



CHOUCROUTE

Submitted by George Flevares, Yankton

An assortment of dark breads, a pot of mustard, and cold beer make the perfect accompaniment.

- 4 lbs. sauerkraut, drained
- $\frac{3}{4}$ tsp. caraway seeds
- $\frac{1}{2}$ tsp. coarse pepper
- 2 large carrots, sliced thick
- 1 $\frac{1}{2}$ pounds smoked boneless pork butt, sliced $\frac{1}{2}$ inch
- 4 pork chops
- Piece bacon
- 2 cups dry white wine or 1 16 ounces can light beer
- Salt to taste

Place sauerkraut in Dutch oven, sprinkle with caraway seeds, add pepper and carrots. Place pork butt, chops, bacon, wine or beer, and salt on top (so fat from meat drops down.) Simmer covered for two hours until tender. Let stand until served. Add $\frac{1}{2}$ pound knockwurst. Reheat. Simmer 20 minutes. Nice with small potatoes (cooked separately) to keep flavors distinct.



Serves 8-12.

BANANA BREAD IN JAR

Submitted by Barb Carda, Yankton

- Use pint wide-mouth jars
- 2 $\frac{2}{3}$ cups sugar
- $\frac{2}{3}$ cup shortening
- 4 eggs
- $\frac{2}{3}$ cup water
- 3 $\frac{1}{2}$ cups flour
- 1 tsp. baking powder
- 2 tsp. soda
- 1 tsp. salt
- 3 ripe bananas
- Cream sugar and shortening, beat in eggs and water.



Add mashed bananas. Add flour, baking powder, baking soda and salt to batter. (Mix all together.)

Grease inside of jars. I use non-stick cooking spray to grease jars. Pour 1 cup of batter inside each jar. Remove $\frac{1}{2}$ tablespoon of batter to keep from rising over jar. If it does over rise when baking, just trim and eat it. Makes 7 pints. Place jars on a cookie sheet, and space about a finger between each jar. Bake at 325 degrees in oven approximately 45 minutes or check with toothpick. I prepare the lids for sealing each jar in hot water before and place them on jars. Take one or two jars out of the oven at a time. Slap the hot lids on and tighten and the jar ring and tighten ring on jar. Fun to hear the seal pop. Keeps for a long time. Good with cervelat meat. Right size. I use bananas that are ripe. Some time I freeze ripe bananas so I can use later. When using frozen bananas, unthaw bananas, smash bananas and juice together. Don't drain banana juice. When I use frozen bananas I use 4 bananas in place of 3.

❖ RECIPES *continued on page 30*



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