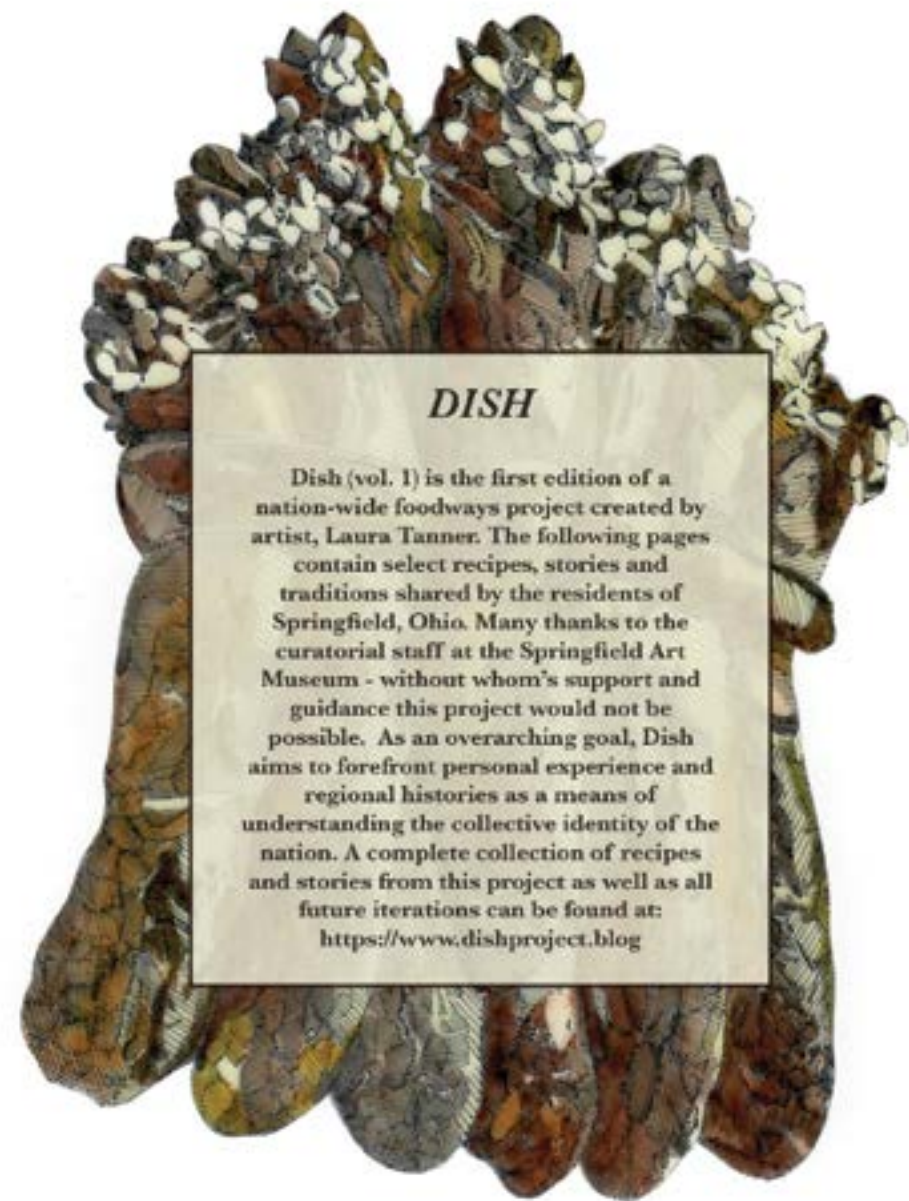




*DISH*

SPRINGFIELD, OHIO  
2023

An ongoing project by Laura Tanner



## *DISH*

Dish (vol. 1) is the first edition of a nation-wide foodways project created by artist, Laura Tanner. The following pages contain select recipes, stories and traditions shared by the residents of Springfield, Ohio. Many thanks to the curatorial staff at the Springfield Art Museum - without whom's support and guidance this project would not be possible. As an overarching goal, Dish aims to forefront personal experience and regional histories as a means of understanding the collective identity of the nation. A complete collection of recipes and stories from this project as well as all future iterations can be found at: <https://www.dishproject.blog>



FROM THE KITCHEN OF: Kristi Limes

RECIPE FOR: \_\_\_\_\_

INGREDIENTS: \_\_\_\_\_

- (4) Russet potatoes
- (2) tablespoons butter
- (1) Small onion chopped
- (1) (10 oz.) package frozen chopped broccoli
- 1/2 cup ranch salad dressing
- 1 teaspoon vegetable oil
- 2 teaspoons dried parsley \*optional
- salt pepper
- 1 cup cheddar cheese



1. Preheat oven to 425°. Microwave pierced potatoes in HSBM for 12 minutes; bake for 15 minutes. Slice off potato tops. Scoop out pulp, keeping skin intact. Mash pulp in medium bowl.
2. Heat a small skillet over medium heat; add butter. Add onion and sauté until tender. About 5 minutes. Add onion, broccoli and salad dressing to potato pulp; mix well. Add cheese.
3. Brush outside of potato skin shells with oil.
4. Spoon potato mixture into shells, dividing evenly. Place on a baking sheet. Bake potatoes until heated through, about 15 minutes. Sprinkle with parsley, salt and pepper to taste.

PREPARATION TIME: \_\_\_\_\_

SERVINGS: \_\_\_\_\_

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## PROJECT STATEMENT

Dish presents a visual archive of the rituals, recipes, and traditions that constitute different communities around the country. Through a series of collaborations with local communities in different regions across North America, I am collecting oral histories from food providers and consumers about the preparation and presentation of classic regional recipes and the accompanying conversations that occur around local gathering tables. The drawings that result from these discussions act as a visual archive of their stories and, in turn, highlight the unique economies, social structures and political leanings of each community.

With the recent political turbulence and rising inflation, food insecurity is nearing crisis levels and issues of equity and access are at the forefront of global politics. Meals have historically offered the unique opportunity for people from diverse socio-economic, political, and cultural backgrounds to gather together and find commonality. By exploring local foodways, we can better understand a community's economy, social structure, political leanings, and, ultimately, its people.

It would not be a summer picnic or holiday without without my mother's potato salad.

It was a rough estimation and always to taste

- 4-6 medium potatoes - baked
- 1 large white onion diced
- 4 Celery stalks chopped → Peeled,
- 1 large cucumber ~~cut~~ sliced, then cut in quarters
- Mayonaisse to mix

Serve chilled

Dandelion Root Salad  
 1 lb of potatoes boiled  
 mayo 1/2 c to 1 c  
 celery (3 stalks)  
 hard boiled eggs 4 or 5  
 green olives sliced  
 green onions sliced  
 bunch of dandelions  
 add all ingredients  
 while potatoes are warm. Dandelions will wilt.



## COOK'S NOTE

### POTATOES

A favorite comfort food, potatoes are probably the most versatile vegetable in the world and can be cooked in any way imaginable! Familiar potatoes found in the market include:

- Idaho or russet potatoes, which have superior baking and frying qualities.
- All purpose potatoes, which include round potatoes with white or red skins and long potatoes with white skins. These potatoes are excellent for boiling, mashing and salad making.
- New potatoes, which are young red potatoes small enough to cook whole. They are a good choice for potato salads and pan-roasted potatoes.

New varieties may be available in your area. These include baby russet and red potatoes, buttery-tasting yellow Finnish potatoes, snack-sized Texas Finger potatoes and purple potatoes from Peru!

Store potatoes in a cool, dark, well-ventilated place. Refrigerating potatoes causes them to become sweet and to turn dark. Warm temperatures encourage sprouting and shriveling.

### RICED POTATOES

This serving variation for potatoes is a tasty alternative to mashed potatoes. Ricing produces potatoes with the texture of soft cooked rice.

To prepare riced potatoes, simply press peeled, freshly cooked hot potatoes through a potato ricer. They are delicious served with gravy and other toppings. Potato ricers are available in housewares departments or at specialty kitchen stores.



Potato Ricer

My grandma Raisa is from Russia and survived through WWII. Of course, even when the war was over, the life was not easily rebuilt for many people. Hunger, probably, did kill many more people. I was told stories of my grandma eating grass and watermelon rindings at those times. People used to boil wallpaper to make hot water shakes on the stomach. Potatoes became a big staple food in many families. I spent many years cooking with grandma with hearing her stories. May 100 heartbeats. She is such a brave and inspiring woman in my life. Most foods we cooked contained potatoes: potato dumplings, potato pancakes, and mashed potatoes is my absolute favorite. Boiled potatoes, use only hot milk, butter, salt. Simple!



By  
Stacy  
Smith

# Paw Paw Patches

Butter or spray

2 1/2 cups flour

2 teaspoons baking soda

1/4 ts salt

2 scoops Sugar

1 cup butter

4 eggs

1/2 ts vanilla

3 cups Paw Paw Pulp or Purée

Pre heat oven to 350°  
Whisk together flour, baking soda  
and salt. Set aside.

Cream sugar and butter until  
light & fluffy. Add eggs one at  
a time, mixing well between each.

Combine flour mixture with  
paw paw pulp & vanilla. Pour  
into prepared pan. Bake  
until firm.

Let cool in pan for 10 minutes.  
Remove from pan & cool  
completely.

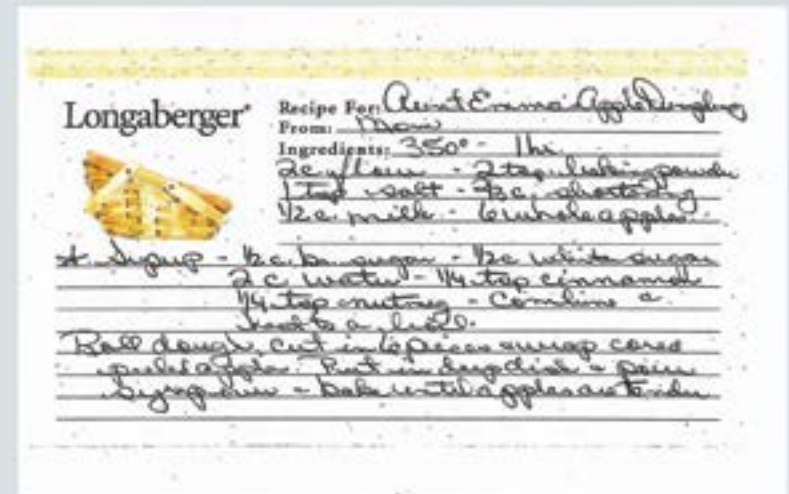
So  
Fudge  
1/2 ts  
1/2 cup Sugar  
1/2 cup Paw  
1/2 ts vanilla











Between 1910 and 1970, Ohio experienced a large population boom as African American left the American South in hopes of finding new opportunities in northern industrial cities. During this period, now commonly referred to as "The Great Migration", the social fabric of Ohio was forever altered as new cultural traditions, celebrations and recipes traveled with the migrants. Located approximately 80 miles northeast of Cincinnati, Springfield, Ohio also experienced the influx of new rituals and cuisine. This custom designed plate, given to each participant who contributed to this project by sharing a recipe or food story, acknowledges the history of the Great Migration and the influence it had on Ohio's changing identity. The recipes and stories printed within these pages reflect the evolution of the socio-economic and political architecture of southwestern Ohio and offer a glimpse into the everyday lives of those who call Springfield home.



My husband's parents are originally from Hong Kong. My mother-in-law does not like to cook but does so out of necessity. She has her core group of dishes that she does so well, and of course, are my husband's comfort foods. Despite being married for 15 years, I have never learned to make her recipes, even though I enjoy cooking. This past Christmas we spent at home with just my husband + children. Instead of a traditional "American" Christmas dinner, I decided to try some dishes from my in-laws. I made rice, cooked bok choy as close as possible to the way my mother-in-law makes it, and made her mother's recipe for 1234 spare ribs. My husband was so happy, even the smell was perfect, he said. Everything turned out great + even the kids loved it. That might be our new Christmas tradition!

### One, Two, Three, Four Spare ribs.

1 pound spare ribs (cut into lunch pieces)

1 Tb sherry or cooking wine

2 Tb dark soy sauce

3 Tb sugar

4 Tb white vinegar

2 Tb water

Mix all ingredients but spare ribs. In a deep saucepan, stir fry spare rib in 1 Tb oil until color turns. Put all other ingredients in the saucepan + mix. Cook + cover over medium heat until  $\frac{1}{4}$  c of sauce remains (about  $\frac{1}{2}$  hour). Serve hot.

Laura Chiu



Young's Jersey Dairy, Yellow Springs, Ohio

In 1946, relatives of the Young family built a red barn on a field in Yellow Springs, Ohio. Shortly following World War II, Hap Young purchased 60 acre surrounding that barn where he and his three sons, Carl, Bob and Bill could grow grain, raise hogs, and milk cows. Approximately 10 years into their venture, Hap recognized a demand for fresh milk in Western, Ohio. So, in 1958 the Young family started selling directly to the public. "The first sales room was a modest operation. [They] built a 10' by 10' room onto the end of the milk room. The equipment was also modest - some glass jugs, a refrigerator, a cash drawer, and the honor system. The customer would drive up, open the refrigerator, get his gallon of milk, leave an empty jug and the money, and drive away." Over the last several decades, the Young's have expanded their business to include a deli, creamery and bakery.



# THROUGH *the* YEARS



**Immaculate Conception Church**

*Kenton, Ohio*

## DATE-NUT PINWHEELS

Dorothy Rapp

2 c. sifted all-purpose flour	1/2 tsp. nutmeg
1 1/2 tsp. baking powder	2/3 c. soft butter or margarine
1/2 tsp. salt	1 c. sugar
1 tsp. cinnamon	1 egg
1/2 tsp. ginger	1 tsp. vanilla

Sift flour with baking powder, salt, cinnamon, ginger and nutmeg; set aside. In a large bowl, with wooden spoon, or mixer at medium speed, beat butter until light. Gradually beat in sugar. Add egg and vanilla; continue beating until very light and fluffy. At low speed, gradually add half of flour mixture. Mix in rest, with hands, to form a stiff dough. Refrigerate 1 hour.

### Date-Nut Filling

1 (8-oz) pkg. pitted dates, cut up	1/2 c. water
1/2 c. sugar	2 tsp. grated lemon peel
	1/2 c. finely chopped walnuts

Meanwhile, make Date-Nut Filling: In a small saucepan, combine dates and sugar with 1/2 c. water. Cook, stirring, over medium heat, until mixture thickens - about 5 minutes. Remove from heat. Stir in lemon peel and nuts. Cool completely. Divide dough in half. On a lightly floured surface, roll each half into an 8 by 10 inch rectangle. Spread each rectangle with half the date-nut mixture. From long side, roll each, jelly-roll fashion. Gently press edge, to seal. Wrap separately; seam side down, in saran or foil. Refrigerate until firm - about 8 hours, or over night - before baking. (Rolls may be stored in refrigerator a week or 10 days. Bake fresh as needed. Preheat oven to 375 degrees. Lightly grease cookie sheets. With a sharp knife, cut as many 1/8 slices as desired for baking at one time. Re wrap rest of roll; refrigerate. Place slices, 2 inches apart, on prepared cookie sheets. Bake 8-10 minutes, or until lightly browned. Let stand 1 minute. Remove to wire rack; cool. Makes about 9 dozen in all. **ORANGE-FIG PINWHEELS:** In a small saucepan, combine 1 1/4 cups finely chopped figs and 1/4 cup sugar with 3/4 cup water. Cook, stirring, over medium heat until mixture is thickened - about 10 minutes. Remove from heat. Stir in 1 tablespoon grated orange peel and 1/2 cup finely chopped walnuts. Cool completely. Make cookies as directed above, substituting orange-fig filling



Easter 2009

Dear Jessica,

I thought you might enjoy  
and appreciate this cookbook as  
it has several of Grandma Papp's  
& Aunt Bernadette's recipes  
in it.

Lots of Love,  
Mom

## "Through the Years"

A Collection of Recipes by  
**Immaculate Conception Church**  
215 E. North St.  
Kenton, OH 43326

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## OHIO FOOD FESTIVALS

FESTIVAL NAME	LOCATION	DATES
WALLEYE FESTIVAL	FORT CLINTON	MAY
FEAST OF THE FLOWERING MOON	CHILlicothe	MAY
STRAWBERRY FESTIVAL	INDI	JUNE
STRAWBERRY FESTIVAL	LONDON	JUNE
LORAIN INTERNATIONAL FEST	LORAIN	JUNE
CORN FESTIVAL	NORTH RIDGEVILLE	AUGUST
BLEUBERRY FESTIVAL	LEWISTON	AUGUST
POPCORN FESTIVAL	MAION	SEPTEMBER
PRETZEL FESTIVAL	GERMANTOWN	SEPTEMBER
SWEET CORN FESTIVAL	MILLERSPORT	SEPTEMBER
ZUCCHINI FESTIVAL	OBetz	SEPTEMBER
MELON FESTIVAL	MILAN	SEPTEMBER
HONEYFEST	LITHCOPIE	SEPTEMBER
CORN FESTIVAL	CLINTON COUNTY	SEPTEMBER
CHERRY APPLISHED FESTIVAL	LIBON	SEPTEMBER
GENEVA AREA GRAPE JANDOREE	GENEVA	SEPTEMBER
SAURKALT FESTIVAL	WARNEVILLE	OCTOBER
PUMPKIN SHOW	CIRCLEVILLE	OCTOBER
POTATO FESTIVAL	SPRING VALLEY	OCTOBER



