



Recipes from the President's Dinner
Friday, September 16, 2011 • St. Paul, MN

State Fair on a Stick Appetizers

80 sticks – 40 meat and veggie, 40 fruit

Ranch Vegetable Dip –

Fruit Dip –

Assorted fruits, vegetables, meats and cheeses all cubed and slid on a 6 inch wooden stick.

Fruit Sticks:

Alternate -

Pineapple

Melons – honey dew, cantelope, water melon

Grapes – green and red

Vegetables- Meats and Cheeses Sticks: alternate

Peppers – slipped in for assorted color (orange, yellow, green)

Pickled Onion –

Cherry Tomatoes

Baby Dill Pickles –

Olives – Large, plain or stuffed

Peperoni Sticks –

Cubed Cheeses – cheddar , pepper jack, etc.

Ham cubed

Turkey cubed



Recipes from the President's Dinner Friday, September 16, 2011 • St. Paul, MN

Roasted Beet Salad with Blue Cheese and Pecans – Serves 4

Salad:

4 cups cleaned mixed greens – washed, spun dried and bagged.

Blue Cheese:

1/4 pound whole piece blue cheese – crumbled, placed in baggie.

Nuts:

1/2 cup whole Pecans. Preheat the oven to 350 degrees F. Spread the nuts on a baking sheet and oven-toast, stirring once, until golden brown, about 8 minutes. Cool completely on paper towel, place in baggie.

Beet Directions:

If you can find – 2-3 medium yellow beets- otherwise use red (about 1 pound), stems trimmed off
2-3 medium red beets (about 1 pound), stems trimmed off
2 tablespoons extra-virgin olive oil
Salt and freshly ground black pepper

Preheat oven to 350 degrees F.

To Roast the Beets:

- Scrub beets and trim pointy root end. Drizzle beets with oil and season with salt and pepper. Place in a ceramic casserole dish or baking pan. Cover with foil and bake about 60 to 90 minutes, until a knife passes easily through the thickest beet at its center. You can bake large and small beets together, but test the small beets for doneness before the larger ones.
- Let cool till you can handle and then peel. If you won't be using right away, let cool completely and wrap in foil with the peel intact and refrigerate until you are ready to use, then peel. (It's much easier to peel a beet after it's been roasted than beforehand.) Cut into bite sized sections - bag.

Dressing:

Zesty Italian Dressing packet – with balsamic vinegar and olive oil and 1 Teaspoon Grey Poupon Mustard, follow directions on the packet – add mustard and shake. Best if done a day in advance.

Toss the cut beets in the dressing; set aside to marinate for at least 15 minutes or up to 2 hours.

Reserve the rest of dressing to top salads.

Assemble salad:

1 cup lettuce, beets (1 whole beet per person), toasted pecans, drizzle dressing, top with blue cheese crumbles.



Recipes from the President's Dinner Friday, September 16, 2011 • St. Paul, MN

Minnesota Party Pumpkin Soup! – 6 cups – Serves 6 people.

Ingredients:

¼ Cup Butter

1 Cup minced, very finely chopped, onions

1 Clove Garlic, minced

3 Cups Low Sodium Chicken Broth

1 Heaping Teaspoon Curry Powder

½ Heaping Teaspoon ground coriander

Dash of cayenne pepper

16 ounces can pumpkin

1 Cup Cream

1 small package of salted pumpkin seeds, out of the shell, for garnish

Directions:

In large sauce pan or Dutch oven, melt butter and sauté onion, add garlic, cook until translucent and lightly browned. Stir in broth and seasonings. Simmer about 10 minutes. Mix pumpkin puree and cream, – blend into hot broth small batches at a time and simmer another 5 minutes. Cool overnight for transport. Reheat.



Recipes from the President's Dinner Friday, September 16, 2011 • St. Paul, MN

Country Fair Caramel Apple Bars –



Crust

1 cup (2 sticks, 8 ounces) unsalted butter
1 teaspoon salt
1/2 teaspoon baking powder
1 teaspoon ground cinnamon
3/4 cup (5 5/8 ounces) brown sugar, firmly packed
1 cup (4 ounces) confectioners' sugar or glazing sugar
2 teaspoons vanilla extract
2 3/4 cups (11 1/2 ounces) Unbleached All-Purpose Flour
*1 cup (3 1/4 ounces) nut flour - Almond flour (toasted or plain) or hazelnut flour (toasted or plain).
1 large egg

Filling

4 to 5 medium tart apples, peeled, cored, and sliced, then chopped (about 5 cups, about 20 ounces prepared)
4 tablespoons brown sugar
1/4 teaspoon salt
1 teaspoon vanilla extract
1 teaspoon ground cinnamon

Topping**

Purchase 1 small jar - Ice Cream Caramel Sauce – drizzled on bars at plating

Preheat the oven to 350°F. Lightly grease a 9" x 13" pan or 10" x 10" bun pan.

To make the crust: Beat together the butter, salt, baking powder, cinnamon, sugars, and vanilla till smooth. Add the flours, mixing till crumbly. Set aside half the mixture (about 3 generous cups, 15 ounces); add the egg to the remainder, beating to combine. Press the crust with egg into the bottom of the prepared pan. Bake the crust for 17 minutes, till it's barely starting to brown around the edges. While the crust is baking, prepare the filling.

To make the filling: Slice the apples about 1/4" thick, then chop into 1/2" to 3/4" pieces. An apple peeler/corer/slicer gives you a great head start on this task. Combine the apples with the remaining filling ingredients, and distribute over the crust. Spread the reserved crust mixture over the apples.

Bake the bars for 45 minutes. Remove them from the oven, and after 15 minutes cut them into 3 inch by 3 inch squares, yielding roughly 12 per pan - leaving them in the pan. Cool completely. Loosen and cover for transport. .

Drizzle caramel sauce over bars and ice cream, top with whip cream just before serving. *Yield: 12 bars per pan.*