



Angie Jenson  
Papillion, NE

Semi-Finalist



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# Halupsie

**Recipe Number:** 56

**Prep time:** 30 minutes

**Cook time:** 2 hours

**Oven Temp:** 350°

**INGREDIENTS:** 6 chicken breast (or one chicken cut up)  
1 med onion chopped  
1 head of cabbage chopped (reserve 3-4 outer leaves)  
1 to 1½ stick butter or margerine  
salt and pepper to taste  
2 cups of rice (not instant rice)  
Cider vinegar - approx 2 cups  
Water - approx 2 cups  
\*amount of chicken, rice, and water can be changed to fit your crowd size!



**DIRECTIONS:** Cube chicken breasts into bite size pieces. Chop onion into small pieces. Melt butter in large skillet, add onions, salt and pepper. Saute until onion just start to get soft, add chicken. Cook for 10-15 minutes. While chicken is cooking chop cabbage, be sure to reserve 3-4 outer leaves. Spray large roasting pan with non stick spray. Measure rice into bottom. Scoop chicken out of skillet and put on top of rice. (reserve the liquid from cooking the chicken). Put chopped cabbage on top of chicken. Cover with the reserved whole outer cabbage leaves. Take cooking liquid and add to large measuring cup or bowl. Add vinegar to equal 1 ¾ cups (vinegar plus cooking liquid equals 1 ¾ cups). Add 2 cups of water for a total of 3 ¾ cups. Mix the broth and taste. It should be tart but not sour enough to make you pucker. Adjust taste with the remaining ¼ cup of either water or vinegar. Add broth slowly to roasting pan. Cover and bake at 350 for about 2 hours or until rice has absorbed all the water and is tender.

**STORY:** *This recipe is a long standing family recipe. I learned it from my father, who learned from his mother who learned it from her mother. My dad grew up in a large family and did a lot of the cooking as his mom died when he was 8 years old. Being the 2nd youngest, he took on a lot of the household chores while his sisters and older brothers worked on the farm and looked after the other children. This recipe was easy to stretch for a large family by adding more rice. Usually the used a whole chicken as they always had chickens on the farm. Sometimes they would add corn to make it stretch even more. I remember my dad saying that this was a meal they could always have, even during lean times, and if company was coming, they could just add more rice. I have so many memories of my dad cooking this dish, not only as a child, but as an adult as well. It is meal that sounds strange but tastes so good. When I asked him to teach me how to make it, I was in college!*

*I could tell he was very pleased that I wanted to learn how to make it so that the recipe would continue. It was so enjoyable cooking side by side with my dad, we both shared the love and talent for cooking. It is amazing how we have dishes like this and don't think much about it from day to day. My father passed away very unexpectedly at the young age of 56 two years ago. Now this dish means more to me than ever. I intend to teach my girls how to make it, so they may keep the recipe alive as well.*

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**Debbi Josephson**  
Omaha, NE

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# Mia June's Macaroni and Cheese

**Recipe Number:** 77

**Prep time:** 30 minutes

**Cook time:** 1 to 1 ½ hours

**Oven Temp:** 350°

**INGREDIENTS:** 1 ½ lbs of macaroni  
2 lbs of Velveeta cheese, cubed  
1 ½ sticks of butter, cubed  
2 eggs, slightly beaten  
6 oz of cottage cheese  
4 oz of sour cream  
milk to cover

**DIRECTIONS:**

1. Prepare the macaroni in boiling salted water as per directions on the package.
2. Combine the eggs, cottage cheese and sour cream in a large bowl.
3. Add the macaroni and stir together.
4. Add half of the cubed Velveeta cheese and half the butter.
5. Mix well and pour into a buttered 9" X 13" baking pan.
6. Dot the top of the mixture with the remaining butter and Velveeta cheese.
7. Place the baking pan on a rimmed cookie sheet and pour milk over the top of the macaroni and cheese until it reaches halfway up the side of the baking dish.
8. Bake at 350 degrees for 1 ½ hours. The top should be browned and crusty in spots. Cool before cutting.

**TIPS:** This recipe is very forgiving. If you have different amount of dairy products on hand feel free to substitute for the cottage cheese and sour cream, just keep the total amount about equal. And you can use some regular cheese if on hand to replace part of the Velveeta cheese. This freezes beautifully after baking and cooling.

**STORY:** *Thirty three years ago I moved to Omaha when I married my husband, Larry, who is an Omaha native. As a young bride I could cook, a little. My mother, Arlene Becker, taught me four of her "best recipes" to use when I wanted to wow my guests. These were foods she said most people were afraid to make and might be impressed if a young bride could whip them up. And she also gave me sage cooking advice – just READ, carefully read the recipe – she always had told me that "if you can read you can cook."*

*In her younger years my mother-in-law, June Goodbinder, was a very good cook; I was impressed because she had so many of her recipes committed to memory. She is still very good at reading and analyzing a new recipe and discerning if it will be tasty or not. One of her family's favorite recipe is home made macaroni and cheese. Whenever she made it her family appeared appreciative, calm and happy. I wanted to achieve that kind of success for my family also. When I asked her for the recipe I was hoping she would give me card that I could READ and from which I could copy. But, no she started reciting the ingredients and most of the ingredient amounts began with the word "about". So while observing her preparation of the mac and cheese we quantified the recipe amounts. Now, after many years of making this recipe and tweaking it I have finally gotten it to the way we like to eat it. So this is Mia June's Macaroni and Cheese (Mia is the way my son pronounced grandma when he was a baby, so that has become our family term for grandma).*



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**Phyllis Brunken**  
Omaha, NE

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# Eleanor's Potato Salad

**Recipe Number:** 94

**Cook time:** 60 minutes

**Prep time:** 10 minutes

- INGREDIENTS:**
- 5 pounds white Russet potatoes, boiled with skins on until just tender, cubed
  - 8 hard cooked eggs, cooled, peeled, coarsely chopped
  - 1 medium white onion, chopped
  - 4 cups real mayonnaise (a little more or less, as desired)
  - 1/8 tsp sugar
  - 3 tbsp white vinegar
  - 1/2 to 1 tsp salt
  - 1/2 to 1 tsp pepper



**DIRECTIONS:** Place potatoes in large stock pot cover with water. Boil over high heat and cook until firm but tender about 40 minutes. Cool, peel and cube (1 inch or smaller). Place in large mixing bowl. Place eggs in sauce pan and cover with water. Bring to boil. Turn off heat and let stand for 20 minutes. Cool, peel and coarse chop. Chop onion.

In a medium mixing bowl, combine eggs, onion, mayonnaise, vinegar, and sugar. Add about half the amount salt and pepper. Taste. Add more as desired. Remember the dressing should taste salty until it is combined with the potatoes.

Salad: Fold dressing into cubed potatoes to coat evenly. Sprinkle paprika on top to garnish. The potato salad may be stored in smaller containers to keep it fresh for future meals or to send home with guests.

Refrigerate immediately. Best if prepared several hours or a day before serving to allow flavors to blend.

Makes a large quantity. May be cut in half.

**STORY: The Original Tailgater**

*Our mother was the "Original Tailgater" at the Nebraska State Fair. Mom would prepare our picnic lunch in the small kitchen of our farm house located near Bellwood, Nebraska. She would fry the home-grown chicken to a crispy golden brown, slice garden-fresh cucumbers and tomatoes, and make refreshing sun tea. Her delicious potato salad filled out the menu. This picnic lunch was carefully packed into a metal cooler along with the block of ice frozen in the huge upright freezer – no quick shops back then. Mom and Dad loaded my two sisters and me into our blue 1953 Ford and headed to Lincoln to attend the Nebraska State Fair. We arrived early to avoid the long lines at the gate to get into the fair. Parking was on large fields which were often muddy and full of ruts and holes. Dad would search for a good spot knowing that we would be coming back for our "tailgate" lunch. After hours of walking around the fair looking at school, livestock and vendor exhibits, and smelling all of the food vendor booths, we would hurry back to our car. Mom would open the truck and lay out a feast for us. Everything tasted so good – the cold fried chicken, the fresh vegetables, cool ice tea and, of course, the tangy potato salad. We all craved Mom's potato salad. Its favor spoiled us from enjoying other potato salads. Fortunately, Mom taught me how to make her recipe which I make for every family dinner. Even, though Mom has passed, we still remember her tailgate lunches we ate in view of the state capitol building and the UNL football stadium. Mom definitely was the "Original Tailgater".*

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**Joseph Gaeta**  
Omaha, NE

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# Alie Gaeta's Italian Spaghetti Sauce

**Recipe Number:** 96

**Prep time:** 15 minutes

**Cook time:** 90 minutes



**INGREDIENTS:** 6 qt. water  
18 oz. tomato paste (4 Cans)  
28 oz. crushed tomatoes  
1 med. diced onion  
2 bay leaves  
3 cloves fresh garlic, minced  
1/4 c. vegetable oil  
1/4 c. sugar  
salt and pepper to taste

**DIRECTIONS:** On stovetop, over medium heat, combine onion, garlic, bay leaves and vegetable oil in an 8 quart sauce pan until onions are transparent. Stir mixture constantly so not to burn. Add water, tomato paste, crushed tomatoes and stir until well blended. Add remaining ingredients (sugar, salt and pepper). Adjust heat to boiling, stirring constantly for 5 minutes. Simmer until reduced (approximately one hour). Continue cooking over low heat until desired thickness is achieved. Yield: approximately 6 quarts.

**STORY:** *Hi, my name is Joseph Gaeta. I have been in the food business for over 50 years. Many things have changed over these years but one thing remains constant; quality and consistency.*

*We had a very good tasting spaghetti sauce as well as a good Italian dressing, however, the consistency varied from time to time. We needed to have someone experiment and come up with a more consistent product. My youngest son Alan, our apprentice chef, thus became our R & D man.*

*Alan worked with Larry Albert of Albert's Dressing Company along with the University of Nebraska Food Program for many months. After experimenting with the existing recipes Alan noticed that it was the inconsistency of spices that was the culprit. As a result, he kept blending various formulas and finally came up with the perfect blend of Italian spices and flavors in these recipes. At first he blended and packaged the spices himself and later contracted a commercial spice company to make up the packages.*

*Over the years we have had these two products in various supermarkets such as WalMart, HyVee and Bakers. We also sold them to our restaurant patrons. Our restaurant is now closed and we no longer have these two wonderful products available. Many of our customers are still calling us to see if they can buy the sauce and salad dressing.*

*Alan passed away in late May with cancer. I know that he would be very happy to share his recipes with all of Nebraska and especially the Omaha people who enjoyed them. Alan would be very proud to have his recipes included in the Nebraska Recipe Book.*

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Michelle Nevrkla  
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# Patio Corn Salad

**Recipe Number:** 106

**Prep time:** 20 minutes

**INGREDIENTS:** 2 cans corn (17 oz. drained)  
1 medium cucumber unpeeled and diced  
2 small tomatoes chopped  
¼ c. onion diced  
¼ c. sour cream  
2 Tbsp. mayo  
1 Tbsp. vinegar  
¼ tsp. dry mustard  
¼ tsp. celery seed  
¼ tsp. salt

**DIRECTIONS:** Place drained corn into a large bowl. Add the cucumber, onion and tomatoes. In smaller bowl, combine sour cream, mayo, vinegar, dry mustard, celery seed, and salt. Mix well and stir into the vegetables. Cover and chill a couple hours before serving.

**STORY:** *This recipe is a overwhelmingly family favorite, co-worker requested and friend always asking for the recipe. The catch? I can't seem to keep the recipe around. I keep having to ask my mom (who keeps it taped on the inside of the kitchen cabinet) for it nearly every time. This recipe also reminds me of my freshman year of college working at a grocery deli with my best friend Jeanine who I had at the time just met. That was 1991 and of course we are still the best of friends. We had a lot of fun, us Deli Chicks, but it was physically demanding work, you had to make it fun. We made enormous amounts of this recipe at the deli, it was a BIG favorite. My mom and I took the recipe and cut it down drastically to more family sized batch, yet kept the same great flavor. I hope you enjoy this recipe, it always brings back great memories and it tastes terrific too!!*



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# Christmas Pancakes with Strawberries and White Syrup

**Recipe Number:** 157

**Prep time:** 30 minutes

**Cook time:** 20-25 minutes

**Oven temp:** 425°



**INGREDIENTS:** Christmas Pancake-  
6 eggs  
1 ½ c. milk  
1 ½ c. flour  
1 stick butter

White Syrup-  
1 c. buttermilk  
2 c. sugar  
1 c. butter  
2 tsp. vanilla  
1 tsp. baking soda  
2 tsp. corn syrup

**DIRECTIONS:** Christmas Pancakes-  
1) Preheat oven to 425°. Place butter in 9 x 13 pan and place in pre-heating oven. While butter is melting, quickly mix batter. (make sure butter does not burn)  
2) In a medium size bowl, crack and whisk eggs. Gradually pour in the milk, then add the flour.  
3) When mixture is smooth, remove pan of butter from oven. Pour batter into the pan and bake for 20-25 minutes.  
4) Let cool for 5-10 minutes, then cut the large pancake into cubes.  
5) Place cubed pancakes on individual serving plates and top with sliced strawberries and white syrup (see recipe below)

White Syrup-  
1) Over medium heat, melt butter in a large saucepan. Add buttermilk, sugar and corn syrup to the melted butter.  
2) Continuing with medium heat, bring mixture to a boil and boil for 5 minutes, stirring occasionally.  
3) Take off heat and add vanilla then baking soda.  
4) Serve over Christmas pancakes and strawberries.

**STORY:** *As the recipe is called at our house, this is "Christmas Pancakes" (really German Pancakes). This is what we would eat every Christmas morning when I was growing up. It's really like a dessert with the white syrup and strawberries. We eat these throughout the year-not JUST as Christmas Breakfast, but ALWAYS for Christmas breakfast. I've extended this tradition with my own children now. Food is the legacy that continues through the generations-but only special items. This is one of those recipes.*

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