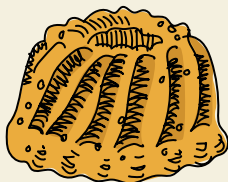
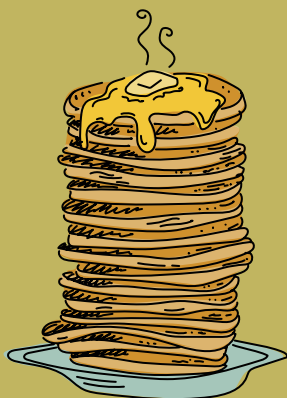


A Recipe for Adventure

A culinary quest
through Minnesota history!



Visit MNHS historic sites
and museums, collect
one-of-a-kind historic
recipes, and complete
your cookbook.

Welcome to A Recipe for Adventure, a culinary quest through Minnesota history!

This cookbook is your guide to exploring MNHS historic sites and museums this summer in a new and delicious way. Whether it is a family tradition handed down through generations, or one that highlights a classic Minnesota ingredient, recipes can create powerful connections to history and place. Each page in this booklet highlights an MNHS location and a related recipe, but the recipe card itself is missing! To complete the pages, you'll need to visit our sites and museums. Collect 8 of the 14 recipe cards for a chance to win prizes from MNHS!

A Recipe for Adventure is the appetizer to a brand new exhibit opening September 27th at the Minnesota History Center. *Julia Child: A Recipe for Life* is a one-of-a-kind, interactive traveling exhibition exploring the key ingredients that led to Julia's personal evolution and America's culinary revolution. While in Minnesota, it will include an exclusive section developed by the Minnesota Historical Society featuring culinary gems from our collections. From community cookbooks to Minnesota's own kitchen legends, you won't want to miss this taste of history.

Keep your eyes on our Events Calendar beginning this fall for more ways to sink your teeth into Minnesota's culinary past and present.

Let's get cooking!

How to participate:

1. Visit the featured MNHS historic sites & museums during opening hours (check MNHS.org for details).
2. While there, complete the site's Recipe for Adventure activity or puzzle. You'll find information about each activity at the front desk when you arrive.
3. Upon completing the activity, you'll receive the missing recipe card to add to your cookbook!



All photos in this booklet are from MNHS Collections unless otherwise indicated. Funding provided by the Legacy Amendment through the vote of Minnesotans on Nov. 4, 2008.

Frequently Asked Questions



Do I need to physically visit the site to obtain the missing recipe card?

Yes! Visiting MNHS historic sites and museums is part of the adventure. To get free admission at all of our locations, become a member today! See back cover for details.

Are there prizes?

Yes. Collect 8 recipe cards for a chance to win prizes from MNHS, including a free year of membership and cookbooks from MNHS Press. When you've collected 8, show your completed pages at a participating site to enter the drawing. Prize drawing will be held on Friday, October 31st.*

Is there a prize for visiting the Bonus MNHS Sites?

Not exactly, but for every category of sites you complete, you can receive a custom stamp for your cookbook. Just record the date of your visit and a favorite highlight from the site to keep track. To get the stamp, show your completed category at Forest History Center, Split Rock Lighthouse, Mille Lacs Indian Museum, Mill City Museum, the Minnesota History Center, or Jeffers Petroglyphs.

Is there a prize for completing the Beyond MNHS checklist?

No, this section for exploring Minnesota culinary history is just for fun (and is a delicious prize in itself).

Where can I find more recipes related to Minnesota?

MNHS Press offers a wide range of cookbooks and other titles about food. Find them at our sites and museums, and online at shop.mnhs.org.

**Participating sites are the Charles Lindbergh House & Museum, Forest History Center, Historic Forestville, Historic Fort Snelling, James J. Hill House, Jeffers Petroglyphs, Mill City Museum, Mille Lacs Indian Museum & Trading Post, Minnesota State Capitol, Oliver Kelley Farm, Snake River Fur Post, Split Rock Lighthouse, and Minnesota History Center.*



Charles Lindbergh House & Museum

Lindbergh & Puerto Rican Popsicles?

Charles Lindbergh became an international celebrity when he completed the first solo, nonstop flight between New York City and Paris in 1927. Shortly after, Lindbergh departed on a “Goodwill Tour” to promote aviation and spent the next 3 months visiting 48 states and 82 cities, where it is estimated that one out of every four Americans had the chance to see him in person. At the invitation of U.S. Ambassador to Mexico Dwight Morrow, the tour continued in Central America and the Caribbean. It was on this 9,500-mile tour that Lindbergh arrived in Puerto Rico on February 2nd, 1928, a visit that gave an icy treat on the island their modern name: limbers.



Lindbergh arrives in Guatemala on his Latin America Goodwill Tour, December 28, 1927



Limber de Coco/Maní (Coconut/Peanut Limber)

INGREDIENTS

Limber de Coco (Coconut Limber)

1 can cream of coconut (not coconut cream)
1 can coconut milk
1 cup milk of your choice or coconut water
1 tsp. vanilla
¼ tsp. cinnamon
Optional: coconut flakes, additional sweetener

Limber de Maní (Peanut Limber)

1 can evaporated milk
1 can sweetened condensed milk
1 cup milk of your choice
1 cup peanut butter
½ tsp. vanilla
Optional: crushed peanuts for topping



DIRECTIONS

1. Mix all ingredients well.
2. Pour into small, disposable plastic cups (or popsicle molds). Top with coconut flakes or crushed peanuts.
3. Freeze until solid.
4. To eat, run cup under hot water to loosen limber. Squeeze the cup to pop the limber out, flip it upside down, and use the cup as a "cone" to hold the frozen treat. Enjoy!



Lucky Lindy perfume sample
manufactured by The Nipola
Company of St. Paul, Minnesota

The Edible Lindbergh

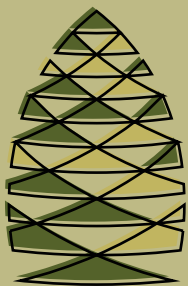
Lindbergh's 1927 flight made him an international sensation and many looked to cash in on his celebrity. Without his permission, his name was put on all kinds of products around the world for years, including candy bars, soda, special menu items at restaurants, and—despite never drinking alcohol—cocktail recipes. Dig into the positive and negative aspects of Lindbergh's celebrity with videos at mnhs.org/lindbergh/learn/videos.

SODA SHOP
Salvation
RECIPES AND STORIES
FROM THE SWEETER SIDE OF
PROHIBITION



MNHS PRESS SPOTLIGHT

For more sweet treats, check out *Soda Shop Salvation: Recipes and Stories from the Sweeter Side of Prohibition* by Rae Eighmey.

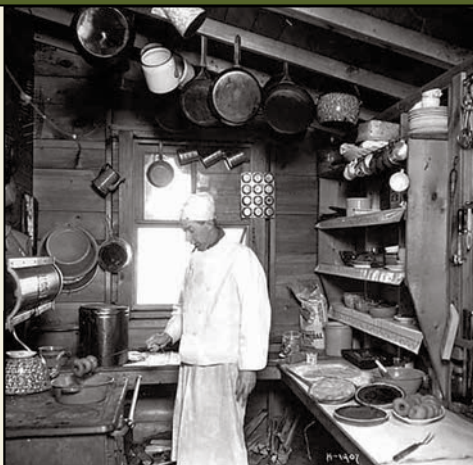


Forest History Center

The Cook Makes the Camp!

In 1900, there were approximately 300 logging camps in Minnesota, employing nearly 20,000 men! In these turn-of-the-century logging camps, the best cooks attracted the best workers. Lumber workers were encouraged to eat as much as they wanted three times a day and typically consumed 5,000-6,000 calories daily.

Every meal included beans, potatoes, prunes, coffee, tea, and dessert. Experienced cooks also had extensive repertoires of baked goods including pies, cakes, cookies, breads, biscuits, and doughnuts. Breakfast at an 80-man camp might call for 400 to 500 pancakes, and a day's baking might be 20 pies or 30 loaves of bread. That's a lot of cooking!

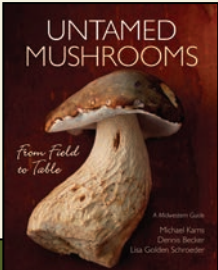


Potato Donuts  INGREDIENTS	DIRECTIONS
2 large potatoes, cubed 1 cup lard 1 cup sugar 6½ cups flour Additional flour (as needed) 1 Tbsp. dry yeast 1 tsp. vanilla 1 tsp. baking powder 2 tsp. salt Cooking oil - enough to fill pan Sugar for coating finished doughnuts	1. Cook potatoes in about 3 cups of water. 2. Drain potatoes into a large pan & save 1¼ cup of potato water. 3. Stir together lard, sugar, and 1 cup of mashed potato (a little extra potato is OK). Add ¾ cup potato water. 4. Dissolve yeast in ½ cup warm (105°) potato water. Let yeast bubble and then add to the potato mixture. Stir in vanilla. 5. In separate bowl, mix flour with baking powder and salt. Add to mixture and mix well. Add up to another cup of flour as necessary. Keep dough sticky but workable. Knead 5-6 times. 6. Place into a greased bowl and turn, bottom side up. Cover with damp cloth and let rise until doubled (about 1.5 hours). 7. Doughnuts can be rolled out and cut with a doughnut cutter, although some cooks find it preferable to roll a bit of dough into a long snake and then pinch the ends together. 8. Let rise for about 1 hour. 9. Deep fry doughnuts in very hot oil, turning once. The raw doughnut will sink in the hot oil and gradually begin to float to the top as they cook. Turn when doughnut floats. Fry until golden brown. 10. Shake with granulated sugar while still warm.



Forest Fungi

Minnesota’s forests are filled with edible mushrooms, including our state mushroom, the morel. However, they are also filled with deadly mushrooms, so don’t forage without the knowledge needed to stay safe! To learn more about Minnesota’s wild mushrooms, check out the title below.



MNHS PRESS SPOTLIGHT

For more about Minnesota’s wild mushrooms, check out *Untamed Mushrooms* by Michael Karns, Dennis Becker, & Lisa Golden Schroeder.

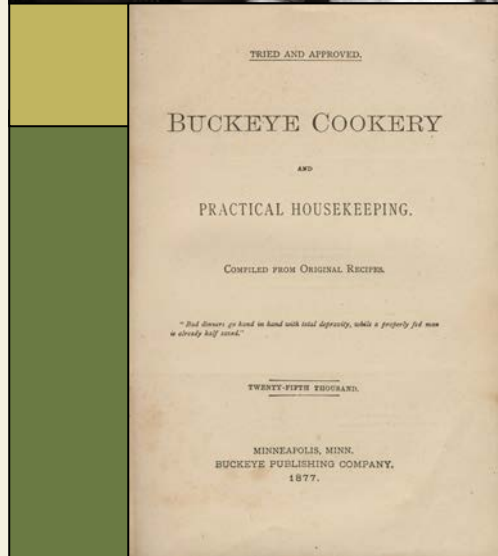


Historic Forestville

A Bestseller Before Betty

In 1876, Estelle Woods Wilcox published *The Centennial Buckeye Cook Book*. Compiled by Wilcox in Minneapolis and printed by the *Minneapolis Daily Tribune*, it was a charity cookbook for the First Congregational Church of Marysville, Ohio, Wilcox's hometown. She dedicated it to "the plucky housewives of 1876, who master their work instead of allowing it to master them."

Cookbooks like this were essential to rural women like Mary Meighen of Forestville (right, with husband Thomas), providing recipes and housekeeping advice. In 1877, Wilcox purchased the copyright and retitled it to *Buckeye Cookery and Practical Housekeeping*. Over the next 28 years, 32 editions were published and over 1 million copies were sold, becoming one of the most popular cookbooks of the 19th century. You can find 6 copies at MNHS' Gale Family Library, including a German-language edition.



***Buckeye Cookery* title page**

Credit: Michigan State University Libraries
Digital Repository

“Good Cookies”

from *Buckeye Cookery & Practical Housekeeping*



Modified from the recipe submitted by Mrs. Judge West of Bellefontaine, Ohio.

INGREDIENTS

1 cup of butter (room temperature)
2 cups of sugar
1 large tsp. of baking soda
3 eggs
1 tsp. of vanilla extract
1 12 oz. can of evaporated milk
5 cups of flour

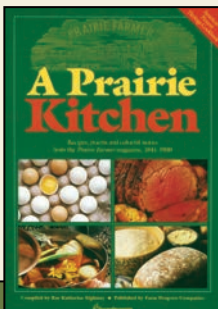
DIRECTIONS

1. Preheat oven to 350°. Line baking sheets with parchment paper (optional).
2. Whisk together flour & baking soda. Set aside.
3. In large bowl, cream butter and sugar with electric mixer until light and fluffy, 2 to 3 minutes.
4. Add eggs one at a time until combined. Add evaporated milk & vanilla extract.
5. Slowly mix in flour mixture until combined.
6. Roll dough into balls (about 3 Tbsp. each). Roll in granulated sugar and place the dough balls on the prepared baking sheets, spacing 2 inches apart. Flatten with the bottom of a measuring cup. Can also be rolled out thin, sprinkled with sugar, and cut with knife or cookie cutter.
7. Bake for 10-12 minutes, or until the cookies set and begin to brown. Cool for 5 minutes before removing to a wire rack to cool completely.



A Pop of the Past

For a taste from the same era as the Meighen's general store at Historic Forestville, look 30 miles due east in Spring Grove. In 1895, pharmacist GG Ristey starting making and bottling soda pop in this small SE Minnesota town. Unlike the Meighen's store, which closed in 1910, Spring Grove Soda Pop is still going strong 130 years later! Grab a bottle for yourself in the gift shop.



MNHS PRESS SPOTLIGHT

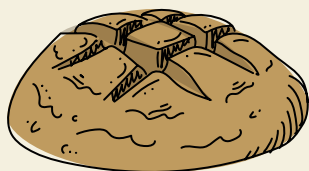
Find more 19th century recipes and kitchen tips with *A Prairie Kitchen: Recipes, Poems and Colorful Stories from the Prairie Farmer Magazine, 1841-1900* by Rae Katherine Eighmey.



Historic Fort Snelling

A Fort Staple

200 years ago, the US military included a one pound loaf of bread as part of their soldiers' daily rations. The 1825 General Regulations for the Army noted: "Bread and soup are the great items of a soldier's diet in every situation." It wasn't only soldiers receiving these rations. Laundresses paid to wash soldiers' clothes also received bread rations. The Army's recipe for bread was not the easiest for a home baker: 196 pounds of flour mixed with 11 gallons of water, 2 gallons of yeast, and 3 pounds of salt yielding 265 pounds of bread—that's a lot of dough!



Commandant's House Bread

INGREDIENTS

(per each loaf desired)
 1¼ cup of warm water (not too hot)
 2 tsp. yeast
 2 Tbsp. sugar or honey
 1 tsp. salt
 2½ to 3 cups all-purpose or bread flour (as needed)

This recipe has been baked by staff at Historic Fort Snelling for years. If you don't succeed at first, keep trying! As Mrs. Lydia Child wrote in *American Frugal Housewife* in 1833: "It is more difficult to give rules for making bread than for anything else; it depends so much on judgment and experience."

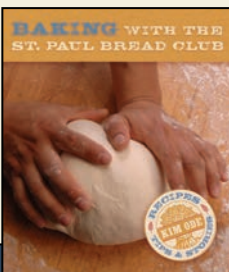
DIRECTIONS

- Mix water, yeast, and sugar in a large bowl. Let sit for a few minutes until foamy.
- Add enough flour with salt to make a thick but not stiff dough. Mix it well, adding more flour to make a dough that is not sticky.
- Remove from bowl and knead on a clean surface dusted with flour for approximately 10 minutes (it should be smooth with a bit of spring and stretch to it).
- Put in lightly oiled bowl, cover, and let rise until doubled in size.
- Shape the dough into desired shape, cover with a clean cloth, and let rise again.
- Bake in a greased bread pan or on a sheet pan at 350°-375° for 25-35 minutes. When ready, bread will sound hollow when tapped on the bottom or have an internal temperature of 190°.
- Remove and let cool completely before slicing.



There was a kitchen a-Round here?

After WWI, the Round Tower at Fort Snelling was converted into a residence—complete with the latest electric kitchen appliances—to house post electrician Thomas Marcum and his family (see Mrs. Marcum in the Round Tower living room, opposite). The Marcums lived in the Tower until 1937, when it was turned into a museum under the supervision of MNHS.



MNHS PRESS SPOTLIGHT

Get more baking tips and recipes with *Baking with the St. Paul Bread Club* by Kim Ode.

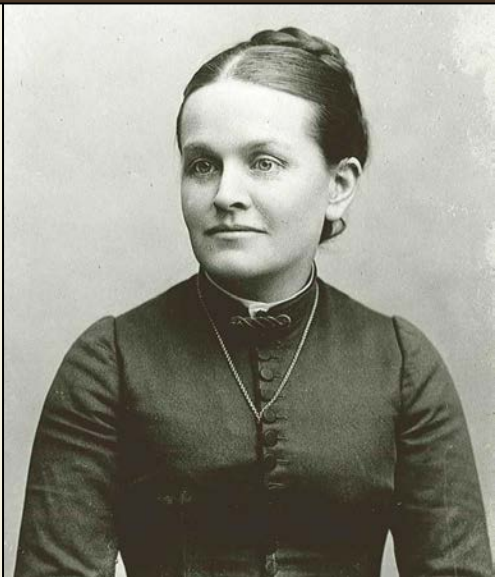


James J. Hill House

"I was afraid she'd stick to something..."

Mary Hill (right) was responsible for managing the various households the Hill family maintained over the years. She hired and supervised a servant staff of about 10 women at the Hill House, plus a few others at the family's North Oaks farm. Pantry maid Clara Hasslen Lindgren remembered Mary Hill as a "wonderful housekeeper—devoted to home and church."

Mary wrote out the meal plans for the cooks and prepared certain dishes herself, including jams, jellies, & preserves. "The old lady was preserving for two days," wrote second cook Celia Tauer to her fiancée in 1910, "She smired [sic] everything up with syrup & sugar that I was afraid she'd stick to something & that I'd have to keep her down in the kitchen all together."



Mary T. Hill

Credit: James J. Hill Website



Celia Tauer's apron from the Hill House

Mary Hill's Preserved Strawberries



INGREDIENTS

1 lb. strawberries (keep whole)
2¼ cups granulated sugar

DIRECTIONS

1. Rinse, dry, and hull strawberries. Put them in bowls with layers of sugar.
2. Leave overnight in a cool place.
3. The next morning, heat the berries and juices very slowly in a saucepan and boil 4 minutes.
4. Using slotted spoon, remove strawberries and put them in a shallow dish or platter.
5. Cook down syrup 20 minutes. When thickened, pour syrup over the berries.
6. Leave berries in a sunny spot until they have absorbed the syrup.
7. Keep refrigerated for 1-2 weeks or freeze for up to 6 months.



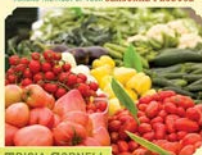
Plate of large strawberries used to promote the productivity of the Wenatchee Valley in Washington state

A Taste of the Great Northern

In the 1940s, dining car menus on the Great Northern's Empire Builder route—named in honor of company founder James J. Hill—included recipes for their menu items, like Wenatchee Apple Marmalade and Great Northern Health Cake.

Eat MORE
VEGETABLES

MAKING THE MOST OF YOUR SEASONAL PRODUCE



TRICIA CORNELL

MNHS PRESS SPOTLIGHT

Find new ways to preserve the best of Minnesota's produce with *Eat More Vegetables: Making the Most of Your Seasonal Produce* by Tricia Cornell.



Jeffers Petroglyphs

Sunflowers: Beautiful & Delicious!

Sunflowers are a striking part of any prairie and have been grown for their delicious seeds for generations in the Upper Midwest. The 1917 classic *Buffalo Bird Woman's Garden* contains a wealth of agricultural knowledge held by Maxi'diwiac (Buffalo Bird Woman), a Hidatsa woman born around 1839 (right). Her account is a masterful lesson of how to farm in a traditional Hidatsa way and is still considered one of the best works on North American Indigenous farming ever published. Of the many foods that the Hidatsa grew, sunflowers were the first seeds planted every spring, used to border their farm fields.



Buffalo Bird Woman

Credit: Public Domain. Published in Buffalo Bird Woman's Garden by Maxi'diwiac (Buffalo Bird Woman) (ca.1839-1932) of the Hidatsa Indian Tribe; edited by Gilbert Livingstone Wilson, 1917.



Hidatsa string of dried squash and needle, circa 1916

Do'patsamakihi'ké (FOUR-VEGETABLES MIXED) by Maxi'diwiac (BUFFALO BIRD WOMAN)		INGREDIENTS	
DIRECTIONS		4 handfuls of beans (about 1 c). Try Hidatsa shield beans or red beans if you can, otherwise pinto, navy, or great northern beans will work. If using canned beans, skip steps 1 & 2 4 handfuls raw, unsalted sunflower seeds (about 1 c) 6 handfuls (about 1½ c) cornmeal 1 medium winter squash. Three good choices would be acorn, butternut, and sugar pumpkin	
1. If using dried beans, rinse and place them in a soup pot. Add water until they are just covered. Cover and soak overnight. Drain and rinse. 2. Cover soaked beans with 1-2 inches of water, bring to a boil, and reduce heat and simmer until tender. 3. Parch the sunflower seeds and cornmeal and set aside (see note). 4. Grind the sunflower seeds in a food processor or mortar. 5. Cut the squash into chunks		NOTE ON PARCHING: <i>To parch sunflower seeds and cornmeal, heat over low to medium heat in a dry frying pan. Stir until light brown. Do not burn and for best results, parch in small batches. Due to possible timing differences, parch the cornmeal and sunflower seeds separately.</i>	
6. Remove the beans when cooked and add about half the squash water into the bean pot. Fully drain the squash, mash it, then stir into the beans. 7. Mix in the ground sunflower seeds and corn. 8. Slowly bring the mixture to a simmer, adding water as needed to create desired consistency. Simmer 15-30 minutes, stirring often. Add salt and pepper to taste.			

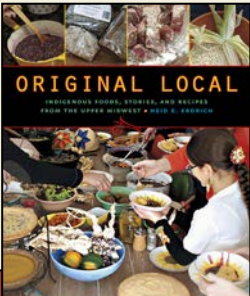
Original recipe can be found in *Buffalo Bird Woman's Garden*.
 This modified version courtesy of Kris Townsend.

A Beautiful Bean

Maxi'diwiac (Buffalo Bird Woman) listed 5 varieties of beans grown in her Hidatsa Community. Perhaps one of the most beautiful is Ama'ca ita' wina'ki matu'hicathe, or "Painted Shield Bean," which looks exactly like its name suggests. These are typically used as dry beans and turn into big, creamy bean puffs when cooked. Thanks to Seed Savers Exchange, you can plant this bean in your own garden!



Credit: Flickr user
cheeses/Molly Breslin



MNHS PRESS SPOTLIGHT

Grab a copy of *Buffalo Bird Woman's Garden* or find contemporary Indigenous recipes in Heid E. Erdrich's *Original Local: Indigenous Foods, Stories, and Recipes from the Upper Midwest*.



Mill City Museum

A Runner-up Wins Big!

In 1949, Pillsbury created the Grand National Recipe and Baking Contest (later named the Bake-Off) to discover the country's best amateur bakers and recipes. Over the years, it has featured many recipes, but one of the most popular recipes submitted to the Bake-off wasn't even a winner. In 1966, Ella Helfrich of Houston, Texas (right) won second place for her "Tunnel of Fudge" cake. It became so popular that it made a then-niche baking pan—the Nordic Ware Bundt pan—into a must-have kitchen accessory. To learn more of the story, visit *Julia Child: A Recipe for Life* at the Minnesota History Center this fall.



Credit: MNopedia (Used with the permission of General Mills, Inc.)
"Bundt Pan," MNopedia.org

Pillsbury Bake-Off Tunnel of Fudge

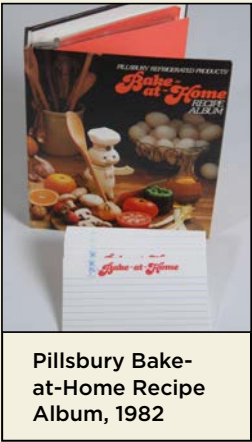
By Ella Helfrich,
Howard Lincoln,
& Mallory Edwards

INGREDIENTS		DIRECTIONS
Frosting Mix 1¾ cups powdered sugar ½ cup cocoa powder 5 Tbsp. cornstarch 2 Tbsp. vegetable shortening ¼ tsp. salt <i>Blend ingredients in food processor until combined. This will yield the equivalent of one box of Double Dutch Fudge Buttercream Frosting Mix.</i>	Cake 1½ cups butter, softened 6 eggs 1½ cups sugar 2 cups all-purpose flour 1 recipe Double Dutch Fudge Buttercream Frosting Mix 2 cups chopped walnuts (or hazelnuts or pecans)	1. Preheat the oven to 350°. Beat the butter at high speed until fluffy. Beat in the eggs one at a time. Gradually add the sugar and beat until fluffy. 2. By hand, stir in the flour, the frosting mix, and the nuts. Spoon cake batter into a greased Bundt pan and level the top. 3. Bake for 55 to 60 minutes—until top is dry and shiny. (A toothpick or other doneness test will not work, as by design the interior of the cake should be “underdone.” Trust the process!) 4. Cool in pan 2 hours, then carefully turn over onto a cake plate.

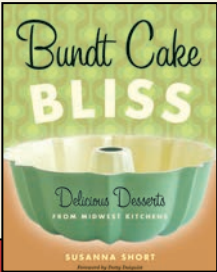
This cake was invented by Ella Helfrich of Houston in the 1960s and further developed by Pillsbury food chemist Howard Lincoln in 1966. In 2025, another Pillsbury food scientist, Mallory Edwards, created a new version to replicate the now-discontinued frosting mix included in Lincoln’s version. Recipe courtesy of Dan Kois and Slate.

The Tunnel of Fudge’s Dead End

The original “Tunnel of Fudge” cake recipe published by Pillsbury included their now-discontinued Double Dutch Fudge Buttercream Frosting Mix, making it impossible to bake today. But thanks to some reverse engineering by Pillsbury food scientist Mallory Edwards, we’ve got an updated recipe that solves this conundrum!

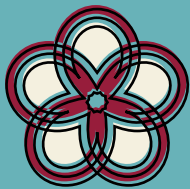


Pillsbury Bake-
at-Home Recipe
Album, 1982



MNHS PRESS SPOTLIGHT

Find more Bundt cake recipes in *Bundt Cake Bliss: Delicious Desserts from Midwest Kitchens* by Susanna Short.



Mille Lacs Indian Museum & Trading Post

The Good Berry

In Ojibwe, wild rice is known as manoomin, meaning "good berry." This staple food has been vital to Ojibwe life for centuries. Today, Ojibwe people still harvest and process manoomin using traditional methods, a right protected by treaties made with the US government in the 19th century and still in effect today. Despite being made the official state grain in 1977, the health of wild manoomin is threatened by a range of factors. For many years, the Mille Lacs Band and other Ojibwe nations have led the efforts to defend and protect this vital plant and the cultural, health, and spiritual importance that it holds. At Mille Lacs Indian Museum, you can learn about wild rice in the Four Seasons Room, or visit in the fall to see processing demonstrations (check mnhs.org/events for dates).



Top: Grace Rogers and Joe Aitken
harvesting wild rice near Walker, 1939

Bottom: Manoomin sold at Mille Lacs
Indian Museum, 2004

Wild Rice-Stuffed Squash



by Marisa Lee, from *The Good Berry Cookbook*
by Tashia Hart

DIRECTIONS

INGREDIENTS

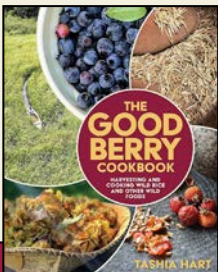
3-4 winter squash
4 Tbsp. butter
1 onion, chopped
1 celery heart, chopped
3-4 fresh sage leaves,
chopped
1 tsp. salt
2 cups wild rice
4 cups broth
2 cups water
1 cup chopped pecans
1 cup dried sour cherries

1. Heat oven to 400°. Cut squash in half lengthwise and remove seeds. Place cut side down on baking sheets and roast in oven until tender, about 40 minutes. Set aside to cool.
2. In large pot, melt butter, then add onions, celery, sage, and salt and cook, stirring often.
3. When onions become translucent, add wild rice, broth, and water, and bring to a boil. Reduce heat and simmer, covered, for 30 minutes. Drain any excess liquid. Stir in pecans and cherries.
4. Once squash has cooled enough to handle, scoop out additional flesh to form a channel for stuffing, leaving ½ inch of flesh in place. Fill both halves of each squash with stuffing and place cut sides together. Tie with kitchen string if desired.
5. Arrange stuffed squash in a baking dish, surrounding them with excess squash and remaining stuffing, if desired. Just before serving, reheat at 350° for 25-30 minutes. Slice into half moons to serve.



100 Years of Supporting Artists!

In November, the Mille Lacs Trading Post will celebrate its 100th anniversary. What began as a general store evolved into a center for local Ojibwe to trade and sell their art and educate visitors about Ojibwe culture. Today, you can shop Minnesota's largest selection of traditional and contemporary Native American art and crafts from over 250 Native artists, including foods and kitchenware.



MNHS PRESS SPOTLIGHT

Paddle into the tasty world of manoomin with *The Good Berry Cookbook: Harvesting and Cooking Wild Rice and Other Wild Foods* by Tashia Hart.

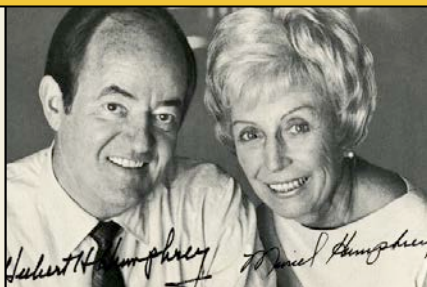


Minnesota State Capitol

Voting with Your Stomach

In 2024, Governor Tim Walz's "Turkey Trot Tater Tot Hotdish"—a winning recipe from the Minnesota Congressional delegation's hotdish competition—went viral during his vice presidential campaign. But he wasn't the first Minnesota politician to use recipes to connect with voters.

In the 1970s, you could find a recipe for "Norwegian Meat Balls" submitted by Minnesota First Lady Mary Anderson in the cookbook of Bigfork's Northern Itasca Hospital Auxiliary. She noted it offered her husband—Governor Wendell Anderson—a "decidedly home cooked flavor." In 1981, Minnesota First Lady Gretchen Quie published *The Governor's Table*, a compilation of favorite recipes from past Minnesota governors. She also initiated a popular program called "A Night at the Governor's Residence," which



randomly selected citizens to enjoy dinner, entertainment, and an overnight stay at the residence.

During Walter Mondale's 1984 presidential run, the Mondale for President Committee released *The Mondale Family Cookbook*. Perhaps the simplest recipe included was "Hot Dogs and Tab," contributed by Mondale's campaign manager: heat the hot dogs and pour yourself a Tab soda!

Muriel Humphrey's Beef Soup



"The recipe that sustains Hubert Humphrey's vim, vigor, and vitality!" (slightly adapted)

INGREDIENTS

1½ lbs. chuck roast, trimmed and cut into 1½ inch pieces
1 soup bone
1 tsp. salt
½ tsp. pepper
2 bay leaves
4-5 medium carrots, sliced
½ cup chopped onion
1 cup chopped cabbage
2½ cups Italian style diced tomatoes
1 Tbsp. Worcestershire sauce
1 cube beef bouillon
Pinch of oregano or your preferred spice

DIRECTIONS

1. Cover meat and soup bone with cold water in heavy soup pot.
2. Add salt, pepper, and bay leaves and bring to a simmer.
3. Turn heat to low and add celery, onion, carrots, and cabbage. Simmer at least 2½ hours or until meat is very tender.
4. Remove soup bone and bay leaves. Add tomatoes, Worcestershire, and bouillon. Simmer for ½ hour longer.

MURIEL'S SERVING SUGGESTION:

"This recipe is especially good for a light supper meal with fruit salad, a glass of milk, lots of crackers, and dessert. It is low in calories, but high in food value."



The Capitol Rathskeller

When the current Capitol was constructed in 1905, a Rathskeller was built in the basement. This German-style beer hall and dining space (seen here in 1913) was a nod to Minnesota's large German-American community. The German decor was painted over twice during waves of anti-German sentiment. Today, it has been restored to its original look and is open for food service during the legislative session. You can also see it in our virtual tour on mnhs.org!



MNHS PRESS SPOTLIGHT

Dig into our state's many dishes in MNHS Press' *Land of 10,000 Plates: Stories and Recipes from Minnesota* by Patrice M. Johnson



Oliver Kelley Farm

Everything's Better with Butter!

For families like the Kelleys, butter was a pantry staple and served as a base for soups, gravies, and of course, baked goods. Butter making was typically viewed as women's work and dairywomen prided themselves on their butter, some even had custom butter molds to serve as a signature for their handiwork.

Today, getting butter is as easy as going to the grocery store, but in the mid-19th century, the cost & quality of butter depended on the season: cheapest in spring when cows were free to graze and temperatures were moderate, and most costly in the harsh winters. The best month for butter? June!



Butter-carton dress created by Ethel Meehan Ryan and Mary Ann Titrud for the 1965 Minnesota State Fair to promote the American Dairy Association of Minnesota



DIY Butter	DIRECTIONS
Make your own butter and experiment with flavors!	
INGREDIENTS	
2 cups of heavy whipping cream Salt to taste (optional) Optional flavorings: Maple Syrup & Cinnamon Fresh Herbs Blue Cheese Crumbles + Chives	1. Pour the cream into a large bowl (if using electric beater) or stand mixer. 2. Beat & continue mixing past the whipped cream stage. Once you pass this point, you'll start to notice liquid splashing out of the bowl. Use a kitchen towel to cover your bowl as you work to prevent spatter. 3. Check occasionally to see how your butter is progressing. Once you see solid curds of butter, stop mixing. At this point, you can begin washing the butter. 4. Gather all of the butter into a large clump and place it in a clean bowl. Run cold water over the top of the butter. Use your hands to knead and press the butter. You'll see the water get cloudy – exchange for new water and continue washing until the water is clear. 5. Knead in salt and optional flavors if desired. Store in refrigerator for 2-3 weeks.
<i>For a small batch of butter, add up to 1 cup of whipping cream into a pint-size container with a tight-fitting lid. Shake until butter forms and enjoy!</i>	

The Improved UNITED STATES SEPARATOR
AND
A First Prize Dog or Sheep Power

Labor Saving and Money Earning
Combination Hard to Beat.
They work together to perfection.
Are just the thing for the Dairy.
Sheep Analogue for the Work.

CHOWAY, MASS., Feb. 15, 1898.
I am writing you at your request.
Now I am a separator, and one of
the best. Everything is working to my
entire satisfaction.
I am using to run the Power with
a sheep, working about 10 pounds
and he does the work very nicely.
Now when I let him loose he will go
to the cream pump and get the power of his own free will.
The actual test in my presence of the separator, by Babcock Test, was less
than 0.02 in the two-hourly test. I consider the separator quite valuable as a separator,
as it is always warm and of an even temperature.

J. B. PAGE.

Illustrated pamphlets free on application.
VERMONT FARM MACHINE CO., - Bellows Falls, Vt.

**Ad in *The Churchman*
periodical, 1898**

Dog Power

H.M. Childs of Utica, NY patented the dog or sheep-powered butter churn in 1871, although another man, Stephen Trowbridge, submitted the idea 20 years earlier, writing, “Every farmer who loves his wife will have his dog churn his butter.”

FOOD ON THE FRONTIER
MARJORIE KREIDBERG
MINNESOTA COOKING
FROM 1850 TO 1900
WITH SELECTED RECIPES

MNHS PRESS SPOTLIGHT

Find more recipes from the era of the Oliver Kelley Farm in *Food on the Frontier: Minnesota Cooking from 1850 to 1900* by Marjorie Kreidberg.



Snake River Fur Post

Hominy is for Northmen

Hominy—a form of nixtamalized corn—was a common ration in the fur trade used by the North West Company (1779-1821). Often referred to as "Indian corn" by the Northmen who worked the interior lands and waterways during the fur trade, it was cheap, easy to transport, and nutritious.

Rations of hominy were often paired with some kind of fat and nothing else, as journal entries reveal:

- John MacDonell, 1793: "A full allowance to a voyageur while at this poste is a quart of Lyed Indian Corn or maise, and one ounce of Greece."
- Alexander MacKenzie, 1801: "The Canoe-men, both from the North and Montreal, have no other allowance here...than Indian corn and melted fat."
- George Nelson, 1802: "Indian corn was served out to the men for their rations...as this is all they had except some grease to season it with."
- Miles Macdonell, 1815: "The daily ration of the servants is a quart of Indian corn and 2 oz. of fat, anything more he must purchase."

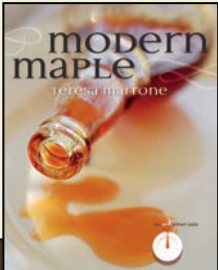


"Corn & Grease" Hash 	
A true voyageur meal of "corn & grease" would likely not be the tastiest to modern palates, but try this historic combo as the basis for a delicious hash.	
INGREDIENTS	DIRECTIONS
Base Ingredients 3-9 strips of bacon 1 medium onion (coarsely chopped) 1 15.5oz can of hominy (draind & rinsd) Optional additions Peppers, mushrooms, diced potatoes, garlic, fried egg on top— whatever you like!	1. Fry the bacon in a large skillet or frying pan over medium heat. Remove when cooked and leave approx. 2 Tbsp. of bacon fat in pan. Slice or break up bacon into pieces when cooled. 2. Add the onion to the pan and cook 5-10 minutes until translucent. Add any optional ingredients you choose and fry until softened. 3. Add the hominy and cook until heated through. Add bacon pieces and mix. 4. Season with salt, pepper, and other preferred seasonings and toppings. 5. Enjoy your modern version of a fur trade staple!

Tortillas Take a small lump of this fresh meal, or masa, in the palm of one hand and pat between the hands until it becomes a very thin wafer, wetting the hands with cold water to prevent sticking. Experts are able to shape these into cakes 6 or 8 inches in diameter, but the novice should attempt only very small ones, for skill in making tortillas comes only with practice. Bake these paper-thin cakes on an ungreased griddle until delicately browned and wrap them in a thick cloth to steam until ready to serve. These are used as a foundation for many dishes or served in a covered dish. In eating these, it is good form to roll the whole tortilla, since they are very pliant. Butter one end for each bite. Many prefer to serve tortillas made of wheat flour or very brown French bread with Mexican cookery.	The preparation of the meal for "tortillas" may seem tedious to those unacquainted with this strange unleavened type of bread, but to those of us who prepare our own lye hominy and whose kitchens are equipped with running water and food choppers this preparation is only a matter of minutes and the results are the same, as if, like the old-time native of Mexico, we had boiled the corn in a lime solution over an outdoor fire, washed off the hulls in pans of water and ground the meal between two stones. This was indeed an all-day task. Many times these cakes of bread are made of wheat flour and are a good substitute in making "tacos."
1930 issue of <i>The Farmers Wife</i> magazine	

Hominy in Tacos?

Hominy has been a staple food for thousands of years, originating in Mesoamerica. Even if you've never eaten the whole kernel version, you've probably had it. Ground hominy, or masa, is the dough used to make corn tortillas. For another recipe featuring corn, visit [Jeffers Petroglyphs!](#)



MNHS PRESS SPOTLIGHT

Get a modern take on a sweeter fur trade food with recipes from *Modern Maple* by Teresa Marrone.

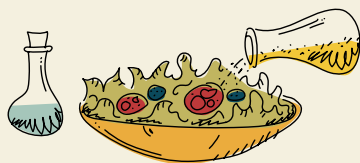


Split Rock Lighthouse

Blueberries for Beulah & Ileana

Split Rock Light Station was home to numerous keepers and their families until 1969 when the light was decommissioned. The families had to be self-reliant because of the lighthouse's isolated location before the highway was built.

Later in life, the daughters of Head Keeper Franklin Covell, Beulah & Ileana (right and opposite), remembered picking blueberries by Split Rock River as children.



"We picked blueberries in a place down the road to the east about 4 miles and up a steep [hill]," recalled Beulah. "We picked berries all day and...when we got to...the road, I fell down and spilled all my berries."

Ileana remembered not minding the hill so much, "because there was lots of trees and woods about to fool around in when I should be picking berries, and

as there was bear about, it was always easy to say that the bear ate the berries is the reason I didn't have many in my pail. I guess I thought at the time I was fooling my mother."

Roasted Beet Salad with Blueberries

INGREDIENTS

Dressing

½ cup blueberries, mashed or muddled
¼ cup extra virgin olive oil
2 Tbsp. balsamic vinegar
2 Tbsp. maple syrup or honey
1 Tbsp. fresh lemon juice
Pinch salt & pepper

Salad

2-3 beets, peeled and cut into 1 in. chunks
1 Tbsp. extra virgin olive oil
1 tsp. kosher salt
6 cups spinach or spring mix lettuce
1 cup blueberries
1 cup crumbled feta or goat cheese
1 cup toasted walnut pieces

From *True North Cabin Cookbook*
by Stephanie Hansen

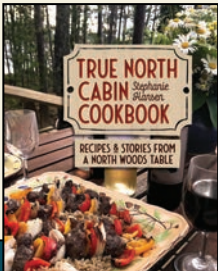
DIRECTIONS

1. Shake all dressing ingredients in a mason jar
2. Heat oven to 400°. On a rimmed baking sheet, toss beet chunks with olive oil and salt. Roast for 30 mins. Set aside to cool.
3. Assemble salad by placing beets and blueberries on top of greens. Sprinkle with cheese and walnuts. Drizzle with dressing.



Our State Muffin

Did you know the blueberry muffin is our official state muffin? In 1987, a group of third-graders in Carlton proposed the idea and in 1988, it was signed into law. A tasty way to highlight this native Minnesota berry!



MNHS PRESS SPOTLIGHT

Try more delicious Northwoods recipes from *True North Cabin Cookbook: Recipes and Stories from a North Woods Table* by Stephanie Hansen.



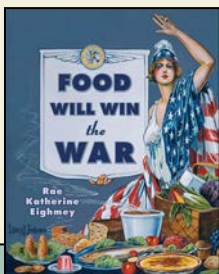
Minnesota History Center

Mind Your P's & Q's (Points & Quantities)

During WWII, the US government started rationing sugar, fresh meat, butter, cheese, and canned goods to help manage supply and demand issues, military needs, and the economy. Food was mostly

rationed on the point system, with each family receiving a limited number of ration points each month. In response, companies like General Mills created rationing cookbooks to help families make do with less.

Emergency Steak	Victory Pancakes	
INGREDIENTS	INGREDIENTS	
1 lb. ground beef ½ cup milk 1 cup Wheaties 1 tsp. salt ¼ tsp. pepper 1 Tbsp. chopped onion	½ medium onion 2 medium potatoes 3 carrots 2 cups fresh spinach ¼ cup lettuce 2 well beaten eggs 1 cup sifted GOLD MEDAL flour 1 tsp. baking powder 1½ tsp. salt ⅓ tsp. pepper	
DIRECTIONS	DIRECTIONS	
1. Mix ingredients. Place on pan, pat into T-bone steak shape, 1 inch thick. 2. Broil 8-15 minutes at 500° (very hot). Turn once.	1. Put vegetables through fine blade of food chopper (or mince finely). Save juice for gravies. 2. Add eggs to vegetable mix and mix well. 3. Sift together dry ingredients and add to vegetable mix. Mix well. 4. Drop by spoonfuls into hot fat in skillet. Fry on both sides until golden brown. Serve plain or with cheese sauce.	



MNHS PRESS SPOTLIGHT

Discover WWI recipes in *Food Will Win the War* by Rae Katherine Eighmey.

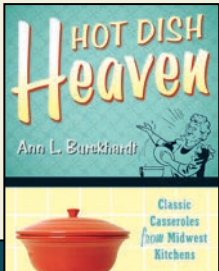
Julia Child: A Recipe for Life

Hot Dish Origins?

Baked one-pot meals and casseroles have been around for ages, but the uniquely Midwestern term "hot dish" for this meal may have originated with a recipe in a 1930 Grace Lutheran Ladies Aid Cookbook from Mankato. Mrs.

C.W. Anderson's original Hot Dish recipe could be found on page 49. As any home cook knows, a good hot dish is tasty, filling, easy, and can stretch ingredients—perfect for a Great Depression-era cookbook.

Hot Dish	
INGREDIENTS	
2 lbs hamburger 2 large onions, diced 1 16 oz. box Creamettes macaroni, cooked and drained 2-3 stalks celery, sliced 1 15 oz. can of peas 1 can condensed tomato soup 1 28 oz. can of diced tomatoes ½ cup water Salt & Pepper to taste	by Mrs. C. W. Anderson of Grace Lutheran Church, Mankato
	DIRECTIONS
	1. Preheat oven to 350°. Fry hamburger. 2. Fry onions, but not till brown. 3. Put the fried hamburger, onions, and macaroni in a baking dish. Add the rest of the ingredients. Stir all together and bake for 30-45 minutes.
ORIGINAL RECIPE TEXT: <i>Fry two pounds of hamburger. Fry, but not till brown, two large onions. Boil in salted water until tender one box Creamettes. Put in baking dish the fried hamburger, onions, creamettes, and add one bunch of celery cut up, one can of peas, 1 can of tomato soup, and 1 quart tomatoes, salt and pepper. Stir all together and enough water so liquid covers all, bake. —Mrs. C. W. Anderson</i>	



MNHS PRESS SPOTLIGHT

Find more hot dish recipes in *Hot Dish Heaven: Classic Casseroles from Midwest Kitchens* by Ann L. Burckhardt.

Bonus MNHS Sites

Upper Minnesota River Valley		Date Visited	Your Highlight
	 FORT RIDGELY		
	 LOWER SIOUX AGENCY		
	 BIRCH COULEE BATTLEFIELD		
	 LAC QUI PARLE MISSION		

Lower Minnesota River Valley		Date Visited	Your Highlight
	 TRAVERSE DES SIOUX		
	 W. W. MAYO HOUSE		
	 SIBLEY HISTORIC SITE		
	 MINNEHAHA DEPOT		

Red River Valley		Date Visited	Your Highlight
	 COMSTOCK HOUSE		

St. Croix River Valley		Date Visited	Your Highlight
	 FOLSOM HOUSE		
	 MARINE MILL		

Beyond MNHS Shopping List



- ❑ **Visit a farmer's market.** The St. Paul Farmers' Market is the longest running farmers' market in Minnesota, established in 1854.
- ❑ **Eat a ju(i)cy lucy.** Both Matt's Bar and the 5-8 Club in Minneapolis lay claim to creating this cheese-stuffed burger.
- ❑ **Eat at a local drive-in.** Winona's Lakeview Drive Inn is the oldest drive-in restaurant in the state, opening in 1938.
- ❑ **Visit a classic candy shop.** Canelake's in Virginia is the state's oldest candymaker, opening in 1905.
- ❑ **Pick a Minnesota apple.** The University of Minnesota has produced some legendary apple varieties over the years, including the Honeycrisp & Haralson.
- ❑ **Grab a slice of pie.** In 1990, Braham was named the "Homemade Pie Capital of Minnesota" by Gov. Rudy Perpich.
- ❑ **Try some Minnesota dairy goods.** Rock Dell Creamery in Byron is the state's oldest cooperative creamery, operating since 1889.
- ❑ **Visit a local bakery.** For a glimpse of flour milling history, visit Phelps Mill Park in Otter Tail County (or the Mill City Museum, of course).
- ❑ **Eat some fair food.** Minnesota has more county fairs than it has counties, with Dodge County Free Fair being the oldest (since 1857).
- ❑ **Raise a glass.** Try the state's oldest soda (Spring Grove Soda Pop, 1895), the second-oldest family owned brewery in the US (Schell's, 1860), or something local to you.
- ❑ **Pick some berries.** Try wild varieties like blueberries or serviceberries, or pick your own at local farms across the state.
- ❑ **Eat a dumpling.** Bao, pierogies, pelmeni, sambusas, gyoza, empanadas, ravioli, varenyky, momo, gnocchi, matzo balls, wontons—you'll find many varieties in Minnesota.
- ❑ **Veg out.** If you can't grow your own, grab some Minnesota grown vegetables from a market, roadside stand, or CSA.

Julia Child

A Recipe for Life



MINNESOTA
HISTORY CENTER

OPENING FALL 2025



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Julia Child: A Recipe for Life is a traveling exhibition produced and toured internationally by Flying Fish, in collaboration with the Napa Valley Museum, under rights granted by The Julia Child Foundation for Gastronomy and the Culinary Arts and The Schlesinger Library, Radcliffe Institute, Harvard University, and generously sponsored by Oceania Cruises.



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