

Cook Book

Arranged by the
LADIES AID
of the

Hegre Lutheran Church

WEST CONCORD, MINNESOTA

When I was a young lad of 14, my mom gave me a 90th Anniversary Hegre Lutheran Church cookbook. Now as a teenager, a cookbook is not the greatest gift a boy could get. Today, I think it's one of the best things my mom ever gave me. This cookbook with its many dog-eared pages is now 49 years old. The church itself was organized on November 11th, 1878. It's interesting to look at the cookbook today to see how society has changed along with our cooking and eating habits. As for the societal changes, all the recipes are credited to ladies with one exception. There is only one recipe in the entire book from a man, and I think Mrs. Harold LeVander probably sent that one in. Mr LeVander was Governor of Minnesota at the time. The cookbook also has a beef soup recipe from Mrs. Muriel Humphrey, wife of then Vice President and presidential candidate Hubert Humphrey. First Lady Mrs. Lyndon Johnson, who we all knew as Lady Bird, also offered a Texas BBQ sauce recipe.

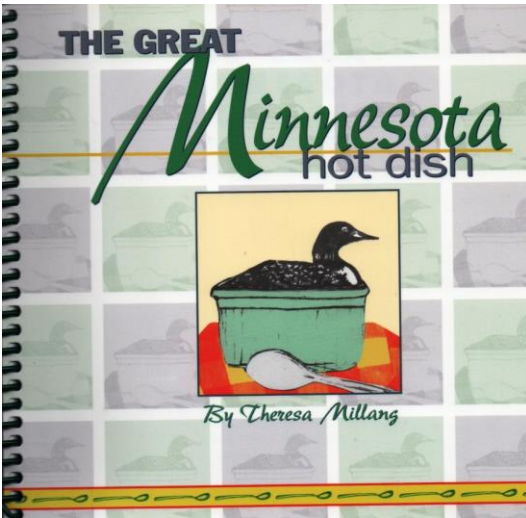
As was the case in 1968, many ladies of the church referred to their married names such as Mrs. Elmer Kleven or Mrs. Ben Linaman or Mrs. Albert Olness. Not Mayme Kleven or Glenora Linaman or Arlette Olness. Heck, even Albert didn't go by that name. He was always Duke Olness, one of the best horseshoe pitchers I ever saw. Now the younger generation, and by that I mean my older sisters, referred to themselves much like what we see on Facebook today, first name, maiden name and married last name e.g. Karolyn Kleven Raddatz or Sylvia Kleven Shelstad. On page 2 of this cookbook, it lists the cookbook committee members. They include Mrs. Elmer Kleven, Mrs. Orlando Broin, Mrs. Albert Olness, Mrs. Ben Linaman, Mrs. Howard Sathrum, Mrs. Clarion Nesseth, Mrs. Phillip Hegseth, Mrs. Joe Johnson, Mrs. Lloyd Lawson and Mrs. Magnus Langeland. Or as we knew them, Mayme, Millie, Arlette, Glenora, Janice, Myrtle, Frieda, Marie, Agnes and Amanda.

Times have changed in regards to ingredients of recipes too. I know rendered lard is still available but how many still use it? Lard is rendered pork fat, and these ladies had access to the real deal right from the farm. I remember how delighted my mom would be when she would come home with a five gallon pail of rendered lard. Natural lard actually has higher levels of good fats and lower levels of the bad fats than butter and is excellent for cooking. While it is still commercially available at some stores, it is hydrogenated to keep from spoiling and sold in one pound blocks. Unfortunately, the processing gives this form of lard high levels of trans fats.

Hydrox cookies are called for in some recipes. Hydrox Cookies were introduced by the Sunshine Company in 1908. Nabisco introduced the Oreo cookie four years later, but with a stronger marketing campaign, Nabisco convinced consumers that Hydrox were the imitation. Hydrox cookies were finally pulled from the market in 1999. For the recipes calling for Hydrox cookies, we now simply substitute Oreo cookies.

Recipes in 1968 called for ample use of butter and sugar. I've cut back on those two ingredients in some recipes with no change in taste, but with a lot less calories and saturated fat. Earlier this year, I was visiting the kids in Omaha and we had a Hegre dinner. We each brought something that was a recipe from the Hegre Cookbook. I brought the Tator Tot hot dish and my son Isaac, made Governor LeVander's Swedish meatballs. Everything was delicious and took me back to the 60's, minus the bellbottom pants.

I'm sure many of you have favorite old cookbooks like this from years gone by. I looked on our cookbook shelf and along with the Hegre book, we have the one called 'From Norwegian Kitchens', in case I get a hankering for Norsk uppskrift or radkaal or tyttebaersylteto. I haven't hankered for them for some time now and I don't think I'll start now.



We also have 'The Great Minnesota Hot Dish' cookbook which is actually quite useful and then on the shelf I have the 50th anniversary cookbook from KDHL radio. This particular cookbook came out in 1998. Being a former farm broadcaster at the station, I contributed a recipe. On page 222, as you see in the picture below, you'll find my recipe for Elephant Stew. Ingredients include: 1 elephant (med size); 2 rabbits, optional; salt & pepper to taste. Directions: Cut elephant into bite size pieces. (This takes about 2 months.) Add enough gravy to cover. Cook on kerosene stone for about 4 weeks at 465°. This will serve about 3800 people. If more guests come unexpected, add the rabbits, but do this only if necessary as most people do not like hare in their stew. Bon

Appétit!

roasting time, begin basting the roast every 15 minutes with the cranberry mixture. The remaining sauce can be served with the thinly sliced pork.

Joan Risty

Joan Risty of Cannon Falls, broadcast news from Cannon Falls at 9:10 Monday through Friday morning.

SLOPPY FRANKS

Recipe for 48 servings.

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| 3 lbs. weiners, cut into 1/4 inch slices | 2 tbsp. minced onion |
| 3 c. diced celery | Salt to taste |
| 1 1/2 c. salted peanuts | 2 c. salad dressing (or mayonnaise) |
| 1 c. diced green pepper | 48 slices sharp Cheddar cheese |
| 6 hard cooked eggs, diced | 48 frankfurter buns |

Mix all ingredients except cheese and buns. Cut cheese slices in half and place on each half of bun. Place bun halves under broiler (4 to 5 inches) until cheese is melted and buns are toasted.

Spread mixture on bottom halves and top with remaining half.

Mildred Lair

Mildred Lair hosts Kenyon News on KDHL every weekday morning at 8:30 am.

ELEPHANT STEW

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*Emery Kleven
Former KDHL Farmcaster*

