

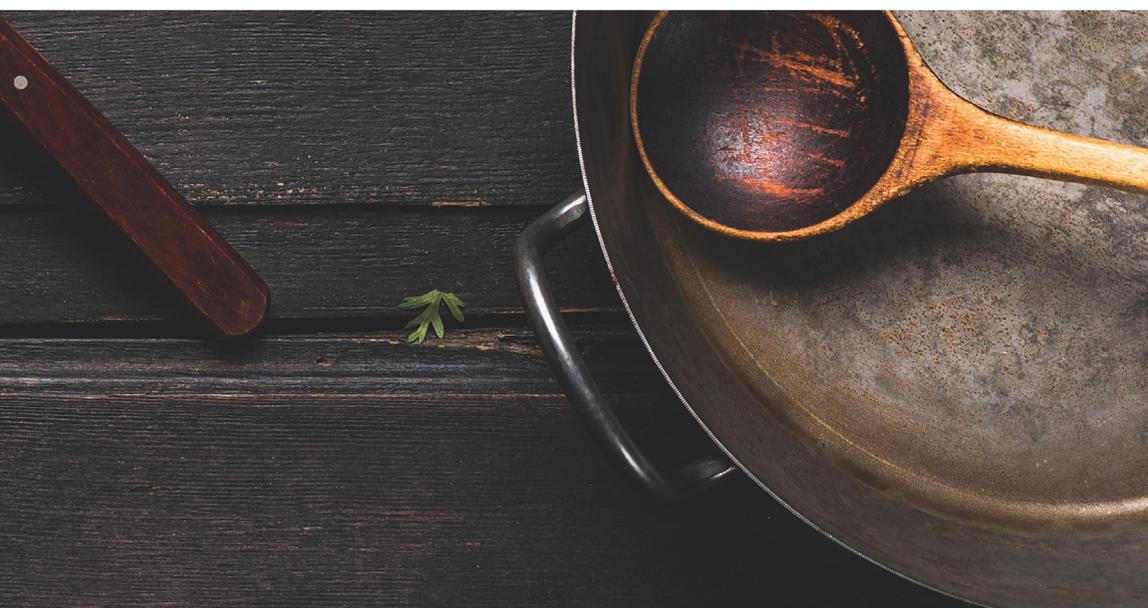


Get a taste of
Millvale's best
kept secrets



a PopUp! Pittsburgh project presented by Huntington Bank
and powered by Leadership Development Initiative XXV,
a program of Leadership Pittsburgh Inc.

RECIPE BOOK





Taste of Millvale

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To The Great Borough of Millvale

A Letter to Millvale,

When we started this experience, we didn't know much about Millvale. However, thanks to your warm welcome, it didn't take long for that to change. Today we all have a new appreciation for Millvale; it's residents, businesses, history, and culture. Together LDI XXV discovered some of Millvale's best-kept secrets.

We thank the Millvale community for entrusting us with Millvale's 150th birthday celebration. Taste of Millvale held on May 5, 2018, gave us the opportunity to showcase Millvale's history and promote the tight bond between residents old and new. As a bonus, we can share this unique book, featuring some of Millvale's favorite recipes and stories.

Of course, this work would not have been possible without some valuable community members and organizations stepping up and lending a hand, including Brian Wolovich, Zaheen Hussain, MCDC and BAM who gave us our early introduction to Millvale. We also have to thank Millvale Community Library, Salon 22 and Wokutch Auto for helping us reach and get to know the entire Millvale Community.

Millvale's legacy shines brightly throughout these pages. We are proud of the work we've been able to accomplish, and we hope we've made all of Millvale proud. We'll see you in Millvale soon!

The Best Cohort

Leadership Development Initiative XXV



RECIPE BOOK



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Introduction

Foreword by Mayor Brian Spoales

It has been said that food warms the soul. Even more warming, are the stories and memories behind the recipes we cherish. Millvale's residents have come together to share their favorite recipes, along with the stories behind the recipes, for this unique book. We enjoyed samples of many of these recipes at a very special event, Taste of Millvale, which took place on May 5, 2018, and also commemorated Millvale's 150th birthday.

Millvale will always be a special place, with tight bonds between residents old and new. At a recent fundraiser, a community member said, "Millvale is about Family serving Family." This is what makes me proud to say I am from Millvale! Our proud legacy shines through across the recipes in this book and, more importantly, the stories behind them.

I hope you enjoy your peek into our wonderful community offered by this book, and I hope to see you in Millvale soon.

Brian Spoales

Brian Spoales

Mayor of Millvale, 2018-2021



Appetizers

Chickpea Salad Sandwiches

Submitted by Danielle Spinola

Ingredients:

- 2-15 oz cans of chickpeas, drained
- 1/2 c chopped carrots, small diced
- 1/4 c chopped onion, small diced
- 1 Tbsp. Dijon Mustard
- 1/2 c chopped celery, small diced
- 1/8 c vegan mayo
- Splash of plum vinegar

Directions:

Place the drained chickpeas in a bowl. Start mashing them with your hands until desired consistency is achieved.

Add carrots, celery, and onion. Mix it up.

Put the mayo, Dijon and vinegar in. You can add more mayo or mustard to get the consistency you desire.

Place a scoop on a piece of bread or bun, top with lemon dressed greens and a slice of tomato.

**Get creative and add other mix ins for different flavored sandwiches.*

Oregano, olives, cucumber and tomatoes topped with feta makes a great Greek inspired sandwich.

Lemon, dill, and red onion make a great variation as well.



Dill Dip

Submitted by The Family of “Grandma” Betzold

Ingredients:

- 3/4 c mayo
- 2 tsp. onion flakes
- 2 Tbsp. dillweed
- 3/4 c sour cream
- 2 Tbsp. Season All Salt
- Dash of garlic powder, if desired

Directions:

Mix all ingredients together well and chill at least 2 hours before serving.



Zucchini Squares

Submitted by Tina Walker

“This recipe was given to me by Margie Badali, the mother of my best friend, Peg. Peg and I have been friends for over 50 years, so this recipe is older than that. The zucchini squares are easy to make, tasty, and the recipe certainly comes in handy when zucchinis are taking over the garden.”

Ingredients:

- 4-1/2 c zucchini, grated
- 6 large eggs, slightly beaten
- 1 c pepperoni, chopped (optional)
- 1/2 tsp. black pepper
- 1/2 tsp. crushed red pepper flakes (optional)
- 1/2 c imported Romano or Parmesan cheese
- 1-1/2c self-rising flour (original recipe used Bisquick)
- 1/2 c onions, chopped
- 2 Tbsp. parsley, chopped
- 1/2 tsp. salt
- 1/2 c olive oil

Directions:

Preheat oven to 350 degrees. Mix all ingredients together well and pour into a greased 9 x 13” pan. Bake for 35-40 minutes until set and slightly browned. Let rest 10 minutes. Cut into 15 squares, or more if used as appetizers. These squares are good warm or cold.

Bread



Banana Bread

Submitted by Wendi Goetz

Ingredients:

- 2 c all-purpose flour
- 1/4 tsp. salt
- 3/4 c brown sugar
- 2-1/3 c mashed, overripe bananas
- 1 Tbsp. baking soda
- 1/2 c butter
- 2 eggs, beaten
- 1 tsp. ground cinnamon

Directions:

Preheat oven to 350 degrees. Lightly Grease a 9 x 5" loaf pan. In a large bowl, combine flour, cinnamon, baking soda, and salt.

In a separate bowl, cream together butter and brown sugar. Stir in eggs and mashed bananas until well blended. Stir banana mixture into flour mixture; stir just until moistened. Pour batter into prepared loaf pan.

Bake in preheated oven for 60-65 minutes, until toothpick comes out clean. Let bread cool in pan for 10 minutes, then turn out onto a wire rack.

The People

Early on, Millvale's population included mainly English and German immigrants. From roughly 1890 to World War I, Millvale saw the arrival of Eastern European immigrants. Many were enticed by the stories told by representatives of Pittsburgh steel mills sent there to recruit workers.

Like many other neighborhoods in Western Pennsylvania, Millvale's population has declined over the years—down from a high of 10,000 people in the early 1900s to around 3,700 today. Current residents include both descendants of founding families and newcomers looking for homes and opportunities.



Desserts

Chocolate Cherry Cheesecake

Submitted by Dawn Sperl (The Double L Bar)

Crust:

- 2.5 c of chocolate graham cracker crust
- 1/4 c melted butter
- 1 tsp. sugar

Directions:

Preheat oven to 350 degrees. Mix crust and press in a 9" springform pan. Set aside.

Filling:

- 24 oz cream cheese
- 1 tsp. vanilla
- 1/4 c sour cream
- 1 c sugar
- 3 eggs
- 1/4 c cocoa powder

Topping:

- 1 can cherry pie filling
- Chocolate whipped cream to taste

Directions:

Mix cream cheese, sugar, and vanilla. Then add sour cream and cocoa until blended. Beat in one egg at a time until mixed.

Pour over crust and bake 65 mins. Turn off oven, crack the door and let sit for 30 minutes. Take out and refrigerate for 4 hours.

Top with can of cherry pie filling and chocolate whipped cream.

The Place

The name "Millvale" comes from "mill in the valley," a reference to the iron mill owned by Graff, Bennett, and Co., located in today's Riverside Park along the Allegheny River. In operation from 1850-1888, the mill produced everything from nails to iron pipes and sheets.

Chocolate Depression Cake

Submitted by Susan McClellan

"My Grandma used to make this recipe for me, named after the Depression Era, when I was a child. She passed away in 1990 at the age of 92. This was one of many recipes she would make having grown up in the Depression Era."

Ingredients for cake:

- 1-1/2 c all-purpose flour
- 1/4 c unsweetened cocoa powder
- 1 tsp. baking soda
- 1 tsp. white vinegar
- 1 c water
- 1 c sugar
- 1/2 tsp. salt
- 1 tsp. vanilla extract
- 1/3 c vegetable oil

Directions for cake:

Preheat oven to 350 degrees.

Combine flour, sugar, cocoa powder, salt and baking soda in a large mixing bowl. In a separate bowl, combine vanilla, vinegar, oil and water. Add wet ingredients to dry ingredients and mix until completely combined and no lumps remain.

Pour batter into a greased 8 x 8 square pan. Bake for 30 – 35 minutes, until toothpick inserted in center comes out clean. Let cake cool completely before frosting.

Ingredients for frosting:

- 2 Tbsp. butter
- 1 c powdered sugar
- 1/4 tsp. vanilla extract
- 1/4 c unsweetened cocoa powder
- 1 Tbsp. milk (or cream)

Directions for frosting:

Melt butter in a small saucepan (or in the microwave using a microwave safe dish.) Stir in cocoa powder; mixture will form a thick paste. Transfer chocolate mixture to a medium size-mixing bowl. With mixer on low speed, add in powdered sugar, milk and vanilla. Once ingredients are incorporated, turn mixer to medium high speed and beat about 5 minutes, until frosting is smooth and creamy. Spread on top of cooled cake.

Fluff

Submitted by Sue Goetz

"My mother made this for her family as a "cure all" for everything from bad days, to sick days, to broken bones and even broken hearts. You can always count on a batch of Fluff to heal your wounds. Many family, friends and neighbors throughout Millvale have prepared or received this gift of love. My mother even made it for the nurses at the hospital that helped me deliver my children. Thank you, Mum for always caring for everyone. Love you always."

Ingredients:

- 1 small package of Jell-O (any flavor you prefer)
- 1 pint vanilla ice cream, softened
- 1 c boiling water

Directions:

Dissolve Jell-O with boiling water and add to the softened ice cream. Blend well and place in refrigerator. The mixture will take about two hours to set.

**DO NOT PLACE MIX IN FREEZER.*



Luscious Lemon Dessert

Submitted by Nancy Urbanek

Allow each layer to chill until firm.

First layer:

- 1 c flour
- 1 stick margarine
- 1/2 c chopped nuts

Directions:

Preheat oven to 350 degrees. Mix all ingredients in first layer and press into 9 x 13" pan. Bake for 15 minutes and let cool completely.

Second layer:

- 8 oz. package cream cheese, softened
- 1 c powdered sugar
- 8 oz. thawed tub of cool whip

Directions:

Mix all ingredients in second layer and spread on crust. Be gentle!

Third layer:

- 2 packages instant lemon pudding
- 3 c milk

Directions:

Mix all ingredients in third layer and spread on cheese layer.

Fourth layer:

- 8 oz. thawed tub of cool whip
- Ground nuts to taste

Directions:

Spread on fourth layer and sprinkle on nuts. Chill and serve.

Makovnjaca - Poppy Seed Strudel

Submitted by Donna Schmitt

Many central and eastern European cultures have a version of this dessert. The Croats are one such culture and according to Donna, are quite partial to this scrumptious strudel! This recipe is made using a soft yeast dough as opposed to the flaky dough used in other versions.

Makes 2 strudels, 3.5 dozen slices

Ingredients for dough:

- 1.5 c milk, warmed
- 1/4 c & 1 tsp. sugar
- 2 eggs, separated
- 1/2 c butter or margarine (softened)
- 2 Tbsp. dry yeast
- 3.5 c flour
- 1/2 tsp. salt
- Rind of 1 lemon, grated

Directions for dough:

Warm milk, sprinkle in yeast and 1 tsp. sugar - stir well. Set aside in warm spot to allow yeast to bubble and rise. In large mixing bowl, make a well in the flour then add yolk, salt, 1/2 cup sugar, butter and lemon rind - mix well and add milk and yeast. Mix until dough comes away from sides of bowl, then knead with hands until it feels smooth. Cover bowl and put in warm spot until dough doubles in size (about 1 hour).

Ingredients for filling:

- 1.5 c milk
- 1 c sugar
- 1/2 c rinsed raisins
- 2 c ground poppy seed
- 1 c vanilla

Directions for filling:

Preheat oven to 350 degrees. Heat milk to almost a boil. Mix poppy seeds with sugar and add to milk. Lower heat and simmer for 10 minutes. Stirring constantly, remove from heat. Add vanilla and raisins, mixing well. Set aside to cool. Divide dough into two portions. Roll one portion at a time on a floured surface into rectangular shape - roughly 10 x 24 and 1/4 inch thick. Spread 1/2 filling over dough. Roll from long end to form log. Place onto greased baking sheet or pan. Repeat with other half of dough. Set aside to rise on pans for 30 minutes. Brush with lightly beaten egg white. Bake for 45-55 minutes or until golden brown. Bread freezes well when wrapped tightly.

Mum's Apricot Cookies

Submitted by Tina Walker

"The original recipe for these cookies was given to my Mum from my Aunt Maryann, who was Hungarian. My aunt always made the cookies using no true measuring methods – just good old-fashioned baking instincts. Mum baked those same cookies for many years using her own instincts. However, when it came to me wanting to make sure the recipe was true-to-form to pass down to future generations, I tweaked the recipe by making the cookies with her and measuring all ingredients as we went along."

"We took a batch of the cookies over to my elderly aunt since she wasn't able to bake anymore. My aunt remarked how delicious the cookies were. We told her it was her recipe, but she denied ever having made the cookies. We all had a good laugh! My Mum died a year later, and had I not taken the time to learn how to make those special cookies, the recipe would have been lost. So, now you can pass the recipe onto someone you love."

Recipe makes 5-6 dozen cookies

Ingredients:

- 4 c all-purpose unbleached white flour
- 1/2 lb. butter (2 sticks) melted and cooled
- 1/2 c (4 oz.) sour cream, approximately
- 1/2 cake yeast (or 1 Tbsp. + 1 tsp dry yeast) blended with 1 Tbsp. of warm water
- Sugar for rolling out dough
- 2 c apricot filling (Can be bought in easy-to-dispense 4-cup bags.)
- Powdered sugar for sprinkling tops of cookies
- 1/4 c warm milk
- 2 large eggs
- 1/2 tsp. salt

Directions:

Preheat oven to 350 degrees. Place the 2 eggs and lukewarm melted butter into a four-cup measuring cup and mix well. Add enough sour cream to bring ingredients up to the two-cup measure line. Then add the yeast mixture and mix well - put aside. Sift flour and salt into a large mixing bowl. Add about 1/2 of the liquid mixture to the flour - mix at low speed. Continue adding the rest of the liquid until all dry ingredients are incorporated and the dough leaves the sides of the bowl. (The dough should be soft, but



not sticky. Add a little more flour if needed.) Continue beating on slow speed for a few minutes. Allow the dough (covered) to rest for at least a half an hour or up to one hour.

Roll 1/2 of the dough out on a lightly sugared surface to a rectangular shape (approx. 12.5" x 20") to at least 1/8" thickness or a little less. Cut dough into 2-1/2" squares. Place a diagonal line of filling (approx. 1-1/2 tsp.) from one corner of the square to the other corner. Fold the opposite corners to overlap creating a little bundle. Bend slightly to form into a horned shape. Place cookies on a parchment-lined or non-stick cookie sheet. Bake for 10 – 12 minutes until slightly browned. When served, sprinkle tops with powdered sugar.

These cookies should be eaten within 2 days. They freeze very well. Freeze a batch and defrost as many as needed. Wait until completely defrosted before sprinkling with powdered sugar.

Pineapple Noodle Casserole

Submitted by Pamela J. Piskurich

Ingredients:

- 1 lb. wide egg noodles
- 16 oz. cottage cheese
- 20 oz. crushed pineapples (drained)
- 1/4 c sugar
- 2 sticks butter or margarine
- 8 oz. sour cream
- 4 eggs
- Bread crumbs (optional)

Directions:

Preheat oven to 350 degrees. Make the noodles as indicated, drain and add sticks of butter. Set aside. Beat the eggs. Add all the ingredients to the noodles, including the eggs. (I like to sprinkle bread crumbs on top. Others put more pineapple.)

Put in a 9 x13" casserole dish. Bake for 50 minutes.

Main Dishes



Angel Chicken

Submitted by Marybeth Goetz

Serves 4

Ingredients:

- 4 boneless, skinless chicken breasts
- 1/4 tsp. garlic powder
- 2 cans stewed tomatoes
- 8 slices mozzarella or provolone cheese
- 3 Tbsp. olive oil
- Salt and pepper
- 1 lb. angel hair pasta
- Grated parmesan cheese

Directions:

Put salt and pepper on both sides of chicken breasts. Brown chicken breasts in large, deep skillet on both sides in olive oil. Add cans of stewed tomatoes with liquid. Sprinkle in garlic powder, stir. Cover and cook on low heat for half an hour. Cook angel hair pasta according to directions. Layer angel hair pasta, slice of cheese, chicken, slice of cheese, tomatoes then top with grated parmesan cheese. Enjoy!



Blanche's Chicken

Submitted by Alex Rudan

This recipe was created by Alex's Great Aunt Blanche, hence its name. Alex's Mom used to make this recipe when they were growing up in Millvale.

Ingredients:

- 1 can cream of chicken soup
- 1 8 oz. package cream cheese
- 1 envelope Good Season Italian dressing
- 1/4 c water
- 4 chicken breasts
- 4 oz. sliced mushrooms

Directions:

Mix water and seasonings. Grease crock-pot and add chicken. Pour seasonings over chicken and cook on low for three hours. Remove and shred chicken. Beat in cream cheese, soup and mushrooms; return chicken to pot. Cook for one additional hour. Serve over noodles or rice.

Eggplant and Zucchini Moussaka

Submitted by Donna Schmitt

According to Donna Schmitt, the roots of this recipe are linked to the time of the Ottoman domination of the Balkans.

Serves 4-6 as main course. Serve in a long baking dish or baked individually in ramekins.

Ingredients:

- 2.5 c mixed eggplant and zucchini peeled and sliced in 1/2 in pieces
- Tbsp. salt
- Salt and pepper to taste
- 1 minced onion
- 1 clove garlic, chopped
- 2 eggs
- Chopped parsley as garnish
- 1/3 c flour
- 2 Tbsp. oil
- 1/2 lb. lean ground beef
- 1/2 c water or stock
- 2 c sour cream

Directions:

Preheat oven at 350 degrees. The eggplant slices should be salted and and put into a colander for at least 30 minutes so that all bitter juices wash away. Rinse and pat dry. Dredge in beaten eggs. Then salt, pepper and flour mixture. Lightly brown in skillet and set aside.

Filling:

Heat oil in skillet. Saute onion until soft. Add ground beef and garlic. Add water and cover partially. Stew for 45 minutes over medium heat, stirring occasionally.

Sauce:

Beat eggs with sour cream, salt and pepper to taste. Arrange layer of eggplant and zucchini slices on bottom of greased baking dish. Cover with layer of filling. Repeat, completing with layer of sauce on top.

Bake 25 minutes or until golden on top. Garnish with parsley.

Hot Dog Potato Surprise

Submitted by Katie Dembowski

Katie Dembowski and her husband, Dave, grew up eating these for school lunches at Holy Spirit School in Millvale, where one of the lunch-ladies created it! Even as they grew up and the school closed, Katie and Dave reminisce on all of wonderful memories they had going to school there when they eat this tasty, fun meal.

Ingredients:

- 1 pack hot dogs
- Hot dog buns
- Mashed potatoes (homemade or store-bought)
- Slices of American cheese (or your favorite cheese)
- Chopped onion, pickle, mustard, Ketchup, and relish (optional)

Directions:

Preheat oven to 350 degrees. Grill hot dogs (or cook using your preferred method) and prepare your mashed potatoes. Split hot dogs lengthwise, place on cookie sheet and top with one ice cream scoop of mashed potatoes.

Top potatoes with cheese and bake until cheese is melted. Place hot dogs on buns. Top hot dogs with your favorite toppings. Enjoy!

Tragedy and Triumph

Millvale has shown its resilience time and again as floods have periodically damaged roads, businesses, and residences. Located at the spot where Girty's Run empties into the Allegheny River, much of Millvale is built on a floodplain. Two notable floods include the St. Patrick's Day flood of 1936 and the floods from Tropical Depression Ivan in 2004. Community historian Bill Stout can point out where 12 feet of water filled the first floor of his home on Sheridan Street in 1936. The 2004 flood brought as much water to parts of Millvale, and high-water marks grace the counters and walls of businesses that rebuilt.

Lemon Chicken

Submitted by Elaine Trapani, Owner of Medicap Pharmacy

Being a very busy business owner in Millvale for the past 30 years, I look for delicious, yet easy to prepare recipes to make for my family. My lemon chicken is definitely a family favorite, I am sure you will agree!

Serves:4

Ingredients:

- 4 skinless, boneless chicken breasts halved
- 1 sleeve of Town House crackers, crushed
- 1 stick of butter, melted
- 3 lemons
- 2 cloves garlic, crushed
- 1/4lb. Muenster cheese

Directions:

Preheat oven to 350 degrees. Slice each chicken breast in two, diagonally. Sauté garlic in butter. Dip each piece of chicken into garlic butter mixture and then into the cracker mixture.

Lay chicken pieces into a 9x13-casserole dish. Put a thin slice of lemon on top of each piece of chicken and place a 1/2 piece Muenster cheese on top of lemons. Juice any remaining lemons and pour over chicken pieces. You can also sprinkle remaining cracker crumbs on top. Bake uncovered for 1 hour.

**Usually served with Steamed Broccoli and Rice Pilaf.*



Maggie's Dinner

Submitted by Betty Goetz

This recipe, submitted by Betty Goetz, is a great for filler for parties. Betty has lived in Millvale her whole life and along with her husband Bob, raised their 11 children in Millvale – so she knows a thing or two about cooking for a crowd!

Ingredients:

- 1 lb. hot sausage
- 2 c chopped green pepper
- 1 c sliced ripe olives
- 2 cans tomato soup
- Grated mozzarella cheese
- 1 lb. ground meat
- 1 c chopped onion
- 1 c cut mushrooms
- 1 lb. spring noodles

Directions:

Preheat oven to 350 degrees. Brown meat and drain grease. Add peppers, onion and mushrooms into meat and simmer five minutes - as you would for chili. Then add ripe olives and tomato soup.

Stir mixture into COOKED spring noodles. Pour into a large casserole dish and top with cheese.

Bake for 15-20 minutes or until hot and cheese is melted.

Churches

Millvale's churches reflect the traditions of English, German, and Croatian immigrants. Throughout the years, the borough has been home to Catholic, Presbyterian, Lutheran, United Church of Christ, and Methodist churches. Notably, the present-day Holy Spirit Parish is home to the former St. Ann's and St. Anthony's churches—the main English-speaking and German-speaking Catholic churches in Millvale. St. Nicholas reflects the traditions of Croatian Catholics, not only in its services but also in its interior decoration of murals by Croatian artist Maxo Vanka.

Schwaebische Maultaschen

Submitted by Mayor Brian Spoales

Maultaschen are pockets of noodle dough similar to ravioli that are stuffed with various fillings such as spinach, meat or cheese. This recipe is from the Baden Wuerttemberg region of Germany.

Ingredients:

- 2-3/4 cups all-purpose flour
- 6 eggs
- 10 oz. ground beef cooked
- 2 Tbsp. chopped parsley
- 1 chopped onion
- Nutmeg
- 5 onions
- 1 pinch salt
- 9 oz. raw spinach
- 1 egg
- 1 Tbsp. bread crumbs
- Salt and pepper
- 1 egg white
- 1-1/2 oz. butter

Directions:

Mix the flour, salt, five eggs and a little water (tsp by tsp) into a dough. Knead well until smooth using the dough attachment of an electric mixer. Wrap the dough in plastic wrap and allow to stand in a cool place for one hour. Then roll the dough on a floured surface to the thickness of a knife blade and allow to dry.

Blanch the spinach, chop finely and mix together with the ground beef, one egg, parsley, bread crumbs and chopped onion. Season with salt, pepper and nutmeg.

Cut the dough into 4 x 4" inch squares. Brush the edges with beaten egg white. Divide the meat and spinach mixture between the dough squares and fold them into triangles, pressing the edges together to seal them.

Place the Maultaschen into simmering water and boil until they float to the surface. Remove them with a slotted spoon and drain. Then cut the five onions into rings and fry in butter until golden brown.

Place the Maultaschen on warmed plates and sprinkle the onions on top.

Taco in a Bag

Submitted by Cousins Lounge

Cousins Lounge is a family owned and operated business, proudly serving Millvale its drinks since 1975. Cousins has been serving Taco in a Bag since the very first Millvale Days in 1994. Last Millvale Days, they made over 160 pounds of meat for their "famous" Taco in a Bag!

Ingredients:

- 1 lb. ground meat
- 2 packs of your favorite taco seasoning (plus amount of water according to directions)
- Your favorite taco toppings (Cousins' favorites include cheese, lettuce, tomato, sour cream, onion, jalapeno and salsa)
- Snack size bags of Fritos (as many as you need)

Directions:

Brown ground meat and drain grease. Add taco seasoning and water amount (according to directions on package.) Simmer 15-20 minutes over low heat. Scoop a large spoonful of meat directly into your snack size Fritos bag. Add any additional toppings that you desire.

Always goes good with an ice-cold Iron City. Enjoy!



Rocky Road

Submitted by the Family of Mickey Malloy

Mickey Malloy was born and raised in Millvale, as was her husband, Jim, growing up in houses side by side on Sheridan Street. Jim ran a laundry service in town, Jim's Barber Shop, and later came to own Cousins Lounge in 1975. Jim loved ALL things Irish and out of love, Mickey made her own take on this Irish staple, which is also served at Cousins' St. Patty's Party every year.

Ingredients:

- 5 lbs ground beef
- 2 heads cooked cabbage, coarse cut and shredded
- 2 c white rice (cooked)
- 8 envelopes onion soup mix (4 boxes)
- 6 10.5 oz. cans tomato soup (Add more if preferred)
- Salt and pepper

Directions:

Preheat oven to 350 degrees. Grease Pan. Layer cooked cabbage.

Mix meat, soup mix, tomato soup, salt and pepper in separate bowl. MIX WELL. Add cooked rice to meat mixture. MIX WELL.

Lay meat & rice mix on top of cabbage. Bake for 25 – 30 minutes or until heated through.



The Next 50 Years: A Bright Future

Millvale is a community defined by resilience, hard work, and cooperation. It's no surprise that these values show through in efforts underway today that will carry the borough into the future. Millvale has adopted the EcoDistricts community planning process focusing on food, water, energy, air, mobility, and equity. Millvale is committed to being a vibrant, innovative neighborhood for all. Millvale's governing Council is forward thinking and accordingly active in promoting the borough across the board. The Millvale Community Library, founded by volunteers in 2007 and opened in 2013, is a self-proclaimed powerhouse of local involvement, providing a place for residents to learn and meet. The Millvale Community Gardens, also led by volunteers, offers plots for residents to grow food, classes for residents and businesses on horticulture, and vegetables for sale. Throughout the borough, solar panels for capturing renewable energy and bioswales for reducing the threat of flooding have become common. A bike and walking trail provides recreation, and future expansion promises to bring visitors to Millvale's business district, where new businesses are joining those that have served the community for decades.

Salads



Asian Noodle Salad

Submitted by Bonnie Hoffman

Ingredients for salad:

- 1 lb. spaghetti cooked and drained
- 1/2 c red or sweet onion
- 1/2 c celery
- 1/2 c. diced Red, yellow, orange or green pepper

Directions for salad:

Mix all ingredients.

Ingredients for dressing:

- 1/2 c soy sauce
- 1/2 c salad oil
- 1/4 c sesame oil
- 1/2 c white vinegar

Directions for dressing:

Mix with salad. Refrigerate for two hours or overnight. Sprinkle with 1/4 cup mixed black and white sesame seeds.



German Potato Salad

Submitted by Anna Kroner Kapp

Ingredients:

- 2-3 lbs. potatoes cooked, peeled and cubed (reds preferred)
- Chopped onion & celery to taste
- 2 eggs
- 1/4 c sugar
- 1/4 c vinegar
- Crumbled bacon (optional)

Directions:

Once potatoes have cooled, combine with onions and celery in a bowl. Beat eggs in saucepan. Add sugar and vinegar. Beat over low flame until combined and slightly thickened. Combine sauce and potatoes and add bacon. Best served at room temperature.

Green Bean Salad

Submitted by Anna Kroner Kapp

Ingredients:

- 16 oz. can of green beans, drained
- 1-2 strips bacon
- 1/4 c sugar
- 1/4 c vinegar
- Chopped onion to taste (optional)

Directions:

Render fat from bacon and remove strips from pan. Add sugar and vinegar to bacon fat until melted and combined. Pour sauce over bean and onion mixture. Crumble bacon over top.



Pierogi Salad

Submitted by Bonnie Hoffman

Ingredients:

- 3 boxes of mini pierogies (any flavor)
- 1 c sour cream
- 1 c mayonnaise
- 2 Tbsp. sugar
- Salt and pepper
- 1/2 c red onion (finely diced)
- 1/2 c colored peppers (finely diced)
- 8 oz. frozen peas (thawed)
- 1/2 lb. Swiss cheese (Julienne)
- 1 lb. fresh crumbled bacon (can use 1 cup real Bacon Bits)

Directions:

Place pierogies in boiling water until they float. Chill in cold water.

Combine mayonnaise, sour cream, sugar, salt and pepper. Thoroughly drain pierogies. Mix all ingredients in a large container combining gently.

(Note - If salad seems dry, add a little more sour cream and mayonnaise.)

Weeds & Seeds

Submitted by Bonnie Hoffman

Great alternative to coleslaw for summer. No mayonnaise or sour cream to worry about for summer heat.

Ingredients for salad:

- 4 c green and red cabbage – shredded (1 bag coleslaw mix can be substituted)
- 1/4 c chopped green or red onion
- 1/2 c sunflower seeds
- 3/4 c rough chopped cashews on top of seeds
- 1 pkg. raw Ramen noodles crushed on top of cashews (chicken); save seasoning package
- Can add chopped celery, red or green pepper or shredded carrot for color.

Directions for salad:

Combine ingredients. Cover and store in the fridge.

Ingredients for dressing:

- Flavor package from noodles (two flavor packages are best)
- 1/3 c cider vinegar
 - 1/4 c sugar
 - 3/4 c vegetable oil

Directions for dressing:

Boil cider vinegar and sugar until sugar is dissolved; cool. Mix in vegetable oil. Pour on salad right before serving. Do not refrigerate dressing.

Centennial Celebration

In 1968, Millvale marked its centennial with parades, parties, and community dinners in the streets. Over 8 days of festivities, residents wore period clothing, with women in hoop skirts and men growing out their whiskers. Participants who did not want to dress accordingly could buy a pass or risk being shamed to their neighbors by being taken to “court” and likely to “jail”.

Side Dishes



Calico Beans

Submitted by Rose Porter

Ingredients:

- 6-8 slices bacon
- 1/2 c brown sugar
- 2 Tbsp. cider vinegar
- 1 14 oz. can of cut green beans, drained.
- 1 14 oz. can kidney beans, drained
- 1 28 oz. can Bush's beans
- 1/2 c chopped onion
- 1/2 c ketchup
- 1 Tbsp. mustard
- 1 14 oz. can butter beans, drained

Directions:

Preheat oven to 350 degrees. Fry bacon until crisp and remove. Add onions to 1 Tbsp. bacon drippings. Then add the brown sugar, ketchup, cider vinegar and mustard to the mix. Mix together and bring to a boil. Add all cans of beans and bacon to the mix. Bake for one hour and 15 minutes.



Gneals (pronounced "ga-neels")

Submitted by Maggie Kapp DeFazio

Serves: 8

Ingredients:

- 1 large loaf of white bread; store brand is fine
- 5 red potatoes, peeled and shredded
- 1 egg, beaten
- 1/2 c milk, warmed
- 1/4 c of flour, approximately

Directions:

Let bread sit out, unwrapped, for a few hours. It should be a little dry. Cut into small cubes, or just pull slices apart into small pieces, and place in bowl. Add egg, milk and potatoes and mix together. (I find using my hands works best!) Sprinkle flour over mixture and incorporate. Mixture should be easy to work with. If too sticky, use a little more flour. Shape into baseball size balls and place into boiling water. Boil for about 20 minutes. They'll rise up to the top when ready. Serve with beef or pork gravy, or for the best taste, a combo of both.



Grandad's Sicilian Red Sauce

Submitted by John Tarallo of Steel City Salt Company

Ingredients:

- 10" sweet or hot sausage (out of casing)
- 5 garlic cloves, chopped
- 3 banana peppers, sweet or hot, chopped
- 6 anchovies
- Splash of red wine or balsamic vinegar
- Trapani Sicilian Sea Salt, large pinch
- 1/2 tsp. sugar
- 28 oz. can crushed tomatoes
- Fresh herbs chopped; Basil and Parsley
- Bucatini or Penne Pasta
- 1 medium yellow onion, diced
- 2 Tbsp. olive oil
- 1 Tbsp. rounded tomato paste
- 1/4 c water
- Locatelli/Romano cheese, grated

Directions:

In a medium saucepan, add olive oil and turn on medium-high heat. When oil is hot, add loose sausage, onion and peppers. Stir to combine and let cook three – four minutes. Add garlic and anchovies, stir and cook another three minutes.

Once sausage starts to brown and onions become translucent, add a splash of red wine or balsamic vinegar to deglaze the pan. Then add crushed tomatoes and stir to combine.

When sauce starts to boil, turn heat to low and add the following: sugar, Trapani Sicilian sea salt, tomato paste and water. Stir to mix and cover partially. Let simmer and stir every 20 – 30 minutes. After one and a half hours, add chopped herbs and mix. Keep simmering one – two hours, adding water if necessary to cook down more. Take off heat and cover.

Boil pasta according to package directions. Drain and add noodles back to empty pot, stir in three – four Tbsp. of sauce, just enough to coat noodles nicely.

Plate your pasta and top with homemade sauce. Garnish with fresh basil, parsley, and small pinch of Trapani Sicilian sea salt. Top with Locatelli cheese and serve with a side salad and a glass of your favorite red wine.

Noodle Kugel

Submitted by Donna Schmitt

Serves: 8 - Great with ham or as a side dish.

Ingredients:

- 1 lb. wide noodles
- 8 oz. sour cream
- 4 large eggs, beaten
- 1 tsp. salt
- 1 can crushed pineapple, drained well
- Garnish with crushed potato chips
- 1/2 lb. melted butter
- 8-10 oz. sour cream
- 1/3 c sugar

Directions:

Preheat oven at 350 degrees. Cook and drain noodles. Add melted butter, set aside to cool. Beat eggs, sugar, salt and vanilla. Add sour cream and cottage cheese. Mix well. Add pineapple. Pour mixture over noodles and mix well. Pour into 9 x13" casserole pan. Sprinkle with crushed potato chips. Bake for 1 hour or until dish looks done. Serve warm.



Parmesan Potatoes

Submitted by Donna Schmitt

Ingredients:

- 6-8 potatoes peeled and quartered
- 1 c grated parmesan cheese
- Salt and pepper to taste
- 1 stick melted margarine
- 1 c flour

Directions:

Preheat oven at 350 degrees. Melt margarine in 9x13 pan. Combine cheese, flour, salt and pepper in medium bowl. Dampen potatoes then roll in cheese mixture. Place single layer in pan covered with melted butter.

Bake for 30 minutes. Turn potatoes and bake for additional 30 minutes.

Peruvian Roasted Potatoes

Submitted by John Tarallo of Steel City Salt Company

Ingredients:

- 6-8 red potatoes
- 3 Tbsp. dried rosemary
- Peruvian pink salt
- Fresh parsley, to taste
- 5 cloves fresh garlic, chopped
- Olive oil
- Ground black pepper, to taste

Directions:

Preheat oven to 425 degrees. Rinse and pat dry potatoes.

Chop potatoes into 1/8ths so they are about even size and place in a large bowl. Slightly grease a large baking dish. Finely chop garlic and add with rosemary to potatoes. Drizzle with olive oil and mix to combine making sure to evenly coat potatoes.

Add potatoes to baking dish in an even layer and sprinkle with a pinch of Peruvian pink salt and ground black pepper. When oven is done preheating, place baking dish in oven and set timer for 20 minutes. After 20 minutes, pull out, stir and put back in oven for 20 more minutes.

Gather fresh parsley, chop and have ready. Pull potatoes out after 20 minutes and top with parsley and another pinch of Peruvian pink salt; give a slight stir.

Serve alongside Mesquite Smoked Chicken, Alderwood Burgers or eat as a healthy snack.



Simple and Delicious Squid

Submitted by Donna Schmitt

Serves: 4 – may be served hot or cold, preferably with crusty baguette. Cleaned fresh squid is recommended, particularly pre-sliced.

Ingredients:

- 2 Tbsp. olive oil
- 2 lbs. squid - cleaned and cut into rings
- 4 cloves garlic - chopped
- Chopped oregano and thyme to taste (optional)
- 2-3 tomatoes peeled and diced
- 2 Tbsp. cooking oil
- 1/2 c chopped parsley
- Salt and pepper to taste

Directions:

Heat oils together over medium heat in saucepan. When hot, add squid, tomatoes, garlic, parsley, oregano, salt and pepper. Stir once and sauté until squid are tender. Rather than stirring, it is advisable to shake the pan.

Community Life

After the closure of the Graff, Bennett, and Co. mill, Millvale became a bedroom community, with workers leaving town in the morning and returning home in the evenings. As the first river community to have its own water plant and electrical plant, Millvale was said to look like Coney Island at night with so many well-lit establishments open for business and electric street-lights aglow. Visitors came to Millvale by train—by numbers great enough to keep 10 hotels in business at the beginning of the 20th Century. Activities along the main streets were plentiful, with 4 early nickelodeons on North and Grant Avenues. A four-story opera house, also home to the borough's offices, graced the intersection at Sheridan and Grant until it was demolished in the 1970s after being damaged by a storm.



Chili & Soups

Award Winning Chili

Submitted by Nancy Urbanek

Nancy Urbanek shares her secret recipe, which won second place in a cook-off at the now closed Red River BBQ Restaurant 20 years ago.

Ingredients:

- 3 Tbsp. cooking oil
- 1 large chopped green pepper
- 1 chopped hot banana pepper
- 3 cans kidney beans in chili sauce
- 28 oz. can diced or chopped tomatoes
- 15 oz. can tomato sauce
- 2 tsp. salt
- 1 Tbsp. sugar
- 2 Tbsp. hot chili powder
- 2 c chopped celery
- 1 chopped onion
- 1.5 lbs. ground beef
- 1 bay leaf
- 1 tsp. pepper
- 1/2 tsp. cayenne red pepper
- 1 c water

Directions:

Heat oil in dutch oven. Add all vegetables and saute until soft. Add ground beef. When beef is browned, add kidney beans, tomatoes, sauce and water. Stir in seasonings.

Simmer for one hour, stirring occasionally to prevent sticking. Serve with shredded cheddar cheese.



Pumpkin Soup

Submitted by the Family of Catherine "Deary" Ostrowski

Ingredients:

- 1 c pumpkin
- Salt and pepper to taste
- 1 c milk
- Sweet or savory spices if desired

Directions:

Add pumpkin and milk in a small saucepan. Heat on low until cooked through. Add salt, pepper and other seasonings to taste.

Stuffed Pepper Soup

Submitted by Donna Schmitt

Ingredients:

- 2 lbs. ground meat
- 6 c beef broth
- 2 c cooked rice
- Pepper to taste
- 3 green peppers
- 1 medium onion, chopped
- 2 28 oz. cans crushed tomatoes
- 2 tsp. salt
- 1/2 tsp. paprika

Directions:

In a large pot, cook beef until meat is brown and tender; drain well. Add broth, tomato, rice and seasonings. Bring to a boil, reduce heat and simmer covered for about an hour.

Add chopped pepper and cook uncovered 15 minutes or until tender. If soup gets too thick, add some V-8 juice or a little water.



Wedding Soup

Submitted by Wendi Goetz

Ingredients for broth:

- 1 whole chicken - cut up
- 3 large stalks of celery with leaves - diced
- 3 large carrots - diced
- 1 large bag of fresh spinach
- 1/2 cup Acini di Pepe - cooked separately and drained.
- 1 large onion - diced
- 1 48 oz. can of chicken broth

Directions for broth:

In a large pot over medium heat, combine the chicken, chicken broth, onions, carrots and celery. Mix well and allow to simmer about 1 hour or until chicken is cooked through.

When chicken is cooked through, remove from the broth and let it cool. Once chicken is cool, pull apart from bones and add meat back into broth.

Continue to simmer for about 30 minutes.

Ingredients for meatballs:

- 1 lb. ground meat
- 1/2 c bread crumbs
- 1/2 c parmesan cheese
- 1 egg

Directions for meatballs:

Combine all ingredients in a bowl. Roll into small meatballs. Lay on a cookie sheet and bake at 350 degrees for 10 – 12 minutes. Drain grease and add to broth.

Add 1 large bag of fresh spinach and cooked pasta to the broth. Simmer for another 30 minutes.

Add salt and pepper to taste. Add parmesan cheese to taste. Serve with Crusty Bread on the Side.

Other



Homemade Laundry Soap

Submitted by The Northern Area Boys & Girls Club

Ingredients:

- 1/2 bar Fels Naptha soap
- 1/2 bar Ivory soap
- 1 c Arm and Hammer Super Washing Soda
- 1/2 cup Borax

Directions:

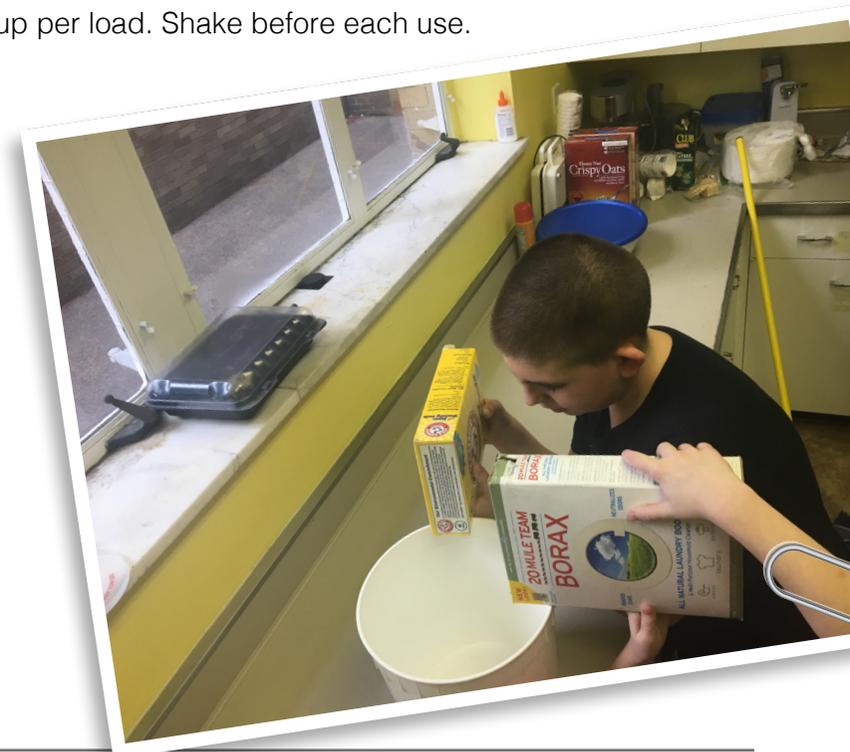
In a five-gallon bucket, grate the Fels Naptha and Ivory soaps and add four cups of hot water to dissolve.

Once dissolved, add super washing soda and Borax, mixing well.

Once mixed, fill remainder of bucket with hot water and leave it sit overnight.

The next day, fill your own smaller containers with 1/2 of the soap mixture and 1/2 water.

Use 1/2 – 3/4 cup per load. Shake before each use.





Thank You!

We would like to thank the great borough of Millvale for welcoming Leadership Pittsburgh and LDI XXV with open arms and allowing us to celebrate Millvale's 150th Birthday.

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We also thank all the amazing sponsors that helped us to make this recipe book and the Taste of Millvale event possible!



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