



Minnesota Historical Society Press

NEW TITLES

Fall 2022



The Minnesota Historical Society Press is a leading publisher of the history and culture of Minnesota and the Upper Midwest. The Press advances research, supports education, serves the local community, and expands the reputation of the MNHS through the publication of books and e-products, the *Minnesota History* journal, and the free, digital encyclopedia MNopedia.

TRUE NORTH CABIN COOKBOOK

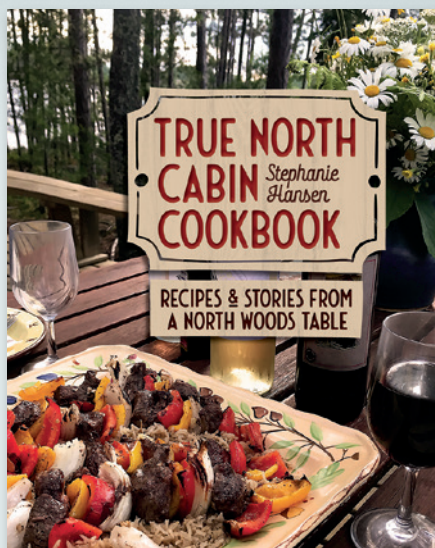
Recipes and Stories
from a North Woods Table

STEPHANIE HANSEN

Celebrate life in the northland with seasonal foods and cherished stories, as recipes and personal recollections transport readers to a lakeside cabin in the north woods.

Cabins provide an ideal getaway from the demands of everyday life, with adventuresome days of hiking or boating or lounging fueled by hearty, home-cooked meals. The rhythms of cabin life are familiar to Stephanie Hansen, who relishes the opportunity to create memorable and delicious meals for friends and loved ones using simple ingredients from pantry and garden.

From her family cabin on picturesque True North Island near Ely, Minnesota, Hansen shares favorite recipes for the summer months. In May, she presents cozy dishes like Beef Bourguignon and Drunken Cowboy Beans followed by a sweet and tart Rhubarb Skillet Cake, while June might call for Molasses Pork Chops accompanied by Roasted Carrots with Scallion-Ginger Sauce. For the lazy summer days of July and August, the classic Fried Walleye with Lemony Tartar Sauce



AVAILABLE SEPTEMBER

FOOD/COOKING, 224 PAGES, 8 × 10,
145 COLOR PHOTOS, 158 RECIPES, INDEX
HARDCOVER, \$29.95, ISBN: 978-1-68134-235-1

might hit the spot, and a Grilled Ratatouille with Herb Vinaigrette takes advantage of fresh seasonal vegetables. As autumn starts to creep in, Grilled Lamb Burgers with Tzatziki Feta Sauce and Warm Bacon Potato Salad keep the summer vibe going. Throughout cabin season, Hansen shares recipes for desserts both simple and adventurous and refreshing cocktails to meet your every mood.

Hansen's creative dishes will nourish and delight those who gather at your table—at the cabin or at home. *True North Cabin Cookbook* offers ample opportunity to savor north woods living at its very best.

Stephanie Hansen is a food writer and blogger. She cohosts the radio program *Weekly Dish* and is host of the *Makers of Minnesota* podcast.



2 True North Island is my husband's family's property on Burntside Lake near Ely, Minnesota. It's somewhat remote: twenty miles as the crow flies from the Canadian border, one lake portage from the Boundary Waters Canoe Area, and two miles by boat from the marina at Burntside Lodge.

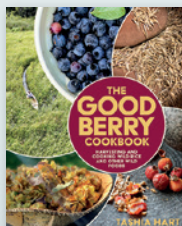
The island cabin is small, with two bedrooms, a living room, and combination kitchen and dining room. The kitchen is not glamorous—there are no marble countertops, no center island, no pantry, no dishwasher, no disposal, no microwave (there's just no room), and the kind of propane stove found in small RVs or hunting shacks. We do not have a spectacular brick pizza oven out on the patio, and our idea of an outdoor kitchen is a Weber grill with one side burner (we gave up on charcoal long ago, after almost burning down the island with two-day-old embers—see page 101).

We pump water out of the lake for washing dishes, showering, boiling noodles, and making coffee. For drinking water, we drive our Lund boat down the

lake to a portage where we fill up gallon jugs from a natural spring. But I'll be honest: the island does have electricity, and I do have a blender, an ice cream maker, and even a food processor. So cabin cooking is not camping cooking or even "glamping" cooking. Our family is not grilling over a wood fire, eating freeze-dried anything, or attempting to make everything in one pot on a single burner.

What we don't have at the island is access to specialty food markets. We do have Zup's grocery store in the small town of Ely. Zup's is a family-owned market founded in 1916 by "Grandpa" John Zupancich. Grandpa was originally a sausage maker, and to this day the store offers house-made smoked Polish sausage, bacon, liverwurst, bratwurst, sauerkraut (of course), porchetta, and much more. They cater to the three thousand local residents year-round, but also to seasonal cabin owners like us. They carry a wide selection of foods, and their meats are very, very good. So, for the purposes of this cookbook, if you can't find

ALSO OF INTEREST



Land of 10,000 Plates: Stories and Recipes from Minnesota

Patrice M. Johnson

PAPERBACK, \$24.95, ISBN: 978-1-68134-168-2

The Good Berry Cookbook: Harvesting and Cooking Wild Rice and Other Wild Foods

Tashia Hart

PAPERBACK, \$24.95, ISBN: 978-1-68134-202-3

“Everyone is seeking a simpler, more localized, and home-crafted lifestyle these days, and Stephanie Hansen’s *True North Cabin Cookbook* delivers that by the barrel. You can smell the pine woods, hear the rain on the lake, feel the sun on your skin. Most important, tasting the incredible recipes gets everyone to their True North.”

—ANDREW ZIMMERN,
award-winning host of *Bizarre Foods*,
What’s Eating America, and *Family Dinner*

Strawberry Shortcake Drop Biscuits

87

June

SERVES 6

Making biscuits is no joke. The folks who do it well have the technique down and tend to make biscuits often. Each biscuit maker has their tips and tricks for fluffy, buttery biscuits. I, however, love drop biscuits. Drop biscuits work great for shortcake recipes with juicy summer fruits. The crispy outside of the craggy biscuit holds up much better than the traditional sponge cake often used in strawberry shortcake recipes. I like how the juicy berries and sauce melt into the biscuit center when it’s cut open but don’t make it soggy. Dough dropped by the spoonful on a baking sheet bakes into a shaggy, unrefined, crispy biscuit, making for a super easy and delicious dessert served with summer berries.

- 4 cups sliced strawberries
- 4 teaspoons granulated sugar, divided
- 1 cup all-purpose flour
- 2 teaspoons baking powder
- $\frac{1}{2}$ teaspoon kosher salt
- 4 tablespoons unsalted butter, chilled, cubed
- $\frac{1}{2}$ cup plain Greek yogurt
- $\frac{1}{2}$ cup milk
- sweetened whipped cream, for serving

Mix strawberries with 1 teaspoon sugar and refrigerate while juices develop, at least 30 minutes.

Heat oven to 450 degrees. In a bowl, stir together flour, baking powder, remaining 1 teaspoon sugar, and salt. Add cold butter cubes and mix with a fork, pressing the butter against the bowl to break it into pea-size pieces. Add yogurt and milk and stir.

Spray a baking sheet with nonstick cooking spray. Use a large spoon or $\frac{1}{2}$ -cup measure to drop 6 scoops of the biscuit mixture onto prepared baking sheet. Bake for 15 minutes, until golden brown. Serve each biscuit with $\frac{1}{2}$ cup strawberry mixture and sweetened whipped cream.



26

Quick Cast Iron Skillet Chicken Pot Pie

SERVES 4-6

Don’t have all day to roast a chicken? This recipe was given to me by Myles Jacob, who has a cabin on Lost Girl Island on Burnside Lake. It was adapted from the *New York Times* with his spin for a quick pot pie.

- 2 pounds bone-in, skin-on chicken thighs
- kosher salt and freshly ground black pepper
- 1 tablespoon extra-virgin olive oil
- 1 small carrot, thinly sliced
- 1 parsnip, thinly sliced
- 1 clove celery, thinly sliced
- 3 cloves garlic, finely chopped
- 1 medium onion, finely chopped
- 1 (8-ounce) package portobello mushrooms, sliced
- 1 tablespoon coarsely chopped fresh thyme leaves
- $\frac{1}{2}$ cup all-purpose flour
- 3 cups chicken broth
- 1 cup frozen peas
- $\frac{1}{2}$ cup finely chopped parsley
- 1 (17.5-ounce package) sheet frozen puff pastry, thawed
- 1 large egg

Heat oven to 425 degrees. Season chicken with salt and pepper. Heat oil in a 10-inch cast iron skillet (or other heavy-bottomed, ovenproof skillet) over medium heat. Sear chicken, skin-side down, until deeply golden brown, 6 minutes. Flip chicken and continue to cook on all sides until evenly browned and cooked through, an additional 8–10 minutes. Remove chicken and set aside to cool.

To the skillet drippings, add carrots, parsnip, celery, garlic, onions, mushrooms, and thyme. Season with salt and pepper and cook, stirring occasionally, until vegetables are tender and just cooked through, about 6 minutes. Add flour and stir to coat all the vegetables. Cook, stirring constantly, until the flour has started to turn a light golden brown with no white bits left, about 3 minutes. Add the broth $\frac{1}{2}$ cup at a time, using a wooden spoon to blend and scraping up any browned bits on the bottom of the skillet. Once all the broth is added, bring to a simmer and remove from heat.

Remove the bones and skin from the cooked chicken and shred the meat into bite-size pieces. (The chicken will cook longer in the oven, so don’t worry if there are pink parts remaining.) Add the chicken, peas, and parsley to the skillet, stirring to combine, and season once more with salt and pepper to taste.

Carefully unfold the puff pastry and roll it into a 12-inch circle. Place it on top of the skillet, letting some of the dough hang off the sides.

Whisk the egg with 1 teaspoon of water and brush the top of the puff pastry. Cut 3 (2½-inch) slits, about 1 inch apart. Place the skillet on a baking sheet to catch drips and place in the oven. Bake until the puff pastry is golden brown and the filling is starting to bubble up, 20–25 minutes. Reduce temperature to 375 degrees and continue to cook until puff pastry is baked through and filling has thickened considerably, another 15–20 minutes. Remove from heat and let cool 10 minutes before eating.



27

May

"A CHILD OF THE INDIAN RACE"

A Story of Return

SANDY WHITE HAWK

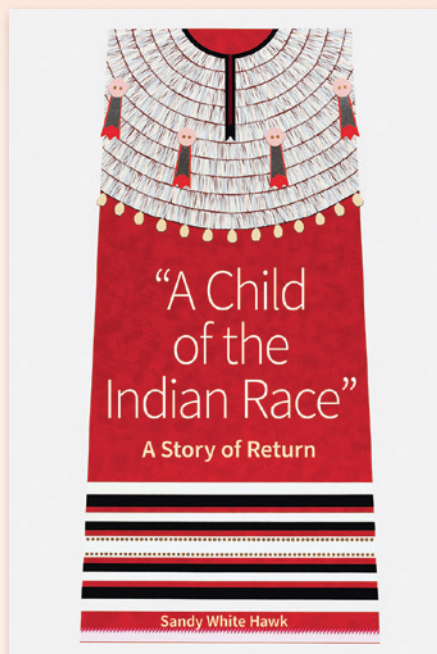
Foreword by Gene Thin Elk

Introduction by Terry Cross

An adoptee reconnects with the Lakota family and culture she was born into—and nurtures a new tradition that helps others to do the same.

In the 1950s, when Sandy White Hawk was a toddler, she was taken from her Lakota family on the Rosebud Indian Reservation in South Dakota. Her adoption papers identify her as "a child of the Indian race," and her adoptive mother never let her forget it, telling her she was unwanted and shaming her for being "Indian." White Hawk medicated her traumas with drugs and alcohol. At age twenty-eight, she gained sobriety and reconnected with her birth relatives. As she learned what it means to be Lakota, she also learned that thousands of Native adoptees shared her experience—left to navigate racial and cultural complexities as children, with no way to understand what was happening to them.

Mentored by a respected elder, White Hawk began to work with relatives who also had been separated by adoption and



AVAILABLE OCTOBER

NATIVE AMERICAN/INDIGENOUS STUDIES,
232 PAGES, 6 × 9, 25 B&W PHOTOS, APPENDIXES
PAPERBACK, \$18.95, ISBN: 978-1-68134-241-2
E-BOOK, \$9.99, ISBN: 978-1-68134-242-9

foster care, taken away from their families and communities. Fighting through her feelings of inadequacy, she accepted that she could use her voice to advocate.

As founder of the First Nations Repatriation Institute, White Hawk now lectures and presents widely. This is her story, and it is the story of her life work: helping other adoptees and tribal communities to reconcile the enormous harms caused by widespread removals.

Sandy White Hawk (Sicangu Lakota) is the founder and director of First Nations Repatriation Institute and elder-in-residence at the Indian Child Welfare Act Law Center in Minneapolis.

FROM THE BOOK . . .

I sat nervously on the overstuffed pillows with the other members of the group, seven women, all of them white. I had become so accustomed to being alone, the only brown person—I was the only Indian girl in the small town where I grew up. My adoptive mother was white. She and my adoptive father were fundamentalist missionaries who adopted me from the Rosebud Sioux Reservation in South Dakota.

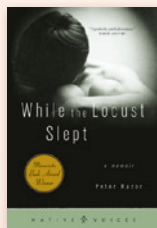
I kept staring at the counselors, two brown women, Puerto Rican. I had lived in Puerto Rico for a year, while stationed at Roosevelt Roads Navy Base. I felt a kinship with the Puerto Rican women that I didn't have words for, but I remember trusting them right away, which was very unusual for me.

Each week in group we were expected to participate in activities that would help us share. In our first activity, we each made a story using all the letters of the alphabet to describe ourselves. I shocked myself by using the letter "I" to say that I was an Indian woman. I didn't usually acknowledge that reality. I was taught not to. Nobody seemed to care, anyway. But there it was on my paper, and it scared me.



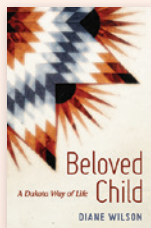
Sandy White Hawk, about 1953

ALSO OF INTEREST

**While the Locust Slept: A Memoir**

Peter Razor

PAPERBACK, \$18.95, ISBN: 978-0-87351-439-2

E-BOOK, \$12.99, ISBN: 978-0-87351-707-2**Beloved Child: A Dakota Way of Life**

Diane Wilson

PAPERBACK, \$19.95, ISBN: 978-1-68134-074-6

E-BOOK, \$14.99, ISBN: 978-0-87351-840-6

THE BIG LEAF LEAP

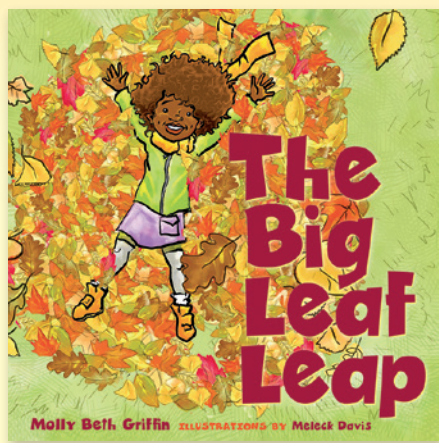
MOLLY BETH GRIFFIN
ILLUSTRATIONS BY MELECK DAVIS

The leaves are down. The rakes are out. But one girl can't do it alone. Neighborhood kids join forces to build a big, huge, enormously enormous mountain of leaves. Ready, set . . . leap!

The girl wants a leaf pile to leap in. A big leaf pile, a huge leaf pile, an enormously enormous leaf pile! She rakes and rakes and rakes, but there are not enough leaves in her yard to make the leaf pile of her dreams. And she can't do it alone. She will need some help.

And so it begins: one neighbor kid here, a couple of neighbor kids there, others from down the street. They all have leaves to contribute as they build a pile together in a nearby vacant lot. Beautiful leaves from so many trees: maple, oak, ginkgo, aspen, birch, locust, sumac, catalpa. Beautiful children from so many families, all in pursuit of a single goal. The result is a dream come true. And now what? These kids know just what to do.

In *The Big Leaf Leap*, playful phrasing evokes fall's crisp air, warm sun, and rustling leaves. Energetic illustrations depict the satisfying effort of new friends working together to create something



AVAILABLE SEPTEMBER

CHILDREN'S PICTURE BOOKS, AGES 3-7, 32 PAGES,
10 × 10, FULLY ILLUSTRATED
HARDCOVER, \$17.95, ISBN: 978-1-68134-203-0

wonderful. A deep, soft, crunchy, springy leaf pile. A tall, wide leaf pile. A big, huge, enormously enormous leaf pile! And when all the work is done, it's time to play. To count down together. To leap.



Molly Beth Griffin is the author of several children's books, including *Rhoda's Rock Hunt* and *Ten Beautiful Things*. All-around creative **Meleck Davis** is a web designer/developer, an illustrator, a writer, and a musician living in Minneapolis.



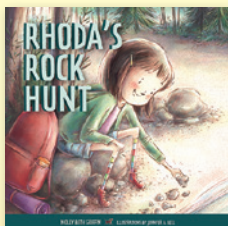
The girl wanted a **BIG** leaf pile to leap in—a huge leaf pile, an enormously enormous leaf pile. She wanted it deep and soft and crunchy and springy. She wanted it tall enough and wide enough to leap into all afternoon.



Soon, the twins helped haul their leaf pile up the block to the vacant lot. The others brought their pile too.

till the red star maple leaves and the brown lobed oak leaves and the yellow fan gingko leaves and the gold heart aspen leaves made a small mountain together.

ALSO OF INTEREST



**RHODA'S
ROCK HUNT**

MOLLY BETH GRIFFIN ILLUSTRATED BY JENNIFER A. BELL



NORTH WOODS GIRL

AIMÉE BISSONETTE ILLUSTRATED BY CLAUDIA MCGEEHEE

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HARDCOVER, \$17.95, ISBN: 978-0-87351-950-2

North Woods Girl

Aimée Bissonette

Illustrations by Claudia McGehee

HARDCOVER, \$17.95, ISBN: 978-0-87351-966-3

THE HEART OF THE HEARTLAND

Norwegian American Community in the Twin Cities

DAVID C. MAUK

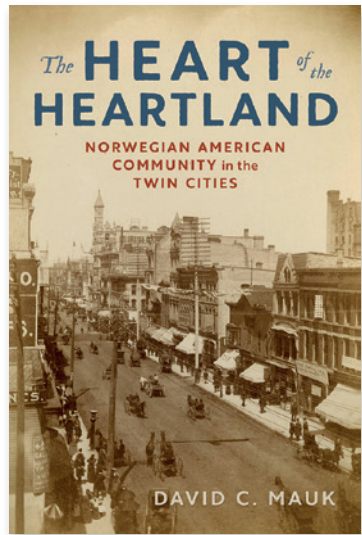
Since the earliest days of European settlement in the region, tens of thousands of Norwegians have found their way to Minnesota. Many early arrivals settled in the cities, while others who initially chose the countryside departed for urban settings after they had become accustomed to the ways of their adopted home. The growing Twin Cities became home to Norwegian immigrants and their migrating compatriots alike.

These Norwegian Americans took up employment in a range of fields. They also assembled in churches and charitable organizations, carrying on homeland traditions even as they took on prominent roles in the larger urban community. Minnesotans of Norwegian descent in the twenty-first century may not speak their ancestral tongue, but they lovingly uphold many cultural practices of their ancestral home.

The Heart of the Heartland brings together personal interviews, demographic research, and archival exploration to inform stories of assimilation, ascendancy, and collaboration among Minnesota's Norwegian Americans and their neighbors over 170 years.

David C. Mauk is the author of *The Colony that Rose from the Sea: Norwegian Maritime Migration and Community in Brooklyn, 1850-1910* and numerous articles about Norwegian American ethnicity. Now retired, he taught American studies at the University of Oslo.

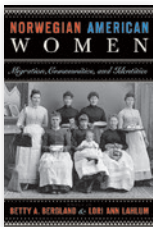
This book is a copublication with the Norwegian American Historical Association.



AVAILABLE SEPTEMBER

SCANDINAVIAN STUDIES, 456 PAGES, 6 × 9, 40 B&W ILLUSTRATIONS, 4 MAPS, 4 TABLES, NOTES, BIBLIOGRAPHY, INDEX
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ALSO OF INTEREST



Norwegian American Women: Migration, Communities, and Identities
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A new look for Vilhelm Moberg's bestselling series about Swedish immigrants coming to America in the nineteenth century.

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THE SETTLERS

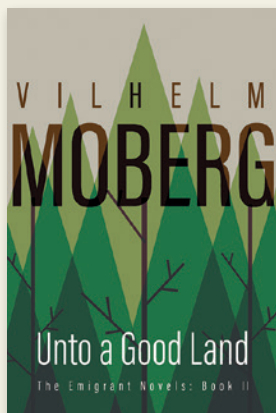
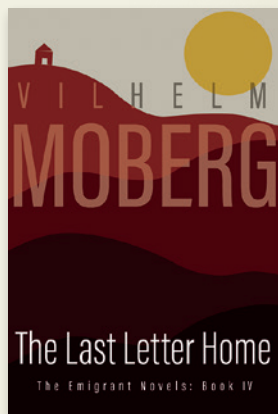
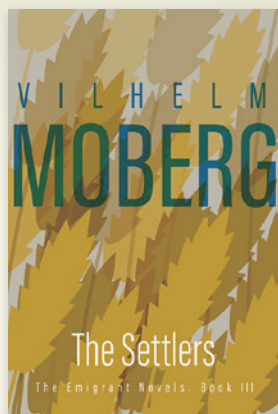
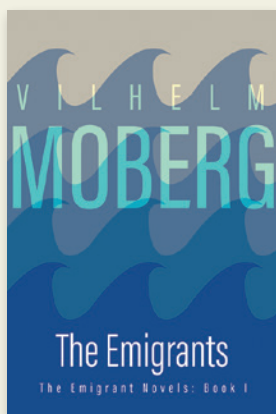
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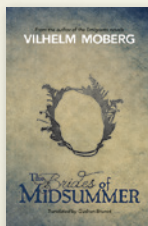
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JUL

Swedish American Holiday Traditions

PATRICE M. JOHNSON

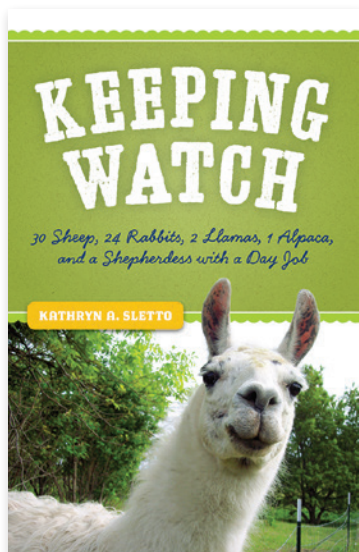
"This book makes me want to go into the kitchen and plan a holiday party! Patrice updates the flavors and shapes of traditional Christmas classics like Swedish meatballs and Lucia buns, creating a fresh new approach to these old-world treats."

—Beatrice Ojakangas, author of *The Great Scandinavian Baking Book*



AVAILABLE OCTOBER

COOKBOOKS/HOLIDAY, 264 PAGES,
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PAPERBACK, \$19.95, ISBN: 978-1-68134-248-1



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with a Day Job

KATHRYN A. SLETTO

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—*Star Tribune*

FIRST AVENUE

Minnesota's Mainroom

Revised and Updated

CHRIS RIEMENSCHNEIDER

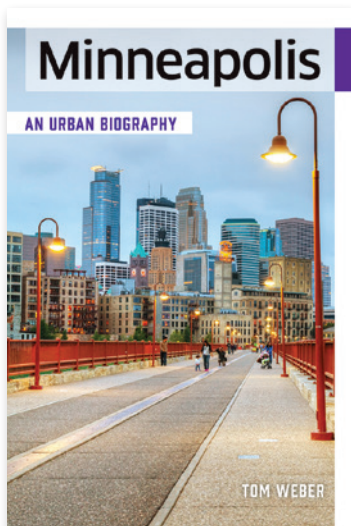
"First Avenue: Minnesota's Mainroom looks and feels like the coolest scrapbook ever. While Chris Riemenschneider . . . does an amazing job of recounting the groundbreaking concerts and acts that have happened on this legendary stage . . . , it was band posters, ticket stubs, and photos from the concerts that pulled me into the book."

—*Minnesota Monthly*



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MUSIC, 276 PAGES, 9¼ × 10½,
450 COLOR AND B&W PHOTOS, INDEX
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MINNESOTA HISTORY, 224 PAGES,
6 × 9, 50 B&W PHOTOS
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MINNEAPOLIS

An Urban Biography

Updated Edition

TOM WEBER

Updated and expanded with a new epilogue covering the momentous events of 2020 and beyond.

"Tom Weber provides a fresh, inclusive, and timely look at the people and events that continue to shape Minneapolis. Playing with chronology, he artfully melds often-told stories with lesser-known ones. This book helps us understand the paradox of a proud city with a sterling reputation that nevertheless struggles with basic issues of equity for its citizens."

—John Crippen, executive director, Hennepin History Museum



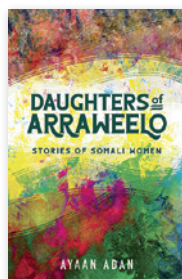
WHITENESS IN PLAIN VIEW

A History of Racial Exclusion in Minnesota

Chad Montrie

PAPERBACK, \$19.95, ISBN: 978-1-68134-210-8

E-BOOK, \$9.99, ISBN: 978-1-68134-211-5



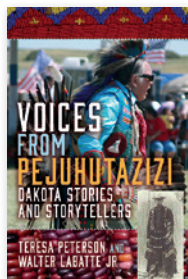
DAUGHTERS OF ARRAWEELO

Stories of Somali Women

Ayaan Adan

PAPERBACK, \$17.95, ISBN: 978-1-68134-182-8

E-BOOK, \$9.99, ISBN: 978-1-68134-183-5



VOICES FROM PEJUHUTAZI

Dakota Stories and Storytellers

Teresa Peterson and Walter LaBette Jr.

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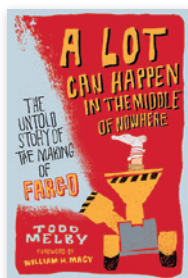
BOOTH GIRLS

Pregnancy, Adoption, and the Secrets We Kept

Kim Heikkila

PAPERBACK, \$18.95, ISBN: 978-1-68134-190-3

E-BOOK, \$9.99, ISBN: 978-1-68134-191-0



A LOT CAN HAPPEN IN THE MIDDLE OF NOWHERE

The Untold Story of the Making of Fargo

Todd Melby, Foreword by William H. Macy

PAPERBACK, \$19.95, ISBN: 978-1-68134-188-0

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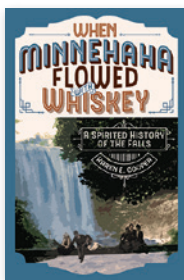
TALES FROM THE MINNESOTA SPORTS BEAT

A Lifetime on Deadline

Patrick Reusse and Chip Scoggins,
Foreword by Dan Barreiro

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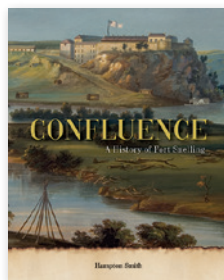
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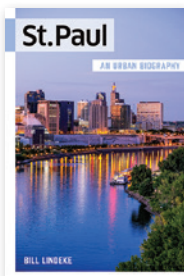
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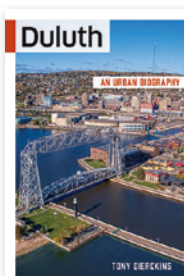
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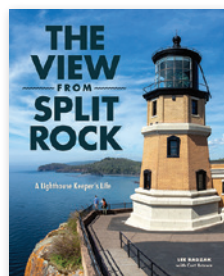
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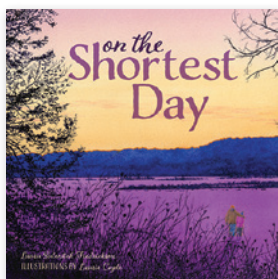
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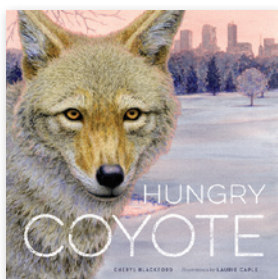
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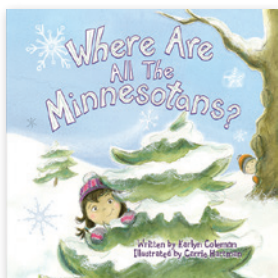
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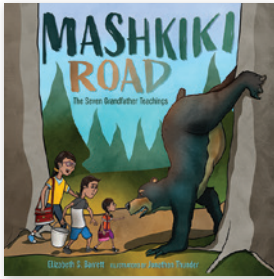
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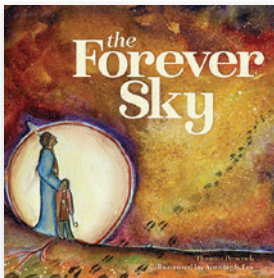
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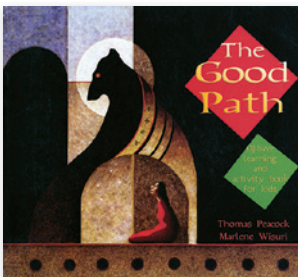


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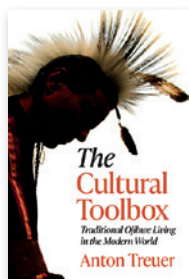


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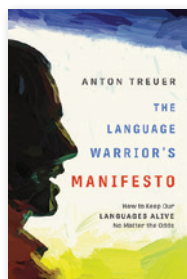
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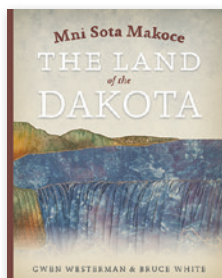
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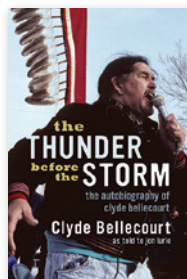
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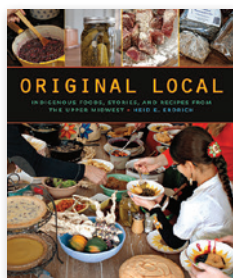
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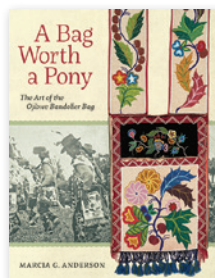


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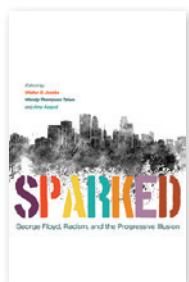
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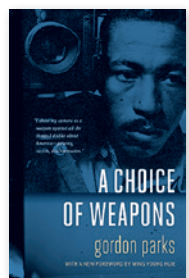
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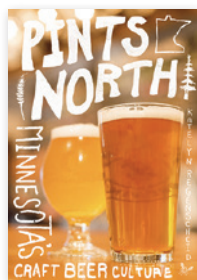


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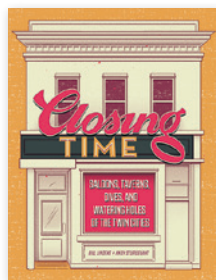


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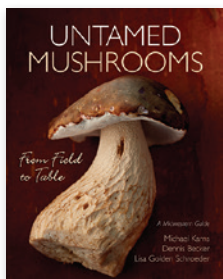


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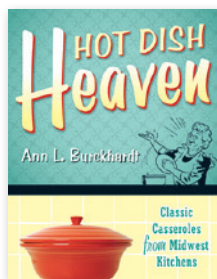


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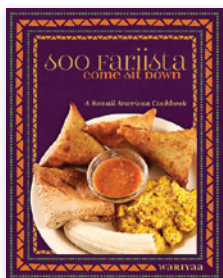


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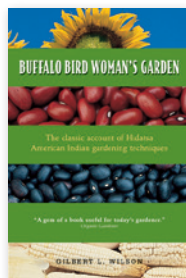


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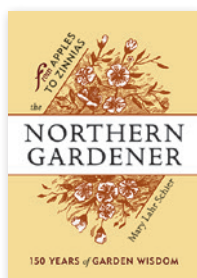
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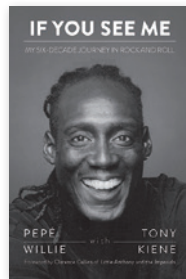


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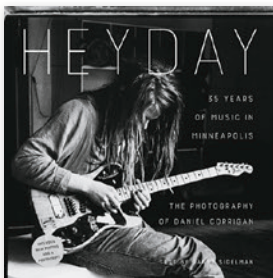
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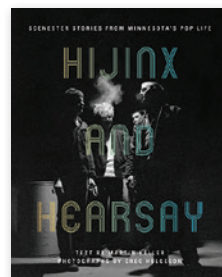


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