

Michigan Recipes

Apple-Filled Cookies

Ingredients:

3 $\frac{1}{3}$ cups flour
2 teaspoons baking powder
 $\frac{1}{2}$ teaspoon salt
1 cup margarine, softened
1 $\frac{1}{2}$ cups sugar
1 teaspoon vanilla
1 egg
1 can apple pie filling
1 teaspoon apple pie spice
Powdered sugar



Directions:

Stir together flour, baking powder, and salt; set aside. In a large mixing bowl, beat together margarine, sugar, vanilla, and egg until thoroughly combined. Add flour mixture and stir until combined. Cover and refrigerate for about 1 hour. While dough is chilling, place pie filling in a small bowl. Cut apple slices into small pieces. Stir in pie spice; set aside.

Roll half of the dough on floured surface to $\frac{1}{8}$ " thickness. Cut into 3" circles. Place on baking sheets coated with cooking spray. Portion 1 tablespoon apple filling in the center of each cookie. Cut 1" hole in the center of remaining cookies. Place over apple filling on cookies, press edges slightly together.

Continue with remaining dough and filling. Bake at 375°F for about 12 minutes or until edges are lightly browned and cookies are set. Cool on baking sheets. Dust with powdered sugar.

Michigan Pasties

Ingredients:

1 cup shortening
2 cups boiling water
5 ½ to 6 cups all-purpose flour
2 teaspoons salt
12 large red potatoes, peeled
4 medium rutabagas, peeled
2 medium onions, chopped
2 pounds ground beef
1 pound ground pork
1 tablespoon salt
2 teaspoons pepper
2 teaspoons garlic powder
¼ cup butter
Half and half cream, optional



Directions:

In a large bowl, stir shortening and water until shortening is melted. Gradually stir in flour and salt until a soft dough is formed; cover and refrigerate for 1 ½ hours.

Quarter and thinly slice potatoes and rutabagas; place them in a large bowl with onions, beef, pork, and seasonings.

Divide dough into 12 equal portions. On a floured surface, roll out one portion at a time into a 10" circle. Mound about 2 cups filling on half of each circle; dot with 1 teaspoon butter. Moisten edges with water, fold dough over filling, and press edges with a fork to seal.

Place on ungreased baking sheets. Cut several slits in top of pasties. Brush with cream if desired. Bake at 350° F for 1 hour or until golden brown. Cool on wire racks. Serve hot or cold. Store in the refrigerator.

Bacon-Wrapped Asparagus

Ingredients:

1 pound asparagus
10 slices bacon



Directions:

Wash and trim asparagus spears. Cut bacon strips in half crosswise. Wrap one half strip of bacon around each asparagus spear, leaving tip and end exposed. Lay on a cookie sheet. Bake in 400°F oven for 20-25 minutes, or until bacon is cooked. Serve warm.

Blueberry Bars

Ingredients:

½ cup butter
2 cups sugar
4 eggs
1 teaspoon almond extract
1 ¾ cups flour
¾ cup chopped nuts
2 cups blueberries
½ cup powdered sugar
1 tablespoon softened butter
2 teaspoons milk
¼ teaspoon vanilla



Directions:

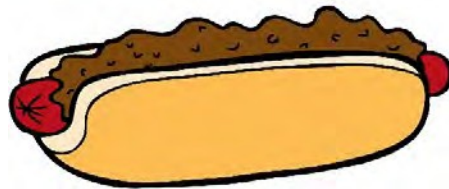
In a large bowl, combine ½ cup butter, sugar, eggs, almond extract, and flour. Mix well and then add nuts and blueberries. Stir to coat the nuts and berries. Pour into a greased 9" x 13" pan and bake at 325°F for 1 hour.

Combine powdered sugar, softened butter, milk, and vanilla in a bowl and beat until smooth. Drizzle over warm cake.

Detroit Coney Sauce and Dog

Ingredients:

2 ½ pounds ground beef
½ pound ground beef heart
6 tablespoons butter
6 tablespoons flour
8 ounces canned diced tomatoes
24 ounces beef or chicken stock
3 tablespoons chili powder
2 tablespoons paprika
2 tablespoons yellow mustard
1 tablespoon turmeric
1 tablespoon cumin powder
1 tablespoon garlic powder
1 tablespoon onion powder
1 tablespoon kosher salt
Hot dog buns



Directions:

Brown the beef in a large Dutch oven. Remove the beef from the pot, melt butter, and whisk in flour to create a roux. Whisk constantly and maintain a medium heat so that the flour and butter do not burn.

Once the roux turns light brown, slowly pour in the stock and whisk constantly. Pour in all the spices and tomatoes and stir to incorporate. Add the beef back to the bowl.

Simmer in the pot uncovered until it is reduced to a thicker consistency. Grill or steam up some hot dogs. Put dog in bun and top with mustard, diced onions and Coney sauce.

Balsamic Peach Chicken skillet

Ingredients:

1 tablespoon olive oil
½ medium yellow onion, sliced
4 boneless skinless chicken breasts
Salt and freshly ground black pepper
2 cloves garlic, minced
⅓ cup balsamic vinegar
1 tablespoon honey
2 cups sliced firm but ripe peaches
1 (14 ½-ounce) can diced tomatoes, drained
¼ cup thinly sliced basil ribbons



Directions:

Heat olive oil in a large skillet over medium-high heat. Add onion and sauté 3 minutes, and then push far to the side. Add chicken, season with salt and pepper, and cook until golden, about 2 ½ minutes per side.

Remove chicken from skillet and transfer to a plate, while leaving oil and onions in skillet. Add garlic to skillet and sauté 20 seconds. Add balsamic vinegar and cook and stir until reduced by half, about 1 minute. Stir in honey, add peaches and tomatoes, and toss; season lightly with salt and pepper.

Return chicken to skillet, nestling between peaches and tomatoes. Cover skillet with lid, reduce heat to medium-low and allow to simmer until chicken has cooked through, about 6-9 minutes. Top with fresh basil and serve warm.