shape.
2. Add eggs slowly and mix. Scrape down the bowl with your spatula at least once and mix again.
3. Add vanilla extract to mixing bowl. Stir briefly.
4. Sift your dry ingredients together. (Flour, baking powder and salt).
5. Add all of the flour mixture to the bowl. Place a large tea towel or two small tea towels between the edge of the bowl and the electric mixer so that the flour won't escape. Mix on low speed for 30 seconds. Remove the tea towels and observe the dough mixing; when it clumps around the paddle attachment it's ready. It's also important at this stage not to over mix the dough (the glutens in the flour develop and the dough can become tough).
6. Roll the dough out between 2 large pieces of parchment paper. Place on a baking sheet and into the fridge for a minimum of 1 hour.
7. Roll out the dough further if you need to, and cut out cookie shapes. Place on parchment paper-lined baking sheet. Re-roll scraps and repeat.
8. Put cookie dough shapes back into the fridge for 10 minutes to 1 hour to chill again. They will then hold their shape better when baked.
9. Preheat your oven to 350°F or 176°C.
10. Bake cookies for 8-12 minutes or until the edges become golden brown. The baking time will depend on the size of your cookie.
11. Let cookies cool to room temperature and decorate!

Source: www.peartree.com/blog/2014/12/how-to-make-snowflake-christmas-cookies/

Sweden

Lucky Clover

Swedish Meatballs

1 pound ground beef
¼ cup panko bread crumbs
1 tablespoon parsley, chopped
¼ teaspoon ground allspice
¼ teaspoon ground nutmeg
¼ cup onion, finely chopped
½ teaspoon Garlic Powder
¼ teaspoon Pepper
½ teaspoon salt
1 egg
1 tbsp. olive oil
5 tbsp. butter
3 tbsp. flour
2 cups beef broth
1 cup heavy cream
1 Tablespoon Worcestershire sauce
1 tsp. Dijon mustard
salt and pepper to taste

In a medium sized bowl combine ground beef, panko, parsley, allspice, nutmeg, onion, garlic powder, pepper, salt and egg. Mix until combined.

Roll into 12 large meatballs or 20 small meatballs. In a large skillet heat olive oil and 1 Tablespoon butter. Add the meatballs and cook turning continuously until brown on each side and cooked throughout. Transfer to a plate and cover with foil.

Add 4 Tablespoons butter and flour to skillet and whisk until it turns brown. Slowly stir in beef broth and heavy cream. Add Worcestershire sauce and Dijon mustard and bring to a simmer until sauce starts to thicken. Salt and pepper to taste.

Add the meatballs back to the skillet and simmer for another 1-2 minutes. Serve over egg noodles or rice.

Hasselback Potatoes

4 (8 ounce) baking potatoes
2 tablespoons butter, melted
salt and pepper to taste
2 tablespoons finely grated fresh Romano cheese
1 tablespoon seasoned dry bread crumbs

Preheat the oven to 425 degrees F (220 degrees C). Peel the potatoes, and place in bowl of cold water to prevent browning. Place potatoes into a large wooden or metal spoon. Using a sharp knife, make slices across the potato the short way about 1/8 to 1/4 inch apart, making sure to cut down to the lip of the spoon, not all the way through the potato. The slices should stay connected at the bottom, and the spoon helps keep the depth even. Return the potato to the bowl of water, and proceed with the remaining potatoes.

When all of the potatoes are cut, place them cut side up in a shallow baking dish or small roasting pan. Drizzle with half of the butter, then season with salt and pepper.

Bake for 35 to 40 minutes in the preheated oven. Remove from the oven, and drizzle with the remaining butter. Sprinkle Romano cheese and bread crumbs onto the tops of the potatoes, and season with a little more salt and pepper. Return to the oven, and bake for an additional 20 minutes, or until nicely browned.

Sweden

Lucky Clover

Swedish Shortbread Cookies

16 tbsp. unsalted butter, at room temperature
1 cup superfine sugar
2 eggs, separated
2 tsp. vanilla extract
4 cups flour
1 tsp. kosher salt
Pearl sugar, for garnish

Combine butter and superfine sugar in a large bowl and beat, using a handheld mixer set to medium speed, until mixture is pale and fluffy, 1-2 minutes. Add egg yolks and vanilla and beat until smooth. Add flour and salt and beat until just combined. Transfer dough to a work surface and shape into a flat disk; wrap in plastic wrap and refrigerate for 1 hour.

Heat oven to 350°. Transfer dough to a floured work surface and, using a rolling pin, roll dough to a 1/8" thickness. Using a 2"-wide star-shaped cookie cutter, cut out cookies and place them 2" apart on baking sheets lined with parchment paper.

In a small bowl, whisk egg whites until frothy. Using a pastry brush, brush egg whites evenly over cookies; sprinkle cookies with pearl sugar. Bake cookies, 1 sheet at a time, until just set, about 10 minutes. Transfer to a wire rack to let cool completely.

Swedish Frosting

2 tbsp. cornstarch
1 c. milk
1 stick butter
1/2 c. Crisco
1 c. granulated sugar
1 tsp. vanilla

Cook cornstarch and milk until thickened. Cool thoroughly. Cream butter, Crisco and granulated sugar together. Add to cooled milk mixture the creamed mixture. Beat 5 minutes. Add the vanilla. (This is a creamy icing and not too sweet.)

Glogg (Swedish Beverage)

10 whole cloves
7 cardamom pods, crushed
2 cinnamon sticks
1/2" piece ginger root
2 cups water
10 whole almonds, cut into halves (if desire)
1 3/4 cups raisins
1 cup pitted prunes
1 orange, cut into quarters
2 gallons apple juice or apple cider
1/3 cup sugar

Tie cloves, cardamom, cinnamon and ginger in cheesecloth bag. Heat spice bag, water, almonds, raisins, prunes and orange to boiling in Dutch oven, crock pot or large pot. Reduce heat; cover and simmer 45 minutes. Remove spice bag, prunes and orange. Stir in remaining ingredients. Cover and heat until mixture begins to bubble.