



SUNDAY SUPPER

Live Webcast & Restaurant Fundraiser



AROOSTOOK SOMERSET PISCATAQUIS PENOBSCOT WASHINGTON OXFORD ANDROSCOGGIN FRANKLIN KENNEBEC
WALDO HANCOCK CUMBERLAND SAGadahoc LINCOLN KNOX CUMBERLAND YORK

The County

October 4th, 2020

The APPETIZER

“Frederick’s Famous Dinner Rolls & County Chili”

From Michelle & Paul Hanson of Frederick’s Southside in Caribou

APPETIZER RECIPES:

“Frederick’s Famous Dinner Rolls”

Ingredients:

¼ cup Yeast, quick rise
Dash of Salt
1/3 cup Oil
2 cups Water
6 cups Flour, all-purpose

Instructions:

1. Preheat oven 425°
2. Put flour & salt in a large bowl, then add yeast, then water & oil
3. Slowly mix the wet ingredients with the dry, mix thoroughly
4. If dough seems too dry, add more water, bit by bit
5. Separate and roll dough into ~fist-sized balls, place close to one another on baking sheet
6. Bake at 425° for 20 minutes

“County Chili”

Ingredients:

2 – 15.5 oz. cans Kidney Beans
2 – 29 oz. cans Tomato Sauce
2 – 29 oz. cans Diced Tomatoes

1 lb. Ground Hamburger

***This beef is locally grown by farmers all over Aroostook County, purchased at Haney’s in Caribou, and packaged by Maple Lane Farms in Charleston, Maine*

½ lb. Ground Sausage, your choice – hot, mild or sweet
1 Green Pepper
1 Yellow Pepper
1 Onion
2 Stock of Celery
1 cup Mushrooms, sliced
1 tsp Salt
1 tsp Pepper



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1 tsp Garlic
Chili Power
Cumin
Celery Seed

Instructions:

1. Start stovetop on medium heat
2. In a large pot add your meat & fresh vegetables, stir on stovetop until cooked
3. Once cooked, add wet (canned) ingredients and all your spices into the pot
4. Stir well, then let simmer on low heat for an hour
5. Stir once more, serve, garnish with your favorite Chili toppings, and Enjoy!

*“Behind you, all your memories.
Before you, all your dreams.
Around you, all who love you.
Within you, all you need.”*