

Tried and true recipes from rural Wisconsin. Recipes include beverages, breads (including Homemade Cinnamon Rolls in 2 hours or less!), cakes, pies, desserts, candy, main dishes, cookies, Norwegian, salads and vegetables.

The Rural Route 2 Cookbook

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The Rural Route 2 Cookbook

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The Rural Route 2 Cookbook

Tried and True Recipes from Wisconsin Farm Country

LeAnn R. Ralph

Table of Contents

Beverages	1
Frosty Cranberry Pineapple Punch	3
Fruit Smoothie	4
Hot Apple Cider	5
Old- Fashioned Hot Cocoa	6
Instant Cocoa Mix.....	6
Russian Refresher	7
Russian Tea.....	7
Lemonade Punch	8
Breads, Muffins and Cinnamon Rolls.....	9
Apple Bread	11
Old-Fashioned Baking Powder Biscuits	12
Strawberry Shortcake.....	12
Bread Pudding	13
Casserole Bread	14
Cinnamon Raisin Bread	15
Cinnamon Roll Muffins.....	16
Homemade Cinnamon Rolls.....	17
English Muffin Bread	18
Homemade Breadsticks	19
Hot Cross Buns	20
Molasses Oatmeal Bread	21
Norma’s Homemade Bread	22
Extra-Nutty Nut ‘n Raisin Bread	23
Nut Bread.....	24
Oatmeal-Apple-Raisin Muffins	25
Potato Buns.....	26
Quick Bread Mix	27
Refrigerator Muffins.....	28
Scones.....	29
Quick & Easy Sour Cream Crescent Rolls	30
Cinnamon Tea Ring.....	31
Whole Wheat Batter Bread.....	33
Whole Wheat Butter Biscuits	34
Whole Wheat Oatmeal Waffles	35
Whole Wheat Oatmeal Bread	36
Whole Wheat Buttermilk Bread	37
Cakes, Pies & Desserts.....	39
Apple Cake	41
Apple Crisp.....	42
Apple Dumplings.....	43
Apple Upside-Down Dessert	44
Baked Oatmeal Supreme	45
Butterscotch Brownies.....	46
Butter Cake.....	47
Caramel Apple Dessert	48
Cheesecake Parfait.....	49

Cherry (or Blueberry) Blintzes	50
Chocolate Chip Peanut Butter Bars	51
Chocolate Éclairs	52
Chocolate Raspberry Layer Cake	54
Cinnamon-Apple Coffee Cake	55
Cinnamon Coffee Cake	56
Cinnamon Roll Coffee Cake	57
Cream Cheese Mincemeat Pie	58
Cream Puffs	59
Double-Fudge Parfait	60
Easy Blueberry (or Cherry) Cheesecake Recipe	61
Frozen Blueberry Cream Pie	62
Homemade Apple Pie	63
Homemade Peach Pie	65
Jam-R-Jelly Parfait Pie	66
Jam-boree Streusel Coffee Cake	67
Marble Bundt Cake	68
Mocha Bundt Cake	69
Old-Fashioned Oatmeal Spice Cake	70
Pancake Mix Dessert	71
“Easy as Pie” Dessert	71
Pie Crust	72
Pie Crust for One-Crust Pie (10-inch)	72
Rhubarb Coffee Cake	73
Rhubarb Cream Pie	74
Rhubarb Custard Pie	75
Rhubarb Crisp (or Apple Crisp)	76
Royal Rhubarb Pie	77
Small Rhubarb Crisp	78
Strawberries and Cream Pie	79
Strawberry Rhubarb Coffee Cake	80
Strawberry Shortcake	81
Twinkie Filling	82
Walnut (or Pecan) Pie	83
Candy	85
Candied Orange Peel	87
Caramel Popcorn	88
Cherry Chocolate Marshmallow Pizza	89
Divinity	90
Heath Bars	91
Loretta’s Chocolate Bonbons	92
Marshmallow Fudge	93
Peanut Butter Treats	94
Peanut Butter Fudge	95
Saltwater Taffy	96
Sweet Adelines	97
Casseroles and Main Dishes	99
Baked Beans	101
Barbecued Beef	102
Barbecued Chicken	103
Beef Burgundy	104

Cheese Sauce	105
Chicken Paprika	106
Chicken and Stuffing Casserole.....	107
Corn Chowder.....	108
Corn-y Casserole	109
Country-Style Barbecued Ribs	110
Crispy Baked Chicken	111
1-2-3 Stroganoff.....	112
Easy-Cheesy Casserole	113
Fish Fritters.....	114
Hash Browned Potatoes	115
Homemade Dumpling Noodles	116
Homemade Tartar Sauce.....	117
Homemade Pizza Crust.....	118
Homemade Thin Pizza Crust	119
Hot German Potato Salad	120
Meat Loaf.....	123
Norma’s Scalloped Potatoes	124
Norwegian Meatballs and Gravy	125
Onion and Mushroom Soup.....	126
Oven Fried (Baked) Potatoes & Fish.....	127
Onion Potato Bake	128
Pot Roast.....	129
Potato Pancakes	130
Potato Soup.....	131
Potato Wedges	132
Savory Rice.....	133
Sunday Dinner (Chicken or Pork Chops)	134
Sweet and Sour Chicken	135
Sweet & Sour Lemon & Honey Chicken.....	136
Sweet and Sour Meatballs.....	137
Swiss Steak	138
Taco Pie	139
Three-Bean Hotdish.....	140
Tuna Loaf Casserole	141
Vegetable Soup.....	142
Cookies & Bars	143
Brown Sugar Drops	145
Brownies	146
Butterscotch Brownies.....	147
Best Ever Chocolate Chip Cookies.....	148
Chocolate Easter Bunny Cake	149
Chocolate Chip Peanut Butter Bars	151
Christmas Cookies.....	152
Coconut Chocolate Bars	153
Fattigman	154
Filled Cookies.....	155
Filled Wafer Cookies.....	157
Frying Pan Date Bars.....	158
Gingersnaps	159
Lemon Bars.....	160
Loretta’s Mothball Cookies	161
Loretta’s Seven Layer Bars.....	162

No-Bake Peanut Butter Cookies.....	163
Oatmeal Peanut Butter Bars.....	164
Oatmeal Jam Bars.....	165
Oatmeal Raisin Bars.....	166
Old-Fashioned Sugar Cookies.....	167
Old-Fashioned Oatmeal Cookies.....	168
Peanut Butter Bars.....	169
Peanut Butter Cookies.....	170
Peanut Butter Macaroons.....	171
Sandbakelse.....	172
Scotch Shortbread.....	173
Shamrock Cookie Recipe.....	174
Snickerdoodles.....	175
Chocolate Waffle (Iron) Cookies.....	176
Walnut Bars.....	177
Whole Wheat Butterscotch Bars.....	178
Jams, Jellies, Pickles & Miscellaneous.....	179
Apple Butter.....	181
How To Make Candles Using Old Crayons.....	182
Homemade Dill Pickles.....	183
Pickled Beets.....	184
Refrigerator Pickles.....	185
Rhubarb Marmalade.....	186
Sweet Glazed Pickles.....	187
Tomato Preserves.....	188
Norwegian Foods.....	189
Christmas Bread.....	191
Fattigman.....	192
Lefse.....	194
Norwegian Christmas Cookies.....	197
Norwegian Cucumber Salad.....	198
Norwegian Flat Bread.....	199
Rommegrot (Sour Cream Pudding).....	200
Norwegian Meatballs and Gravy.....	201
Sandbakelse.....	202
Sweet Soup (Sot Suppe) Recipe.....	203
Salads & Salad Dressings.....	205
Ambrosia.....	207
Apple-Carrot Salad.....	207
Blue Cheese Dressing.....	208
Classic Coleslaw Dressing.....	209
Cottage Cheese Fruit Salad.....	210
Cranberry-Orange Salad.....	210
Cucumber Salad (Norwegian Style).....	211
5-Minute Fruit Salad.....	211
Freezer Coleslaw.....	212
Heavenly Apple Salad.....	213
Italian Pasta Salad.....	214
Macaroni Salad.....	215
Overnight Lemon Pineapple Salad.....	216

Parfait Fruit Salad217
Western Ranch Dressing.....218
Raspberries and Cream Salad219
Strawberry Parfait Jell-O Salad220
Sweet and Sour Salad Dressing221
Thousand Island Dressing.....221
Three-Bean Salad.....222
A Tip for Making Fresh Tossed Salad During the Winter.....223

Vegetables225
Beets in Orange Sauce227
Creamed Vegetables228
Different Glazed Carrots.....229
Glazed Carrots229
Harvard Beets230
Onion Vegetable Dip230
Sauerkraut in Jars.....231
Sweet Corn for the Freezer232
Taco Dip233
Vinaigrette Tomatoes.....234
Zesty Green Beans235

Measurements & Substitutions.....237
Measurements239
Equivalents240

Acknowledgements241

About the Author241

How to Order More Books.....243

Homemade Cinnamon Rolls **(in 2 hours or less!)**

If I've heard it once, I've heard it a dozen times: "Make homemade cinnamon rolls? From scratch? Are you crazy? That takes all day!" I have several recipes for homemade cinnamon rolls that do, indeed, take at least all afternoon — scald the milk and let it cool to room temperature (30 minutes); mix the dough and let it raise for an hour (1.5 hours); punch down the dough and let it raise for another hour (1 hour); shape into cinnamon rolls and let raise for another hour (1.5 hours); and then, finally, bake the cinnamon rolls (30 minutes) — for a grand total of 5 hours from start to finish. But it doesn't have to be that way. You really can make homemade cinnamon rolls from scratch in two hours or less. This recipe is one of the most popular ways that people find my website on the Internet (www.ruralroute2.com).

2 cups of warm water

1/2 cup sugar

4 teaspoons dry yeast (or two packages of dry yeast)

2 eggs

1 teaspoon salt

1/3 cup Canola oil (you can use any kind of cooking oil, or shortening if you prefer)

6 to 7 cups of flour

Dissolve the yeast in the warm water. Add the sugar and salt. Mix. Add the cooking oil (or shortening), 2 eggs, 2 cups of flour and beat until smooth. Stir in 3 more cups of flour. Begin kneading the dough, adding the final cup of flour. If the dough seems too sticky, knead in more flour, a quarter to a half cup at a time. Let the dough rest for 20 minutes. (I leave it sitting on the counter and use the time to wash up the bowl and other utensils and to clean off the counter top.)

Roll the dough into a rectangle that's 24 to 30 inches long by about 16 inches wide. Spread with soft butter and sprinkle with cinnamon and sugar (about 1/2 cup sugar and 1 teaspoon of cinnamon). Starting at the wide end, roll into a log. Cut the cinnamon rolls into equal sized slices (approximately one inch wide each or slightly more) and place into two greased 9x13 pans. Put in a warm place to rise for 45 minutes.

Bake at 350 degrees Fahrenheit for 25 minutes (or until the cinnamon rolls are golden brown). Allow to cool for 5 minutes and then turn out of the pans.

This recipes makes two dozen cinnamon rolls. If you want REALLY BIG cinnamon rolls, cut into 12 equal pieces 2 inches wide. Total amount of time needed from start to finish (including time to bake) is about 2 hours.

English Muffin Bread
(Easy Batter Bread Recipe)

With this recipe for batter bread, you can have fresh bread to serve in about an hour and a half. It goes well with soup or stew and makes great toast! It also makes good toasted garlic bread to serve with spaghetti. I usually make this recipe without the cornmeal because the cornmeal is so messy when I dump the bread out of the pans. The bread rises while it is baking, but then before it is finished baking, the top falls, so don't be surprised that there's a dip in the middle of the loaves

5 cups of flour
2 packages of dry yeast (or 4 teaspoons bulk yeast)
1 tablespoon sugar
1 teaspoon salt
1/4 teaspoon baking soda
2 cups warm milk
1/2 cup warm water
cornmeal (if desired)

Measure 2 cups of flour, the yeast, sugar, salt and baking powder into a large bowl and stir to combine the dry ingredients. Add the warm milk and water and, with an electric mixer, blend on low speed for a minute, scraping the bowl constantly. Beat on high speed for 3 minutes.

Stir in the remaining flour. If you have dough hooks for your mixer, you might want to use them. If you don't have dough hooks, you might want to consider stirring in the flour by hand because the dough becomes quite stiff.

Grease 2 loaf pans. If you're going to use the cornmeal, sprinkle the greased pans with cornmeal. If you're not going to use the cornmeal, just grease the pans. Divide the batter between the two pans. If you're using the cornmeal, sprinkle cornmeal on top of the dough.

Let rise in a warm place for 45 minutes.

Bake at 375 degrees Fahrenheit for 35 minutes until golden brown. Remove from the pans immediately.

Homemade Breadsticks

This recipe for breadsticks is very easy. You can sprinkle them with garlic and serve with spaghetti, or I have also sprinkled them with cinnamon and sugar and made them for breakfast. My husband loves these breadsticks served with spaghetti.

2 to 3 cups flour
1 tablespoon sugar
1 teaspoon baking powder
1/2 teaspoon salt
1 cup milk

Measure all ingredients into a medium mixing bowl and stir until thoroughly combined. If the dough seems too soft, add flour by the 1/4 cup until it reaches a consistency you can roll out.

Roll into a rectangle approximately 10 inches by 10 inches. Cut into sticks (4 inches by 1 inch). Pour enough canola and/or olive oil into a 9x13 pan to cover the bottom (about 1/4 to 1/2 cup; use a pastry brush to spread it around).

Put the breadsticks in the pan. Turn over to coat both sides with oil. Sprinkle with garlic powder (if desired) (or with cinnamon and sugar if you are making them for breakfast). Bake at 400 degrees Fahrenheit for 20 to 25 minutes until golden brown. Makes about 2 dozen breadsticks.

Hot Cross Buns

When I was a kid, my mother talked about eating hot cross buns at Easter when she was a child that her mother used to make.

2 packages dry yeast (or 4 teaspoons bulk yeast)
2 cups warm water
1 cup mashed potatoes
1/2 cup sugar
1/2 cup shortening
1 teaspoon salt
2 eggs
1 teaspoon cinnamon
1 cup raisins
5 to 6 cups flour

Dissolve the yeast in warm water. Add the potatoes, sugar, shortening, salt, eggs, cinnamon, raisins and 2 cups of flour. Beat until smooth. Stir in remaining flour. Knead for about 5 minutes. (The dough will be sticky and soft.) Place in a warm place to rise for 1 hour.

Punch down dough. Shape the dough into 24 equal pieces. Place on a greased baking sheet. Let rise for 45 minutes. (My mother said that after the buns are shaped you should cut a cross in the top with a scissors; I've always found that when the buns are finished rising, you can't really see the cross. The buns just end up with four "points" on the top. But you can try it if you want.)

Bake at 350 degrees Fahrenheit for 25 to 30 minutes or until golden brown. When the buns are completely cool, if desired, make frosting crosses on the top with icing.

Icing

1 cup powdered sugar; 1 tablespoon water; 1/2 teaspoon vanilla; dash of salt.
Use a spoon to drizzle crosses on the top of the buns.

Potato Buns: To make potato buns, leave out the cinnamon and raisins.

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