



MUSICAL RECIPES

On this page we will explore the two things most dear to my heart (besides my family), Music and Food (not necessarily in that order)! On the music end, I will feature a composition. Probably one of mine, maybe the most recent, or perhaps one dug up out of the archives. Maybe an old fiddle tune from one of my heroes like J. P. Fraley or John Doherty.

Mom's Potato Vinaigrette

Ingredients

- 8 Medium to large Yukon potatoes
- 2 Large beets (red or gold or combination)
- 1 Cup black or navy beans (soaked overnight & cooked until soft)
- 2 Cups sauerkraut (juice squeezed out/then chopped)
- 1 Large onion, chopped finely
- 1/2 cup cilantro (chopped) optional
- Salt & pepper to taste

Dressing - mix together:

- 1/2 cup balsamic vinegar
- 4 TBS maple syrup
- 2 TBS sweet & hot mustard
- 3/4 cup olive oil

(I use this dressing for green leaf salad's as well)

Soak beans overnight, Discard water, then cover with water again. Bring to boil, then reduce heat and let cook for 1 1/2 to 2 hours, until soft. Add water, if needed, during cooking. (In a pinch you can use 1 cup of canned beans (drained), but they don't compare in taste to the ones you cook yourself).

Peel potatoes and boil until pierced easily with fork. Do not overcook.

Boil beets until easily pierced with fork. Start these before potatoes, as they will take longer to cook. When done, let sit in cold water for a bit, then peel the skins off.

When potatoes & beets have been cooked and drained, chop them into bite size pieces.

In a big bowl, put potatoes, beets, beans (drained), chopped sauerkraut, chopped onion, and cilantro.

Make dressing. Pour dressing over ingredients in bowl, add salt and pepper and mix thoroughly. Serve semi warm or cold.