

# Recipes from the 7th Annual Minnesota Congressional Delegation Hotdish Off

*March 8, 2017*



*“Working together to improve the lives of Minnesotans, one hotdish at a time”*

1. Collin Peterson’s Right to Bear Arms Hotdish
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10. Keith Ellison’s Solidarity Kugel

**\*\*\*WINNER\*\*\***

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*Right to Bear Arms Hotdish, Rep. Peterson*

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Ingredients

1.5 pounds of lean ground bear meat  
*\*may substitute other ground meat (wild game preferred) if bear is not readily available.*  
1 large yellow onion, diced  
1 leek, chopped  
1 teaspoon cracked black pepper  
1 stick butter  
1 pound of frozen potato olés  
10 ounce can of cream of celery soup  
10 ounce can of cream of mushroom soup  
8 sprigs of fresh marjoram, chopped  
15 sprigs of fresh thyme, chopped  
1 bunch of fresh chives, chopped  
12 ounces of frozen green beans, French-cut  
4 ounces sharp Cheddar, shredded  
2 ounces aged Gouda, shredded  
2 ounces Gruyere, shredded  
½ can chow mein noodles

Preparation

Preheat oven to 425°F.

Grease a hotdish pan using a stick of butter until well-greased (don't use all the butter). Line the bottom of the pan with a solid layer of potato olés (you won't use the entire bag). Put the pan in the oven for 15 minutes to brown the potatoes.

Melt a pad of butter in a cast iron skillet on medium high heat. Add onion and leek and sauté for three minutes. Put bear meat in the pan and use a spatula to break down the meat as it browns. Do not overcook. Season with cracked black pepper as you go.

Remove browned potato olés from the oven and spread the bear mixture on top. Turn oven heat down to 375°F. In another bowl, mix both cream soups, marjoram, thyme, chives, and frozen green beans. Mix vigorously, then spread evenly over the potato and bear layers in the hotdish. Sprinkle cheddar atop it all.

Cover the hotdish with aluminum foil and bake at 35 minutes.

Remove the foil, and sprinkle Gouda, Gruyère, and chow mein noodles atop the hotdish. Place back in oven, uncovered, and turn the heat up to 400°F for 25 minutes.

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Remove from oven. Let stand for 10 minutes, if you can bear to wait.

**Lake Wobegon Swedish Meatball Shepherd Pie**

*Rep. Erik Paulsen*

Ingredients

Applewood smoked bacon - 6 strips  
Day-old bread, crumbled - 2 slices  
Heavy cream - ½ cup  
Medium onion, minced - 1  
Ground beef - 2/3 pound  
Ground pork - 1/3 pound  
Eggs - 2  
Brown sugar - 1 TBSP  
Salt - 1 TSP  
Ground black pepper - ¼ TSP  
Ground nutmeg - ¼ TSP  
Ground allspice - ¼ TSP  
Ground ginger - 1/8 TSP  
Butter - 4 TBSP  
Chicken broth - 14.5 oz. can  
Beef broth - 14.5 oz. can  
Potato flour - 3 to 6 TBSP  
Carrots, peeled and chopped - 2  
Snap peas, 1 handful, shelled  
Medium red potatoes, peeled and quartered - 6  
Half-and-half - 1/3 cup  
Grated cheddar cheese - ½ cup  
Paprika

Directions

1. Preheat oven to 350°.
2. Fry bacon until crisp, but not burnt, in large skillet. Pat dry with paper towels, break into small pieces and set aside. Leave bacon grease in skillet.
3. Place crumbled bread in small bowl and mix in heavy cream. Allow to stand about 10 minutes until crumbs have absorbed cream.
4. Reserve ¼ cup of minced onions for later use. Cook remainder of onions in bacon skillet over medium heat, about 10 minutes until light brown. Remove to large mixing bowl.
5. In large mixing bowl, combine onions, ground beef, ground pork, ONE egg, brown sugar, salt, black pepper, nutmeg, allspice and ginger. Mix in cream-soaked bread crumbs.
6. Melt ONE TBSP butter in bacon skillet over medium heat.
7. Pinch about 1 ½ TBSP of meat mixture per meatball and form into balls. Place meatballs into skillet, turn often, and cook until entire outside of meatball is well-browned. Place browned meatballs into a baking dish.
8. Pour ¼ cup of chicken broth over meatballs, cover baking dish with foil, and cook at 350° for 40 minutes.
9. While meatballs are in the oven:
  - Boil carrots in medium pan of water until tender, about 10 minutes. Remove from heat.
  - Boil potatoes in large pot of water until tender, about 20 minutes. Drain.
  - Make gravy by combining meatball pan drippings, flour, remaining chicken broth and beef broth in medium pot over medium high heat. Using a hand-mixer or whisk, combine drippings and 3 TBSP flour.

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Slowly add broths while stirring continuously until thickened. Add additional flour and continue stirring until a thickened consistency is reached.

- Mash potatoes with half-and-half, grated cheese, THREE TBSP butter and ONE egg.

10. When done, remove meatballs from baking dish with slotted spoon into a round 1.6 liter baking dish and chopped them to pieces with a spatula. Stir in gravy, bacon, carrots, ¼ cup onion, and peas.

11. Cover above mixture with mashed potatoes so that none of the meat mixture is visible. Use a fork to create ridges through the potatoes and sprinkle surface of potatoes lightly with paprika. Broil until peaks of potatoes are browned, checking frequently. Let cool for 10 minutes before serving.

**Little Hotdish on the Prairie**

*Rep. Betty McCollum*

Ingredients

1 cup uncooked Minnesota wild rice  
2 and 1/2 cups water  
1/2 cup diced onion  
1/2 cup diced green pepper  
3/4 cup butter  
1/2 cup flour  
8 ounces mushrooms, sliced  
1 cup chicken stock  
1 and 1/2 cups half-and-half  
3 cups cooked, diced chicken  
2 tablespoons fresh parsley  
2 teaspoons salt  
1/4 teaspoon pepper  
1/2 teaspoon paprika  
Tater tots (enough to cover the casserole)

Directions

Bring water and 1/2 teaspoon salt to a gentle boil. Add rice, cover, and simmer for about one hour. In the meantime, use a large saucepan to sauté the onion, green pepper, and sliced mushrooms in butter until tender. Remove from heat and combine with flour. Slowly add the chicken broth, stirring to mix well. Return the pan to the stove on low heat, add the half-and-half, carefully stirring until the mixture is thickened. Combine with the cooked rice, chicken, parsley, salt, and pepper. Place in an ungreased casserole, cover with a sprinkling of paprika, and then top with a layer of tater tots. Bake uncovered at 350 degrees for 30 minutes or until tater tots are crispy.

**“Minnesota Wild” Rice and Pheasant Hot Dish**

*Rep. Jason Lewis*

Ingredients

**For the Rice:**

1 ½ cups of Minnesota Wild rice  
2 tablespoons olive oil  
1 medium carrot, finely chopped  
1 small onion finely chopped  
1 celery rib, finely chopped  
1 bay leaf  
2 fresh thyme sprig  
2 tsp coarse salt  
freshly ground pepper to taste

**Mushroom Sauce:**

¼ cup olive oil  
1 ½ pounds of cremini mushrooms roughly chopped  
4 tablespoons butter  
½ onion finely chopped  
1 celery rib finely chopped  
4 cloves garlic  
3 fresh thyme sprigs  
1 ½ teaspoons minced fresh rosemary  
salt  
pepper  
1/3 cup flour  
4 cups Pheasant stock  
½ cup heavy cream

**Pheasant:**

3 small pheasants  
1/3 cup Olive oil

**Finish Dish:**

2 cups peas  
2 cups Panko  
5 Tablespoons butter  
Salt & Pepper  
Parsley  
Salt and Pepper  
Cheese

Directions

**Pheasant:**

Rub pheasant with oil olive, and season with salt and pepper.  
Roast in the oven at 325 degrees for 1 hour 45 minutes. Or cooked until 180 degrees.

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### **Rice:**

In a sauce pan sauté olive oil, carrot, onion, and celery until slightly browned  
Add bay leaf, thyme, salt, pepper, and rice. Cover with water and cook for 45-60 minutes.

### **Mushroom Sauce:**

In 2 batches sauté the mushrooms in olive oil until browned. In large sauce pan. Remove from pan  
Add butter to pan and sauté onion, celery and garlic until slightly browned. Stir in mushrooms, thyme, and rosemary, salt, and pepper.  
Sprinkle in flour, and stir until combined.  
Add chicken stock, and stir until thickened. Stir in cream.

### **Finish dish:**

Layer ½ the pheasant, peas, rice, and cheese. Pour ½ of mushroom sauce over. Repeat.  
Melt butter, stir in panko, salt and pepper. Sprinkle over dish.  
Bake for 30 minutes at 375 degrees.



**Sunday Beer Run and Brat Hotdish**

*Rep. Tom Emmer*

Yield: 6 servings

Ingredients

1 package (1-1/4 pounds) uncooked bratwurst links	1 package (1-1/4 pounds) uncooked bratwurst links
2 bottles (12 ounces each) beer or nonalcoholic beer	2 bottles (12 ounces each) beer or nonalcoholic beer
2 tablespoons butter	2 tablespoons butter
1 can (16 ounces) sauerkraut, rinsed, drained and chopped	1 can (16 ounces) sauerkraut, rinsed, drained and chopped

Directions

1. In a large saucepan, combine bratwurst and beer. Bring to a boil. Reduce heat. Cover and simmer for 10-15 minutes or until a thermometer reads 160° Drain and cut into 1/4-in. slices. In a large skillet, brown brats in butter over medium-high heat; drain on paper towels.
2. Spoon sauerkraut into a greased 13-in. x 9-in. baking dish. Top with brats. Combine soup and milk; drizzle over brats. Top with Tater Tots. Bake at 450° for 20-25 minutes or until potatoes are lightly browned.
3. Sprinkle with cheese; bake 5 minutes longer or until cheese is melted.

**A Prairie Home Hotdish**

*Rep. Tim Walz*

Ingredients (serves 6)

- 3 cups chopped cooked chicken breasts
- 1/4 c cooked, chopped bacon
- 2 cans (10 1/2 oz. each) cream of chicken soup
- 1 tsp garlic powder
- 1 tsp dried oregano
- 1 tsp dried thyme
- 1 tsp black pepper
- 3 cups frozen vegetables (peas, carrots, corn)
- 2 cups shredded pepper jack cheese (8 oz)
- 1 can (16.3 oz.) biscuits (the flaky kind in a tube, not the frozen ones)
- 2 tablespoons butter, melted

Instructions

- 1 Pre-heat oven to 350°F.
2. Lightly spray a 9x13-inch pan with cooking spray. Set aside.
3. Combine chicken, bacon, soup, herbs + spices, frozen vegetables and the shredded cheese in a large bowl.
4. Pour chicken mixture into prepared pan. Bake for 10-12 mins, until the liquid is bubbling.
5. Cut each biscuit into 4 pieces. Toss biscuit pieces in the melted butter to coat them. Place on top of the hot chicken mixture. Bake for 20-25 minutes, until bubbly and biscuits are golden brown.

**The Minnesota Melting Tot**

*Sen. Amy Klobuchar*

Ingredients:

2 Tablespoons cooking oil  
2 cups jasmine rice, which is grown primarily in Laos (2 cups Minnesota-grown wild rice can also be used!)  
1 yellow onion diced  
2 red bell peppers, seeded and diced  
2 jalapeño peppers, seeded and diced  
1 Tablespoon coriander seed, often used in Somali cuisine  
2 14oz cans of diced tomatoes  
1 12oz can of Minnesota-grown corn  
1/2 pound Swedish meatballs  
1/2 pound sliced kielbasa, a sausage (also known as kovbasa) from Ukraine  
1/2 pound pork tenderloin, a common ingredient in Hmong cooking  
1 can cream of chicken soup  
Salt & Pepper  
1 bag of frozen tater tots  
4 cups of Mexican cheese blend  
1 cup lingonberry preserves, a staple in Scandinavian food  
3 Tablespoons red wine vinegar  
3 Tablespoons of Minnesota-made butter

Directions:

1. You will need a decent sized cooking pot and a casserole dish. Make 2 cups rice. Season well with salt and pepper. Set aside
2. Prepare the meat as desired and keep aside.
3. In a large cooking pot, add 2 Tablespoons cooking oil. When it gets hot but not smoking, add onion, red peppers and jalapeño. Sauté all of this until soft.
4. Add diced pork tenderloin, meatballs, and sliced kielbasa to pan. Stir occasionally to get brown on all sides. Season with salt and pepper. Add coriander seed, diced tomatoes, and corn to the cooking pot.
5. Cook the mix together for approximately 10 minutes to work flavors together.
6. If mixture is dry, add canned cream of chicken soup.
7. Add the cooked rice, a little at a time for a thicker consistency.
8. Add salt and pepper to mix.
9. Tip or ladle the whole mix into the casserole dish. Top with rows of frozen tater tots, and bake in oven, 350 degrees for 20-25 minutes until they are getting nice and golden brown. Take out casserole, top with grated cheese (use a shredded Mexican blend) and then pop back into oven under the broiler for 3 minutes until everything is nice and melty-bubbly.
10. While the hotdish is baking, in a small sauce pan, cook 1 cup preserved lignonberry with 3 tablespoons red wine vinegar and 3 tablespoons butter. Mix all.
11. Allow the Melting Tot to cool. Scoop and serve with lingonberry sauce drizzled on top.

**“Spud” Nolan’s Taco-Nite Hot Dish**  
*Rep. Rick Nolan*

The Legend

As the family tale goes, Cousin Spud Nolan is truly the Father of the Tater Tot. Without his quick thinking and deep digging, this golden crispy jewel of toppings would not exist, and modern day Minnesota hot dish would be nothing but casserole.

It was the year of Minnesota’s Great Potato Famine, and every last potato had been mined from the dry earth of Crow Wing County. Without sliced potatoes to crown their creations, hot dish lovers were at a loss. Sunday Church suppers were being cancelled as panic rose in the land. Then one Wednesday night, while sitting on the porch of his cabin where the Big Pine and the Little Pine Rivers meet, Spud heard a voice. It sounded like the Church Lady.

“Go into your barren potato field and dig deep,” the voice directed. “And hot dish will be redeemed.” So Spud dug and dug. And suddenly, there they were. Little squares of potato, perfectly formed in layers, spread seemingly for miles under the earth. Mining began in earnest and the Minnesota hot dish was saved! Spud Nolan’s legendary Taco-Nite Hot Dish celebrates his great discovery.

Ingredients

**1 (28 oz) package frozen tater tots**

- 1 lb ground beef
- 1 small onion, diced finely
- 1 clove garlic, minced
- 1 (4 oz) can diced green chiles
- 1 (1 oz) package taco seasoning mix
- 1 (15 oz) can black beans, rinsed and drained
- 12 oz frozen hashbrowns
- 3 cups shredded Mexican blend cheese
- 1 (10 oz) can red enchilada sauce
- Toppings: olives, cilantro, sour cream, tomatoes

Instructions

- Preheat oven to 375 degrees and spray a 9x13 baking dish with cooking spray. For extra crispy tater tots, bake tater tots for about 10 minutes while preparing the beef mixture - otherwise prepare as follows.
- In a large skillet, brown the beef and the onion. Add the garlic towards the end of the browning process and cook for 1 minute. Drain.
- Add the green chiles, taco seasoning mix, black beans, corn, and 2 cups of the cheese. Stir together to combine. If your skillet isn’t big enough you may need to stir it together in a bowl.
- Pour mixture into the 9x13 pan. Arrange tater tots on top of the mixture in a single layer.

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- Pour the enchilada sauce on top of the casserole as evenly as you can.
- Bake uncovered for 30-40 minutes or **until tater tots are nice and crispy**. Sprinkle the remaining 1 cup of cheese on top and place back in the oven for 2-3 minutes or until cheese has melted.
- Top with olives, cilantro, sour cream, tomatoes when serving if desired.

**Potato Pot Roast Potluck “P”otdish**

*Sen. Franken*

Ingredients

3-4lb Beef Pot Roast  
2 Cups Water  
¼ Cup Balsamic Vinegar  
1 packet Onion Soup Mix  
4 cloves garlic  
3-4 russet potatoes  
½ cup sour cream  
¼ cup butter  
¾ cup shredded cheddar cheese, divided  
¼ cup milk  
2 tablespoons of prepared horseradish  
3 finely minced cloves of garlic  
2-3 cups frozen tater tots  
Olive Oil  
Salt and Pepper

Directions

1. Mince 3 cloves of garlic, then mix minced garlic, water, balsamic vinegar, onion soup mix in a medium bowl, set aside
2. Season beef pot roast healthily with salt and pepper on all sides
3. Mince 1 clove of garlic, then, at high heat, place in a large pan with large splash of olive oil
4. Once pan is hot, place pot roast in pan for approximately one minute on each side to brown
5. Place pot roast in slow cooker, pour the garlic/vinegar/onion soup mix over the top of the roast, then cook on low heat for 8-10 hours.
6. Cube and boil 3-4 russet potatoes for 30 minutes; mash with ½ cup sour cream, ¼ cup butter, ¼ cup shredded cheddar cheese, ¼ cup milk, 2 tablespoons of prepared horseradish, and 3 finely minced cloves of garlic. Set aside.
7. In a deep fryer or large ceramic pot, heat oil to 370 degrees. Deep fry 3 cups of frozen tater tots for 7-8 minutes.
8. Layer mashed potatoes at bottom of cast iron ceramic 10 inch round dish. Follow with layer of beef, some juice from beef, and tater tots. Sprinkle top with ½ cup shredded cheddar cheese, and back for 10-15 minutes at 375, or until warmed through and cheese has melted.

**Solidarity Kugel**  
*Rep. Keith Ellison*

Ingredients

2 parsnips, peeled  
2 carrots, peeled  
2 sweet potatoes, peeled  
1 apple, peeled, cored and quartered  
1 onion, quartered  
½ stick butter  
Salt  
Freshly ground pepper  
1 t. ground cinnamon  
½ t ground nutmeg  
¼ light brown sugar  
¼ c. molasses (or corn syrup)  
2 eggs  
¼ c. cake meal (or matzo meal)  
¼.c vegetable oil  
water

Directions

In a food processor, using the grating attachment, shred the parsnips, carrots, sweet potatoes and apple. Empty canister into large bowl.

Wipe processor clean and grate onion.

Preheat oven to 375F.

In a large deep skilled, over medium-high heat, melt butter. Add onion and cook until it softens (2-3 minutes). Stir in grated vegetables and apple and cook just until vegetables begin to soften (4-5 minutes). Put into a bowl.

Add salt and pepper to taste. Cinnamon, nutmeg, brown sugar, molasses and ¼.c water.

Stir well and let cool slightly.

Add beaten eggs and cake meal.

In a 9 by 13-inch baking pan, heat vegetable oil. When a small amount of vegetable mixture sizzles when added to the pan, turn vegetable mixture into the baking pan. Smooth the top evenly.

Bake, covered with foil for 30 minutes.

Uncover and bake until top is brown and vegetables feel soft when pierced with knife. About 15-20 minutes longer.