

## Iowa Recipes

### Original Maid Rites

**Ingredients:**

1 ½ pounds hamburger  
1 medium onion  
1 tablespoon mustard  
½ cup water  
1 tablespoon Worcestershire sauce  
¼ teaspoon salt  
Hamburger bun

**Directions:**

Simmer hamburger and onion. Do not brown. Add other ingredients and simmer. Serve on hamburger buns with desired condiments.

### Champagne Cake

**Ingredients:**

1 ¾ cups all-purpose flour  
3 teaspoons baking powder  
1 teaspoon salt  
⅔ cup butter  
1 ½ cups white sugar  
¾ cup champagne  
6 egg whites



**Directions:**

Preheat oven to 350° F. Grease a 10" round cake pan. In a large bowl, cream together butter and sugar until light and fluffy. Sift flour, baking powder, and salt together, and then blend into creamed mixture, alternating with champagne.

In a large bowl, beat egg whites until stiff peaks form. Fold  $\frac{1}{3}$  of the whites into batter to lighten it, then fold in remaining egg whites. Pour into prepared pan. Bake at 350° F for 25 to 30 minutes, or until a toothpick inserted into the cake comes out clean. Let cool and frost as desired.

## Maytag Blue Mac and Cheese

**Ingredients:**

3 tablespoons plus 1 teaspoon butter  
3 tablespoons all-purpose flour  
3 cups milk  
Freshly ground pepper  
 $\frac{1}{2}$  pound crumbled Maytag blue cheese  
2 egg yolks, beaten  
Dash hot sauce  
Salt  
1 pound small pasta shells, cooked  
1 cup fine dried breadcrumbs  
1 tablespoon olive oil

**Directions:**

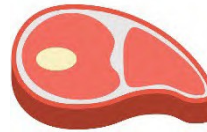
Preheat the oven to 400° F. Grease a large shallow baking dish with 1 teaspoon butter. In a medium saucepan, over medium heat, melt the remaining 3 tablespoons butter. Stir in the flour and cook for 2 minutes. Whisk in the milk,  $\frac{1}{2}$  cup at a time. Season with pepper. Cook, stirring constantly for 4 to 6 minutes. Remove from heat and whisk in the cheese and egg yolks. Season with salt and hot sauce.

In a large mixing bowl, toss the pasta with the sauce. Pour the mixture into the prepared pan. In a small mixing bowl, combine the breadcrumbs and oil. Season with salt and pepper. Mix well. Sprinkle the pasta with breadcrumbs. Bake about 8 to 10 minutes. Remove from oven and cool for 5 minutes before serving.

# Iowa Pork Tenderloin Sandwich

## Ingredients:

1 boneless pork tenderloin, 2-3 pounds  
2 cups all-purpose flour  
1 ½ cups buttermilk  
1 sleeve Saltine crackers  
½ teaspoon garlic powder  
½ teaspoon onion powder  
½ teaspoon paprika  
½ teaspoon black pepper  
Vegetable oil, for pan frying  
Condiments of your choice



## Directions:

Trim the excess fat from the tenderloin and cut it into 6 equal pieces, approximately 2" wide. Butterfly each piece by slicing almost all the way through it vertically, flattening it on a cutting board, and then pounding into a thin cutlet with a meat mallet. Cover the meat with a piece of plastic wrap to make the process cleaner. Depending on how big your tenderloin is, the final cutlet should be 6" to 8" wide.

Make the cracker crumbs by pulsing the Saltine crackers in a food processor 15-20 times until fine crumbs form. In a pie plate sprinkle the flour. In a separate bowl, add the buttermilk. In a third pan, add the cracker crumbs, garlic powder, onion powder, paprika, and pepper and mix to combine.

Add 1" of oil to a large cast iron skillet and heat over medium-high heat. Dredge the pork tenderloin cutlets into the flour on both sides, and then lightly tap off the excess flour. Dip it into the buttermilk, and then into the seasoned cracker crumbs, coating completely.

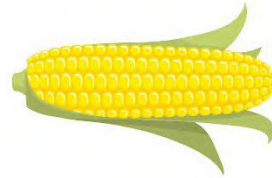
Lower the breaded tenderloin gently into the hot oil and pan-fry until golden brown, 2-3 minutes per side. Remove to a cooling rack set over a paper towel lined baking sheet. Repeat with the other tenderloins.

Serve each tenderloin on a hamburger bun with condiments of your choice.

## Corn Salsa

### Ingredients:

1 cup corn kernels, fresh or frozen  
½ cup purple onion, diced  
½ cup red pepper, diced  
1-2 jalapeños, seeded and minced  
½ cup cilantro, chopped  
4 teaspoons lime juice  
1 teaspoon kosher salt



### Directions:

Sauté corn over medium-high heat until kernels begin to char. Set aside to cool. In a medium bowl, combine onion, red pepper, jalapeno, cilantro, lime juice, and salt. Add sautéed corn and stir to combine.

## Dutch Letters

### Ingredients:

4 ½ cups all-purpose flour  
1 teaspoon salt  
1 pound cold butter  
1 egg, beaten  
1 cup ice water  
1 egg white  
1 (8-ounce) can almond paste  
½ cup granulated sugar  
½ cup packed brown sugar  
Granulated sugar

### Directions:

In a large mixing bowl stir together flour and salt. Cut cold butter into ½"- thick slices. Add butter slices to flour mixture and toss until slices are coated and are separated.

In a small mixing bowl, stir together egg and ice water. Add all at once to flour mixture. Using a spoon, quickly mix.

Turn the dough out onto a lightly floured pastry cloth. Knead the dough 10 times by pressing and pushing dough together to form a rough-looking ball, lifting pastry cloth if necessary, to press the dough together.

Shape the dough into a rectangle. Slightly flatten dough. Working on a well-floured pastry cloth, roll dough into a 15" x 10" rectangle. Fold 2 short sides to meet in center; fold in half like a book to form 4 layers, each measuring 7 ½" x 5".

Repeat the rolling and folding process once more. Wrap dough with plastic wrap. Chill dough for 20 minutes in refrigerator. Repeat rolling and folding process 2 more times. Chill dough for 20 minutes before using.

For filling, in a bowl stir together egg white, almond paste, ½ cup granulated sugar, and the brown sugar. Set aside.

Using a sharp knife, cut dough crosswise into 4 equal parts. Wrap 3 portions in plastic wrap and return to the refrigerator. On a well-floured surface, roll 1 portion into a 12 ½" x 10" rectangle. Cut rectangle into 5 (10" x 2 ½") strips.

Shape a slightly rounded tablespoon of filling into a 9" rope and place it down the center third of one strip. Roll up the strip lengthwise. Brush edge and ends with water; pinch to seal. Place, seam side down, on an ungreased baking sheet, shaping strip into a letter S.

Brush with water and sprinkle with additional granulated sugar. Repeat with remaining dough strips and filling. Repeat with remaining 3 dough portions and filling. Bake in a 375° F oven for 20 to 25 minutes or until golden. Remove from baking sheet; cool on racks. Makes 20 Dutch letters.