

Dad's Sides

Equipment and Basics

A large (12 inch) non-stick frying pan with a cover. A large pot. People used to boil vegetables, now we sautee (fry) them in olive oil. Many other recipes call for heating oil in the pan on **high heat** before adding other ingredients - this can be **very dangerous** so I suggest you add the ingredients right when you add the oil.

Brussels Sprouts with Cannellini

Olive oil

1 tablespoon garlic (minced, crushed, whatever)

1 cup chicken broth

1 can cannellini (15 ounces), drained

1/4 stick butter

1 cup grated cheese (parmesan, pecorino, whatever)

2 pounds brussels sprouts. Cut in half length-wise and peel off the outer leaves; medium-sized sprouts are best

A large frying pan

Peel and cut the brussels sprouts. Add 3 tablespoons olive oil and half the sprouts to a large frying pan and put on **high heat**. Cook until they brown, about **5 minutes**, stirring often. Pour into a bowl.

Turn the heat down to **medium-high**, add another 3 tablespoons oil and cook the other half of the sprouts, **5 minutes**, and add them to the bowl.

Add 2 tablespoons oil and the garlic to the frying pan and cook for **30 seconds** at **high heat**. Add the brussels sprouts and the cup of chicken broth. Stirring often, cook for **3 minutes**.

Add the cannellini and 1/4 stick butter, stir well and cook for **1 minute**. Turn off the heat, sprinkle on the cheese. Stir, then let sit a few minutes.

Salt and pepper to taste.

Green Beans with Garlic and Ham

Olive oil

Salt

2 tablespoons butter

2 pounds green beans. Cut off the ends.

12 cloves of garlic, peeled and sliced length-wise. To peel cloves, cut the tips off each end, score the hard outer layer length-wise with a knife, and the layer comes off easily.

1/2 pound country ham, cut into 1/4 inch by 2 inch strips.

A large frying pan

A large pot

Cut the green beans; peel and slice the garlic; cut the ham.

Cook a tablespoon of oil and the ham slices in the frying pan at **medium-high heat** for **4 minutes**, stirring often. Put aside.

In the large pot, bring 6-8 inches of water with a tablespoon of salt to boil. Throw in the sliced garlic and cook for **8 minutes**.

Take out the garlic with a spatula or slotted spoon and dry on a paper towel, **leaving the water in the pot**. Add the green beans and boil for **6 minutes**.

Drain the beans, rinse them with cold water, and let them dry on a towel 10-15 minutes.

Mash the cooked garlic with a fork or the bottom of a spoon. Add to the frying pan with 2 tablespoons butter and 2 tablespoons of oil and cook at **medium-high heat** for **1 minute**.

Add the green beans and ham and cook for **3 minutes**, stirring often. Turn off the heat, let sit a few minutes.

Salt and pepper to taste.

Red Cabbage

2 tablespoons butter
1 tablespoon honey
2 tablespoons red wine vinegar
1/4 cup red wine
1/2 cup red onion, chopped
1/2 cup green apple, chopped
1/2 cup potato, peeled and grated, or finely chopped
3 cups red cabbage, thinly sliced

A large frying pan with a cover

Melt the butter in the frying pan at **medium heat**. Add the cabbage, apple and onion. Cook **6 minutes**, stirring often.

Add the wine and vinegar, cover and cook for **10 minutes**.

Add the potato and honey, stir in, cover and cook for **3 minutes**. Turn off the heat. Let sit a few minutes.

Salt and pepper to taste.

Mashed Potatoes

2 pounds Yukon Gold potatoes, medium size, unpeeled
1/2 cup milk, warmed
1/2 stick butter, warmed

A large pot
A medium (2-3 quart) pot
A potato masher

Put the unpeeled potatoes in the large pot, cover with cold water and bring to boil. Turn heat down to medium and **simmer** (slight boil) for **20 minutes**.

Drain the potatoes, let cool a few minutes, then peel them, put them in the smaller pot and mash with a masher or fork (not a mixer).

At **medium heat**, cook the mashed potatoes **2 minutes** to dry them out, stirring a bit.

Turn the heat off, add the warm (or melted) butter and stir in. Add the warm milk and stir in well.

Salt and pepper to taste.

Options: Use sour cream instead of milk. Add shredded cheese. Add chopped chives. Add a teaspoon minced or mashed garlic sauteed in olive oil for 3 minutes at medium-high heat.

German Potato Salad

Ingrid Winzer learned this recipe from her mother Bertha Martens, who was raised in the flat German country just south of Denmark in the very late 1800s. Neither Bertha nor Ingrid used a written recipe; I tried many different measures before the taste of the dressing was just right. Lots of vinegar was used at that time so the salad could keep for days, before refrigerators.

Salt

3 pounds red or yellow potatoes, unpeeled, cut into 3/4 inch chunks

2 onions, chopped fine

3 tablespoons dill weed, chopped fine

Dressing:

4 tablespoons white vinegar

1 and 1/2 tablespoons canola or olive oil

2 teaspoons salt

1 teaspoon sugar

Mix well in a small bowl or cup

A large pot

A large bowl

Place potatoes in the large pot, cover with water, add a tablespoon salt, and bring to boil. Boil at medium heat for **8 minutes**.

Immediately drain, rinse in cold water, and drain again. **Air dry** on a towel for at least **3 hours**. The potatoes must be well dry so they can soak up the dressing.

Put the potatoes in the large bowl, add the chopped onions and chopped dill weed. Add a **third** of the dressing and turn the potatoes a few times. Let sit at least **5 minutes**. Repeat twice for the other thirds. Season with salt and pepper. Cover and refrigerate at least **2 hours**. Serve cold.