

German Cooking

Barley Bread

Barley bread was a favourite among German settlers who located the area in and around Lunenburg. This delightful pastry included barley flour and was hand mixed like a cake. Other ingredients include:

- 5 cups white flour
- 1 cup warm water
- 3 cups barley flour
- Small piece of butter
- 1 tablespoon salt
- 1/2 yeast cake
- 2 tablespoons brown sugar

Directions:

The flour is combined with the brown sugar and salt. Add the 1/2 yeast cake after it has been dissolved in the warm water. Mix to a soft dough, adding more water if needed. Let rise, then pour into 2 greased bread pans. Let it rise until the dough reaches the height of each pan. Bake in a 350°F over for 45 minutes, or until the bread leaves the sides of the pans. Brush tops of the bread with melted butter.



Barley Bread



Codfish and Potatoes

Codfish and Potatoes

Often known today as codfish and potatoes, it was previously referred to as "house bankin" by the early German settlers of Nova Scotia. Ingredients include:

- 1 pound salt codfish
- 1 large onion
- 4 large potatoes
- Pepper to taste (a lot)
- 1 cup salt pork scraps
- 1 cup cream

Directions:

Soak the codfish in cold water for up to 10 hours, changing the water upwards of two times. Pick the codfish apart. Peel and cut potatoes in large pieces, and cook in the water in which the fish has been soaking. When the potatoes are about half done, add the codfish and cook until the potatoes are at their desired texture. Then, fry pork scraps until golden brown and pour off excess fat. Add onion to the pork scraps, and later cream, if desired. Drain the potatoes and codfish and place on a platter. Add the onion and salt pork scraps mixture into the finished dish.

Famous German Sides

Kohl Slaw

Many German settlers introduced this native dish from their homeland to other settlers in colonial times. Kohl slaw became a popular side dish with many meals. Ingredients include:

- 1 head cabbage
- 1/2 cup vinegar
- 1/2 cup brown sugar
- 1/4 cup butter
- Salt and pepper

Directions:

Place vinegar, sugar, and butter in a large pot and stir. Add cabbage, salt, and pepper. Cook on top of stove about 45 minutes, until the cabbage is tender.



Kohl Slaw

Solomon Gundy

For those individuals who did not like a sweet treat, they could always turn to a salty appetizer like Solomon Gundy. Ingredients include:

- 1/2 dozen salt herring
- 2 medium onions
- 2 cups vinegar
- 2 tablespoons pickling spice
- 1/2 cup sugar

Directions:

Remove the tails and the heads from the salt herring. Clean inside and remove the skin of the herring. Now, cut the salt herring into pieces approximately 1-inch in thickness, and then fillet the pieces. Soak in cold water for 24 hours. Squeeze the water from the salt herring. Place in a bottle with slices of onion in alternate layers. In a pan, heat the vinegar up, and add pickling spice and sugar. Let it cool, and then pour over the herring in the bottles.



Solomon Gundy

OUT OF OLD SACKVILLE KITCHENS: GERMAN STAPLES



THE FULTZ HOUSE MUSEUM
KITCHEN TABLE

*FULTZ HOUSE
MUSEUM*

The Fultz Family and European Cuisine

German Cooking in Nova Scotia

In the 1800s, Sackville kitchens were constantly buzzing with activity, as family life revolved around this room and the preparation of meals. Several of the dishes prepared in Sackville kitchens were European in origin, as many settlers in this region had roots in France or Germany. This was an era when an individual's schedule was structured around mealtime. A Sackville resident could not simply pick up take out from the local fast food restaurant if they failed to be home in time for dinner, nor could they reheat a meal in the microwave, as this technology did not yet exist. Meals were to be enjoyed at home in the company of loved ones and friends.

During this period, the preparation of food demanded a great deal of time and devotion from each family member living in an Old Sackville household, as these meals were 100% natural and made entirely from scratch. There were no large grocery stores from which the bulk of ingredients could be purchased. It was the responsibility of each family member to provide the items required to complete each dish.

It was often the women who would wake up early and start the meal preparation process. They would begin by building a fire in the hearth over which they would prepare the food. In addition to the fire, the women would also use mortars and pestles to grind up spices, such as salt and pepper, and seasonings, like cinnamon, which would later be used to add flavor to the dishes. Milk was also collected to produce butter and cheese, while berries and fruits were picked to accompany the main dishes. Most of the women's work took place either inside or near the home, while the men's efforts occurred outside of the home.



Canada's Favorite Cook Book (1907)
is currently on display in the kitchen of
the Fultz House Museum.

Johann Andreas Fultz was only one of hundreds of Germans who arrived in Nova Scotia between 1750 and 1753. In the years before their arrival, the English colonies encountered problems with farming the land, as the soil was rocky and it served as an unsuitable foundation for a successful farm. Following the disastrous attempts to farm the land in Halifax, the Lords of Trade in London issued an appeal for farmers, and it was the Germans who answered their call.

The German attempts to farm the land in Halifax proved to be too difficult, and many of the settlers moved to Lunenburg. It was here that their efforts were met with success. They excelled in farming the land, as the soil in Lunenburg was rich and fertile. Their farms yielded large quantities of rye, barley, oats, turnips, cabbage, and cucumbers. They also raised livestock, which allowed them to process veal and mutton on their farms. The Germans were also adept at fishing, and they caught many different types of fish, such as cod, halibut, shad, salmon, haddock, herring, eel and lobster.

Although the Germans were unsuccessful in their attempt to farm the land in Halifax, they still provided sustenance for the community. They would sell the fruits of their labour at the market in Halifax. This commercial exchange furthered the success of their farms, while it also ensured that the people of Halifax and the surrounding regions had access to the nutrient rich foods produced in the fertile soil of Lunenburg.



The oven/stove (pictured
opposite) was manufactured in
Amherst, Nova Scotia. It was
the type of stove and oven
found in many area homes in
the early to mid 1900's.

Many of the famous German dishes produced in Nova Scotia were inspired by the wholesome foods yielded by the farms in Lunenburg, as they served as the basis for many of the recipes present in German cooking. The Germans preferred, much like the French, simple dishes that produced large quantities of food. Some of these simple dishes are well known throughout the world, such as sauerkraut, kohl cannon, and kohl slaw. Other famous dishes were inspired by the German's superior fishing skills, such as the Dutch Mess, also known as house bankin, solomon gundy, and tongues and sounds. A staple meal served during the colonial years, which is still a popular dish in Sackville today, was the Kartoffelsuppe, a thick and creamy potato soup.

It was delicious recipes such as these that were prepared in many old Sackville kitchens, and they are recipes that you can still make in your kitchen today. All you need is the right recipe.



Recipe Cards and Kitchen Tools

The above items are currently on display in
the kitchen of the Fultz House Museum.