

# **The Oktoberfest Cookbook**

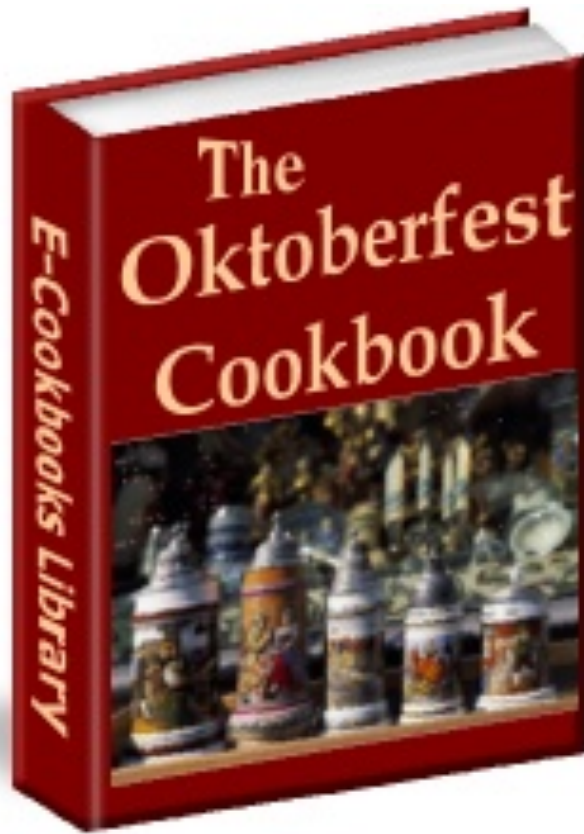
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## Personalized Cooking Aprons



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# Apfelstrudel (Apple Strudel)

---

For the dough:

- 10–1/2 oz. bread flour
- 1/6 oz. salt
- 1–1/2 oz. vegetable oil
- 5–1/3 oz. water, lukewarm

For the filling:

- 4–1/2 lb. apples (Golden Delicious), sliced
- 5–1/3 oz. granulated sugar
- 1–1/2 oz. dark rum (Myers)
- 5–1/3 oz. raisins
- 1/8 tsp. ground cinnamon
- 2 lemons (juice and peel)

For the buttered breadcrumbs:

- 10–1/2 oz. butter (unsalted)
- 10–1/2 oz. bread crumbs

Knead flour, salt, oil and water into a medium–firm dough. Divide into 3 small round loaves, brush each loaf with melted butter and let sit for 1 hour.

Peel, core and slice apples. Mix in granulated sugar, raisins, grated lemon peel, lemon Juice, rum, cinnamon and blend together well.

Roll the dough loaves with a rolling pin, then stretch rolled dough on a strudel sheet with the backs of your hands. Coat 2/3 of dough sheet with buttered breadcrumbs, spread apple filling over remaining 1/3 of dough. Tear off edges, shape strudel into roll by lifting strudel sheet. Place strudel on a buttered baking sheet and brush with melted butter. Bake strudel for 60 to 90 minutes in a 400F to 425F oven.

## **Bauernfrühstück (Farmer's Breakfast)**

---

6 slices bacon  
1 tablespoon butter  
1 onion, chopped  
4 potatoes, cooked and finely diced  
6 eggs  
1/2 teaspoon salt  
freshly ground black pepper  
1/4 cup milk

In a frying pan, fry the bacon until crisp. Remove and drain on paper towel. Remove the bacon fat from the frying pan, add the butter and saute' the onion until soft. Add the potatoes and brown lightly. Beat the eggs lightly and add the salt, pepper and milk, and finally the chopped bacon. Pour the egg mixture over the onions and potatoes and stir occasionally until cooked.

## **Bayerische Semmelklösse (Bread Dumplings)**

10 hard rolls (Kaiser rolls)  
1–2 cups warm milk  
1/2 cup Canadian bacon, diced  
1 Tbsp butter, softened  
1 small onion, diced  
1 Tbsp parsley flakes  
3 eggs  
Salt and pepper

Slice hard rolls thinly and place in a large bowl; set aside to dry overnight.

Bring large kettle of salted water to boil. Soak bread in warm milk. Bread should be moist, but not soggy. Fry onion and bacon in butter until onion is tender. Stir onion and bacon into moist bread. Add parsley flakes, eggs, salt and pepper to bread. Stir to combine all ingredients. Shape into large dumplings. Drop into boiling water. Simmer uncovered, for 20 minutes, or until dumplings rise to surface.



## Bienenstich (Bee Sting Cake)

---

Bienenstich cake mixture:

1 3/4 c. sifted all-purpose flour  
3 tsp. baking powder  
1/2 tsp. salt  
8 Tbsp. (1 stick) of real butter  
2/3 cup granulated sugar  
2 eggs, unbeaten  
1 tsp. vanilla  
6 Tbsp. whole milk

Almond topping mixture:

1/2 cup slivered blanched almonds  
1/3 cup sugar  
1/4 cup (4 Tbsp.) butter  
1 Tbsp. milk or cream

Filling mixture:

2 and 1/2 Tbsp. sugar  
2 Tbsp. cornstarch  
3 egg yolks, lightly beaten  
1 cup milk  
1/2 tsp. almond extract  
3 egg whites, stiffly beaten  
a pinch of salt

Preheat oven to 375° F. Grease and flour a 9" spring form pan.

Sift together flour, baking powder and salt. Cream the butter until fluffy, add sugar gradually, beating until light. Add eggs one at a time, beating well after each addition. Add vanilla. Add dry ingredients 1/3rd at a time alternating with the 6 tablespoons of milk. Stir only enough to blend thoroughly. Pour into the spring form pan.

The topping: Heat together almonds, sugar, butter and milk or cream until the sugar dissolves. Pat a spoonful of flour over the top of the cake batter using the back of a spoon. Pour the almond mixture evenly over the batter. Bake 25 minutes or until cake tester comes out clean. Cool cake while preparing filling.

The filling: Combine sugar, cornstarch and egg yolks in the top of a double boiler. Separately heat milk to scalding, slowly pour over egg yolk mixture, stirring constantly and quickly with a whisk. Place over hot water, cook stirring constantly until smooth and thick. DO NOT ALLOW TO BOIL. Stir in almond extract. Beat

egg whites, adding the salt, until stiff peaks form. Fold egg whites into the yolk mixture. Place a piece of wax paper over the top and chill.

Putting it all together: When the cake has cooled, slice in half crossways to make two layers. Place bottom layer cut side up on cake plate. Spread with filling. Top with the second layer with the almond glazed side up. Refrigerate until time to serve.

## **Biersuppe (Beer Soup)**

---

1 1/2 tbsp. (heaping) flour  
3 1/2 tbsp. butter  
1 liter Beer  
1 sm piece of cinnamon  
sugar to taste  
2 Egg yolks  
1/2 c. plus 1/2 tbsp. milk  
Toasted white (French) bread

Open the beer and let it get flat; at least two hours. Brown the flour in the butter, then add beer. Add cinnamon and sugar and bring to a boil. Whisk together the egg yolk and milk and stir into the hot (but no longer boiling) beer. Strain, and serve with toasted slices of bread.

## Bratwurst (German Sausage)

---

1 cup fresh white bread crumbs  
½ cup milk  
2½ lbs lean veal, preferably shoulder  
2½ lbs pork belly or fatty pork butt  
1 tbs plus 2 tsp salt  
1 tsp freshly ground white pepper  
1½ tsp freshly ground nutmeg  
8 yards prepared casings, about 4 oz.  
2 tbsp melted salted butter

1. In a small bowl, soak the bread crumbs in the milk.
2. Grind the veal and pork belly together, first coarsely and then finely. Place the meat into a large bowl. Add the salt, nutmeg, white pepper and softened bread crumbs. Mix well with your hands until thoroughly blended.
3. Working with about one-quarter of sausage filling at a time (cover the rest and refrigerate the remainder). Stuff the casings loosely with the sausage filling. Pinch and twist into 4 inch links. Refrigerate the first ones while doing the rest.
4. To cook, prick the sausages all over to prevent the skins from bursting. Place as many sausages in a skillet as will fit in a single layer without crowding. Pour in about one-half inch of water, cover and simmer over low heat for 20 minutes. Pour off any liquid. Add butter to the pan and cook uncovered, turning, until the sausages are evenly browned, about 10 minutes.

## Brötchen (Dinner Rolls)

---

2½ to 3 cups flour  
1 package active dry yeast  
1 tsp. sugar  
1 tsp. salt  
1 tsp. oil  
1 cup warm water  
1 egg white

Pour 2½ cups flour into a large bowl and form a well in the center. In a separate container, mix yeast, sugar, and two tablespoons of water (the water comes from the 1 cup listed above ). Pour the yeast mixture into the well but do not mix with the flour at this time.

Cover the bowl with a cloth and set it in a warm place for 15 minutes. Add the remaining water and oil and beat until mixed.

Turn dough out on counter top and knead until smooth. Add the remaining ½ cup flour as needed. Put dough in a bowl, cover, and let it rise until double in size. Punch down and divide the dough into 12 parts. Shape into oval rolls and place 3" apart on a greased and floured cookie sheet. Cover and let rise until double in size. Beat egg white and 1 teaspoon water with a fork until frothy and brush on the rolls.

Bake in a preheated oven at 450° F for 15 to 20 minutes until golden brown.

## **Frikadellen (German Meat Patties)**

---

1 Brötchen or you may substitute it with 2 slices of white bread  
2 onions  
1 pound of hamburger meat  
1 egg  
salt, pepper, paprika to taste  
2 ounces of fat or oil

Soak the roll or bread in cold water. Peel the onion and dice it fine. Squeeze out the bread and add it along with the onion to the hamburger meat. Add the egg, season with the spices to taste. With wet hands form meat patties. Heat the oil or fat and fry the meat patties from both sides, about 10 minutes or until meat is done.

# German Chocolate Cake

---

3/4 cup butter or margarine, softened  
1-1/2 cups sugar  
3 eggs  
1 teaspoon vanilla extract  
2 cups all-purpose flour  
3/4 cup baking cocoa  
1 teaspoon baking soda  
1 teaspoon baking powder  
1/4 teaspoon salt  
1 cup water  
1 cup sauerkraut, rinsed, drained, squeezed dry and finely chopped  
2/3 cup flaked coconut  
1/2 cup finely chopped pecans

## FILLING/FROSTING:

2 cups (12 ounces) semisweet chocolate chips, melted  
2/3 cup mayonnaise  
2/3 cup flaked coconut, divided  
2/3 cup chopped pecans, divided

In a mixing bowl, cream butter and sugar. Add the eggs, one at a time, beating well after each addition. Beat in vanilla. Combine dry ingredients; add to the creamed mixture alternately with water. Fold in sauerkraut, coconut and pecans. Pour into three greased and floured 9-in. round baking pans. Bake at 350 ° for 20–24 minutes or until a toothpick inserted near the center comes out clean. Cool for 10 minutes before removing from pans to wire racks; cool completely. In a bowl, combine melted chocolate and mayonnaise. Set aside 1-1/4 cups for frosting. To the remaining chocolate mixture, add half of the coconut and pecans; spread between cake layers. Spread reserved chocolate mixture over top and sides of cake. Combine remaining coconut and pecans; press onto sides of cake. Store in the refrigerator. Slice with a serrated knife. Yield: 12–14 servings.

## **Gulaschsuppe (Goulash Soup)**

---

2 lbs. beef (cut in small cubes)  
3 tbsp. oil or butter  
4 medium onions (chopped)  
1 clove garlic (minced)  
2 tbsp. paprika  
salt & pepper tp taste  
1 tsp. caraway seeds  
3 tbsp. tomato paste  
1 bay leaf  
3 c. water  
2 c. beef broth  
1/2 c. red wine  
4 medium potatoes (cubed)

Brown the meat in oil or butter. Add the onions and garlic and fry until the onions are translucent.

Add the paprika, bay leaf, caraway seeds, water, and broth. Bring to a boil, cover, and simmer for about 45 minutes. Add the potatoes and simmer for an additional 45 minutes. Stir in the tomato paste and red wine. Salt and pepper to taste. Remove the bay leaf before serving.



## **Gurkensalat (Cucumber Salad)**

---

2 large cucumbers  
2 tablespoons cider vinegar  
1 tablespoon sugar  
1/2 teaspoon salt  
1/4 teaspoon pepper  
3/4 cup sour cream  
2 tablespoon minced fresh parsley

Peel cucumbers and cut into very thin slices. Mix together vinegar, sugar, salt, and pepper and pour over cucumbers. Marinate about 20 minutes. Drain off liquid, toss cucumbers with sour cream. Top with fresh parsley and serve.

## **Hazelnussomeletten (Hazelnut Omelet)**

---

3 tbs. flour  
1 cup milk  
1 egg, separated  
1 tbs. sugar  
2 tbs. hazelnuts, grated  
salt  
2 tbs. butter

Combine flour and milk. Stir in egg yolk, fold in sugar, hazelnuts and stiffly beaten egg white. Add salt to taste. Melt butter and fry omelet golden brown on both sides. Serve with stewed fruits or berries.

## Heidelberg Meatloaf

---

1 1/2 lbs. lean ground beef  
1 cup beer or bouillon  
1/4 cup Onion; chopped  
1 tsp caraway seed  
1/4 tsp pepper  
3 slices rye bread; torn up  
1 large egg  
1 tsp salt  
1/2 tsp celery seed

Heat the oven to 350° F. Mix all of the ingredients together. Spread the mixture into an ungreased loaf pan, 9 x 5 x 3". Bake uncovered for 1 – 1 1/4 hours. Drain off the excess fat and let stand for 5 to 10 minutes before slicing. Serve on a heated platter.

## **Honig Brät Mandeln (Honey Roasted Almonds)**

---

2 cups whole almonds, skin on  
1/4 cup sugar  
1/2 tsp salt  
2 Tbsp. honey  
2 Tbsp. water  
2 tsp. almond or vegetable oil

Spread the almonds in a single layer in a shallow ungreased baking pan and place in cold oven. Bake at 350° F, stirring occasionally, until the internal color of the nuts is tan to light brown, 12 to 15 minutes. (The nuts will continue roast a little more after they are removed from the oven.) Set the roasted almonds aside.

Thoroughly mix the sugar and salt. Stir together the honey, water and oil in a medium-size saucepan and bring to a boil over medium heat. Stir in the roasted almonds and continue to cook and stir until all of the liquid has been absorbed by the nuts, about 5 minutes. Immediately transfer the almonds to a medium-size bowl into which some sugar mixture has been sprinkled. Sprinkle the remaining sugar mixture over the almonds and toss until they are evenly coated. Spread the almonds out on wax paper. When cool, store at room temperature in a tightly covered container or plastic bag for up to two weeks. Makes 2 cups.

## Jägerschnitzel (Hunter's Schnitzel)

---

1 lb. boneless pork or veal cutlets  
2 eggs (beaten)  
1/2 cup bread crumbs  
oil  
2 oz bacon (diced)  
4 oz onions (chopped)  
8 oz mushrooms (sliced)  
1 Tbsp tomato paste  
1/2 cup water  
1/2 cup dry wine  
dash of thyme  
pepper  
salt  
1/2 tsp paprika  
1 Tbsp parsley  
2 Tbsp sour cream

Step 1. Heat oil in a large skillet over medium high heat. Pound cutlets with a meat tenderizer to flatten them. Season cutlets with salt and pepper, dredge them in beaten eggs and then coat evenly with bread crumbs. Place cutlets into skillet and fry until golden brown (1–2 minutes on each side). Remove the meat from the skillet and drain on paper towels. Keep the meat warm in the oven while you make the gravy.

Step 2. Sauté bacon and onions until golden brown. Add tomato paste and mushrooms, and sauté over a low heat. Add wine, water and seasonings; let simmer for about 5 minutes. Stir in the sour cream. Pour over Schnitzel just before serving.

## **Karottesalat (Carrot Salad)**

---

2 lbs fresh carrots  
1 cup fresh squeezed orange juice  
2 oz vegetable oil  
3 oz white vinegar  
1 bunch of fresh dill  
3 tblsp honey  
salt and white pepper to taste

Peel, then shred the carrots with a grater. Chop the fresh dill into tiny pieces. Mix all ingredients together and let marinate for 1/2 hour at room temperature to let the flavors blend.

## **Karotten im Bier (Carrots in Beer)**

---

4 ea Carrots; large  
1 c. Dark beer; any brand  
1 tsp. Sugar  
1 tbsp. Butter  
1/4 tsp. Salt

Peel and slice carrots into long, thin slices. Melt butter in medium-size frypan; add beer and carrots. Cook slowly until tender, stirring frequently. Stir in salt and sugar. Cook for another 2 minutes and serve hot.

## **Kartoffel Klöße (Potato Dumplings)**

---

6 medium–size potatoes, boiled in their skins

2 eggs, lightly beaten

2/3 cup sifted flour

2 teaspoons salt

1/4 teaspoon white pepper

1/2 teaspoon nutmeg (optional)

When cool enough to handle, peel and mash or rice the potatoes. Beat in all the remaining ingredients. Shape into 1 or 2–inch balls. Drop into just boiling, salted water and cook for 7 to 10 minutes. Drain. Serve with sauerbraten.



## **Kartoffelpuffer (Potato Pancakes)**

---

2 pounds potatoes, peeled and quartered  
1 large onion, quartered  
1/2 cup milk  
1/2 – 1 cup flour (use 1/2 cup flour with drier  
potatoes; up to 1 cup with more watery potatoes)  
2 teaspoons salt  
2 eggs  
Vegetable oil

Grate potatoes and onion into a bowl. Add milk, then stir in flour, salt, and eggs.  
Mix well.

In a large, heavy skillet heat 1/2 inch frying oil until hot. Drop potato batter (1/4 cup per pancake) into skillet and fry until golden brown and crisp on both sides.

Drain on a paper towel.

## Kartoffelsuppe (Potato Soup)

---

2 Potatoes; Medium  
1 Onion; Medium Size  
4 Celery Stalks & Leaves  
2 tb Vegetable Oil  
1 Bay Leaf; Small  
1/2 tsp Salt  
2 tbsp Butter  
2 1/2 c Milk

Peel and cube potatoes. Chop onion and celery. Saute' for 3 to 5 minutes in hot vegetable oil. In a large pot, add all of the vegetables and cover with with just enough boiling water to cover. Place bay leaf and salt in pot and boil vegetables until tender. Drain vegetables and reserve liquid. Mash vegetables into vegetable stock; add butter. Thin soup with milk as desired; heat until warm. (DO NOT boil).

## Knockwurst with Sauerkraut

---

- 1/3 cup chopped onion
- 2 slices cooked bacon, cut up
- 1 cup beer
- 1 cup water
- 2 tablespoons cornstarch
- 2 tablespoons coarse-grain brown mustard
- 2 tablespoons molasses
- 2 teaspoons caraway seed
- 1/2 teaspoon ground allspice
- 1/4 teaspoon pepper
- 1 large rutabaga, peeled & cut into 1" cubes
- 1 pound fully cooked knockwurst, bias-sliced into 2- to 2-1/2-inch pieces
- 2 medium cooking apples, cored and cut into 8 wedges each
- 1 16-ounce can sauerkraut, drained and rinsed

In a Dutch oven or large pot cook onion and bacon until onion is tender but not brown; drain fat. Stir in beer. In a 2-cup glass measure combine the water, cornstarch, brown mustard, molasses, caraway seed, allspice, and pepper; stir into bacon mixture. Cook and stir until thickened and bubbly. Add rutabaga; cover and cook 15 minutes. Stir in the knockwurst, apple wedges, and sauerkraut. Cook, covered, 15 to 20 minutes more or until apples are tender.

## Kohlsuppe (Cabbage Soup)

---

4 Slices Bacon, Thick, Diced  
2 Onions, Sliced  
1 Turnip, Sliced  
2 Carrots, Diced  
2 Potatoes, Cubed  
1 Head Green Cabbage, shredded  
4 c Chicken Stock Or Bouillon  
2 c Water  
6 Sprigs Parsley \*  
1 Bay Leaf \*

### GARNISH:

1/4 c Parmesan Cheese, Grated

\* The 6 sprigs of parsley and 1 bay leaf should be tied together with a thread.

In a 6-quart saucepan or pot, combine all ingredients except salt, pepper and cheese. Simmer partially covered for 1-1/2 to 2 hours. Discard the parsley bundle; season to taste. Pour into hot soup bowls and garnish with cheese.

## Linsensuppe (Lentil Soup)

---

1 (16 ounce) package dried lentils  
3 quarts chicken stock  
1 bay leaf  
1 teaspoon Worcestershire sauce  
1/2 teaspoon garlic powder  
1/4 teaspoon grated nutmeg  
5 drops Tabasco Sauce  
1/4 teaspoon caraway seeds  
1/2 teaspoon celery salt  
1/2 teaspoon ground black pepper  
1 cup chopped carrots  
1 cup chopped onions  
1 cup chopped celery  
1 tablespoon chopped fresh parsley  
1/2 pound diced ham  
croutons

Rinse and drain lentils; place in a soup pot. Add stock, bay leaf, Worcestershire sauce, garlic powder, nutmeg, chili sauce, caraway seeds, and celery salt. Bring to a boil over high heat. Reduce heat, and simmer for 30 minutes. Add water as needed, up to 2 quarts, to retain soupy texture.

Stir in carrots, celery, and onion. Cook 15 minutes more. Serve hot, garnished with croutons.

# Linzer Torte

---

3/4 cup sweet butter, softened  
3/4 cup sugar  
1 cup finely ground almonds  
1 tbsp. Kirschwasser (cherry brandy)  
1-1/2 cup flour  
1 tsp. cinnamon  
Grated rind of 1/2 orange and 1/2 lemon  
1 cup good quality raspberry preserves  
1 egg, lightly beaten with 1/2 tsp. water  
1 tsp. finely ground cloves

Butter one 9 inch springform pan. Cream butter and sugar and beat until fluffy and creamy in color; gradually add almonds and Kirschwasser. Sift flour with cinnamon and cloves; add grated rinds and stir into butter mixture. Spread about 2/3 of dough on bottom and about 2/3 up sides of pan; spread raspberry preserves over dough. Roll remaining dough between 2 sheets of waxed paper; cut into 1/2 inch wide strips. Put in refrigerator to chill. Form strips into a latticework pattern on top of preserves, laying a strip around circumference. Push dough on sides down over strip around circumference and flute; brush top with egg mixture. Bake at 350 degrees for 35 minutes, until top is golden brown. Allow to cool about 10 minutes before removing sides of springform.

## Mandel Kranser (Almond Crowns)

---

1 cup butter, softened  
1/2 cup sugar  
1 egg yolk  
2 teaspoons dried orange peel or zest from 1 orange  
2 cup flour  
1/2 teaspoon salt  
1 (7-ounce) package almond paste or homemade  
1 egg white  
Water  
1/2 cup finely chopped almonds  
Egg wash

Cream together butter and sugar until light and fluffy. Add egg yolk and orange peel. Add flour, don't over mix. If the dough is too crumbly, add a little water. Chill the dough until firm enough to roll out. Make almond paste, or mix prepared almond paste (such as Odense brand) with egg white. If the paste is too hard to mix, grate it into the egg white and add enough water to achieve a spreadable consistency. After the dough is chilled, roll out dough nice and thin. Cut the dough into 3-inch strips. Gather extra dough, repeat until dough is used up. Spread almond paste mixture on dough, leaving 1/4-inch free at the top edge. Gently roll up the dough, and place on a cookie sheet, refrigerating until firm. Preheat oven to 350 degrees. Remove chilled dough from the refrigerator. Slice roll into 2-inch pieces, and arrange these on the cookie sheet, leaving a little room for spreading. Slice each 2-inch roll every 1/4-inch or so from the top down leaving about a 1/4-inch uncut at the bottom. Gently pull down the ends to form a crown shape. Brush each cookie with an egg wash, and sprinkle with almonds. If you prefer, use pearl sugar, or pearl sugar, for a glittering effect. Bake 15 to 20 minutes, until pale golden in color, remove and cool.

## Neujahrspretzel (Soft Pretzels)

---

2 cups milk  
2 eggs  
1/2 cup butter or margarine  
1 cup powdered sugar  
2 packs dry yeast  
Water  
2 teas. salt  
1 teas. vanilla extract  
1/2 cup sugar  
1/4 cup almonds, chopped  
7 cups flour

Heat milk and butter until very warm (120–130 degrees F.). Mix yeast, salt, sugar, and 1 cup flour. Slowly beat into warm milk. Beat for 2 minutes. Add eggs and 1 cup of flour. Beat for an additional 2 minutes. Add enough flour to form a soft dough. Knead until smooth and elastic, about 5 minutes. Place dough in a greased bowl. Let rise in a warm place until doubled in bulk, about 1 hour. Punch dough down and let rise again until doubled (1 hour more). Divide dough in half. Shape pretzel as follows: Roll dough into a rope about 30 inches long and 1 1/2 inches in diameter. Cross the ends leaving a large loop in the center. Flip loop back onto crossed ends to form a pretzel. Repeat with remaining dough. Place pretzels on greased baking sheets. Let rise 15 minutes more. Bake at 375 degrees F for 25 to 30 minutes or until golden brown. Cool on wire racks. Mix powdered sugar, water and vanilla to form a thin icing. Spread icing on pretzels and sprinkle with chopped almonds. Makes 2 large pretzels.



## **Pfeffernüße (German Christmas Cookies)**

2 cups brown sugar  
2 eggs  
1 tsp. baking soda  
1 Tbs. hot water  
1 cup chopped nuts (walnuts, hazelnuts or almonds), finely ground  
2 tsp. ground cinnamon  
1 tsp. ground nutmeg  
3 cups sifted all-purpose flour.  
1 cup powdered sugar (for rolling cookies in)

Mix the sugar with the well-beaten eggs. Add the soda dissolved in hot water, the nuts and sift in the spices with the flour. Add more flour if needed to make a dough stiff enough to roll. Roll out until the dough is about 1/8 inch thick. Cut into tiny rounds about as large as a quarter of a dollar and bake in oven at 400° F until golden brown. Take out and roll at once in powdered sugar.

## Roast Pork Loin in Beer Sauce

---

For marinade:

1/2 cup Dijon mustard  
1 large onion, chopped  
1/2 cup honey  
3 cups beer (not dark), preferably German

3 1/2–pound boneless pork loin, tied (3 to 3 1/2 inches wide)  
2 tablespoons vegetable oil  
a beurre manié, made by rubbing together 1 tablespoon softened unsalted butter and 1 tablespoon all–purpose flour

Make marinade:

In a large saucepan stir together marinade ingredients. Bring marinade just to a boil, stirring (marinade will rise and foam), and remove pan from heat. In a blender purée marinade in 2 batches, transferring it as puréed to bowl. Cool marinade to room temperature and spoon off any remaining foam.

In a large heavy resealable plastic bag combine pork and marinade and seal bag, pressing out any excess air. Put bag in a baking pan and marinate pork, chilled, turning bag once or twice, at least 8 hours and up to 24. Let pork in marinade come to room temperature, about 40 minutes. Transfer marinade to a saucepan and bring just to a boil.

Preheat oven to 375°F.

Pat pork dry with paper towels and season with salt and pepper. In a flameproof roasting pan heat oil over moderately high heat until hot but not smoking and brown pork on all sides. Roast pork in middle of oven, basting frequently with some marinade, until a meat thermometer registers 155°F. for slightly pink meat, 1 to 1 1/2 hours. Transfer pork to a cutting board, reserving juices in roasting pan and discarding string, and let stand, covered loosely with foil, about 15 minutes.

While pork is standing, skim and discard fat from pan and add remaining marinade. Deglaze roasting pan over moderately high heat, scraping up brown bits. Bring sauce just to a boil and strain through a fine sieve into another saucepan. Bring sauce to a simmer and whisk in beurre manié, bit by bit, whisking until sauce is combined well and thickened slightly.

Serve pork, sliced, with sauce.

## Roggenbrot (Rye Bread)

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2 pk yeast; active dry  
1/2 cup ;warm water  
1 1/2 cups milk; lukewarm  
2 tbsp. sugar  
1 tsp salt  
1/2 cup molasses  
2 tbsp. butter  
3 1/4 cups rye flour; unsifted  
2 1/2 cups bread flour; unsifted

Dissolve yeast in warm water. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour. Use a wooden spoon to mix in the remaining rye flour. Add white flour by stirring until the dough is stiff enough to knead. Knead 5 to 10 minutes, adding flour as needed. If the dough sticks to your hands or the board add more flour. Cover dough and let rise 1 – 1 1/2 hours or until double.

Punch down dough and divide to form 2 round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours. Preheat oven to 375° F. Bake for 30–35 minutes. Makes 2 round loaves.

## Rotkohl (Red Cabbage)

---

3 pounds red cabbage  
3 sour green apples  
1 large onion  
1/4 cup lard  
3 cloves  
1 bay leaf  
Salt to taste  
4 tablespoons sugar  
5 tablespoons white vinegar  
1 cup white wine

Peel, then chop up the apples. Put the lard in a large pot. Add onions and cook on medium heat until browned. Add shredded cabbage, apples, vinegar, white wine, sugar, salt, cloves, and bay leaf in that order. Bring to a boil. Cover and simmer on low heat for two to three hours. If there is too much liquid, add a little bit of cornstarch to make it thicker.

## Rouladen (Stuffed Beef)

---

4 sirloin tip steaks – thin  
8 slices bacon  
8 slices dill pickles (sliced lengthwise)  
1 onion, diced  
German mustard or brown mustard  
salt  
pepper  
1/4 cup vegetable oil  
3 cups beef broth  
1/4 cup tomato paste  
1/4 cup half and half  
1/4 cup evaporated skim milk

Pound the steaks with a meat tenderizer/mallet until about 1/8" thick. Season the steaks with salt and pepper. Spread mustard thickly on one side on each steak. Place two slices of bacon and two pickle slices on each steak. Divide the onion evenly onto each steak. Starting from the narrowest end of each steak, roll tightly (jelly roll style) and secure with string.

Heat oil in a heavy saucepan. Brown the meat rolls well on all sides. Add about 1 cup of water to the saucepan, cover and simmer for 1 1/2 hours. Add more water if needed. Remove the meat from the pan. Add the beef broth to the liquid the meat was cooked in. Keep boiling until liquid is reduced by one third of its original size. Whisk in tomato paste, half and half, and evaporated skim milk, careful to not let it boil (to avoid curdling). Season with salt and pepper. Return the meat to the pan and warm through.

# Sauerbraten

---

5 pound top round  
10 whole garlic cloves, peeled  
1 quart red wine vinegar  
2 cups julienned onions  
1 small bundle of fresh thyme  
4 bay leaves  
1 tablespoon whole black peppercorns  
1/4 cup sugar  
4 cups beef stock  
1 cup crushed gingersnap cookies  
1 cup sour cream

Stud the roast with the whole garlic cloves, and season with salt and pepper. Place the roast in a deep glass bowl.

In a mixing bowl, whisk the vinegar, onions, herbs, and sugar together. Whisk the liquid until the sugar dissolves. Pour the marinade over the roast and cover with plastic wrap. Place the roast in the refrigerator and marinate for 72 hours.

Remove the roast from the marinade. Strain the marinade. Place the roast in a braising pan. Add the beef stock to the strained liquid. Pour the liquid over the roast and place in the oven. The liquid should cover 1/2 of the roast. Braise the roast covered for 2–3 hours. Turn the meat several times and add additional stock if needed. Place pan with the braising liquid over a burner. Bring the liquid to a simmer. Whisk the crushed gingersnaps into the liquid. Simmer the sauce for 2–3 minutes. Season with salt and pepper. Stir in the sour cream. Slice the roast and coat meat with some of the sauce. Serve the remaining sauce separately with potato pancakes or dumplings.

# Sauerkraut

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1 (3 1/2 pounds) green cabbage  
3 tablespoons coarse salt

Cut cabbage in quarters and remove core. With a mandolin or food processor fitted with a 2–millimeter slicing blade, slice as thinly as possible. Place in a large bowl with salt and toss to combine.

Transfer to a large glass or ceramic container and tap down by hand so liquid rises to top. Cover with a damp towel touching cabbage and top with a 3–pound weight. Cover again with a layer of plastic wrap and set aside in a warm place for 5 days to ferment. Sauerkraut may be kept in a sealed container in refrigerator as long as 3 weeks.

## **Schwarzbrotssuppe (Dark Bread Soup)**

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1 lb dark bread  
2 qts water  
1/2 tsp caraway seeds  
salt  
1 small onion  
1 tbls fat  
2 bouillon cubes or cream

Soak dark bread in water, bring to a boil, remove and strain. Bring to a boil again, if necessary adding more water. Season. Chop an onion finely and brown in fat, and add. Enrich, if desired, with bouillon cubes or cream.



## **Schwarzwälderkirchtorte (Black Forest Cake)**

---

2 cups flour  
1 1/2 cups sugar  
1 1/4 cups milk  
1/2 cup butter  
1 1/2 teaspoon soda  
2 eggs  
1/2 cup cocoa  
1/2 teaspoon red food coloring  
1 teaspoon vanilla

### Filling:

1 can (21 oz.) cherry pie filling, chilled

### Frosting:

2 T powdered sugar  
1 cup heavy cream, whipped

12 maraschino cherries

Cream butter and sugar together. Add eggs, flour, milk, baking soda, cocoa, red food coloring, and vanilla. Blend on low, scraping constantly. Beat 3 minutes on high speed. Pour into two 9 inch round cake pans that have been greased and floured. Bake at 350° for 30–35 minutes. Cool thoroughly.

Whip heavy cream with confectioners' sugar.

Slice each cake round horizontally to make four layers. Place one layer on flat plate. Fill pastry bag with whipped cream and pipe a generous ring around edge of cake layer. Fill exposed ring of cake with cherry pie filling. Place third layer on top, and frost entire cake with whipped cream. Crumble the fourth layer into fine crumbs and sprinkle on sides of cake.

Using whipped cream, pipe 12 rosettes on top of cake and top each with a maraschino cherry.

Garnish the center top of cake with the rest of the chocolate crumbs.

## **Spätzle (German style egg noodles)**

---

3 cups flour  
4 eggs  
1/4 tsp. Nutmeg (optional)  
1–2 tsp. salt  
1 quart cold water

Stir flour, eggs, salt, and 1/2 cup of water. Beat until batter is smooth and no longer adheres to the spoon. Add water as needed. The spaetzle dough can be firm enough to be rolled and cut into slivers or soft enough to be forced through a sieve, colander or spaetzle–maker with large holes.

Bring a pot of salted water to a boil. If you have a Spätzle press, press the dough through the press and into the boiling water. If you do not have a press, place dough on cutting board and roll out. Cut dough into tiny noodles. Add noodles to boiling water. They cook quickly and are done when they float back to the surface. As the noodles finish cooking, remove them with a slotted spoon.

You can saute' the noodles in a Tbsp. of butter before serving. Other suggestions: Serve with a brown gravy or beef stock.

If you don't want to use the egg yolks, use the egg whites and add some yellow food coloring for a nice color.

# Stollen

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3 3/4 cups flour  
1 cup confectioners' sugar  
1/2 cup lukewarm milk  
3 teaspoons yeast  
8 Tbsp. softened sweet butter  
1 Tbsp. lard (or butter)  
1 large egg  
1/2 teaspoon salt  
1 teaspoon vanilla extract  
1 Tbsp. rum  
pinch of ground cinnamon  
grated peel of 1/2 lemon  
1 cup slivered almonds  
1/4 cup candied lemon peel  
1/4 cup candied orange peel  
1 1/4 cup raisins

For basting:

6 Tbsp. milk (room temperature)  
8 Tbsp. butter  
3/4 cup powdered sugar

Sift the flour into a bowl and make a crater in the center. Into the crater, add 1/4 c. of the confectioners' sugar and 1/4 cup of the milk. Sprinkle the yeast over the milk and dust the yeast with a little flour. Let the yeast develop for 15–20 minutes.

Add the butter, lard, egg, salt, remaining sugar, vanilla extract, rum, cinnamon, grated lemon peel, slivered almonds, candied lemon and orange peels, and raisins. Add only enough of the remaining milk to make dough pliable. Knead thoroughly and cover the dough with a damp towel and let it rise overnight.

Knead again for 1 minute then shape the dough into a loaf and put it on a large buttered baking sheet. Use your fingertips to push back into the dough any raisins that may have popped up to prevent scorching. Baste the loaf with tablespoons of milk and bake in a preheated oven at 350 degrees for approximately 50 minutes. Stollen must turn golden brown. Test to make sure it is done with a toothpick.

Baste the stollen generously with butter while it is still hot, then sprinkle with powdered sugar. Repeat this process in order to attain a nice white surface and to help keep the stollen fresh and moist for several weeks. It's best to store for at least a week before serving. One loaf makes about 30 slices



## **Tomatensalat (Tomato Salad)**

---

5 medium tomatoes, chopped  
1 tsp. salt  
1/4 tsp. dried thyme  
1/2 cup vegetable oil  
1 Tbsp. Worcestershire sauce  
1 Tbsp. sugar  
1 tsp. dried basil  
1/4 tsp. freshly ground pepper  
6 Tbsp. vinegar  
1 large onion, diced

Mix together: salt, dried thyme, vegetable oil, Worcestershire sauce, sugar, dried basil, pepper, vinegar, and onions. Toss with tomatoes. Chill for about an hour and serve on lettuce leaves.

## Weihnachtsstollen (Christmas Loaf)

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### Dough:

4 1/3 cups flour  
1 to 1 1/2 cups milk  
2.5 ozs. yeast  
1 cup plus 2 tbsp. margarine or butter  
3/4 cup sugar or honey  
1 tsp. salt

### Flavoring:

1/2 cup candied lemon peel  
1/2 cup chopped almonds  
1 lemon, grated for rind  
1/4 cup rum  
1 3/4 cups raisins

### Topping:

1/4 cup melted butter  
1/2 cup Confectioner's sugar

Make a soft, pliable yeast dough from ingredients listed in the first section and let stand in bowl for 10 minutes.

Knead the spices, except the raisins, into the dough. When all other ingredients are equally distributed, add the raisins. Roll into an oval and place on a greased baking sheet. Let rest for 10 to 15 minutes. Still on baking sheet, wrap dough well in aluminium foil and store in the refrigerator for a few hours or overnight. Remove from refrigerator and take off foil. Sprinkle flour around the loaf to prevent the dough from spreading. Place loaf in a pre-heated 350–400° oven and bake 50–60 minutes, till pale gold in color. Remove from oven. Brush with melted butter and dust with Confectioner's sugar. Repeat until butter and sugar are used up. Stollen should have a thick, white layer.

## **Weinkraut (Baked Sauerkraut with Apples)**

---

1 qt sauerkraut  
1/4 c sliced onion  
2 Tbsp. butter or bacon drippings  
2 or 3 medium-size apples  
1 1/2 c white wine  
1/2 c beef stock or bouillon  
1 tsp. brown sugar  
1 tsp. celery seeds

Drain kraut slightly. Cook onion in butter or drippings until transparent. Add sauerkraut and stir; cook slowly. Wash, peel, and core apples; dice fruit and add to sauerkraut. Add wine and enough stock or bouillon to cover. Cook slowly, uncovered, for 30 minutes. Add sugar and celery seeds; cover and finish cooking in moderate 325° oven 30 minutes longer.

## Weisswurst (Bockwurst)

---

5 lbs. veal  
1 oz. ground mustard seed  
5 lbs. lean pork butts  
1 Tbsp. ground white pepper  
3 1/2 ozs. non-fat dry milk  
1 tsp. ground celery seeds  
3 1/2 ozs. salt  
1 tsp. mace  
3 1/2 ozs. soy protein concentrate  
1 oz. powdered dextrose  
1 tsp. onion powder  
1 qt. ice water  
1 tsp. dry parsley

Grind meat through a 1/4" or 3/8" grinder plate. Add all the ingredients except the water and mix thoroughly until evenly distributed. Place the meat in the food processor, adding the water as you go along. This will help emulsify the meat.

Stuff into a 32–35mm hog casing and make into 5" to 6" links. Place into 160°F water and cook until an internal temperature of 150°F is attained. Then shower the sausage with cool water until the internal temperature falls to 75°F. Place in cooler overnight before using.

Grill or fry these brats until browned. For a delicate, crunchy coating, cover the sausages with milk for 10 minutes, then coat the sausages with flour. Brown the sausage in a skillet to which you have added vegetable oil.

Serve with German bread or a crusty roll and spicy mustard or horseradish sauce.



# Wiener Schnitzel

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1 1/2 lbs. veal (or pork) cutlets  
flour  
3 tbsp. grated Parmesan cheese  
2 eggs  
1 tsp. minced parsley  
1/2 tsp. salt  
1/4 tsp. pepper  
2 tbsp. milk  
1 cup fresh breadcrumbs  
6 tbsp. butter  
4 slices lemon

Pound meat thin and dip in flour. Blend together cheese, eggs, parsley, salt, pepper, nutmeg and milk. Dip cutlets into this batter, coat with crumbs and refrigerate for 1 hour. Cook breaded cutlets in butter until golden brown on both sides. Pour pan juices over cutlets and serve with lemon slices.

## Wurstsalat (Sausage Salad)

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1 teaspoon German or Dijon mustard  
2 tablespoons olive oil  
3 tablespoons wine vinegar  
3 tablespoons cold beef stock  
1 teaspoon sugar  
½ teaspoon salt  
1/8 teaspoon cracked black pepper  
1 lb. precooked knockwurst  
1 medium onion  
1 medium boiled potato  
1 hard cooked egg  
2 dill pickles  
lettuce leaves

Combine mustard, olive oil, vinegar, beef stock, sugar, salt and pepper into a bowl and whisk well. This is your dressing. Peel and slice the precooked knockwurst into strips. Cut onion into thin rings. Dice the boiled potato. Slice the pickle thinly. Place knockwurst, onion, potato, and pickle in large bowl. Pour dressing over salad and toss gently. Refrigerate 2 hours. Peel and thinly slice egg; mix with salad. Serve on lettuce leaves with a side of rye bread.

## Zwetschgen Datchi (Bavarian Plum Cake)

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### CRUST:

1 piece fresh yeast  
6 1/4 tablespoons sugar  
1 cup hot milk  
Pinch salt  
1/2 tablespoon canola oil  
3 ounces butter  
1/2 tablespoon vanilla sugar  
3 1/2 cups cake flour and flour to work the dough  
1 egg

Mix the fresh yeast with 2 tablespoons of the sugar and reserve. Mix into the hot milk the remaining sugar, salt, oil, butter, vanilla sugar and half of the cake flour in a bowl of a kitchen aid mixture or food processor, mix at low speed for 1 minute. Add the egg. Add the yeast/sugar mixture. Add the remaining cake flour and mix well at low speed until all ingredients are incorporated. Let rise at a warm place until dough doubles. With a rolling pin, roll out the dough to fit a 12 by 17-inch cake pan, which is lightly buttered and dusted with flour.

### TOPPING:

3 to 4 tablespoons hazelnut flour  
1 1/2 pounds of ripe plums  
2 tablespoons sugar  
1 tablespoon ground cinnamon  
2 tablespoons bread crumbs  
3/4 cup almond slivers or almond sticks  
2 to 3 tablespoons butter

Preheat oven to 360 degrees. Sprinkle hazelnut flour over the dough. Cut the plums open but not in half, remove the pit and cut a small insert into the top. Layer standing on top of the dough. Mix sugar, cinnamon, and bread crumbs and sprinkle over the plums. Top with almonds and butter. Bake on the second shelf from the bottom for 45 minutes to 1 hour at 360 degrees in a regular oven or for 45 minutes at 300 degrees in a convection oven. Let cool, serve by itself, or with whipped cream, ice cream, or cinnamon creme fraiche.