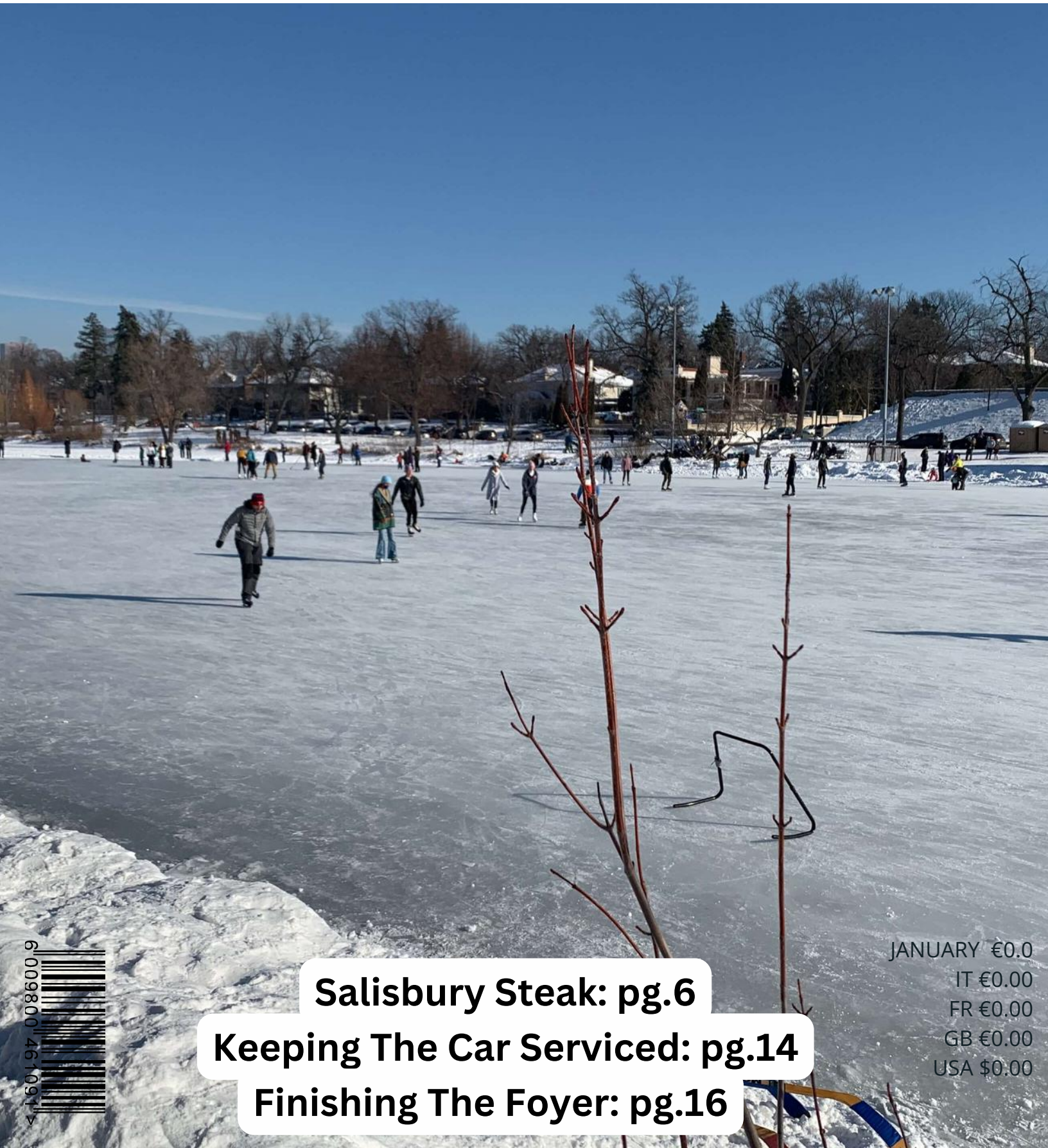


# ALWAYS TASTEFUL



**Salisbury Steak: pg.6**

**Keeping The Car Serviced: pg.14**

**Finishing The Foyer: pg.16**

JANUARY €0.0

IT €0.00

FR €0.00

GB €0.00

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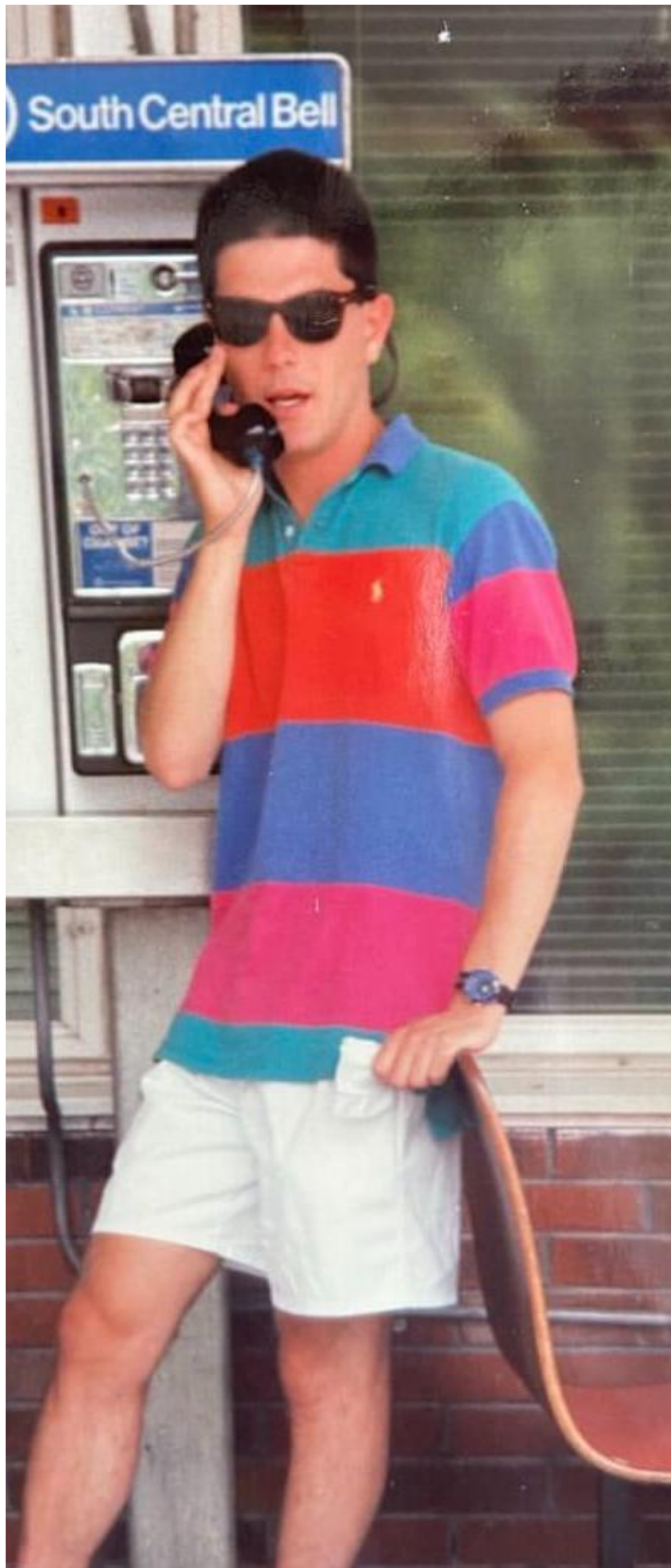


Look carefully for the white dog, just hanging out.  
The Snow Never Bothered Him Anyway!

# JANUARY 2025



# WHAT'S IN HERE?



## Can We Talk? Circa 1992

Did you know the last public pay phone in NYC was removed from the streets in 2022, according to NPR?

**LET'S EAT**  
SALISBURY STEAK



**LET'S EAT**  
POTATO SOUP



**LET'S EAT**  
LEMON TORT



**GO! DO!**  
CHRISTMAS VILLAGE



**BOOK BUDDY**

OUTLIERS



**HELP WHEN YOU CAN**  
COMO ZOO AND CONSERVATORY



**SUBSTACK SQUAD**

FOLLOW US

[FOLLOW US](#)

**DRIVE CAREFULLY**

SLOW AS YOU GO



# WHAT ELSE?



Looking Ahead to 2025

## DRIVE CAREFULLY

KEEPING THE CAR SERVICED



## CHRONICLE: LIVING IN A LOVE STORY

FINISHING THE FOYER



## HELPFUL HINT:

ROLL UP LIGHTS



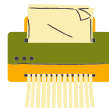
## HELPFUL HINT:

NON SLIP SOCKS



## HELPFUL HINT:

SHRED IT



## BEHIND THE SCENES

DO YOU PLAN YOUR CLOTHING?



## FOR YOUR HEALTH

SLEEP



## FREEZER FINDS

SUMMER TOMATOES



## FINAL THOUGHT:

NEW YEAR

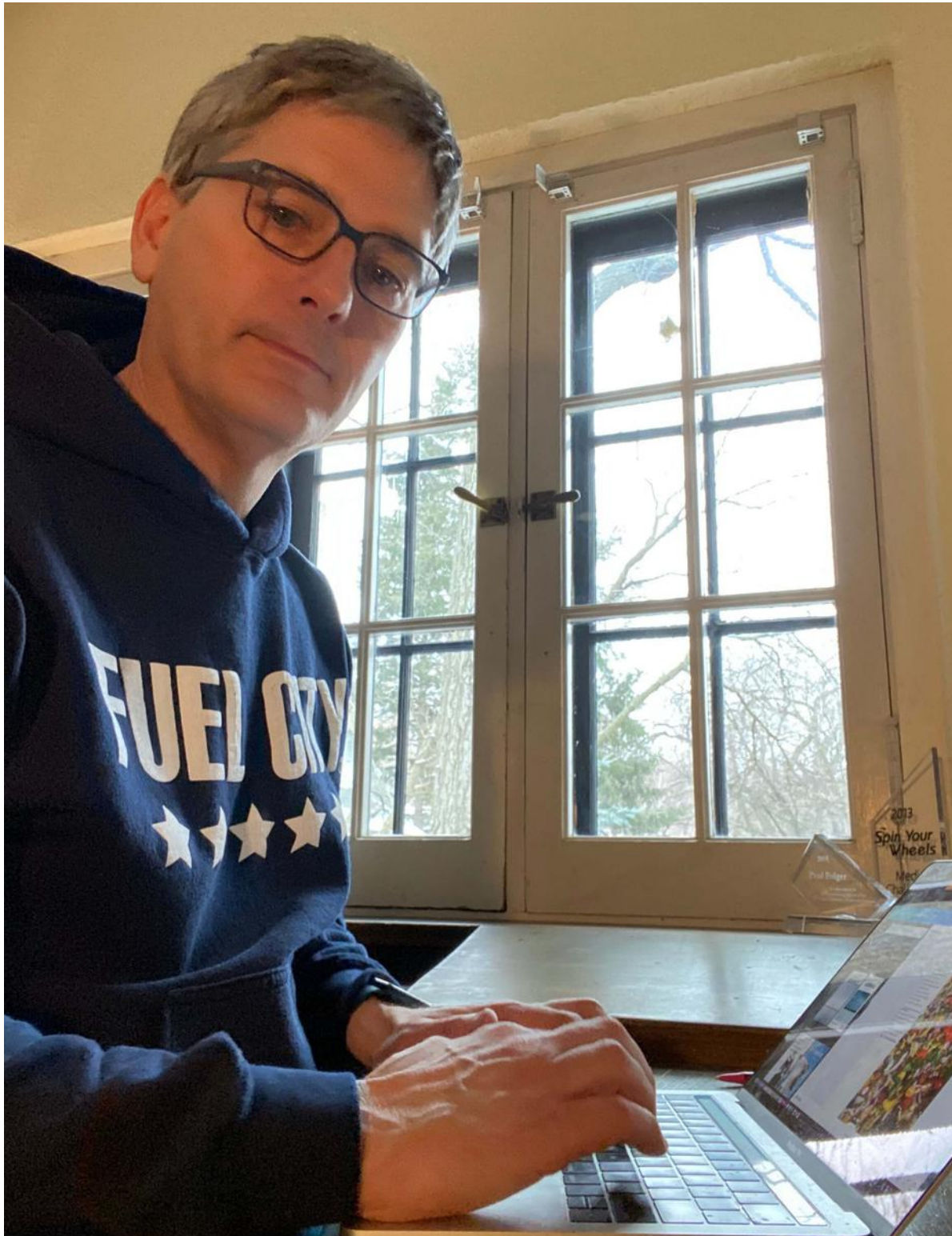


# PAUL FOLGER

## EDITOR-IN-CHIEF

January is the month you spend remembering to write 2025 on everything. Think of this month as a reset for your life. I hope this issue of Always Tasteful will give you some ideas. We will look at a book to read this month, Fantastic Foodie Stephanie Hansen is along with a Lasagna Soup that is so tasty! Plus we finish the foyer in my old house. Enjoy!

Paul



# SALISBURY STEAK

TV's Tasty Dinner

"Couch Potatoes and Steak"

TV Dinners were a fun treat. They always came with everything separated in a little tin sectioned off that you'd heat up in the oven. Seemed like it took forever, but so good in a kid's mind. My Great Aunt Connie Mae makes a wonderful crockpot steak. I wanted to recreate it so I found a version in Pioneer Woman. Her version inspired my version for a little nostalgia.

## Ingredients:

4 Hamburger Patties (I buy pre-formed)  
2 Tablespoons Olive Oil  
1 Medium onion finely chopped  
2 Tablespoons Worcestershire Sauce  
1 Tablespoon Ketchup  
1/2 Teaspoon Maggi Seasoning (substitute Soy Sauce)  
2 Beef bouillon cubes dissolved in 2 cups hot water.  
1 Tablespoon Cornstarch plus 2 Tbs. water  
Salt and Pepper to Taste



## Directions:

In a skillet brown your patties in oil, then set aside. In the same skillet brown the onions. Next, add bouillon water mixture into skillet and stir. Then stir in ketchup, worchestershire and Maggi Seasoning.

In a small bowl, add cornstarch and the 2 tablespoons of water and whisk into a slurry. Then add it to the skillet and whisk it all until it thickens into a gravy.

Next, place patties in a crockpot along with gravy. Cook on low for 2 to 3 hours. Serve with mashed potatoes or rice.



# POTATO SOUP

Like A Warm Hug

## "The Keeper Recipe"

### INGREDIENTS:

4 cups diced potatoes  
1 cup celery  
1 cup chopped onion  
2 cups water  
2 tsp. salt, 1/4 tsp. pepper  
1 cup whipping cream  
1 cup milk  
3 tsp butter

### DIRECTIONS:

Simmer potatoes, celery, salt and onion with 2 cups water in a large pot for 20 minutes.

Then add 1 cup of whipping cream, 1 cup milk, 3 tsp. butter, 1/4 tsp. black pepper. Stir and let this get good and hot.

Serve in a bowl topped with bacon, parsley, or chives.





# LET'S EAT

## Lemon Tort

"My Aunt Roma was a dessert maker. This Lemon Tort is one of my cousins favorites."

### INGREDIENTS:

1/2 Cup Ground Nuts  
(pecans or walnuts)  
1 Cup Flour  
1 Stick Butter (melted)  
3 Cups Whipping Cream  
1 Teaspoon Vanilla & 1  
Teaspoon Granulated Sugar  
1 Cup Confectioners Sugar  
1 8 oz. pkg Cream Cheese  
(room temp)  
2 small pkg Instant Lemon  
Pudding  
3 Cup Cold Milk  
1/4 Cup Chopped Nuts

### DIRECTIONS:

Mix ground nuts, flour and butter with hands and place in a 9x13 pan (I used a trifle dish so I baked nuts on a cookie sheet and crumbled them in the bottom of the trifle). Pat down and bake 15 to 20 minutes at 350 degrees. Let cool. Next, beat 1 cup of whipping cream. After whipped add confectioners sugar and cream cheese with mixer until blended. Once nut bottom has cooled, add layer of cream cheese mixture. Next, mix both boxes of lemon pudding with 3 cups of milk. Layer pudding on cream cheese. Then take remaining two cups whipping cream, beat on high with 1 teaspoon of sugar and 1 teaspoon of vanilla and whip until it has peaked. Then spread whipped cream over pudding mixture. Sprinkle nuts and refrigerate overnight if possible.





# GO! DO!

## Minnesota Music

"A Fun Evening!"

Recently I had a chance to go to Crooner's Minnesota. It's a supper club in Brooklyn Park. It was tons of fun. You have a meal and then entertainment. It's something new to try in 2025 and a unique way to spend the evening.



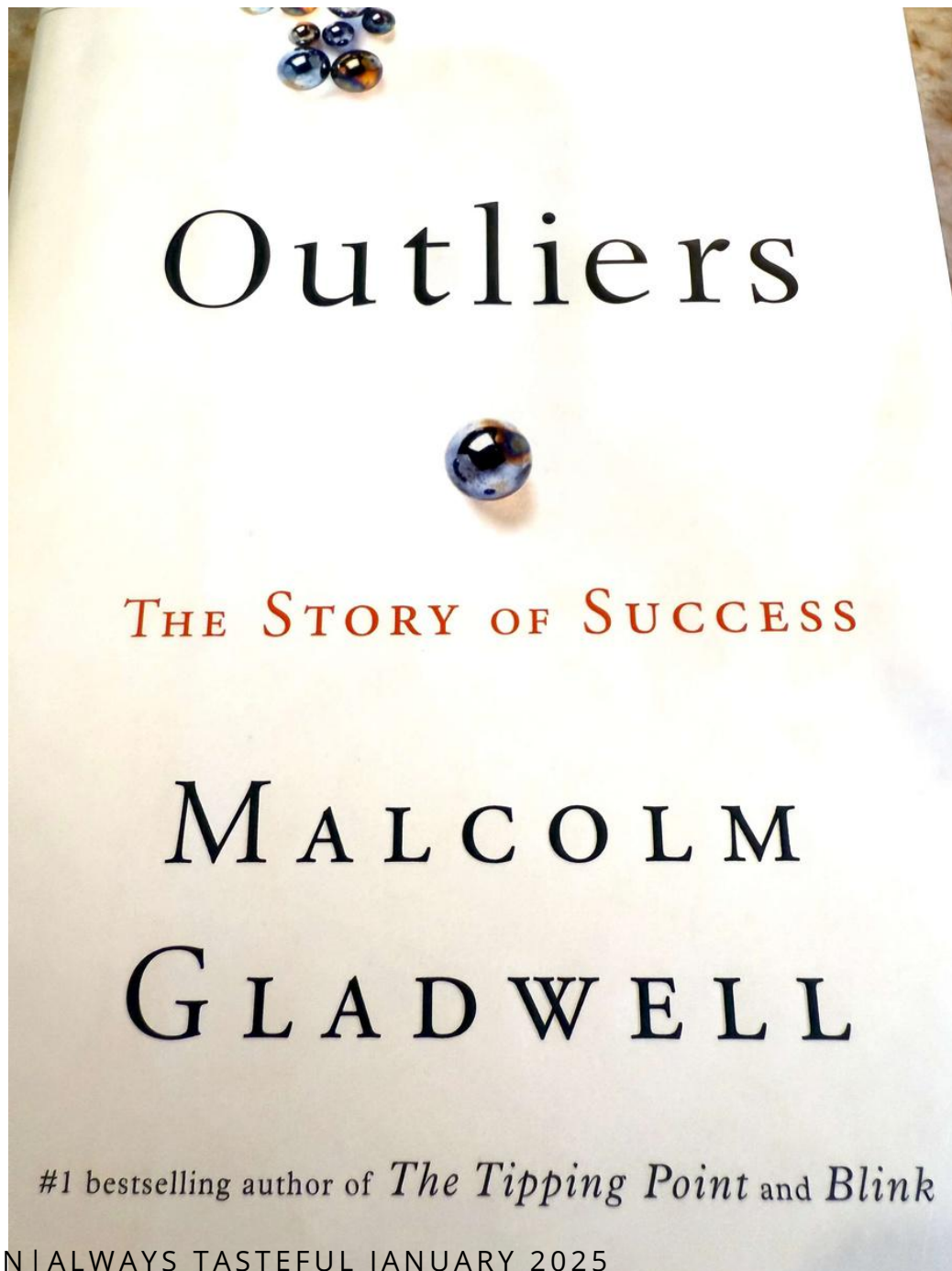


**OUTLIERS**

I think we've all heard stories about successful people's lives. They may have had a humble beginning and worked their way up. Maybe they were in the right place at the right time.

But what if there's more to it? In his book *Outliers*, Malcolm Gladwell goes beyond those stories. He digs deep into what enabled someone to become successful and looks at their advantages? Did the year they were born matter? The month? Their parents? Where they lived?

Reading his book, made me realize there isn't one key to success but more like a set of keys.





# HELP WHERE YOU CAN

Visit and Donate



A viewer sent me this very cool picture at Como Conservatory. When did you last visit Como Zoo and Conservatory? This is a free attraction in the Twin Cities but it does rely heavily on donations.

So when you go make sure you take some cash and drop it in the clear donation box. Also look for the section where they grow spices. You can see what your spices look like when they are growing and not the glass jar in your cabinet.

While you're there check out the zoo as well.



# SUBSTACK SQUAD

Follow Us Please

"Fantastic Foodie you can  
catch on TV and the Radio"

Like My Page & Follow



## LASAGNA SOUP

- 2 tsp. olive oil
- 1.5 lb Italian Sausage removed from casings & crumbled
- 2 onions finely chopped
- 4 garlic cloves minced
- 2 tsp. dried oregano
- 1/2 tsp. crushed red pepper flakes
- 2 tbsp. tomato paste
- 28 oz canned diced tomatoes
- 2 bay leaves
- 6 cups chicken stock
- 8 oz fusilli pasta
- 1/2 cups finely chopped fresh basil leaves
- salt and freshly ground black pepper
- 8 oz ricotta
- 1/2 cup grated Parmesan cheese
- 1/4 tsp. salt
- 1 pinch of freshly ground black pepper
- 2 cups shredded mozzarella cheese

If you love a good recipe Stephanie Hansen is a perfect follow. Click here [Stephanie's Dish](#) for directions on Lasagna Soup.



# DRIVE CAREFULLY

Slow As You Go



## Cold Weather Checklist

1. Salt or kitty litter.
2. Ice Scraper
3. Flashlight
4. Blanket
5. Phone Charger
6. Shovel

Ref. Franciscan Health

Tis the season. Cold, snowy and often dreary. Here's a thought. When you drive on slick streets here's your reminder, never make sudden moves or slam on the brakes in snow or ice.

My dad told me to imagine there's an egg between your foot and the brake pedal and don't crush it--in other words, be gentle and easy going. I've used that advice for decades.



# DRIVE CAREFULLY

"My Snow-mobile"

Keeping the Car Serviced

Car problems in the winter are the worst. I suggest setting your car up on a service schedule. January works for me Find a place to do the work, and go there. Put the receipts in a 3 Ring Binder so you can easily reference what's been done. Get to know the Service Writer so they know your car, especially if it's older. Repair what's wrong. If you put off a few things this can snowball and then you have a huge repair bill. Cars are so expensive to replace so take care of the one you have right now.





# CHRONICLE: LIVING IN A LOVE STORY

Let's Finish The Foyer



Replacing tile floors in a home is a commitment. I think it's best to hire a pro because tile work is tricky. Also, make sure you are there when the work is being done. Mistakes happen, so stay on top of the work being done each day. The entryway has to look right, so have it done and you'll be glad forever. Tile choice is important. This tile works in an entry or a bath. Spaces where it can get wet and messy. The result is light, airy and looks period, yet it's new.







# HELPFUL HINT

## "Tangle Free Tip"

### Roll Up Lights

Since this publication comes out on the first, here's a helpful hint. Roll your Christmas lights in a ball. I've found this is the easiest way to keep lights from getting tangled up. Next year, they will unroll easily. Make sure the prongs are at the end of the string so you can plug them in and make sure they still work.





# HELPFUL HINT

"A Foot's Friend"

## Non-Slip Socks

Let's be honest, the only thing less sexy than non-slip socks is slipping and falling. Give socks like these a try. They give good grip and are easily washable.

They are also cheap enough to buy on Amazon so if your visitors take off their shoes, you can give them a pair to wear and they can just keep them when they leave.





# BEHIND THE SCENES

## Do You Both Plan Your Clothing?

*"Here's the answer"*

When you have a job on the news, you are asked questions you might not think about. One is "Do you plan your outfits?" You can see in this December picture where we are both wearing matching blues. The simple answer is no. We never discuss what we will wear unless it's a special day. But often we match, it just happens.





# FOR YOUR HEALTH

## Sleep Schedule

"The Goal Is Sleep"

Sleep can be elusive. I am a light sleeper. I can hear a feather hit the floor, ha.

I work hard to sleep well because I know it's good for my health. I wear a watch that tracks it and it works pretty well for me. Here's a list of ways to get a better nights sleep. Of course you should always talk to your doctor for help.

## Sleep List

- 1. Block light.
- 2. Block sounds with white noise.
- 3. Keep the temp 65 to 68.
- 4. Aim for 7-8 hours of sleep.
- 5. Stop caffeine by 2pm.
- 6. Track sleep.
- 7. No devices 1 hour before bed.

(ref. Sleepfoundation.org)



# HELPFUL HINT

## "Shred For Security"

### Shred It

It's shred season. Take the first weekend in January and go thru all your papers. I think you'll find there's plenty to get rid of this year. Invest in a good shredder and shred. The Federal Trade Commission has a list on what to keep forever and what to shred. The bags below are all shredded from my house. [Guide To Shred](#)





# **FREEZER FINDS**

Farmers Market Finds-The Reward Is Here



Remember August? Yea me neither. But there is a reminder and it's called your freezer. At the end of the summer, we froze a few things from the Minneapolis Farmers Market, like tomatoes. They are still there, so let's make something. How about tomato soup? Or Spaghetti Sauce? It's a taste of summer in the middle of winter.



On The Scene





## Final Thought:

"January 2025"

Happy New Year. If you like new beginnings this is the perfect time for you. I enjoy fresh starts and looking ahead. I hope you'll set some goals. Read more and try new things. Here's to 2025.

Paul







**NEXT MONTH:  
FEBRUARY!**



# Til Next Time

*Paul*