

North Dakota Recipes

Hotdish

Ingredients:

- 1 pound ground beef
- 1 (10-ounce) can cream of mushroom soup
- 1 (15-ounce) can green beans
- 1 (15-ounce) can corn
- ½ cup milk
- 1 teaspoon salt
- 1 teaspoon pepper
- ½ teaspoon onion powder
- ½ teaspoon garlic powder
- 1½ cups cheddar cheese
- 1 (2-pound) bag tater tots



Directions:

Preheat oven to 350° F. In a pan, brown ground beef until no longer pink, drain off fat, and set aside. In bowl, mix together the soups, green beans, corn, milk, and seasonings and stir until combined.

In a 9"x13" baking dish, add the ground beef and top with the soup mixture. Sprinkle with cheese and top with tater tots in single layers. Bake for about 40 minutes or until tater tots are golden and hot dish is bubbly.

Kuchen

Ingredients:

1 cup warm milk
½ cup sugar
1 package dry yeast
6 cups flour
½ cup oil
1 teaspoon salt
1 egg

Filling:

1 quart heavy cream
6 eggs
1 cup sugar
Salt
Fruit or topping of choice
Cinnamon and sugar mixture



Directions:

Mix all dough ingredients together well. Form dough into one large ball and place in well-oiled bowl. Cover and set in a warm place to rise until doubled.

While the dough is rising, combine all filling ingredients (except fruit, cinnamon, and sugar) in a small saucepan over the stove. Cook on medium heat, stirring until thick. Set aside and let cool.

Prepare your fruit of choice. Divide dough into balls and roll to fit into pie pans. Lay fruit on top of dough and add filling (about ½ cup for each kuchen). Sprinkle with equal parts sugar and cinnamon. Bake at 350° F for about 20 minutes. Custard filling will set as kuchen cools.

Lefse

Ingredients:

1¾ pounds russet potatoes
½ cup heavy cream
4 tablespoons unsalted butter
2 teaspoons sugar
1½ teaspoons kosher salt
1¾ cups all-purpose flour, plus more for rolling
Sugar and butter (optional serving suggestion)



Directions:

Put the whole, unpeeled potatoes in a pot and cover with 2" cold water. Bring to a boil and simmer gently until tender, about 40 minutes. Peel the potatoes and mash with a fork or masher. Measure out 4 loosely-packed cups of potatoes and put in a large bowl.

Heat the heavy cream, butter, sugar, and salt in a small pot until the butter melts. Add the butter/cream mixture to the potatoes and mix gently. Put the mashed potatoes in the refrigerator to cool down. Once cooled completely, add the flour and work it gently into the potatoes. Allow to rest at room temperature for 10 minutes.

Take 2 tablespoons of dough and form it into a ball. Sprinkle flour on a sheet of parchment or wax paper. Using a rolling pin, roll out the dough into a very thin circle, about 1/16" thick and 7" wide.

Heat a large nonstick skillet over medium heat. Gently peel off the thin circle of dough and place directly in the heated skillet. Cook on one side for about 1 minute, and then flip the dough and cook for an additional 30 seconds. Transfer the cooked lefse to a plate and keep covered. Repeat with the remaining dough. To serve, spread butter and sprinkle sugar on a warm lefse and roll it up.

Knoephla

Ingredients:

1 (32-ounce) carton chicken broth
½ small onion, minced
2 carrots, sliced thinly
2 celery stalks, chopped
3 small potatoes (or 1 large), diced
4 cups water
1-2 teaspoons chicken base
½ teaspoon black pepper
2 cups heavy cream
2 tablespoons butter
1 teaspoon dried parsley flakes



Knoephla Dough:

1½ cups flour
1 egg
½ cup milk
¼ teaspoon baking powder
⅛ teaspoon salt

Directions:

Combine water, broth, potatoes, onion, celery, carrot, and chicken base and bring to a boil.

Mix together flour, eggs, milk, salt, and baking powder for knoephlas. When water is boiling and potatoes have softened, roll out the dough into long pencil-size ropes and snip 1" pieces of knoephla dough in boiling water. Cook 15 minutes. Add cream, butter and parsley and cook another 10 minutes.

Hot Beef Sandwich

Ingredients:

2- or 3-pound chuck roast
½ teaspoon garlic powder
Salt
Pepper
1 (14-ounce) can beef broth
2 tablespoons cornstarch
¼ cup cold water
Bread slices
Mashed potatoes



Directions:

Place roast in a crock pot. Sprinkle with garlic powder, salt, and pepper. Pour the beef broth around the roast. Cover and cook on low 6-8 hours or until beef easily shreds with a fork. Remove roast from the crock pot and shred beef.

In a medium pan, add all the broth from the crock pot into the pan. Cook over medium-high heat until hot.

Stir cornstarch and water together in a small bowl or cup. Add to pan. Lower heat to medium and stir constantly with a wire whisk. Bring to boil for 1-2 minutes or until the gravy thickens. Season with additional salt and pepper if desired.

Place bread slice on a plate. Top with shredded beef. Place another bread slice on top. Cut sandwich in half, corner to corner, forming two triangles. Add mashed potatoes between the triangles. Pour hot gravy over the top.