Mystery Dish Teacher Background

This activity includes foods from England, the Tyrol, Denmark, Austria, Slovenia, Japan, and Croatia. Members of each of these ethnicities were present in Rock Springs in the early 20th century, most working in the mines or on the railroad, and some running their own businesses. Some of the recipes included here are the Americanized versions of a traditional dish, to show how immigrants adapted their traditions when they came to America. Such recipes have been noted below. It is also important to note that many of these dishes are enjoyed by various cultures. For the purposes of this activity, each food has been matched with one particular culture, however it may be interesting to have a discussion about the similarities of some of the cultures following the activities. Foods that were common to more than one culture are also noted below, in addition to a brief background of the food. The artifact included in the trunk that is associated with each dish is underlined in the food's description.

Plum Pudding

Plum pudding originated in England and is traditionally served around Christmas. It contains no plums, rather the name comes from the Victorian term for dried fruit. In England, small charms, said to bring the finder good luck, are often hidden in the pudding. Plum pudding is still common, especially in England. English miners came to Rock Springs as part of the first wave of immigrants in the mid-19th century, where they put the mining skills they learned in the coal mines of England to use. Included in the trunk is a pudding mold.

Polenta with Tyrolean Stew

Polenta has roots in ancient Rome, where it was made from chestnuts or wheat. Today's cornmeal polenta comes from Italy in the 1600's. Polenta was a dietary staple, especially for those living in poverty, who used it to stretch more expensive vegetables and meats. The recipe included in the trunk represents a Tyrolean version of the dish. Tyrolean immigrants came to Rock Springs from the Tyrol (a region in the mountains of northern Italy and southern Austria) with the second wave of immigrants in the early 20th century. Polenta is associated with several other cultures as well, especially Italian, Austrian, and Slovenian, and versions of the cornmeal-based dish are found all over the world (for example grits in the Southern U.S). Included in the trunk is a polenta stick (or tarai), common in many Tyrolean and Italian homes and used to stir polenta, which requires nearly constant stirring.
Aebleskiver

Although Aebleskiver is often described as "pancake balls," the Danish typically don't eat it for breakfast, usually they are saved for special occasions. Aebleskiver can be traced to 17th century Denmark and was brought to the U.S. by Danish immigrants, who arrived in Rock Springs in the early 20th century. Although the exact origins of aebleskiver are unknown, one folktale tells us that the aebleskiver pan comes from Viking battles. When Vikings returned home with dented helmets and shields, they decided to use them to make pancakes. The dough pooled in the dents and aebleskiver was born! While it is generally agreed that using an aebleskiver pan, like the one included in the trunk, produces the best results, there are endless variations on the traditional recipe. Apple slices are often included in aebleskiver, but it is also commonly served with jam, powdered sugar, or syrup instead. Aebleskiver is primarily associated with Danish culture.

Springerle Cookies

Springerle cookies date back to at least 15th century Germany, although they have traditionally been made not only in Germany, but Austria, Switzerland, and the Alsace region of France ever since. Today, springerle are often considered a Christmas cookie but, historically, they were made to celebrate any occasion, as exemplified by the wide variety of molds. Wooden springerle molds, like the one in the trunk, were brought to America by German and Austrian immigrants. Mold designs ranged from simple to intricate and spanned many themes, from religious to nature inspired carvings. Many German and Austrian immigrants prized the springerle molds they brought with them. The recipe included in the trunk is representative of Austrian culture, although springerle is associated with cultures in areas surrounding Austria as well. Austrians began arriving in Rock Springs in the early 20th century, with the second wave of immigration to the area.
Potica

Potica has been made for at least 200 years, especially in Eastern Europe. The recipe included in the trunk has Slovenian roots, but many different cultures represented in Rock Springs (such as Hungarian, Polish, and Tyrolean) made potica and continue to make it today. The most common type of potica includes a walnut-sugar filling, but many different recipes exist, including those with poppy seeds. It is said that some potica makers rolled their dough out on a tablecloth, like the one included in the trunk. They rolled until they could see the pattern on the tablecloth through the dough, only then was it thin enough to make potica.

Tofu

Tofu dates back to first century BCE China and is common in many Asian cuisines. There are many different types of tofu, including silken, firm, fermented, and dried. The recipe included here is for firm tofu. The Japanese population in Rock Springs grew throughout the early 20th century and by the 1940's Sweetwater County had the largest Japanese population in Wyoming. Japanese immigrants in Rock Springs came to work on the railroad and in mines, but many opened their own businesses too. George Okano, a former resident of Rock Springs recalls his mother making and selling tofu. The tofu press included in the trunk is used to press the liquid out of the bean curd as the tofu congeals.

Krofne

Krofne refers to what are called donuts in America. The recipe included here can be traced to Croatian culture, where krofne are often eaten around Carnival, the winter festival. In Croatia, Krofne are often made with jelly-filled centers. However the recipe and the artifact included in the trunk is used for making donuts with holes in the middle. This variation is more typically American and shows how Croatian immigrants sometimes adapted their recipes once in America. Interestingly, many cultures around the world (on 6 continents!) include some variation on a fried, dough-based pastry. This recipe and artifact is especially intended to illustrate two concepts that are also evident in the other dishes as well: one, many cultures enjoy the same foods, and two, many immigrants "Americanized" the recipes they brought with them.
Mystery Dish

Preparation:

Teachers will need:

- Some background knowledge of the cultures present in Rock Springs in the early 20th century and the foods that some of these groups prepared (provided)
- Copies of the packet for each student OR students can take notes on their own paper
- To prepare the 7 stations for students to visit  
  - Each station includes an artifact, a recipe, and a picture
- To be prepared to divide class into 7 student groups

Set-Up:

Group the following together at each station:

<table>
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<th>Station 1 (Plum Pudding)</th>
<th>Plum Pudding Mold (B-4)</th>
<th>&quot;Station 1 Mystery Dish&quot;</th>
<th>&quot;Station 1 Picture&quot;</th>
<th>Station 1 suggested terms</th>
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<td>Tarai (Polenta Stick) (B-1)</td>
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<td>Station 3 (Aebleskiver)</td>
<td>Aebleskiver Pan (B-2)</td>
<td>&quot;Station 3 Mystery Dish&quot;</td>
<td>&quot;Station 3 Picture&quot;</td>
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<td>Station 4 (Springerle Cookies)</td>
<td>Springerle Mold (B-5)</td>
<td>&quot;Station 4 Mystery Dish&quot;</td>
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<td>Station 5 (Potica)</td>
<td>Tablecloth (B-7)</td>
<td>&quot;Station 5 Mystery Dish&quot;</td>
<td>&quot;Station 5 Picture&quot;</td>
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<tr>
<td>Station 6 (Tofu)</td>
<td>Tofu Press (B3) (3 parts +cloth)</td>
<td>&quot;Station 6 Mystery Dish&quot;</td>
<td>&quot;Station 6 Picture&quot;</td>
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<td>Krofne/donut cutter (B-6)</td>
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</table>
Mystery Dish

Level: 3rd Grade
Estimated Lesson Time: 45 minutes

Standards/Curriculum:

Social Studies

2. Cultures/Cultural Diversity
   A. Students will identify cultural characteristics in our community
   C. Students will compare and contrast a culture to their own

Language Arts

Writing

2. Write informative/explanatory texts to examine a topic and convey ideas and information clearly.

Speaking and Listening

1. Engage effectively in a range of collaborative discussions (one-on-on, in groups, and teacher-led) with diverse partners of grade 3 topics, building on others' ideas and expressing their own clearly.

Learner Objectives:

1.) Students will know how and be able to identify characteristics of other cultures.
2.) Students will know how and be able to compare and contrast their culture to others.
3.) Students will know how and be able to work as part of a group to solve problems and share their learning with the class.

Materials:

- Trunk Materials:
  - Tarai (polenta stick) (B-1), tofu press (B-3), aebleskiver pan (B-2), springerle mold (B-5), plum pudding mold (B-4), table cloth (B-7), donut cutter (B-6)
  - Corresponding recipes
  - Corresponding pictures
  - Corresponding descriptive words (if desired)
- Copies of the packet for each student
  - Master copy provided

Procedures:

- Pass out the packets.
- **Warm-up:** Using the space provided on the worksheet, ask students to take a few minutes and brainstorm some of their favorite foods that their family makes. Ask for a few examples from the class. Explain that throughout time and across cultures people have had lots of different favorite foods. Discuss that when people moved to Rock Springs from around the world, they didn’t want to give up their favorite dishes, so they brought some of their traditions with them.
- Tell students that they are going to investigate some of these foods and give directions. In groups, students will read a recipe, look at an artifact and a picture, and take notes
about their findings. From these clues, students will identify the name of the food and the culture from which it came. If you would like, suggested describing words have been provided for each station.

- Divide students into 7 groups.
- Direct each group to a different station to start (the order students investigate the stations doesn’t matter, just make sure that they note the station number on their note paper).
- Allow each group 3-5 minutes to investigate the objects at a station, take notes, and identify the food’s name and culture.
- After exploring each station, ask students to remain at the last station.
  - Ask each group to share their findings about the station that they stopped at. Ask other students if they agree.
- Once each group has shared, and all of the dishes have been correctly identified, ask students to return to their seats.
- **Wrap-up:** Consider the reflection questions at the end of the packet. This might be done as a class discussion or you might ask students to write their answers to the questions in the packet. Discuss student answers, emphasizing that some of the dishes may be common in more than one culture and many different versions of each dish exists (krafen is a good example of this). (see background for more information)
**Mystery Dish**

**Name:**__________________________

**Brainstorm!**

What are some of the foods that your family makes? Circle your favorites.

**Investigate!**

At each station, fill in the station number. Then examine the artifact, recipe, and picture. Note your observations in the chart. Then use your observations and the word banks below to identify the food and the culture it came from:

<table>
<thead>
<tr>
<th>Foods:</th>
<th>Culture:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Polenta</td>
<td>Japanese</td>
</tr>
<tr>
<td>Tofu</td>
<td>Austrian</td>
</tr>
<tr>
<td>Aebleskiver</td>
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<td>Springerle</td>
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<tr>
<td>Plum Pudding</td>
<td>Danish</td>
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<tr>
<td>Poteca</td>
<td>Croatian</td>
</tr>
<tr>
<td>Krofne</td>
<td>Slovenian</td>
</tr>
</tbody>
</table>
Station ______: (Fill in the station number)

Look at the artifact. Choose 3 words to describe it and then draw it.

Look at the recipe. Which ingredients do you recognize?

Based on these artifacts the mystery food is______________________________ (fill in with a food from the word bank).

It comes from the ________________________________ culture (fill in with a culture from the word bank).
Station 1 Describing Words (or use your own!):

- Round
- Ridges
- Metal
- Has handles
- Silver
- 2 pieces

Station 2 Describing Words (or use your own!):

- Long
- Wood
- Grooved
- Flat on one end

Station 3 Describing Words (or use your own!):

- Metal
- Has writing on it
- Black
- 7 half circles
- Circle
- Silver

Station 4 Describing Words (or use your own!):

- Rectangle
- Wood
- Carved
- Mold
- Man
Station 5 Describing Words:

- Cloth
- Square
- Heart designs
- Embroidered
- Red and blue thread
- Cream colored

Station 6 Describing Words:

- Wood
- White cloth
- Rectangle
- 3 pieces
  - Drilled holes

Station 7 Describing Words:

- Wood handle
- Silver
- 2 circles
  - Round
  - Metal
Station 1 Mystery Dish

Ingredients:

- 1 cup granulated sugar
- 1 cup butter, room temperature
- 1 cup milk
- 2 eggs, beaten
- 3/4 cup molasses
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons baking powder
- 3 1/2 cups all purpose flour, plus 2 tablespoons
- 1 1/2 cups raisins, finely chopped
- 1 cup dates, chopped
- 1/2 cup nuts, chopped
- 3 tablespoons candied orange, finely chopped
- 1 1/2 cups chopped apples
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- Boiling water

Directions:

1.) Grease mold.

2.) In a large bowl, combine sugar, butter, eggs, molasses, salt, baking soda, baking powder, and flour.

3.) Add raisins, dates, nuts, candied orange, apples, cinnamon, cloves, and nutmeg.

4.) Fill mold with batter.

5.) Place the mold in a large pot and add boiling water 2/3 up the side of the mold. Boil gently for 4 hours.

6.) Remove from heat and cool.
Station 2 Mystery Dish

Ingredients:

Part 1:
- 1 quart water
- 2 teaspoons salt
- 3/4 cups yellow corn meal

Part 2:
- 1 package garlic sausage
- 1 pound stew meat
- water
- cornstarch
- salt
- pepper

Directions:

Part 1:
1.) Bring water to a boil.
2.) Add corn meal very gradually, stirring constantly.
3.) Continue to stir and cook over low heat for 45 minutes. When stiff, turn out onto a platter.

Part 2:
1.) Brown garlic sausage and stew meat.
2.) Add 2 tablespoons of water and let boil away. Repeat until the bottom of the pat is brown.
3.) Add 8 cups of water and bring to a simmer.
4.) Thicken to taste with cornstarch paste.
5.) Salt and pepper to taste.

Serve together.
Station 3 Mystery Dish

Ingredients:

- 2 cups flour
- 2 cups buttermilk
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- 2 eggs (whites and yolks separated)
- butter for cooking

Directions:

1.) In a large bowl, combine flour, baking powder, salt, sugar, and vanilla.

2.) Combine yolks and buttermilk, then add to flour mixture, stirring until smooth.

3.) Whip egg whites to soft peaks, and fold into the rest of the batter.

4.) Heat pan, over medium heat.

5.) When hot, add about 1/2 teaspoon butter and fill with batter.

6.) Allow to cook until golden and then gently flip over. Continue to cook until golden.

7.) Serve with butter, syrup, jam, or powdered sugar.
Station 4 Mystery Dish

Ingredients:

- 4 large eggs
- 2 cups granulated sugar
- 1 1/2 tablespoons baking powder
- 1/2 teaspoon anise oil
- 4 cups flour

Directions:

1.) Beat eggs until light and fluffy.

2.) Add sugar, butter, and baking powder. Beat for 15 minutes, scraping sides of bowl occasionally.

3.) Beat in anise oil.

4.) Gradually beat in flour until well mixed.

5.) Lightly flour mold and press the dough into it. Remove and cut around the design. Place on a greased cookie sheet.

6.) Bake 350 for 10 minutes.
Station 5 Mystery Dish

Ingredients:

- 1 cake compressed yeast (or 1 pkg. active dry yeast)
- 1/4 cup warm water
- 3/4 cup lukewarm milk
- 1/4 cup sugar
- 1 teaspoon salt
- 1 egg
- 1/4 cup soft shortening
- 3 1/2 cups flour

Filling ingredients:

- 1/4 cup soft butter
- 1/2 cup brown sugar
- 1 egg
- 1/4 cup milk
- 1/2 teaspoon vanilla
- 1/2 teaspoon lemon extract
- 2 cups walnuts, finely ground

Directions:

1.) Dissolve yeast in water. Stir in milk, sugar, salt, egg, and shortening.

2.) Mix in flour until dough is easy to handle.

3.) Turn out dough on a lightly floured board, let stand 10 minutes.

4.) Knead until smooth and elastic. Round up in a greased bowl, cover with a damp cloth and let rise until doubled in bulk (about 2 hours).

5.) Punch down, cover, and let rest about 15 minutes.

6.) While dough is resting, prepare the filling.

- Mix the butter, brown sugar, and egg.
- Stir in milk, vanilla, and lemon extract.
- Blend in walnuts.
7.) Place dough on a large floured cloth and roll out until almost paper thin (you should be able to see the design on the cloth).

8.) Spread the filling over the dough, almost to edges.

9.) Starting at the wide side of the rectangle, lift the cloth and let dough roll up (like a jelly roll). Seal well by pinching edges into dough.

10.) Place on a greased cookie sheet. Let rise about 1 hour.

11.) Bake 20-40 minutes at 325. Let cool.
**Station 6 Mystery Dish**

**Ingredients:**
- 1 1/3 cups dried soybeans
- 2 teaspoons liquid nigari
- water

**Directions:**

1.) Soak the dried soybeans in 4 1/2 cups water for at least 8 hours.

2.) Grind the soybeans with their soaking water.

3.) In a large pot, bring 5 cups of water to a boil and add the ground soybeans.

4.) Over medium heat, bring the mixture almost to a boil stirring continuously with a wooden spoon to prevent sticking. Before it comes to a boil, reduce heat to low and cook for 8 minutes, stirring.

5.) Strain the hot mixture through a colander, into a pot lined with a cloth.

6.) Carefully gather up the sides of the cloth and twist it closed, and press out all the liquid you can into a bowl, this is the soy milk.

8.) Transfer the soy milk to a pot and cook until 150 degrees.

9.) Mix nigari with 1 cup water until dissolved.

10.) Add the nigari to the soy milk, stirring, cover the pot and let sit 15 minutes.

11.) Line the press with a cloth and add the mixture.

12.) Fold the cloth over the top, cover with the lid and place 1 1/2 pounds of weight on top of it. Let stand for 15 minutes.

13.) Remove from mold and soak in cold water for 15 minutes.
Station 7 Mystery Dish

Ingredients:

- 4 cups flour
- 1 1/2 oz. yeast
- 1/4 cup sugar
- 3/4 cup, plus 2 tablespoons warm milk
- 5 egg yolks
- 6 tablespoons butter, room temperature
- salt
- vegetable oil for frying
- Powdered sugar

Directions:

1.) Place flour in a bowl, make a well in the center. Add yeast, 1 tablespoon of sugar, and 3 tablespoons of warm milk to the well. Gently mix together and allow to sit for 15 minutes.

2.) Add the remaining milk, sugar, egg yolks, butter, and a pinch of salt and knead into a smooth dough.

3.) Allow the dough to rise in a warm place until it doubles in size, about 1 hour.

4.) Roll out the dough to 3/4 inch thickness and cut out circles, about 3 inches in diameter.

5.) Allow the cutouts to rise for 10 minutes, covered with a dish towel.

6.) Meanwhile, heat oil to 370 degrees F in a large saucepan. Lower the cutouts in 2-3 at a time and fry until they puff up and turn golden brown.

7.) Remove from oil and allow to drain. Sprinkle with powdered sugar.
Recipe Key

Station 1 - Plum Pudding - Plum Pudding Mold - British

Ingredients:

- 1 cup granulated sugar
- 1 cup butter, room temperature
- 1 cup milk
- 2 eggs, beaten
- 3/4 cup molasses
- 1/4 teaspoon salt
- 1 teaspoon baking soda
- 3 teaspoons baking powder
- 3 1/2 cups all purpose flour, plus 2 tablespoons
- 1 1/2 cups raisins, finely chopped
- 1 cup dates, chopped
- 1/2 cup nuts, chopped
- 3 tablespoons candied orange, finely chopped
- 1 1/2 cups chopped apples
- 1 teaspoon cinnamon
- 1/4 teaspoon ground cloves
- 1/4 teaspoon ground nutmeg
- Boiling water

Directions:

1.) Grease mold.

2.) In a large bowl, combine sugar, butter, eggs, molasses, salt, baking soda, baking powder, and flour.

3.) Add raisins, dates, nuts, candied orange, apples, cinnamon, cloves, and nutmeg.

4.) Fill mold with batter.

5.) Place the mold in a large pot and add boiling water 2/3 up the side of the mold. Boil gently for 4 hours.

6.) Remove from heat and cool.
Station 2 - Polenta with Tyrolean Stew-tarai (polenta stick)-Tyrolean

Ingredients:

Part 1:

- 1 quart water
- 2 teaspoons salt
- 3/4 cups yellow corn meal

Part 2:

- 1 package garlic sausage
- 1 pound stew meat
- water
- cornstarch
- salt
- pepper

Directions:

Part 1:

1.) Bring water to a boil.

2.) Add corn meal very gradually, stirring constantly.

3.) Continue to stir and cook over low heat for 45 minutes. When stiff, turn out onto a platter.

Part 2:

1.) Brown garlic sausage and stew meat.

2.) Add 2 tablespoons of water and let boil away. Repeat until the bottom of the pat is brown.

3.) Add 8 cups of water and bring to a simmer.

4.) Thicken to taste with cornstarch paste.

5.) Salt and pepper to taste.
Serve together.

Station 3 - Aebleskiver-Aebleskiver Pan-Danish

Ingredients:

- 2 cups flour
- 2 cups buttermilk
- 2 tablespoons sugar
- 1/2 teaspoon salt
- 2 teaspoons baking powder
- 1 teaspoon vanilla extract
- 2 eggs (whites and yolks separated)
- butter for cooking

Directions:

1.) In a large bowl, combine flour, baking powder, salt, sugar, and vanilla.

2.) Combine yolks and buttermilk, then add to flour mixture, stirring until smooth.

3.) Whip egg whites to soft peaks, and fold into the rest of the batter.

4.) Heat pan, over medium heat.

5.) When hot, add about 1/2 teaspoon butter and fill with batter.

6.) Allow to cook until golden and then gently flip over. Continue to cook until golden.

7.) Serve with butter, syrup, jam, or powdered sugar.
**Station 4 - Springerle Cookies-Springerle Mold-Austrian**

**Ingredients:**

- 4 large eggs
- 2 cups granulated sugar
- 1 1/2 tablespoons baking powder
- 1/2 teaspoon anise oil
- 4 cups flour

**Directions:**

1.) Beat eggs until light and fluffy.

2.) Add sugar, butter, and baking powder. Beat for 15 minutes, scraping sides of bowl occasionally.

3.) Beat in anise oil.

4.) Gradually beat in flour until well mixed.

5.) Lightly flour mold and press the dough into it. Remove and cut around the design. Place on a greased cookie sheet.

6.) Bake 350 for 10 minutes.
Station 5-Potica-Table Cloth- Slovenian

Ingredients:

- 1 cake compressed yeast (or 1 pkg. active dry yeast)
- 1/4 cup warm water
- 3/4 cup lukewarm milk
- 1/4 cup sugar
- 1 teaspoon salt
- 1 egg
- 1/4 cup soft shortening
- 3 1/2 cups flour

Filling ingredients:

- 1/4 cup soft butter
- 1/2 cup brown sugar
- 1 egg
- 1/4 cup milk
- 1/2 teaspoon vanilla
- 1/2 teaspoon lemon extract
- 2 cups walnuts, finely ground

Directions:

1.) Dissolve yeast in water. Stir in milk, sugar, salt, egg, and shortening.

2.) Mix in flour until dough is easy to handle.

3.) Turn out dough on a lightly floured board, let stand 10 minutes.

4.) Knead until smooth and elastic. Round up in a greased bowl, cover with a damp cloth and let rise until doubled in bulk (about 2 hours).

5.) Punch down, cover, and let rest about 15 minutes.

6.) While dough is resting, prepare the filling.

   - Mix the butter, brown sugar, and egg.
   - Stir in milk, vanilla, and lemon extract.
   - Blend in walnuts.
7.) Place dough on a large floured cloth and roll out until almost paper thin (you should be able to see the design on the cloth).

8.) Spread the filling over the dough, almost to edges.

9.) Starting at the wide side of the rectangle, lift the cloth and let dough roll up (like a jelly roll). Seal well by pinching edges into dough.

10.) Place on a greased cookie sheet. Let rise about 1 hour.

11.) Bake 20-40 minutes at 325. Let cool.
Station 6 - Tofu-Tofu Press - Japanese

Ingredients:

- 1 1/3 cups dried soybeans
- 2 teaspoons liquid nigari
- water

Directions:

1.) Soak the dried soybeans in 4 1/2 cups water for at least 8 hours.

2.) Grind the soybeans with their soaking water.

3.) In a large pot, bring 5 cups of water to a boil and add the ground soybeans.

4.) Over medium heat, bring the mixture almost to a boil stirring continuously with a wooden spoon to prevent sticking. Before it comes to a boil, reduce heat to low and cook for 8 minutes, stirring.

5.) Strain the hot mixture through a colander, into a pot lined with a cloth.

6.) Carefully gather up the sides of the cloth and twist it closed, and press out all the liquid you can into a bowl, this is the soy milk.

8.) Transfer the soy milk to a pot and cook until 150 degrees.

9.) Mix nigari with 1 cup water until dissolved.

10.) Add the nigari to the soy milk, stirring, cover the pot and let sit 15 minutes.

11.) Line the press with a cloth and add the mixture.

12.) Fold the cloth over the top, cover with the lid and place 1 1/2 pounds of weight on top of it. Let stand for 15 minutes.

13.) Remove from mold and soak in cold water for 15 minutes.
Station 7 - Krofne-donut/krofne cutter-Croatian

Ingredients:

- 4 cups flour
- 1 1/2 oz. yeast
- 1/4 cup sugar
- 3/4 cup, plus 2 tablespoons warm milk
- 5 egg yolks
- 6 tablespoons butter, room temperature
- salt
- vegetable oil for frying
- Powdered sugar

Directions:

1.) Place flour in a bowl, make a well in the center. Add yeast, 1 tablespoon of sugar, and 3 tablespoons of warm milk to the well. Gently mix together and allow to sit for 15 minutes.

2.) Add the remaining milk, sugar, egg yolks, butter, and a pinch of salt and knead into a smooth dough.

3.) Allow the dough to rise in a warm place until it doubles in size, about 1 hour.

4.) Roll out the dough to 3/4 inch thickness and cut out circles, about 3 inches in diameter.

5.) Allow the cutouts to rise for 10 minutes, covered with a dish towel.

6.) Meanwhile, heat oil to 370 degrees F in a large saucepan. Lower the cutouts in 2-3 at a time and fry until they puff up and turn golden brown.

7.) Remove from oil and allow to drain. Sprinkle with powdered sugar.