

South Dakota Recipes

Wild Asparagus Soup

Ingredients:

4 cups asparagus
¼ cup butter
⅓ cup onion, diced
2 tablespoons garlic
¼ cup flour
6 cups half and half
1 cup heavy cream
4 chicken bouillon cubes, crushed
1 teaspoon salt
¼ teaspoon pepper
1 teaspoon thyme
¼ cup grated parmesan cheese

**Directions:**

Boil asparagus bits in water for 5 minutes. Drain and set aside. In a large pot, melt butter over medium-high heat. Add onion and cook for 2 minutes. Add garlic and cook for another minute. Add flour and cook for an additional minute.

While stirring constantly, slowly add half and half and cream. Add bouillon, salt, pepper, and thyme. Bring to a boil. Reduce heat to low and add asparagus. Cook for 5 minutes. Stir in parmesan cheese and cook 1 minute. Serve hot.

Ham Balls

Ingredients:

2 pounds ham, chopped
2 pounds ground pork
4 large eggs
1 ¼ cups whole milk
1 ½ cups panko breadcrumbs

For the glaze:

3 ½ cups brown sugar
1 ½ cups water
1 cup apple cider vinegar
1 teaspoon ground mustard powder



Directions:

Preheat the oven to 350° F. Lightly coat (2) 9" x 13" baking dishes with nonstick cooking spray. Place the ham and ground pork in the bowl of a food processor. Pulse until it resembles hamburger meat. Transfer mixture to a large bowl and combine with the eggs, milk, and breadcrumbs.

Form into 1" meatballs. Arrange the meatballs in the baking pans; set aside. In a medium saucepan, whisk together all the glaze ingredients over medium-high heat. Bring to a boil, whisking until the sugar has dissolved. Reduce the heat to medium and simmer for 4-5 minutes, until the sauce has thickened.

Pour the glaze over the ham balls. Place in the preheated oven and cook, uncovered, for about 75-80 minutes, until the ham balls have browned, and the sauce has reduced to a syrupy consistency. Serve over rice.

Indian Tacos

Ingredients:

1 cup flour
1 tablespoon baking powder
1 teaspoon salt
1 cup milk
3 ¼ cups oil for frying
1 pound ground beef
1 tablespoon taco seasoning
1 (15-ounce) can of ranch style beans
1 cup shredded cheddar cheese
1 cup shredded iceberg lettuce
¼ cup chopped onions
¼ cup chopped tomatoes
Sour cream



Directions:

In a large bowl, combine the flour, baking powder, and salt. Add the warm water and mix using a fork until a dough forms. Turn the dough out onto a lightly floured surface and knead for 5 minutes, and then transfer to a clean bowl and cover tightly in plastic wrap. Let the dough rest for 10 minutes.

Divide the dough into 8 equal sections by pinching off golf-ball-sized balls of dough, and pat and roll out the dough balls into roughly 6" discs. Keep them covered with plastic wrap while you prepare to fry them.

Heat 3 cups oil in a large skillet or frying pan over medium heat for about 5 minutes. Fry each disc in the hot oil until the dough is golden brown on one side; carefully flip and fry on the other side. Set on a paper towel to drain oil.

In a large skillet, cook the meat until it is no longer pink; add taco seasoning and beans. Stir everything together, cover and simmer for 10 minutes, and use to top Indian fry bread for Navajo tacos.

Add any toppings you like to the base of fry bread and taco mixture.

Chislic

Ingredients:

1 pound beef sirloin, cut into 1" cubes
Vegetable oil, for frying
Garlic salt
Saltines
Toothpicks, for serving
Hot sauce (optional)



Directions:

Pour enough vegetable oil into a large skillet to come up ¼" on the sides and heat over medium-high heat. While the oil is heating, cube the sirloin. Once the oil starts to shimmer on top, begin frying the meat. Cook the meat about 1- 2 minutes, until browned on all sides. Remove with a slotted spoon and drain on paper towels. While the meat is cooling, sprinkle with garlic salt. Stick toothpicks into the chunks and serve with saltines and hot sauce.

Kolaches

Ingredients:

Dough:

1 ¼ cups lukewarm milk, divided
2 ½ teaspoons active dry yeast
1 tablespoon sugar
3 ¼ cups flour
6 tablespoons butter, softened
1 large egg
1 teaspoon grated lemon zest
¾ teaspoon salt



Topping:

⅓ cup sugar
¼ cup flour
1 tablespoon butter, melted

Apple filling:

4 medium Granny Smith apples

½ cup sugar

3 tablespoons cornstarch

½ teaspoon ground cinnamon

½ cup chopped pecans

1 teaspoon vanilla extract

Directions:

To make the dough: in a large mixing bowl, combine ¼ cup milk, yeast, sugar, and ¼ cup flour. Mix thoroughly and let rest for 15 minutes, until the mixture becomes bubbly.

Add the remaining dough ingredients and mix and knead until you have smooth, somewhat sticky dough. Cover and let rise for 1 ½ to 2 hours, until doubled. While the dough is rising, make the topping and filling.

To make the topping: combine all the ingredients until crumbs form; set aside.

For the apple filling: peel, core, and finely chop the apples. Combine the sugar and cornstarch; mix into the apples. Cook the mixture over medium heat until the apples are tender and the filling is thick. Remove from heat and stir in the cinnamon, nuts, and vanilla. Cool to room temperature before using.

Preheat the oven to 375° F. Transfer the risen dough to a lightly greased work surface, and gently deflate it. Cut walnut-sized pieces of dough and shape into slightly flattened balls. Place the pieces of dough on a parchment-lined baking sheet, and let rise until puffy, about 30 to 45 minutes. Using your fingers, press a deep indentation in the center of each ball.

Add a mounded tablespoon of apple filling and crumble a teaspoon of the topping mixture over each. Bake the kolaches for 20 to 25 minutes or until golden brown. Remove from the oven and let cool before serving.

Lutefisk

Ingredients:

1 piece of dried lutefisk, cut into 6" pieces
2 tablespoons lye



Directions:

Add 2 tablespoons lye to a gallon of water. Soak fish for 3 days in this solution.

Next, soak fish for 4 days in clear water, changing the water every day.

Tie the fish loosely in a square of cheese cloth. Drop in a large enamel pot of boiling water. Cook 10 minutes or until well done. Remove cheese cloth, put on a platter, and debone.

Serve with a white sauce or a mustard sauce.

Lefse

Ingredients:

2 pounds Idaho russet potatoes
1 teaspoon salt
¼ cup heavy cream
1 tablespoon butter, softened
1 tablespoon sugar
1 cup flour



Directions:

Preheat the oven to 175° F.

Peel the potatoes and coarsely chop them into 1" pieces. In a stockpot, bring water to a boil, add the potatoes, and boil them until they are fork tender.

Drain boiled potatoes well and place them in the warm oven for 15 minutes to dry them further. Remove the potatoes from oven and pass the potatoes through a ricer. Mix in salt, heavy cream (or evaporated milk), butter, and sugar.

Place in refrigerator and chill overnight.

Preheat a lefse griddle or cast-iron griddle to 425° F.

Use a pastry blender to cut the flour into the chilled potatoes.

Pinch off pieces of dough the size of a biscuit. Using a well-floured rolling pin and a floured pastry board, roll out each piece into a 12-inch circle.

Carefully lift the circle with a lefse stick and transfer it quickly to the griddle. Bake the lefse on the griddle until brown spots begin to appear. Flip and bake the other side.

Remove the cooked lefse to a plate lined with a damp clean cloth to cool. Cover with another damp cloth. Continue to cook the remaining lefse.

Serve the lefse with butter and sugar.