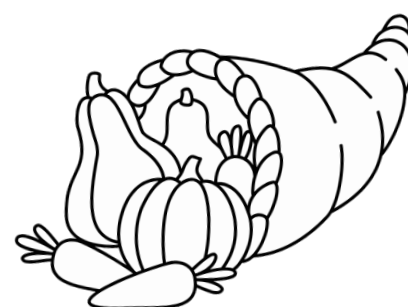




Slatesgiving: Family Recipes



This year, the Slate staff shared their favorite family recipes, from pumpkin pie to vegetarian taco mac.

Lefse (*Norwegian potato flatbread*)

This is one of the few traditional Norwegian recipes my family still makes. It's a great way to mix up the traditional American Thanksgiving. These can be made either sweet or savory with your choice of toppings.

Ingredients

- 6-8 medium sized potatoes
- ¼ cup butter
- ¼ cup whole milk
- 1 ½ teaspoons salt
- 1 teaspoon sugar
- ¼ teaspoon pepper
- 2.5-3 cups of sifted flour

Instructions

1. Wash and peel the potatoes.
2. Cut the potatoes in half.
3. Cook potatoes for about twenty minutes or until tender when pierced with a fork.
4. Drain and dry potatoes in a pot by shaking the pot over low heat.
5. Mash or rice potatoes thoroughly.
6. Add the butter and milk.
7. Whip the mixture until fluffy.
8. Add the salt, sugar and pepper into the potato mixture.
9. Whip the mixture again until fluffy.
10. Cool the mixture and then chill in the refrigerator, preferably overnight.
11. After chilling, add the potato mixture to about half of the flour and beat until smooth.
12. Knead additional flour to make the mixture into a soft, workable ball.
13. Divide the dough into four evenly sized balls.
14. Put three of the dough balls into the refrigerator to keep cold while working with one dough ball.
15. Divide the ball into six smaller balls.
16. Roll a ball on a floured surface with a floured rolling pin until about ⅛ of an inch thick
17. Carefully lift the lefse with a pastry scraper or a thin spatula and place on to a non-greased heated griddle or skillet. For the griddle, set to medium/high heat. For the skillet, set to low/medium heat. Adjust the temperature if the lefse is cooking too slow or fast.
18. Cook until light brown spots appear on the underside, then flip over until light brown spots appear.
19. Remove from the heat and cool on a paper towel until cool.
20. Repeat steps 15-19 for the remaining dough.

— Jordan Neperud, Asst. Ship Life Editor



Jordan Neperud / The Slate
Jordan's grandfather makes lefse every year.

Homemade Baked Mac-n-Cheese

This homemade baked mac-n-cheese is a Dillow family tradition that is made for get-togethers like summertime block parties, Thanksgiving and Christmas.

Ingredients

- 1 box elbow pasta (cooked per box instructions)
- ¼ cup of butter
- ½ teaspoon salt
- ¼ teaspoon of ground black pepper
- 1 finely chopped onion (optional to taste)
- 1 and ¾ cup of whole milk
- ¼ cup of flour
- 2 cups of shredded cheddar cheese
- 1 cup of breadcrumbs

Instructions

1. Preheat the oven to 400°F.
2. Cook the macaroni according to package instructions.
3. While the pasta is cooking, prepare the cheese sauce: In a large saucepan, over low heat, melt the butter. Add the onions, salt and pepper. Cook until onions are soft.
4. Whisk in the milk and flour, add to the butter mix. Bring the mixture to a boil, continue cooking and whisking for another minute or two to a smooth, silky sauce.
5. Remove the pan from the heat and add the shredded cheese, stirring until the cheese is completely melted.
6. Add the cooked and drained macaroni and toss with the sauce to combine well.
7. Transfer the mixture to a greased or sprayed 8x8 oven-proof casserole dish, sprinkle with breadcrumbs and transfer to the middle rack of the oven.
8. Bake uncovered for 25-30 minutes or until the breadcrumbs are golden brown and the sauce begins to bubble up to the top.

— Evan Dillow, News Editor



Evan Dillow / The Slate
Mac-n-cheese is a Dillow family staple.

Pierogies (*Peroghi*)

Every year for the holidays, my grandma serves up a large bowl of homemade pierogies drenched in butter and sauteed onions. My family loves her homemade pierogies and we usually finish the whole bowl. A few years ago, my grandma asked me if I wanted to make a batch with her, and of course I said yes. It's now a family tradition between us.

Ingredients – Dough

- 1 cup flour
- 1 egg
- ¼ teaspoon salt
- About 4 tablespoons cold water
- Browned butter and sauteed onions (for serving)

Ingredients – Potato & Cheese Filling

- Mashed potatoes (1 to 1½ cups)
- Shredded cheese (cheddar or your preference)
- Butter
- Salt and pepper, to taste

Instructions

1. Prepare the filling: Combine mashed potatoes, shredded cheese, butter, salt and pepper. Mix until smooth. Set aside.
2. Mix flour, egg, salt and enough cold water to make a medium soft dough.
3. Knead dough well, then roll out until thin.
4. Cut dough into circles to make about 50 pieces.
5. Place about 1 teaspoon of filling on each square.
6. Fold each square in half to form a half circle and pinch edges tightly to seal.
7. Drop pierogies into salted boiling water and cook until they rise to the top.
8. Once floating, continue cooking for 5 minutes longer.
9. When done, pour in a small amount of cold water and strain.
10. Place pierogies in a serving dish and pour over lightly browned butter and onions.
11. Serve hot. Add more salt if desired.

— Megan Sawka, Managing Editor



Megan Sawka / The Slate
Megan often makes pierogies with her grandma.

Vegetarian Taco Mac

This recipe, while not something we have for Thanksgiving, is a classic meal we make in my home. Our taco mac began with taco meat included, but after I went vegetarian four years ago, my dad changed the recipe to make me included in one of my favorite meals. It was always something I could have as a kid after sports games, long days of school and now whenever I come home to visit from college.

Ingredients

- 1 box whole wheat macaroni
- 2 cans black beans, drained and rinsed
- 1 cup corn
- ¼ cup taco seasoning mix
- 1 16oz can of tomato sauce
- 2 tablespoons extra virgin olive oil
- 6 cups water

Toppings

- Guacamole
- Salsa
- Sour cream
- Shredded taco cheese, blend or cheddar
- Taco sauce or hot sauce

Instructions

1. Combine black beans, corn and water in pot and bring to a boil.
2. Lower to medium heat and cook for 6 minutes.
3. Add macaroni, taco seasoning mix, tomato sauce and olive oil.
4. Return to a boil.
5. Lower heat to low and cover pot.
6. Continue cooking and stirring on low heat for about 7 minutes to avoid sticking to the bottom of the pan.
7. Remove from heat, serve with your choice of toppings and enjoy!

— Madison Sharp, Asst. Multimedia Editor



Courtesy of Pexels
This mac is a comfort meal for Madison.

Mashed Potatoes

My Gramma is hands down the best cook, and her new mashed potato recipe has quickly become a Thanksgiving favorite I would eat any day.

Ingredients

- 3-5 lbs. potatoes
- ¼ cup milk
- ½ stick butter
- ½ cup sour cream (room temperature)
- 4 oz. cream cheese (room temperature)
- 2 tbsp. Hidden Valley ranch seasoning

Instructions

1. Peel and cut potatoes into cubes.
2. Cook potatoes in salted, cold water until soft and drain.
4. Mash potatoes with hand mixer or stand mixer.
5. Heat butter and milk in small pan until warm.
6. Add butter and milk to potatoes and mix.
7. Add sour cream, cream cheese and seasoning and mix with spatula.
8. Taste and add more seasoning to mix. Enjoy!

— Jayden Pohlman, Editor-in-Chief



Courtesy of Canva
Add some bacon and you have delicious mashed potatoes.

Pumpkin Pie

This is my version of the star of the Thanksgiving dessert table. It is a low effort recipe, especially if you use store-bought pie crust. Any amateur baker can make and enjoy this.

Ingredients

- 2 eggs
- One 12 oz. can of evaporated milk
- One 15 oz. can of pumpkin puree
- ½ cup sugar
- 1 teaspoon cinnamon
- ½ teaspoon salt
- ½ teaspoon ground ginger
- ¼ teaspoon nutmeg
- ⅛ teaspoon cloves
- One 9 inch premade pie crust

Instructions

1. Preheat the oven to 425 degrees Fahrenheit
2. In a large bowl, beat the eggs.
3. Whisk in the milk.
4. Whisk in the pumpkin puree until the texture is smooth.
5. Add the sugar, salt and spices. Whisk together until there are no clumps.
6. Pour the filling into the pie crust.
7. Bake for 15 minutes.
8. Reduce the temperature to 350 degrees Fahrenheit and bake for an additional 45 minutes.
9. Let cool for 2 hours before serving.

— Jordan Neperud, Asst. Ship Life Editor



Jordan Neperud / The Slate
The star of the Thanksgiving dessert table.

