

**St. Croix Valley Branch of AAUW**  
**Gourmet Dinners for 2022-2023**

**Dinner and Diplomacy**

Dr. Maria Velez de Berliner, an intelligent analyst and professor at George Washington University writes that food is a powerful weapon. Lord Palmerston, a former Prime Minister of the UK, wrote that dining is the soul of diplomacy. Rong Qin, a writer for the Diplomatic Courier, tells stories of saved diplomatic relationships because the parties sat down together over dinner and talked. She says that sharing food is sharing culture and ideas and food helps to break barriers between people.

October 8, 2022 GOTV (Get Out the Vote)

This October menu reflects the lifestyles of US politicians. It is a reminder that even the humblest of dishes can become elevated on the plates of distinguished people.

**Couple 1. Appetizer Rosalynn Carter's Peace Prize Cheese Ring**

**Couple 2. Ronald Reagan's Deficit Spending Stew**

Claude Pepper's Lefty Liberal Beaten Biscuits

**Couple 3. Nixon's Scandalous Watergate Salad**

Harry Truman's The Buck Stops Here Ozark Pudding

Recommended Wines for Appetizer , a Chenin Blanc, a Sauvignon Blanc, or a Riesling (all available at Total Wines)

Recommended Wines to go with the Stew, a Malbec or a Pino Noir (both available at Total Wines)

**Rosalynn Carter's Peace Prize Cheese Ring**

Rosalyn Carter is the wife of Jimmy Carter, the 39<sup>th</sup> President of the United States from 1977-1981. She has been an advocate in the area of mental health, and a driving force in getting the Mental Health Systems Act of 1980 passed. The main thrust of the act was to provide grants to local mental health organizations but the lasting legacy of that Act was the Patients' Rights Code. Her husband, Jimmy Carter was born in 1924 in Plains, Georgia where he still resides. He graduated from the United States Naval Academy with a B.S. in Science. He was assigned by Admiral Rickover to do graduate work in reactor technology and nuclear physics.

At the death of his father, he returned to Plains to take over the Carter farms and seed business and became a community leader. Serving on the library board, the hospital board and the education board. In 1962, he was elected to the Georgia Senate and in was

elected governor of Georgia in 1971. During his administration as President of the United States the Panama Canal Treaty was enacted, the Peace accords were accomplished between Egypt and Israel, the Salt Treaty II with the Soviet Union occurred and diplomatic relations with the People's Republic of China was developed. There were many more accomplishments but it was after his Presidency that he was awarded the Nobel Peace Prize for his humanitarian work around the world. He celebrates his 97<sup>th</sup> birthday, Oct. 1, 2022.

## **Rosalynn Carter's Peace Prize Cheese Ring**

Yield: serves 8-10

Prep time: 15 minutes

Total time: 20 minutes

1 lb. Finely grated sharp cheddar cheese

1 cup Real Mayonnaise(Hellman's)

1 ½ cup finely Chopped pecans {recommend using food processor for chopping pecans}

½ cup Finely chopped onion {recommend using food processor to chop onions }Fresh ground pepper

Dash of cayenne pepper

1 (12 oz) jar of Strawberry preserves

Crackers of your choice (recommend crackers that are not easily breakable)

For a more peppery flavor, combine a dash of cayenne with black pepper and combine with cheese, mayonnaise, 1 cup chopped pecans and finely chopped onions. If you are not a pepper fan, leave it out.

If you do not have a mold of some kind, you may make this into a cheese a ball. To make the cheese ball, put a plastic wrap like Cling wrap or Saran Wrap out on a board. Sprinkle the ½ cup pecans on to the plastic sheet. Spoon out the cheese mixture on the top of the pecans. Use the area of the plastic wrap to shape the cheese ball. Gather the sides together and gently squeeze into a shape that is pleasing to you. Then wrap the ball and place in refrigerator for at least 3 hours.

If you are using a ring mold, you can use a neutral cooking spray to coat a jello mold or a Bundt pan to aid in unmolding. Sprinkle the ½ cup pecans into the bottom of the mold. Pack the mold with the cheese mixture. Make sure it is tamped down so there are no air pockets.

Refrigerate for at least minimum 3 hours.

To serve, dip mold in a hot water bath for at least 15 to 20 seconds and it will drop out onto a platter. Fill the center with the strawberry preserves, and share with crackers of your choice.

#### CLAUDE PEPPER'S LEFTY LIBERAL BEATEN BISCUITS

Claude Pepper was born in 1900. He had an interesting background as a left liberal of the Democratic Party. He was a close ally of FDR and supported the New Deal after his election to the senate in 1936. He was considered the most prominent liberal of his time, campaigning on labor issues which led to the Fair Labor Standards Act of 1938. He sponsored the Lend-Lease Act, and broke with fellow democrats over the issue of poll taxes to which he was opposed. After early conciliation toward the Soviet Union and opposing the nomination of Harry Truman, by the 1960's he was a staunchly anti-communist. Pepper lost his senate race in 1950. After some years as a private law practice, he won a U.S. House of Representatives seat for an area surrounding and including Miami, Florida, in 1962. He held that seat, winning every election until his death in 1989. He became the most famous representative on a newly created House Select Committee on Aging. He worked to support those programs that strengthened both Social Security and Medicare. In 1988, he sponsored the creation of the National Center for Biotechnology Information. He was honored with the Presidential Medal of Freedom by George W. Bush.

Claude Pepper's Lefty Liberal Beaten Biscuits.

An option for this recipe is to buy Pillsbury or other brand of refrigerated biscuits. If you buy the biscuits, sprinkle them with Parmesan cheese on them before you bake them for a more authentic take on the recipe. This is also optional.

This recipe originally called for lard, but it has been updated to use butter.

Prep time: 40 minutes

Bake time: 15-20 minutes

Yield: 18 biscuits

1/3/4 cups all-purpose flour plus extra

1 teaspoons salt

1teaspoon sugar

1/2 teaspoon baking powder

1/4 cup pure vegetable shortening

1/4 cup milk

1/2 cup ice water

Directions:

Heat oven to 300 degrees with a rack set in the middle level.

Line two baking sheets with aluminum foil, the dull side facing up. Set aside. In the bowl of a food processor, pulse to combine flour and salt. Add butter and shortening and pulse until mixture resembles fine meal. With machine running pour in milk and then ice water through the feed tube. Mix until most of the dough has formed a ball, then continue to process for 2 minutes.

Transfer dough to a lightly floured surface. The dough will appear wet and slick. Sprinkle flour lightly on top of dough. Use a rolling pin to beat across the top of the dough. Use rolling pin to roll in the flour and continued until dough is stretched to about 10 inches long and about 1/2 inch thick. Roughly fold the dough into a packet by folding over one third and then from the other side a third. Again, sprinkle flour on top of the dough and roll it out to 10 inches and 1/2 inch thick and fold over again. Do this process for about 10 minutes and the last rolling out should make the dough thinner about 3/8 inch thick. Use a biscuit cutter to make 1 1/2 inch rounds. Place on aluminum foil and bake for 15 minutes. Rounds should not brown but rather stay a white or pinkish white. If they are not done in 15 minutes, reduce the heat to 200 degrees and bake for an additional 10 to 15 minutes. They have to be watched closely Biscuits will freeze well.

### **Ronald Reagan's Deficit Spending Stew (Truckadero Stew)**

Ronald Reagan was born in 1911 in a small town in Illinois. He graduated from college in 1932 and was a sportscaster in Iowa for the next five years. He took a screen test while traveling with a sports team and in 1938 he moved to California where he found work as an actor. In 1947 he was elected President of the Screen Actors Guild. Ronald Reagan was a Democrat in his early years and his first wife in her filing for divorce cited political differences. She was a Republican. By 1964, he was a Goldwater Republican. He had been influenced greatly by a GE executive who was for limited government, free markets, anti-communism and lower taxes. Ronald Reagan opposed the Medicare legislation that Claude Pepper sponsored, as too socialistic. In 1966 he became governor of California, defeating Pat Brown, a two term Democrat. During his years as governor, he signed a repeal of conceal and carry gun act. He supported the death penalty and also signed a bill for no-fault divorce. He was elected President of the United States in the 1980 campaign, succeeding Jimmy Carter. Among his many policies that were enacted were tax cuts and tax increases. He signed a major tax cut in 1981, but subsequently signed legislation to raise taxes in 1982. He cut the budgets of everything that was non-military, including Medicaid, food stamps, federal education programs and environmental

programs. To make up for the tax cuts, the Federal government, under Reagan began a policy of borrowing that caused the national debt to triple under his presidency. The legacy of the Reagan years is a mixed one. His supporters point to tax reductions and the tightening of interest rates which led to peacetime economic growth. The flip side is that this economic growth was accompanied by rise of the national debt and a federal budget and trade deficit. Many Republicans after Reagan touted that they were in favor of Reaganomics. Until the rise of Trump, Reagan was seen as the standard bearer for the Republican Party. He died in 2004.

### **Ronald Reagan's Deficit Spending Truckadero Stew**

Serves 6

6 tablespoons canola or olive oil

3 Large onions

2 teaspoons salt

4 lbs. Stewing beef

1 ½ cup red wine

2 packages artichokes hearts frozen

2 cloves garlic

¾ all-purpose flour

18 fresh button mushrooms or cremini mushrooms

3 teaspoons dill weed

1 quart beef stock

Grated Parmesan cheese

Heat oil in a Dutch oven or heavy-duty casserole that can be used on the stove.

Sauté garlic and onions until golden and then remove and set aside.

Mix flour, salt and pepper together and dredge meat in mixture.

Brown meat in oil. Add more oil as needed.

Return onion and garlic to pot. Add dill, wine and consommé.

Cover and simmer for 1 ½ hours to 2 hours or until tender.

Cook artichokes and add to meat mixture, after it has become cooked and tender.

In separate pan, melt butter and sauté mushrooms for 5 minutes and add to meat.

Mix all gently and season as needed. Heat thoroughly either in oven or on stove top.

Serve with Claude Pepper beaten biscuits, or as an alternative, use refrigerated biscuits, brushing them with butter and sprinkling with Parmesan cheese.

### Richard Nixon's Scandalous Watergate Salad

The author of the *Watergate: Inside America's Most Infamous Address* said there are three enduring mysteries of the Watergate: "No. 1 Who ordered the break-in of the Democratic National Committee headquarters? No. 2 How did Watergate get its name? No. 3. Who created the Watergate Salad.?"

Richard Nixon had little connection to the Watergate salad, but perhaps too much to do with Watergate itself. He was the 37<sup>th</sup> President of the United States. On the plus side of the ledger, Nixon is credited with opening up relations with China, ending the Vietnam War and created the Environmental Protection Agency. He was born into a Quaker family in Whittier, California. He studied law at Duke University, and served in WWII. He was elected to the House of Representatives in 1946. He was seated in the House Un-American Activities and was seen as a strong anti-communist which brought him national attention. He served two terms as Vice President to Dwight D. Eisenhower. He won the 1968 Presidential election and served until the Watergate scandal forced him to resign. He had won a second term in 1972.

The Watergate hotel was built between 1963 and 1971. It was at the time, the most desirable place to stay in Washington, D.C. It was so desirable that the Attorney General of the United States John Mitchell had an apartment there. The Democratic National Committee had their offices there. The hotel and office complex are a 25-minute walk to the White House, near the Metro station and the John F. Kennedy Center for the Performing Arts. It was closed for nearly ten years, from 2007 to 2016 when it was revitalized and re-opened and still at the center of the downtown area of Washington, D.C. Rooms run about \$300.00 per night. You can stay in the "scandal room" for \$1200.00 per night. The hotel key cards say "no need to break in," and you can listen to Richard Nixon's voice if you are put on hold. Books about the Watergate break in include *All the President's Men*, by Carl Bernstein and Bob Woodward, *Blind Ambition* by John Dean, and *Watergate: A New History* by Garrett M. Graff.

According to an historian, the Watergate salad most likely came about because of the use of instant gelatin for marshmallows, gelatin molds and other fun foods. There was recipe published in 1913 which was the precursor of the salad made of whipped cream and fruit.

There was, before the Water gate salad, a Watergate cake which had a green hue because it also used pistachio pudding. Some people said the cake was called the Watergate cake because "of all the nuts in it." Other said the name came from the Watergate because the cake had a great "cover up." Whatever the truth, the cake and the salad were being placed at dinner tables all over the nation, primarily by Democrats who said the recipes were a great hit. While the Republicans wanted to "turn the page" Democrats were having fun. But times have changed and it is rare to see the Watergate salad, however, every new scandal has a "gate" attached to it. Kraft foods reports that there have been over 100,000 clicks on its recipe for Watergate salad, so there are those who are still enjoying the "Mid Century modern" recipe of the Watergate Salad.

#### Richard Nixon's Scandalous Watergate Salad

box of Pistachio instant pudding

1 can have crushed pineapple in its own juice

1 cup miniature marshmallows

½ cup chopped walnuts

½ tub of Cool Whip

Leaf or Iceberg or Butter lettuce for plate

Jar of Maraschino Cherries

Mix all ingredients together and chill until ready to serve.

Place lettuce leaves on each salad plate or salad bowl and mound the Water gate salad on the lettuce. Top each salad with a single maraschino cherry.

#### Harry Truman's "the Buck stops here" Ozark Pudding

Harry S. Truman was the 33<sup>rd</sup> President of the United States from 1945 when as Vice President he took over the office of President after the death of FDR until 1953. He was famous for the Berlin Airlift and Marshall Plan which rebuilt Europe after WWII, and for the establishment of the Truman Doctrine and formation of NATO. He had not heard of the Atomic Bomb until the day he took over the Presidency from FDR. He was the only President to ever order the use of nuclear weapons which he did in order to bring Japan to its knees to end WWII. He led the United States during the Korean War. He was an internationalist. The Truman Doctrine directed that the United States would provide political, military and economic assistance to those countries under threat from internal or external authoritarian forces. This was a turning away from isolationism. Under this direction the United States gave aid to both Greece and Turkey and Iran as they were under pressure from communism. His concern was the growing threat from the Soviet Union after WWII. He chose not to run again having served already eight years. He was heavily criticized by Eisenhower who won the election and by others, but

in the intervening years, his legacy has grown in stature. He is seen as both a fair-minded President, honest and belying his country background, with no formal college education, he was an astute politician and his policies set the direction for American foreign policy for all of the rest of the 20th Century. He believed in the United Nations as a forum in which nations could hammer out differences without going to war. He had to handle many international crises including the partition of Palestine to form the Jewish state, Israel. While he was not successful in all his policies, considering the complexities of the time, he appeared to be the right man for the job at the time. A friend of his gave him the sign that sat on his desk all during his Presidency, "the Buck Stops Here." He said as he left office

*The President--whoever he is--has to decide. He can't pass the buck to anybody. No one else can do the deciding for him. That's his job.*

Truman was born in 1882. He became a skilled pianist, studied at a commercial business school for bookkeeping, shorthand and typing. He took night courses to become a lawyer but never finished, and instead was elected judge of his county. His wife Bess is said to have made his favorite dessert often. Ozark pudding was a southern favorite and most likely a take on a French dessert introduced early in American history.

Harry Truman's "The Buck Stops Here," Ozark Pudding

1 egg

$\frac{3}{4}$  cup granulated sugar

2 tablespoons all-purpose flour

1  $\frac{1}{4}$  teaspoon baking powder

$\frac{1}{8}$  teaspoon salt

$\frac{1}{2}$  cup chopped nuts either walnuts or pecans

1 cup chopped apples

1 teaspoon vanilla

Directions:

Preheat oven to 350 degrees. Mix together sugar and egg until well blended and smooth. Add flour, baking powder and salt. Mix until blended. Add nuts, chopped apples and vanilla. Spread into a greased pie pan. Bake for 35 minutes. Cool to room temperature and serve with ice cream.