

Great German Recipes & German Style Recipes 200+ Classic Dishes

Presented by:
The International German American Society

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&

German Style Recipes

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DEDICATION

We dedicate this book to the countless German-speaking immigrants who risked traveling to the New World, bringing their honored culture, traditions, and great food for all to share.

ACKNOWLEDGMENTS

We thank the many people who worked together to compile the recipes found here, some of which came from the out-of-print *German American Life* book, found in the following resources: *Great German Recipes* and *German Style Recipes*, first as compiled in *German Recipes Found at Epcot's Germany Pavilion* [Epcot is part of the Walt Disney World® Resort, Lake Buena Vista, Florida.]

We especially appreciate everyone who shared their time-tested and honored family recipes for the rest of us to enjoy! This recipe book wouldn't be complete without the dedication of our editors.

A Salute to Your Well-being!



If you have the opportunity, find a German restaurant that offers live entertainment. While enjoying traditional cuisine, diners may be called upon to take part in a traditional song, after which you take a large swig of your favorite beverage.



“Ein Prosit” [Sang with beer stein or glass in hand, waving to and fro!]

German

Ein Prosit, Ein Prosit, der Gemütlichkeit
Ein Prosit, Ein Prosit, der Gemütlichkeit
Eins, zwei, drei, g'suffa!
Zicke, zacke, zicke, zacke, hoi, hoi, hoi,

Zicke, zacke, zicke, zacke, hoi, hoi, hoi,
Prosit!

English

A Toast, A Toast, to Happiness
A Toast, A Toast, to Happiness
One, Two, Three, “Down the hatch”!
Zicke, zacke, zicke, zacke, Hey, Hey,
Hey! [Zicke, zacke has no meaning, simply words to get you wanting to drink! In English it is pronounced “ziggy zoggy, ziggy zoggy, hoy hoy hoy!”]
Zicke, zacke, zicke, zacke, Hey, Hey, Hey!
Cheers!

Notes: The German word “Gemütlichkeit” is difficult to fully translate or explain. It means you are in the presence of good food, good company, a drink or two, and plenty of time to enjoy it all! Gemütlichkeit induces a cheerful mood and peace of mind, with connotations of belonging and social acceptance, coziness, and relaxation. It not only describes an atmosphere but also a state of mind, and refers to being laid back, or to not being stressed in the least, due to your surroundings and the well-being of the present company surrounding you.

As an adjective, gemütlich describes a person who is equal parts “good-natured” and “in a good mood,” with “sociable,” “genial,” “jovial,” and “unhurried” thrown in. Gemütlichkeit describes the quality of the social setting that arises when a number of gemütlich people come together.

The expression “g'suffa” (pronounced “g-soofa”) is from the Bavarian term “gesoffen” and is an order “to guzzle, chug, gulp, or drink down.”

As a celebratory chant, the band leader calls out “Zicke, zacke, zicke, zacke!” to which the band members, along with the audience, answer, “hoi, hoi, hoi!”



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How German is America?

German-American Heritage in the USA

Many Americans are proud to trace their ancestry to brave German-speaking immigrants who crossed an ocean to begin lives in the unknown territory of the New World. Since those early arrivals, millions more took the journey, with many still immigrating to the USA in the 21st century.

Generations of Germanic descendants continue to influence the culture and traditions of the American landscape.

Few people realize that, today, tens of millions of descendants of these pioneers comprise the largest single immigrant group in what is now the United States of America. They make up about 20 percent of the population.

In the last US Census (2010), the population with Germanic roots grew to 49.8 million citizens, reflecting a jump of 6 million people since 2000. The next largest heritage group is Irish, with those from African and English ancestry following close behind.

A Country Built on Immigrants

Germans were among the first settlers of the New World, having joined the initial waves of migration from Europe.

However, the largest population of Germanic people came to America between about 1820 and 1914, with the peak period coming by the early

1880s. By 1890, over seven and a half million folks from Germania came to the United States — more than doubling the entire population of the country.

Many settled in the states of the Upper Midwest, an area known to this day as America's "German Belt."

What Brought Them Here?

Historians identify a mix of factors underlying immigration, though much of it was based on

socio-economic distress in areas of German-speaking Central Europe.

Along with the promise of economic prosperity and opportunities in America, emigration appealed to those who wanted to escape political turmoil, civil unrest, and even forced military conscription.



Interestingly, related to the latter point, while some Germanic immigrants came to America seeking freedom from required military service, many were proud to serve honorably, fighting bravely for their new land, on both sides of the American Revolutionary and Civil wars.

Suffering hardships in their homelands, they made the difficult choice to seek liberty in America, where they had the promise of better lives and opportunities. Most notably, they had a quest to own land. As long as they were willing to work hard once they arrived, they dreamed of gaining financial security, notably through land ownership

and stewardship. Being able to own land was difficult in their homelands.

The promise of the “American Dream” included to prospect of personal property rights that would allow families to pass their wealth and homestead lands on to their descendants. In the nineteenth century this meant a lot for rural folks and those who sought a simple life on a farm.

Many descendants of the early settlers maintain a significant amount of wealth through inter-generational transfers of wealth. It is not uncommon for the top one percent of wealth in a city to be among families that still own their original land on which their forefather’s settled, and a lot of wealth remains within the German-American community.

From Where Did They Come?

While most believe German-Americans descend from the modern-day country of Germany, the reality is there was no country known as “Germany” during the period of mass migration. Anybody who spoke German was considered German. It was the a primary language in the land area of the old Austro-Hungarian Empire, from eastern France to Switzerland and Austria. (Outside of these Germanic-populations, the majority of the rest of immigrants were northern or western Europeans.)

Who are German-Americans?

German-Americans are known for a strong work ethic.

In the New World, the Industrial Revolution led to burgeoning growth in the number of companies that were able to absorb all the new workers. Immigrants first built water canals that started moving goods across much of the eastern U.S. and eventually constructed the railroads that opened up the rest of the country. Hardworking immigrants were the backbone for every labor-intensive endeavor in the country.

Today, German-Americans are somewhat better educated and more white collar than the general population, with one-third having at least a bachelor’s degree and about 40 percent employed in management, business, science or the arts. They tend to be more settled in their communities and are happy exactly where they are.

As the largest single ethnic group in the United States, German traditions and heritage have found a way to permeate into most aspects of American culture. German-Americans promote education, thriftiness and an entrepreneurial spirit. They also brought with them a diverse range of religious beliefs, promoting tolerance and understanding.

The peace-loving descendants of these individuals include the modern Mennonites, Brethren, and Amish religious denominations.

For example, the Amana colonies of Iowa were founded by German-speaking people who sought religious freedoms. Their church is The Community of True Inspiration, an off-shoot of Lutheranism.

Today, their seven, once-communal villages have grown in popularity to become some of Iowa’s most visited tourist attractions. (Some recipes herein are graciously provided by the Amana Colonies.)

Similar religious groups are dispersed across the USA, though are frequently near larger Germanic communities, predominantly in the states of Pennsylvania, Ohio, Indiana, Illinois, Iowa, Minnesota, Kansas, Wisconsin, and Texas.

Other large, well-established communities of German-heritage families and Mennonite Communities live in the Pacific Northwest (Oregon and Washington states).

What Did They Risk?

Our predecessors gave up everything, including the lives they knew, to journey to the New World. They followed their dreams in search of freedom and opportunities for increased prosperity.

What Germanic People Offered the New World

Already-stated, colonial immigrants from Germany were admired for their work ethic. But they are also known historically for their thriftiness and especially for their neat and prosperous farms, as well as the pride they took in old-world craftsmanship. A quick look at their hand-crafted items will show you the quality and detail lovingly integrated into their furniture and other manufactured goods. Their craftsmanship is still found today, in high-end furniture makers.

Although not widely-known, German-Americans contributed mightily to the defense of American democracy and freedom extending back to Colonial days.

During the War of Independence, Baron Friedrich Wilhelm von Steuben, a former Prussian captain and adjutant of Frederick the Great, became the Inspector General for the American army. He was able to expertly blend Prussian military doctrines with the backwoods fighting tactics being used in those days by the Continental Army.

While some Americans of Germanic descent have forefathers who fought for American Independence, many others are descendants of men who fought on either side of the Civil War. Others battled gallantly in every conflict since.

Today, members of German-American Societies across the United States work hard to strengthen our government, extending and promoting liberty.

Where are German-Americans Located?

According to traditional accounts of immigration, German settlers were drawn to landscapes that resembled the areas they came from in Europe, such as rural Wisconsin.

They were especially drawn to heavily wooded areas, where they were far more fastidious and successful stewards of the land than the Yankees. The symbolic and practical importance of the forest in German culture, particularly during the nineteenth century, reinforced this romantic view of German settlers.

Scholarship on nineteenth-century immigration indicates that local, practical realities were more important in guiding Germans to choose where to settle than innate cultural inclinations.

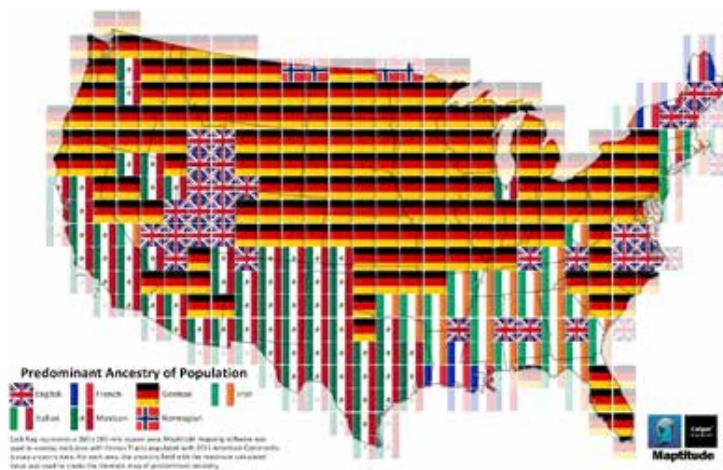
Many early settlers traveled wherever they were afforded economic

opportunities. The stereotype persists of rootless, enterprising Americans eagerly following a quick buck in their pursuit of the American Dream.

However, Germanic Americans tended to invest huge amounts of time and resources in their land.

German settlers valued a varied landscape and were generally less likely to move once they had established themselves in a particular location. Certainly, popular narratives endure, focusing on the closeness of these settlers to their land.

During the Industrial Revolution, like other Americans, German-Americans eventually migrat-



ed to the cities from rural landscapes. Spreading far-and-wide, they sought economic opportunities in urban manufacturing plants.

Today, a “German belt” extends across the United States, from eastern Pennsylvania to the Oregon coast.

Pennsylvania has the largest population of German-Americans in the US and is home to one of the group’s original settlements, Germantown, that was established in 1683. The state has 3.5 million people of German heritage, a figure that outpaces the population of Berlin.

Germanic people comprise a majority of counties in Pennsylvania, Michigan, Illinois, Missouri, Iowa, Ohio, Indiana, Wisconsin, Minnesota, Kansas, Nebraska, Wyoming, Montana, and the Dakotas.

While the German communities on the West Coast may be smaller in comparison, pride in their heritage is just as strong. Consider, the annual Mt. Angel Oktoberfest, just outside of Salem, Oregon, is one of the largest annual celebrations of its kind throughout the entire U.S. It attracts upwards of 350,000 people during its annual four-day run.

Outside the German Belt, German-Americans are commonly found in non-coastal states, including a large number in Maricopa County, Arizona. Smaller communities are located as far away as the southern tip of Florida to the Hawaiian islands, in the Pacific Ocean.

German Cultural Traditions and Celebrations

Roughly 70 million strong, people of Germanic descent are proud of their heritage and their long-standing cultural traditions that persist today.

Their influences are found in American cuisine and the development of the nation itself. (Just think of pretzels and hot dogs or the American education system that starts with kindergarten.)

Many long-standing cultural traditions take place throughout America, most notably decorating a Christmas tree in the winter and Easter eggs in the spring.

Others traditions include the lively dancing and entertainment common at annual Oktoberfests throughout America, along with some smaller festivals, including Maifest (Spring Celebration, literally, “May Festival”) and lesser-known regional celebrations such as Cincinnati’s RoeblingFest and German-American Heritage Month. The most common celebrations include:

- Oktoberfest (Autumn Celebration; literally, “October Festival”)
- Maifest (Spring Celebration; literally, “May Festival”)
- Schützenfest (Shooting or Marksmen’s Festival)
- German-American Day, celebrated on October 6th

Oktoberfest

German culture is best represented in the USA with the seasonal celebration of Oktoberfest, which is held in many local communities. It is by far the most widely-celebrated German festival in America. Traditionally, the annual harvest jubilation lasts 16 days, beginning in the third week of September and ending the first Sunday of October each year.

These harvest festivals continue to promote the traditions of the original jubilee in Munich, which began to celebrate a royal wedding.

In fact, many of those with German heritage make a pilgrimage to Bavaria at least once in their lives to experience the original, centuries-old tradition of Oktoberfest and its associated Gemütlichkeit (a feeling of warmth, friendship, hospitality, and coziness).

Whether in Munich or in towns across American, the annual gathering involves customary garb

with men clad in *Lederhose* (lederhosen in English) and ladies in their *Dirndls*. Singing time-honored songs and dancing to festive music from upbeat polka bands is only a part of the fun. The beer, bratwurst, and Gemütlichkeit complete the festivities.

Many people believe the Oktoberfest is nothing more than a drinking festival, although nothing could be further from the truth!

The vast majority of events are extremely family-friendly, and most festivals separate areas of heavy drinking from the Kinder (children). It presents a grand opportunity for people of German descent to come together and celebrate their heritage with traditional food, clothes, songs, and dance.

On the West Coast is the Oktoberfest celebration in Mount Angel, Oregon. This four-day festival draws more than three hundred thousand people from all over the Pacific Northwest annually. Likewise, the Wurstfest in New Braunfels, Texas, lasts for ten days and draws tens of thousands of tourists. Over a hundred thousand people take part in Milwaukee's annual German Fest.

All of these events take hundreds of volunteers to plan each year, and they generate an enormous amount of revenue for the communities. Families return year after year, generation after generation, adding to the traditions.

The regional celebrations in the US are often held over weekends, sometime from September to October. Larger celebrations often last for several weekends, while smaller ones may span only a day or two.

If you have never attended an Oktoberfest, we encourage you to try it out this year. Every guest is an honorary German during the festival!

Origins of Oktoberfest

Oktoberfest was first held in Munich on October 12, 1810, to celebrate the marriage of the Crown

Prince Ludwig and Princess Therese of Saxe-Hildburghausen. The citizens of Munich were all invited to attend the festivities, which were held on the fields in front of the city gates to celebrate the joyous royal event. The people of Munich renamed the field that held the original wedding celebration Theresienwiese (Therese's Fields) to honor their new princess.

Even though the event has evolved into more of an agricultural fair, seeing the opportunity for an ongoing party, the people of Munich continue to celebrate in the same location each year in the huge Augustiner-Festhalle (Big Tent). To learn more about the modern Oktoberfest celebration, see www.oktoberfest-live.de

Oktoberfests in the United States don't necessarily follow the same blueprint as the original jubilee in Munich, though they continue to promote its joyous traditions with a jovial spirit designed to appeal to both children and adults alike.

Maifest (Spring Celebration)

Maifest (Mayfest), another traditional German celebration, marks the arrival of Spring. Its iconic Maibaum (May Pole) is decorated to show off the history and crafts of the town. As a celebration outside of Germany, it is growing in popularity throughout the United States. It is similar to Oktoberfest (the annual celebration of the arrival of Autumn).

Schützenfest (Shooting or Marksmen's Festival)

Another lesser-known festival is the Schützenfest. This is traditional fair features target shooting competitions, most common in the cultures of both Germany and Switzerland. Competitors shoot at a wooden target that represents an eagle and the winner is crowned the 'Schützenkönig', or "King of the Marksmen".

Modern-day competitions recognize the historic need for each town's self defense against armed

marauders dating to the Middle Ages. Historically, militia groups from among the local men were formed to practice their shooting skills and gain competency. Over the ensuing centuries, many paramilitary clubs and associations were founded and became integrated into the towns' official defense plans, having been first sanctioned in the "Law for the Defensive Constitution of the Towns" by King Henry I.

German-American Day (October 6th)

Few people are aware that German-Americans have a formal annual holiday to celebrate our German-American heritage. German-American Day originates from the 19th century and is observed throughout the United States on October 6.

The date commemorates the October 6, 1683, landing in Philadelphia of the first group of 13 German Mennonite families. Emigrating from Krefeld near the Rhine and seeking religious tolerance, these families subsequently founded the first German settlement in the original thirteen American colonies: Germantown, Pennsylvania. These families stepping foot in America marked the start of a wave of German migration that would bring millions of people to our shores.

Many individual Germans were part of the foundation of the New World, having traveled here during the first waves of European settlers. In fact, some were part of the very first settlement in Jamestown, in 1608. Not too long afterward, a Rhinelander, Peter Minuit, became famous as the director of the Dutch colony who bought Manhattan from Native Americans in 1626.

An informal "German-American Day" was initially celebrated throughout the nineteenth century, but interest in commemorating the day fizzled during the anti-German sentiment that prevailed after World War I.

The historical significance of the day was revived in 1983 when President Reagan proclaimed the

"Tricentennial Anniversary Year of German Settlement in America." This recognized the 300th anniversary of the arrival of those first German-American families. Four years later, in 1987, Congress designated October 6th as German-American Day.

President Reagan signed Public Law 100-104 on August 18th, 1987, issuing a formal proclamation (#5719) on October 2, in a ceremony in the White House Rose Garden. He called on Americans to observe the National Day with appropriate ceremonies and activities.

"Few people have blended so completely into the multicultural tapestry of American society and yet have made such singular economic, political, social, scientific, and cultural contributions to the growth and success of these United States as have Americans of German extraction." - President Ronald Reagan, 1987

A few individuals were instrumental in establishing German-American Day. These included Elsbeth Seewald, the president of the German American National Congress (DANK); Drs. Eberhard and Ruth Reichmann of the German Heritage Society of Indiana; and Dr. Don Heinrich Tolzmann of the Society for German-American Studies. Several thousand other citizens then petitioned Congress to bring the day to fruition.

In 1988, one year after the formal holiday was established, DANK, the United German American Committee of the U.S.A., Inc. (VDAK), and the Steuben Society of America, joined together with the founding of the German American Joint Action Committee (GAJAC).

Enlisting support throughout the nation, GAJAC subsequently petitioned Congress and leaders throughout all levels of state and national government to issue resolutions and proclamations for the annual German American Day on October 6th.

Following in the footsteps of those emigrant families from October 6, 1683, a wave of German

immigration would sweep the growing nation. Over the next three hundred years, more than seven million additional German immigrants landed on the shores of the New World.

All these people and their descendants worked hard, making extraordinary human, economic, political, social, and cultural contributions to the growth and success of our great country.

Today, more than seventy million Americans – nearly a quarter of all Americans – can trace their ancestry back to Germanic roots. More Americans claim German ancestry than any other ethnic group.

The special day continues to grow, recognizing the rich legacy of German-Americans everywhere. It is a day to honor and celebrate the cultural influence, hard work, and sacrifice all those of German heritage have brought to the New World.

Slogans of German-American Societies

German-American societies exist in every large American city. They have adopted many mottos and slogans, including the following:

- “Jungs Holt Fast.” (Men Hold Fast.)
- “Einigkeit Macht Stark.” (In Oneness There is Strength.)
- “Von den Deutschen, für die Deutschen.”
(From the Germans, for the Germans.)
- “What you have inherited from your fathers:
earn it, to possess it.”

The International German American Society

The International German American Society supports and celebrates Germans everywhere. Our goal is to cultivate a greater awareness of German-American heritage and history. At over 50 million strong, people of Germanic descent continue to have a strong cultural influence throughout the United States. Our outreach efforts aim to continue enriching the American culture, while

providing a deepened understanding of the offerings brought to our nation.

Like most locally-established centers, we are organized exclusively for educational and social purposes that include cultivating German culture and traditions. Our primary mission is to promote and honor German traditions, including music, dancing, and choral singing (choirs). We respect the German tongue and those seeking to get in touch with their roots by learning it. Depending on the locality of an organization or club, there are bound to be many members who are first-generation immigrants from German-speaking lands who are eager to help others learn more.

The International German American Society shall continue prospering in the years to come as we support national interests of all German-Americans. We will continue to develop and promote international relationships with Germany.

In order to support our members, we graciously accept donations to support our mission. We will continue to help strengthen existing organizations and help with fundraising efforts for our members. We will also work to find strategic combinations to make complementary local organizations stronger by merging their respective operations.

German-American Societies & Clubs

Throughout the United States, there are German-American Clubs and Societies with long and proud histories. Some of them have been around for well over a hundred years.

At the turn of the 20th century, thousands of German organizations existed throughout every corner of the United States. The Societies' great histories helped cultivate respect for our shared history. Their members served with pride to create local traditions, and they worked hard to contribute to the growth of their cities. Together, they have lived through periods of both glorious financial prosperity and severe economic depression.

Due to the negative social pressure after the First and Second World Wars, membership in the organizations waned. By the 1960s, this impacted the number of organization. For the most part, they could be found only near major US cities or those areas where a large number of families of Germanic-heritage still predominate. In order to remain viable where families are dissipating, many remaining groups have merged together in order to gain strength.

Some of the larger societies and clubs continue to boast high membership levels. For example, the German-American Society Inc. in Omaha Nebraska has over 1,100 members. With its many activities and community involvement, it remains a major German cultural center in the Midwest. It has done a lot to build strong friendships in educational and cultural activities between Germany and Omaha.

This great Society, like many others throughout the United States, has a long history. Its building housed Father Edward Flanagan and his boys from 1917 to 1921. After more than 1,200 homeless boys lived at the German Home, the Father had to move on to find a larger facility. At that time, he estab-

lished Boys Town, ten miles west of Omaha, in 1921.

Today, Societies and Clubs throughout America routinely schedule dinners and dances to share in the tradition of German *Gemütlichkeit*.

Open to the public, they are designed to share German cuisine and culture in a festive and fun-filled way that usually includes a good dose of humor, poetry, and of course German dance and music. At any of these events, you will hear and dance to authentic German Polkas and Waltzes (and be amused by the Americanized Chicken Dance).

The purpose of each social group under our banner is to offer hospitality to all people of German extraction and to offer a place where members can join closely together for traditional celebrations of the homeland of our ancestors.

*'America cultivates the best
which Germany brought forth.'*

— Benjamin Franklin

Popular German Proverbs

- Being in good company is better than being alone.
- All in good time.
- To begin is easy. To persist is an art.
- Adversity is the mother of wisdom.
- Don't make a mountain out of a mole hill.
- Do not bite the hand that feeds you.
- Do not judge others by your own yardstick.
- A bird in the hand is worth two in the bush.
- Blood is thicker than water.
- If life gives you lemons, make lemonade.
- Buy cheaply, pay dearly.
- Strike while the iron is hot.
- Fortune favors the bold.
- Honesty lasts longest.
- Love your neighbor; but don't pull down the fence.
- Idleness is the beginning of all evil.
- A hearth of one's own is worth its weight in gold.
- A good word costs nothing.
- He who begins much ends little.

Old German Love Song

(circa 13th Century)

Since creation I was thine;

Now forever thou art mine.

I have shut thee fast

In my heart at last.

I have dropped the key

In an unknown sea.

Forever must thou my prisoner be!

German Mealtime Traditions

German-Americans regularly flock to German restaurants, especially when celebrating special occasions. Anyone can gather there to enjoy the unique flavors in German and Bavarian dishes, while at the same time sharing the cultural heritage and keeping traditions alive.

Multiple parties may be seated together, and table service is often served family style. Buffets are not as common, though quick-serve options are available in some locales.

German and Bavarian style meals have unique flavors. Traditional German meals almost always revolve around meat, where dishes are often pan cooked or stewed. Roasts are frequently prepared on the stove.

During the late-18th through the early part of the 19th centuries, main daily meals included courses featuring fish, pork, and game, available fresh from the forests, farms, or lakes. (Families not able to hunt nor afford the luxury of large cuts of meat could at least include nice hearty chunks in a stew of fresh vegetables.)

Meat remains the mainstay of the German dinner table today, where main courses may include options with locally-grown pork, beef, chicken, and pork (cured or smoked ham, sausages, and brats), together with overflowing side dishes, including sauerkraut and red cabbage, bean salad, potatoes in hot and cold dishes, such as potato salad and potato pancakes (*Kartoffelpuffer*), served with sour creme, applesauce.

Pennsylvania Dutch descendants are noted for maintaining authentic, German cooking traditions, maintaining old-world recipes and flavors for centuries after establishing their communities in the New World.

Similar to what is found in many American communities, the Amana Colonies of Iowa (sometimes confused with being Amish) are famous for German-style meals served family-style.

Freshly baked rolls and breads are certain to start a meal, often complemented by a tasty and hot cheese fondue and accompanied with a cheerful pint of good German beer.

More beer follows the main course, topped off with a compelling choice of tortes and cakes, or perhaps a dessert wine. One thing is certain: all the meals will feature an abundant selection and unlimited supply.

During special occasions, German-Americans desire traditional meals, handed down through generations, to remind them of their ethnic heritage. These traditional “meat-and-potatoes” dishes have become synonymous in many areas as traditional American, with minor variation. Nothing at the dinner table requires much extravagance. Potatoes or noodles, complemented with simple vegetables, properly prepared with the right sauces, produce excellent results.

Whether they are seeking libations from a German restaurant or from the home of a good friend, Germans are comforted by two thoughts: they will be in good like-minded company, and they know for certain that they will never leave hungry.

Potatoes and Noodles

German cuisine places a particularly high importance on potatoes, rice, and noodles. Any meal that includes meat (which is almost every main meal) features one of these, which were once primarily used as a “filler” to make up for smaller meat portions.

When meat became more plentiful, they remained a big part of the meals as a “Sossentraeger” to soak up the flavors captured in the meat juices or gravy.

In Swabia, *Spätzle* noodles long-ago replaced potatoes in traditional meals. Made from a flour-egg dough cut or pressed directly into boiling water, *Spätzle* can be served plain alongside a roast and its gravy. It can also be combined with the locally available cheese, Allgauer Emmentaler, to make *Käse Spätzle*, with sauerkraut to make *Kraut Spätzle*, or served together with lentils and bacon as a single-dish meal.

Vegetarians can enjoy a German meal, along with their meat-eating counterparts by simply requesting a plate of potato pancakes (*Kartoffelpuffer*) and a side of *Käse Spätzle*. Yum!

Marinades and Pickled Brines

Important, distinguishing characteristics of German cuisine are pickled and marinated dishes. These recipes are prepared with a sauce comprised of competing elements of vinegar and sugar, honey, or fruit. The result is often the delicate blend of sweet and sour that is the characteristic taste of German food.

* Soaked in a spicy sauce, *Sauerbraten* marinates for two to four days to develop its distinctive flavors.

* Herring (fish) absorbs its unique taste from being pickled in a mixture of vinegar and juniper berries.

* *Sauerkraut* is finely shredded cabbage, soaked in a salty brine and fermented up to several weeks. It can be a side-dish, condiment, or used in main-dish recipes.

Dessert Specialties

A popular dessert from central Germany are the

very flavorful Obstkuchen, which are thin-crustured yeast cakes covered with lots of fruit and sometimes topped with a custard meringue. Another well-known Christmas treat is Dresdner Stollen.

The Back Forest Cake and the German Chocolate cake, frosted with almond icing, are other common examples of German desserts often found in America.

Especially delightful are regional German-American desserts when the right ingredients are in season. For instance, each German restaurant in Iowa offers its own unique take on fresh-off-the-farm rhubarb pies, with variations of either a single or double crust, or a meringue topping.

Beer

When arriving on American soil, many German immigrants founded breweries. Some of the earliest are located in Wisconsin and Missouri. Many of America's largest breweries and its up-and-coming microbreweries were founded by German-Americans in a never-ending quest for the perfect beer.

Trivia: One of Germany's favorite pork dishes is said to be named for the central German town of Kassel: Kasseler Rippchen. (These smoked pork chops are served individually or as a rack of roast, along with a high pile of sauerkraut and potatoes.)

Off-season Variations

During the long and cold months of winter, the monotony of meat dishes, such as the usual stews and roasts, is enhanced with dried fruits. German cooking often boasts flavors blended with apples, pears, raisins, and prunes. If fruit is not added during the cooking process, it is often served as a side dish. Applesauce and freshly grated horseradish accompany boiled beef and mild sausage.

When fresh vegetables are not plentiful, there is an added importance on potatoes, fresh breads, and sweet desserts to accompany simple main meals.

Whatever the season, each meal is carefully prepared to promote comfort and love, just the right blend of *Gemütlichkeit*.

Guten Appetit!

Meal Suggestions

Meals often have six courses, including a Pre-appetizer, Soup, Appetizer, Salad, Main Course, and Dessert.

The following are suggested dishes for each course.

Amuse-bouche - pre-appetizer

Pretzel

Deviled eggs, cream cheese on crackers

Curried potato chips

Soup

Any variety, commonly cool varieties in the summer and warm soups in the winter.

Appetizer

Potato pancake with applesauce

Bite-sized sausage or other meat, cheese, and bread (rye or pumpernickel) served with fondue or as a cold tray

Salad

Green, pickled or marinated, or potato variety.

[Salads are common in some parts of Europe and common in America. In some parts of Europe, salad is served after the main course]

Main Course

Always a hot dish.

Dessert

Obstkuchen

Black Forest Cake

German Chocolate Cake

Mignardise (tiny bite-sized dessert served with coffee)

Chocolate fondue with bite-sized desserts, served with coffee

Beverages



Fruit Punch (Bowl)

6 ripe, peeled peaches
or 8 unpeeled apricots
or 1 sliced pineapple
or 1 quart strawberries
 $\frac{1}{2}$ cup powdered sugar
1 cup dry Sherry
4 bottles dry white wine

Directions: Slice the above fruit and place in a large bowl. Sprinkle with powdered sugar. Pour Sherry over fruit. Cover and let stand for at least 4 hours. Add wine and stir. Serve cold.

Berlin Punch (Berliner Bowle)

2 bottles Ginger Ale
1 bottle Champagne
2 Tbsp sugar
 $\frac{1}{2}$ lemon

Directions: Chill Ginger Ale and Champagne. Pour into punch bowl. Squeeze lemon and dissolve sugar in its juice. Add to punch bowl. Float lemon rind in punch for $\frac{1}{2}$ hour. Remove before serving. Serve well chilled.

Maiwein

10 sprigs young waldmeister
or sweet woodruff
1 cup powdered sugar
1 bottle Moselle or other dry white wine
½ cup Brandy
3 bottles Moselle wine
1 quart carbonated water or Champagne

Combine first four ingredients in a bowl. Cover and allow to stand for no longer than 30 minutes. Remove the waldmeister sprigs and set aside. Stir thoroughly and pour into a punch bowl. Add remaining Brandy, 3 bottles of wine, and carbonated water or Champagne and stir. Float sprigs of waldmeister in punch bowl and serve chilled.

Rhine Wine Cup (Rheinweinbowle)

½ cup water
1 cup sugar
1½ cup lemon juice

½ cup Brandy

1½ cup dry Sherry

3 bottles dry white Rhine wine

1 quart carbonated water

Combine water and sugar in sauce pan. Boil for 5 minutes. Chill. Mix all ingredients together in chilled punch bowl. Add ice and serve.

Mulled Wine (Glühwein)

1 liter red wine

¼ cup sugar

1 Tbsp lemon juice

4 whole cloves

2 sticks cinnamon

1 tangerine, divided into slices

Heat wine, sugar, lemon juice, and spices for 10 minutes over low heat. Do not allow wine to boil! Remove whole spices and serve in mugs or heat-proof glasses. Float 1 or 2 tangerine slices in each glass.

Appetizers and Snacks

Sweet-Sour Pumpkin (Pickled Pumpkin) (Süß-sauer Kürbis)

[Rosemarie Petzold, Iowa City, Iowa.]

- 1 yellow pumpkin, about 5 pounds
- 1 or 2 sticks cinnamon, to taste
- 1 cup white vinegar, divided
- 10 whole cloves
- 3 cups sugar

Cut the pumpkin into wedges, removing the seeds. Peel and cut into 1-inch squares. Place into a large bowl, pouring half the vinegar over the pumpkin and mixing well. Let it stand overnight, or for at least 12 hours. Drain, reserving the liquid.

In a large saucepan, combine the reserved liquid and the remaining vinegar; add the sugar, cinnamon, and cloves. Boil until the sugar dissolves, stirring frequently, and then add the pumpkin mix. Boil until the pumpkin is glossy. Pack the pumpkin and the liquid into five sterilized pint jars. Seal the jars immediately and store in a cool place.

Note: Butternut squash or the light green parts of watermelons may be substituted for the pumpkin. Pickled pumpkin is a regional specialty from East Germany and is almost unknown in West Germany. "I associate this dish especially with my grandmother," Rosemarie says. "She'd always have an extra supply at hand when I visited her."

Garden space was limited and always at a premium, so she'd plant pumpkin seeds in otherwise useless spots such as to cover up the unsightly compost heap. She said, "My grandfather, who worked for the railroad, also would plant some seeds near the railroad tracks."

Mustard Pickles (Senfgurken)

[Rosemarie Petzold, Iowa City, Iowa.]

- 4 pounds large, firm cucumbers
- 32 black peppercorns, or to taste
- 1½ tablespoons pickling salt
- 1 cup white vinegar
- 4 small onions, sliced
- 1 cup water
- 6 tablespoons mustard seeds, divided
- 1½ cups sugar
- 20 whole allspice, or to taste
- ¼ teaspoon salt

Peel and quarter the cucumbers and remove the seeds. Place them in a large bowl, sprinkle with the pickling salt, cover with water, then put a tight lid on the bowl.

Let stand, refrigerated, for 24 hours. Drain and discard the liquid. Cut the cucumbers into 1-inch x 2-inch pieces and place into four clean pint-sized pickling jars, along with the onions. To each jar: add 1½ tablespoons mustard seeds, five whole allspice, and eight peppercorns. In a medium-sized saucepan, combine the vinegar, water, sugar, and salt. Boil until the sugar dissolves, stirring frequently. Pour the hot liquid over the cucumbers. Seal the jars immediately. Store in the refrigerator for at least 3 to 4 weeks before serving. The longer they age, the better they taste.

Note: Zucchini may be substituted for the cucumbers.

Horseradish Cream (Meerrettichsahne)

- 1 cup heavy cream
- 1½ teaspoons lemon juice
- 4 to 5 tablespoons grated horseradish
- ½ teaspoon salt
- ½ teaspoon white pepper

In a mixing bowl, whip the cream. Fold in the horseradish, lemon juice, salt, and pepper. Good served with boiled beef, tongue, or pork. Makes 4 servings.

Note: Fresh horseradish must be washed thoroughly and peeled before grating. If fresh horseradish is not available, store bought grated horseradish can be used.

Half a Rooster (Halher Hahn)

[Hannelore Bozeman, Iowa City, Iowa. The name of the recipe is a joke. This dish has nothing to do with chicken. It is a Rhineland specialty from my mother.”]

- 2 large pretzels or 1 rye roll
- butter to taste, optional
- 3 ounces Edam cheese or caraway-seed
- parsley sprig

Arrange the ingredients on an individual serving plate. Serve with Kölsch or Alt beer, or other pale lager. Serves 1.

After-School Snack

[Gloria Reuoen Monett, Missouri. *Authentic German Recipes, Old Time Remedies, Historical Sketches of Freistatt*, Freistatt, Missouri, by Senior Citizens]

“In years past, children coming home from

school were hungry and there were no refrigerators to raid, so Mother spread lard on a piece of bread and sprinkled sugar on it. This was called Fettbrot. If people were a little more well-to-do, they gave the children a piece of butter bread with a molasses cookie on it. When no butter was available, sour cream was used on the bread and sprinkled with salt and pepper or sugar.”

Ham and Cheese Toast (Überbackener Toast or Schinkentostpizza)

[Helga Wagner, Bonn, West Germany]

- 8 square slices of white bread
- 8 ham slices
- tomato paste to taste
- 8 slices of cheese
- 8 slices of pineapple, fresh or canned

Spread bread slices with thin layer of tomato paste. On each slice, place one pineapple slice, cover with a ham slice, and top with the cheese, cutting each piece to fit the shape of the bread, if necessary. Bake in an oven at 350° for 10 minutes or until cheese is melted. Serves 8 as an appetizer or 4 as a main dish with a salad.

Variations: Any type of meat found on a common American pizza can be used. Thinly sliced mushrooms may be substituted for the pineapple. An alternative is to omit the pineapple and cheese and top the unbaked sandwich with a fried egg. This is called Strammer Max, literally, “Strong Max.”

Sweet Green Tomato Pickles

- 5 large onions, sliced
- 1¾ pounds brown sugar
- 1 cup salt
- 2 heaping tablespoons ground mustard
- 2 gallons green tomatoes, quartered
- 1½ tablespoons cloves
- 1½ tablespoons cinnamon
- 2 quarts water
- 2 quarts vinegar, divided
- ½ teaspoon cayenne pepper

Sprinkle the onions with the salt and let stand overnight. Drain. Combine the onions, tomatoes, water, and 1 quart vinegar. Bring to a boil and simmer 5 minutes. Drain. Combine the remaining vinegar, sugar, mustard, cloves, cinnamon, and cayenne pepper; pour over the tomatoes and boil together 3 or 4 minutes. Put into sterilized jars and seal.

Note: Good served with fried potatoes. These pickles are very sharp.

Smoked Salmon (Räucherlachs)

[Hannelore Bozeman. This is a great appetizer as part of a formal dinner.]

- 4 servings of horseradish cream
- 4 to 8 slices of French bread
- butter to taste
- ¾ pound smoked salmon
- 4 parsley sprigs
- 1 whole lemon, divided

Prepare four servings of the horseradish cream as directed; chill. Slice the salmon as thinly as possible and arrange on four individual serving plates.

Cut the lemon in half. Sprinkle the juice of ½ lemon over the salmon. Cut the remaining lemon into four equal pieces and use as garnish with the parsley sprigs. Serve immediately with the horseradish cream and slices of the bread and butter. Serves 4.

Cooked Cheese (Kochkäse)

[Loretta Schmidt, Fredericksburg, Texas]

As with many cheeses, Kochkäse was developed as a way to extend the use of existing cheese products made by rural home cheese makers.

- 2 cups buttermilk
- 5 gallons whole milk, preferably unpasteurized
- 2 tablespoons salt
- To cook 2 cups of the cheese:
- 2 tablespoons butter
- pinch soda
- ½ cup hot water or milk
- 1 teaspoon salt
- caraway seeds, if desired

In a large crock, combine buttermilk and milk. Let stand until clabbered (curdled), 1 to 1½ days. Heat clabber (curdle) over low heat until very warm; do not boil. Pour into a colander lined with cheesecloth and press to drain all moisture. Let cool, then crumble into a large crock. Stir in 2 tablespoons of salt. Cover with foil and a plate, and set in a warm place for 3 to 4 days or until hard. This mixture may be cooked or stored in the refrigerator or freezer until ready to cook.

To cook 2 cups of the cheese: Place 2 cups of cheese and butter in a saucepan over low heat to melt cheese, stirring occasionally. Stir in soda. Add water, remaining salt, and caraway seeds if used. Serve on hot homemade bread or refrigerate and cut into slices.

Corn Relish

[Pennsylvania Dutch]

2 cups sugar
6 cups corn kernels, fresh or canned & drained
2 cups cider vinegar
1 cup water
2 cups chopped onion
2 bay leaves
1 cup chopped green pepper
1 cup chopped red pepper
2 cups chopped cabbage
2 teaspoons mustard seeds
2 teaspoons celery seeds
½ teaspoon ground turmeric

Mix sugar, vinegar, water, and spices and bring to boil. Add remaining ingredients and simmer for 15 minutes if using canned corn, 30 minutes if fresh.

Discard bay leaves. Ladle into clean jars, cover, and refrigerate overnight, at least, before serving.

To preserve: Pack in sterilized canning jars; seal and process in boiling water bath for 15 minutes. Makes 3 quarts.

Red-Beet-Pickled Eggs

[Pennsylvania Dutch]

6 (or more) hard-cooked eggs
2 (1-pound) cans sliced beets
1¼ cups cider vinegar
3 tablespoons sugar
1 teaspoon salt
¼ teaspoon pepper
1 tablespoon mixed pickling spice

Peel eggs. Drain beets, reserve juice, and set beets aside. To the juice, add remaining ingredients, except eggs; heat to boiling and simmer 5 minutes. Strain and pour clear juice over eggs. (Pour small amount over beets, if pickled beets are desired.) Refrigerate overnight; turn occasionally. Serve eggs whole or sliced.

Salads

German Style Potato Salad (Schwäbischer Kartoffelsalat)

[Kathryn Domeier De Marce, Mankato, Minnesota. “Potato salad is a dish made from boiled potatoes that comes in many versions in different regions of the world. Though called a salad, it is generally a side dish.”]

[Marlene Domeier of New Ulm, Minnesota, says, “This type of potato salad is made in every home in New Ulm where family roots are Austrian or German. My mother, Agatha Domeier is still making it at age 92. Nobody makes it better than she! Like many good cooks, she uses a pinch of this and that, but my sister came up with this recipe that met Mama Domeier’s flavor and consistency.”]

- 3 pounds small red potatoes
- ½ cup sugar to taste
- salt and pepper to taste
- ½ to 1 pound bacon, cut into bite-sized pieces
- 3 medium-sized onions, finely chopped
- 3 tablespoons bacon drippings
- 3 heaping tablespoons flour
- 2 cups water
- ¾ cup white vinegar

Boil potatoes in skins. Let cool. Remove skins and place potatoes in layers in a bowl; sprinkle sugar, salt, and pepper over each layer. Fry bacon and onions together until onions are transparent and bacon is not yet crisp.

Remove bacon and onions with a slotted spoon and place on top of the sliced potatoes. Reserve 3 tablespoons of the bacon drippings in the pan; stir in the flour, gradually add the water, and cook until thickened. Add the vinegar and cook to a gravy

consistency. Pour hot mixture over the potatoes, bacon, and onions; mix gently. Let stand a few hours so flavors blend. Serve Warm.

Notes:

1. Small Yukon gold potatoes can be substituted for the red potatoes.
2. For those who like mustard, decrease vinegar to ½ cup and add 2 teaspoons mild German mustard (Düsseldorf Style German Mustard is recommended, but regular yellow mustard will work).
3. To substitute beef broth, use ⅓ cup vegetable oil and two teaspoons bouillon. Vegans: use vegetable bouillon.

Warm Potato Salad (Kartoffelsalat)

- 1¾ lb potatoes
- ½ cup stock or water
- 1 onion, finely chopped
- 4 slices bacon, diced and fried
- salt and pepper
- vinegar
- 3 Tbsp finely chopped chives

Cook scrubbed potatoes in boiling water until done. Remove from heat. Douse with cold water and peel while still hot. Slice potatoes immediately and put them in a bowl with warm stock or water. Add onions and fried bacon. Season to taste with salt and pepper, vinegar, and chives. Serve warm.

German Potato Salad (Württemberger Kartoffelsalat)

[Metzger’s Black Forest Inn, Ann Arbor, Michigan]

- 2 pounds potatoes, red, Yukon gold or any

available.

1 teaspoon salt

¼ teaspoon fine black pepper

½ cup finely chopped onion

⅓ cup apple cider vinegar

¼ cup corn or olive oil

¾ cup hot beef or chicken broth

Wash the potatoes, then boil with the skins on until tender. Peel while hot and allow to cool until you can slice them to a thickness of about ⅛ inch. Add the salt, pepper, onion, vinegar, and oil. Pour the hot broth over the potatoes. Mix together gently in order not to break up the potatoes. Let stand at room temperature for at least 1 hour to cool. Mix again just before serving. Garnish. Serves 4.

Heaven and Earth (Himmel und Erde)

1½ cups water

½ tsp salt

3½ lbs potatoes, peeled and diced

3 apples, peeled and quartered

1 tsp salt

1 Tbsp sugar

1 Tbsp vinegar

¼ lb bacon, diced

2 onions, sliced

Bring water and salt to boil in stock pot. Add potatoes and boil until tender. Add apples, return to a boil, and cook until tender. Season with salt, sugar, and vinegar. Fry bacon and onion slices until brown. Pour over potatoes and apples and serve.

Dandelion Salad #1 (Löwenzahnsalat)

1 lb young dandelions

⅛ lb bacon, diced

3 each onions, finely chopped

1 Tbsp vinegar

½ tsp salt

1 Tbsp sugar

1 Tbsp water

2 tsp finely chopped fresh herbs

Remove blossoms from dandelions. Cut stems and youngest leaves into small pieces and wash. Fry bacon and onions. Place in salad bowl together with dandelion leaves. Combine vinegar, salt, sugar, water, and herbs to make a salad dressing. Pour over salad and toss just before serving.

Dandelion Salad #2 (Löwenzahn-Salat)

Salad:

4 cups chopped dandelion greens

3 eggs, hard-cooked, chopped

3 slices bacon, cooked and broken into small pieces (reserve drippings)

Dressing:

1½ tablespoons flour

1 teaspoon salt

2 tablespoons sugar

1 egg

¼ cup vinegar

2 cups milk or water

bacon drippings from slices fried for salad

Salad: Gently toss salad ingredients and pour dressing over all.

Dressing: Mix flour, salt, and sugar together. Add egg, vinegar, and milk or water. Stir. Cook this mixture in the bacon drippings until thickened. Cool slightly. Pour over the salad and mix.

Sauerkraut Salad #1 (Krautsalat)

- 1 lb canned sauerkraut, drained
- 3 Tbsp salad oil
- 2-3 onions, finely chopped
- 2 Tbsp caraway seeds
- 2 apples, grated

Pour sauerkraut into a salad bowl and loosen it with fork. Heat oil in a sauce pan and pour over sauerkraut. Add onions, caraway seeds, and grated apples. Mix well.

Sauerkraut Salad #2 (Krautsalat)

- 1 pint sauerkraut (2 cups), undrained
- ½ cup green pepper, chopped (fresh or frozen)
- ¼ cup pimento, chopped (canned or sweet red pepper (fresh or frozen)
- ¼ cup onion, chopped
- ½ cup granulated sugar

Mix all ingredients together. Refrigerate a few hours before using to allow flavors to blend.

Can be stored in the refrigerator 2 to 3 weeks.

Sauerkraut Salad #3 (Sauerkrautsalat)

- 1 cup sugar
- ⅓ cup vinegar
- ⅓ cup oil
- ½ onion, chopped finely
- 1 small apple, chopped finely
- 1 celery stalk, chopped finely
- ½ green pepper, chopped
- 1 small jar pimientos, diced
- 1 teaspoon caraway seeds, optional

4 cups sauerkraut, rinsed and drained

Combine the sugar, vinegar, and oil in a bowl and stir until sugar is dissolved. Add the onion, apple, celery, green pepper, pimientos, and caraway seeds; blend well. Put the sauerkraut into a bowl. Pour the dressing over it and toss well. Chill before serving.

Tomato Salad (Tomatensalat)

- 1 cup water
- 1 Tbsp vinegar
- 1 tsp salt
- 1 each large onion
- 3 each medium tomatoes
- 2 each salt herring, boned
- 4 Tbsp chopped parsley
- ½ cup mayonnaise (see below)

Combine water, vinegar, and salt in a sauce pan. Bring to boil. Peel and thinly slice onion. Add to boiling water and cook until glassy. Remove from heat, drain, and cool. Thinly slice tomatoes. Cut herring into bite-sized pieces. In glass salad bowl, alternately layer onion, tomatoes, herring, and parsley. Pour mayonnaise over top layer and chill until ready to serve.

Mayonnaise

Mayonnaise is a simple emulsion of oil and egg yolks, with a little acidity and salt added to brighten the flavors. Egg yolks contain a natural emulsifier, lecithin, which helps thicken sauces and bind ingredients. Be sure to reserve the egg white for other recipes.

To make 1 cup of mayonnaise:

- 1 cup light olive oil (milder than standard) or other quality oil (e.g., walnut or sweet

almond)

1 egg

Juice of 1 lemon or equivalent vinegar (1 to 2 tablespoons, depending on personal tastes)

A pinch of salt (and pepper, if desired)

Water to thin the mayonnaise

For each cup of mayonnaise, add fresh lemon juice or vinegar. Combine the egg and acid in the bowl, whisking to mix, or use a food processor. The key for either method is to very slowly add oil, in a steady stream, while the processor is running or you're whisking vigorously. (Hint: to stabilize a lightweight mixing bowl, set it on a coiled kitchen towel.)

If the mayonnaise is too thick, add enough water to thin it to desired consistency, about a teaspoon at a time. When finished, the mayonnaise should be thick and fluffy, with the whisk forming ribbons through the mixture. If it never thickens properly and becomes a puddle, you may need to start over, though you may be able to save the emulsion by adding another egg yolk and whisking vigorously.

Grated Beets (Rote Bete)

3 medium beets, uncooked

1 sour apple, grated

3 Tbsp salad oil

1½ Tbsp lemon juice

½ tsp salt

2 Tbsp light cream

1 small onion, finely chopped

1 Tbsp finely chopped parsley

Scrub beets thoroughly under running water. Peel and grate finely. Combine with apple in a medium-sized salad bowl. Beat oil, lemon juice, and salt with a fork until thick. Stir in cream, chopped

onion, and parsley. Pour over salad, and toss well.

Wurst Salad

2 pounds (4 cups) assorted smoked German sausages: Debrizener, Bauerwurst, Jagdwurst, Frankfurters and Summer Sausage.

1 cup julienne red onion

1 cup German sweet pickles, cut on bias

½ cup German sweet mustard

½ cup German hot mustard

1 cup canola oil

½ cup balsamic vinegar

½ cup red wine vinegar

1/3 cup granulated sugar

Bias-cut assorted sausages, i.e., cut at an angle. Add red onion and sweet pickles. Mix the mustards, oil, vinegars and sugar and add dressing to sausages. Let set for 1 hour. (6 servings.)

Cucumber Salad (Gerkensalat)

(Baldwin Heritage Museum Associate, Alberta, Alabama)

5 large cucumbers

2 Tbsp salt

2 cups sour cream

¼ cup wine vinegar

1 tsp freshly ground black pepper

2 tsp minced chives

Wash, trim, and peel cucumbers. Slice thinly and place in a salad bowl. Sprinkle with salt and let stand 30 minutes. Drain off liquid. Add remaining ingredients and mix well. Cover and chill at least 1 hour. The longer they sit, the better their taste.

Pickled Cabbage (Rotkohlsalat)

[The Ronneburg Restaurant, Amana, Iowa]

- 1 head red cabbage
- salt
- 2 cups vinegar
- 2 cups water
- 2 cups sugar

Shred cabbage. Sprinkle with a little salt and place in a bowl. Combine vinegar, water, and sugar in a sauce pan and bring to a boil. Pour hot liquid over cabbage and refrigerate at least 24 hours. Will keep in refrigerator for at least 2 weeks.

German Coleslaw (Kohlsalat)

- 1 head medium white cabbage
- 2 slices bacon, diced
- ½ cup water
- 3 Tbsp salad oil
- 1½ Tbsp vinegar
- ½ tsp salt
- 1 tsp finely chopped parsley

Remove coarse outer leaves from cabbage, and cut head into quarters. Remove core. Shred cabbage finely and wash thoroughly. Fry bacon in a large pot. Add shredded cabbage and cook for 5 minutes, stirring constantly. Add water and simmer until cabbage is just tender. Combine salad oil, vinegar, salt, and parsley, and pour over warm cabbage. Cool before serving.

Macaroni Salad (Nudelsalat)

- 2 cups uncooked macaroni
- 4 dill pickles, diced
- 1 cup cooked peas
- ¾ cup mayonnaise
- 2 hard cooked eggs, quartered
- 1 tomato, quartered

Cook macaroni, rinse, and drain. Combine macaroni, pickles, peas, and mayonnaise in a salad bowl and mix carefully. Garnish with eggs and tomatoes.

Waldorf Salad

- ½ lb potatoes
- 1 cup sliced celery
- 1½ cups diced apple
- 2 pickles, diced
- 1 Tbsp chopped nuts
- 3 Tbsp salad oil
- 2 Tbsp lemon juice
- ½ tsp salt
- 1 tsp finely chopped parsley

Scrub and boil potatoes until done. Douse with cold water, peel, and cut them into bite-sized pieces. Combine potatoes, celery, apple, pickles, and nuts in a large bowl. Beat oil, lemon juice, and salt with a fork until thick and creamy. Stir in parsley and then pour over salad and toss. Let stand 2-3 hours before serving.

Pickled Pigs' Feet

4 pigs' feet
water, salted
2 cups vinegar
2 Tbsp salt
1 Tbsp whole cloves
½ tsp black pepper
1 small stick cinnamon
1 cup chopped dill pickles

Scrape and clean pigs' feet well. Put in a kettle and boil in salt water. Simmer for 4 hours or until meat easily separates from bones. Remove feet and add vinegar, salt, pepper, and spices to stock in which meat was cooked. Boil for 30 minutes. Strain liquid, and remove spices. Pick meat off feet. Place pieces of meat and chopped in pickles in a glass loaf pan and pour stock over it. Chill until completely cold. Slice and serve. May be made ahead of time and kept in refrigerator.

Crab Salad (Krabbensalat)

9 oz crab meat (fresh, canned, or frozen)
juice of 1 lemon
salt and pepper
dash of paprika
1 tsp sugar
1 onion, finely chopped
2 Tbsp oil
1 Tbsp chopped parsley

Flake crab meat with fork and sprinkle it with lemon juice. Season to taste with salt, pepper, paprika, and sugar. Stir in onion and oil. Sprinkle with parsley. Good served with toast and butter.

Bremen Herring Salad

Marinade:

2 Tbsp Milk
4 Tbsp lemon juice
4 Tbsp salad oil
2 Tbsp mild mustard
4 Tbsp finely chopped onion
4 Tbsp cranberry sauce
1 Tbsp capers
salt and pepper
4 salted herring, boned
¾ lb roast veal, cubed
3 pickled, finely chopped
3 apples, diced
5 hard cooked eggs

Combine marinade ingredients in a medium size bowl. Cut herring into small pieces and add to marinade with veal, pickles, and apples. Slice 4 eggs in half. Remove yolks, and dice the egg white. Add egg whites to salad, and toss carefully. Garnish with parsley and slices of remaining egg.

Bean Salad (Bohnensalat)

[Hermann Cookbook, Hermann, Missouri]

1 lb fresh green string beans
water, salted
½ to 1 cup chopped onion
4 Tbsp bacon grease
4 Tbsp vinegar
3 Tbsp sugar
1 - 2 tsp salt
dash of pepper

Wash, break stem ends, and pull off any strings from beans. Cut them length-wise or diagonally. Cover with salted water and cook until tender, but not soft, about 15 minutes. Drain. Fry onion in bacon grease over very low heat until glassy, about 5 minutes. Add beans and remaining ingredients. Mix well and heat thoroughly to improve flavor. Serve slightly warm.

Sweet Dill Pickles (Eingemachte Gurken)

Several cucumbers (amount depends on size)
several cloves of garlic
fresh dill
2 cups vinegar
2 cups water
3 cups sugar
2 Tbsp salt

Slice cucumbers thin and place in sterile jars. Place a garlic clove and some dill in each jar. Heat vinegar, water, sugar, and salt in a sauce pan. Pour over cucumbers. Process for 5 minutes after they begin to boil.

Beet Relish

1 quart beets, boiled and shredded medium-fine
1 quart raw cabbage, shredded fine
2 cups sugar
1 Tbsp salt
1 tsp pepper
½ cup grated horseradish
cider vinegar

Mix all ingredients with a little cider vinegar. Pack in sterile jars and add more vinegar to cover. Seal cold. Will keep refrigerated for months.

Sour Cream Salad (Sauerrahmsalat)

[Ox Yoke Inn, Amana, Iowa]

1 head lettuce
1 small onion, finely chopped
½ tsp salt
dash of pepper
3 Tbsp vinegar
½ cup sour cream

Wash and shred lettuce. Mix onion, salt, pepper, vinegar, and sour cream. Pour over lettuce and toss.

Celery Root Salad (Selleriesalat)

[Celery root is also called celeriac, turnip-rooted celery, or knob celery.]

3 celery roots (celeriac)
2 large potatoes, washed and peeled
1 large onion
4 large eggs, hard-cooked and cooled, divided
3 stalks celery, sliced
4 stems parsley, chopped
½ cup vinegar
1 teaspoon dry mustard
salt and pepper to taste
1 pint cream

Scrub the celery roots, peel, and slice. Cover with water in a pan. Simmer about 25 minutes, or until tender. Meanwhile, cook potatoes in a separate saucepan about 15 to 20 minutes. Drain both and refrigerate overnight. Finely chop the celery roots, potatoes, and onion, and place in a large bowl. Mix well. Remove the yolks from three of the boiled eggs and set aside. Chop the egg whites and add to the celery-root mixture with the sliced celery stalks

and parsley. Mash the egg yolks in a mixing bowl, then add the vinegar, mustard, salt, and pepper and blend well. Add the cream, mixing thoroughly. Add to the salad and toss. Refrigerate 24 hours, stirring occasionally. Before serving, garnish with slices of the remaining egg.

Fruited Cabbage Salad

[Madeline Schuerer Schulte. The Brick Ham Restaurant, Amana, Iowa]

- 2 oranges, peeled and sectioned
- 2 apples, chopped
- 1 cup seedless green grapes
- 2 cups shredded green cabbage
- ½ cup whipping cream
- ½ cup mayonnaise or salad dressing
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- ¼ teaspoon salt

Mix fruits and cabbage in a bowl. In a chilled bowl, beat the whipping cream until stiff. Put the mayonnaise into a bowl; fold in the whipped cream, sugar, lemon juice, and salt. Stir into the fruited cabbage mixture. Serves 6.

Beer Dressing for Potato Salad

[G. Heileman Brewing Company, Inc., La Crosse, Wisconsin]

- ½ cup diced onion
- 3 tablespoons salad oil
- 2 tablespoons flour
- 1½ teaspoons salt
- ⅛ teaspoon pepper
- 2 teaspoons sugar

1½ cups Old Style beer

¼ cup cider vinegar

Sauté onion in the oil for 10 minutes. Blend in the flour, salt, pepper, and sugar; gradually add the beer and vinegar, stirring constantly. Bring to almost boiling, reduce heat and simmer for five minutes. Cool slightly. Makes 1¾ cups.

Pepper Cabbage

[Naomi Yoder, Gordonville, Pennsylvania]

[This is a typical Pennsylvania Dutch salad.]

- 1 head cabbage, finely chopped
- ½ cup dark vinegar
- 1 cup sugar
- ¼ teaspoon salt
- ¾ teaspoon celery seeds
- 1 red or green pepper, or some of each

Combine vinegar, sugar, salt, and celery seeds. Let stand 5 minutes. Chop pepper in a blender and combine with chopped cabbage. Add vinegar mixture. Mix well and refrigerate overnight or for several hours. Serves 6 to 8.

Soups

Liver Dumplings & Broth (Bayrische Leberknödelsuppe)

5 pieces dry bread
½ cup hot milk
1 lb liver
1 onion, finely chopped
5 Tbsp butter
2 eggs
½ cup bread crumbs
salt & pepper
1 tsp dried marjoram
½ tsp finely chopped parsley
½ tsp garlic powder
1 quart stock
1 Tbsp chopped chives

Soak bread in milk. Squeeze out excess moisture and mince together with liver. Fry onion in butter and add to liver mixture. Stir in eggs, bread crumbs, spices, and herbs. Shape into spoon-sized dumplings and cook in salted boiling water. Heat stock separately. When dumplings rise to surface, remove and add to hot stock. Sprinkle with chives and serve very hot.

Onion Soup (Rheinische Zwiebelsuppe)

2 quarts water, salted
2 lb small onions, peeled
2½ lbs potatoes, peeled
salt & pepper
¾ lb smoked sausage, diced
⅛ lb bacon, diced and fried

4 Tbsp butter

Bring water to a boil in a large stock pot. Add peeled onions, cook until tender. Boil potatoes separately and purée. Season with salt and pepper. Add sausage, bacon, and butter. Serve with white bread.

Lentil Stew (Linseneintopf)

2¼ cups lentils
½ cup diced bacon
3 onions, chopped
2 Tbsp vinegar
1 tsp salt
1 Tbsp sugar
1 tsp pepper
pinch of thyme
1 bay leave
1 cup red wine
2 medium sized potatoes, diced
1 cup water

Soak lentils overnight. Pour off excess liquid. Fry bacon and onions. Combine with lentils in large stock pot. Add remaining ingredients, stirring well. Cook over low heat for 1½ to 2 hours. Serve with dark rye bread and wieners.

Cabbage and Almond Soup

1 large head of cabbage, shredded in ¼-inch pieces
1 large onion, julienne to ¼ inch
6 quarts chicken stock
½ – ⅔ cup sliced, blanched almonds
salt & pepper

½ cup honey

¼ cup vinegar

fresh watercress to garnish

Place first four ingredients into large stock pot. Bring contents to a full, roiling boil. Reduce heat, cover and simmer until cabbage is tender. Season with salt and pepper. Add honey or vinegar as needed. Garnish each bowl with a sprig of fresh watercress. Makes 20 servings.

Heart Barley Soup

2 cups water

½ cup dry beans

8 cups stock or beef bouillon

1 carrot, sliced

1 onion, chopped

1 stock celery, sliced

½ cup cooked lentils

½ cup barley

8 oz can of tomato soup (optional)

½ cup rolled oats, quick or regular

½ cup frozen green peas

parsley, salt, & pepper to taste

Put water and beans in a sauce pan. Bring to a boil, shut off heat, and let cool for one hour. Drain. Combine all ingredients in a stock pot and simmer for two hours.

Blind Chicken Soup (Blindhuhn)

3 quarts water

2½ cups dried kidney beans

½ lb bacon, unsliced

1 ham bone

2½ cups green beans, cut in pieces

1 cup sliced carrots

1 lb potatoes, peeled and diced

1½ cups sliced apples

2 onions, sliced

3 Tbsp bacon grease

salt & pepper

1 Tbsp chopped parsley

Soak kidney beans overnight. Add bacon and ham to beans and water in which they have soaked, and cook for 45 minutes. Add green beans, carrots & potatoes. Cook another 30 minutes. Remove ham bone and bacon. Add apple slices. Fry onions in bacon grease until golden brown and add vegetables. Season with salt and pepper, and sprinkle with parsley. Slice bacon and serve on top of soup.

Bread Soup (Brotsuppe)

¼ lb dry bread

1 quart water or milk

½ tsp anise seeds

½ tsp fennel seeds

½ tsp salt

1 tsp sugar

½ tsp vanilla extract

Break bread into small pieces and soak in water or milk for several hours. Add anise and fennel seeds, bring to a boil, and simmer until bread is soft. Puree or run through a sieve and season with salt, sugar, and vanilla.

Fresh Fruit Soup (Obstschale)

- 1 lb fresh fruit (apples, pears, cherries, plums, gooseberries, or rhubarb)
- 1 quart cold water
- 1 twist lemon peel
- 2 Tbsp corn starch
- 2 Tbsp cold water
- 1 tsp cinnamon
- ¼ – ½ cup sugar
- 1 Tbsp lemon juice or dry wine

Wash and slice any combination of fruits listed above. Place in a sauce pan, cover with cold water, add lemon peel, and simmer until tender. Puree fruit or rub through a sieve, leaving a few pieces as garnish. Bring the fruit puree to a boil and remove from heat. Mix corn starch and 2 tablespoons water and stir into hot puree. Return to heat and bring to a boil, stirring constantly until thickened. Season with cinnamon, sugar, and lemon juice or wine. Serve hot or cold.

Yarn Soup (Baumwollsuppe)

- 5 cups strong broth
- 2 eggs
- 2 tsp flour
- ¼ cup light cream
- 2 tsp butter
- pinch of nutmeg

Simmer broth in large sauce pan. Combine remaining ingredients in a small bowl, stirring with a fork until well blended. Hold bowl six inches above sauce pan.

While stirring broth with a fork in one hand, slowly pour a stream of beaten egg mixture into simmering broth. Catch egg with fork as it hits the

broth and pull it into long threads. Repeat two or three times until egg mixture is gone.

Simmer for one minute and serve at once.

Pancake Strips (Flädele)

- ⅔ cup flour
- ½ tsp salt
- 1 egg
- ½ cup water
- 1 tsp chopped parsley
- 1 Tbsp butter

Combine flour, salt, egg, and water in a mixing bowl. Batter should not be lumpy. Add parsley. Melt butter in frying pan, pour in just enough batter to coat bottom of pan, and fry on both sides until golden brown. Cool. Roll pancakes and cut into thin strips. Add to any clear soup or broth.

Liver Dumplings (Leberklösschen)

[Colony Inn, Amana, Iowa]

- 1 lb liver, ground
- 2 cups bread crumbs
- 1 egg
- 1 cup flour
- salt & pepper to taste
- 1 onion, minced

Mix liver, bread crumbs, egg, flour, salt, pepper, and onion. Drop one teaspoon of mixture at a time into boiling salted water. Boil for fifteen minutes, and remove dumplings. Add to any warm broth.

Apple Soup with Meringue (Apfelsuppe)

2½ cups plus 2 tablespoons water, divided
1½ cups white wine
1 small cinnamon stick
3 medium-sized apples
3 tablespoons lemon juice
¼ cup cornstarch
8 tablespoons sugar, divided
1 egg white
¼ teaspoon vanilla extract

In an enamel saucepan heat 2½ cups water, the wine, and the cinnamon stick over low heat for 10 minutes. Remove the cinnamon stick. Peel and core the apples; slice finely.

Add the apples to the warm liquid. Poach the apples briefly, being careful not to overcook. Combine the lemon juice and cornstarch. Add 2 tablespoons water and stir the mixture into the apple soup. Add 5 tablespoons sugar, stirring until dissolved.

Meringue: Beat the egg white until nearly stiff. Gradually beat in the remaining 3 tablespoons of sugar and the vanilla. Drop by spoonfuls onto the surface of the hot, but not boiling, soup.

Cover and cook 3 to 5 minutes or until set. Using a slotted spoon, carefully remove the meringue drops; set aside on a plate. Transfer the apple soup to individual bowls or a terrine. Garnish with the meringue drops.

Serve warm in the winter or as a cold soup in the summer. Good with a sprinkling of toasted almonds. Serves 4 to 6.

Potato Soup (Kartoffelsuppe)

[Madeline Roemig, Amana, Iowa]

4 slices lean bacon, diced
6 leeks, sliced thin (or 2 large onions)
¼ cup chopped onion
2 tablespoons flour
4 cups chicken broth
3 large potatoes, sliced thin
2 egg yolks, beaten
1 cup sour cream
3 tablespoons chopped parsley

Sauté the bacon in a deep saucepan for 5 minutes. Add the leeks and onion and sauté another 5 minutes. Stir in the flour. Slowly add the chicken broth, stirring constantly. Add the potatoes and simmer for 1 hour.

Mix in a blender or food processor until creamy. Combine the egg yolks and sour cream; add mixture to the soup. Simmer for 10 minutes, stirring constantly. Garnish with fresh, chopped parsley. Makes about 2 quarts.

[Madeline Roemig notes, “This is an ideal way to use chicken broth one may have at hand from cooking chicken for a salad or casserole. My family usually treated potato soup as ‘peasant food’ and had been only slightly interested in having it served to them. I countered this by adding egg yolks and sour cream, which creates an elegant soup. To impress them further I remind them that this might also be served cold as a very classy vichyssoise.”]

Vegetable Broth with Dumplings

(Klare Gemüsesuppe mit Schwemmklößchen)

- 1 quart vegetable broth
- 1 tablespoon dry sherry
- 1 teaspoon pepper
- 1 cup water
- 1 tablespoon butter
- ½ teaspoon salt
- ½ teaspoon ground nutmeg
- ½ cup flour
- 1 egg
- 2 tablespoons finely chopped parsley

In a medium saucepan, heat the broth, sherry, and pepper over medium heat. Meanwhile, combine the water, butter, salt, and nutmeg in a small saucepan and bring to a boil.

Gradually sift the flour into the boiling water, stirring rapidly and thoroughly. Stir until the mixture forms a ball. Remove from the heat and cool slightly. Work in the egg, then shape the mixture into small, oval dumplings. =

Add the dumplings to the hot stock and simmer about 5 minutes; they will swell and become firm. Add more stock, if needed. Just before serving, add the parsley. Serves 4.

Pea Soup (Erbsensuppe)

[Hannelore Bozeman]

- 2 cups dried split yellow peas
- 1 ham hock or ham bone
- 4 cups water
- 1 small onion, minced
- ½ cup minced raw potato
- ½ teaspoon marjoram
- 1 bay leaf
- ½ teaspoon salt
- ¼ cup milk
- 3 tablespoons flour

Wash the peas and soak overnight. Drain. In a large saucepan, place the ham hock in the water; add the peas, onion, potato, and spices. Cover and simmer for 1½ to 2 hours.

Remove the ham hock from the soup, loosen the meat from the bone with a sharp knife, chop the meat into small pieces, and set aside. Remove the bay leaf from the pea soup and discard. Put the mixture through a food mill or sieve, or puree in a blender.

In a separate bowl, blend the milk and the flour. Return the pea puree to the saucepan, add the flour mixture, and stir until creamy and slightly thickened. Add the chopped ham and heat through. Taste for seasoning and add a little sugar and salt, if needed. Serves 4.

Cabbage Soup (Weißkohleintopf)

- ½ pound frankfurters or knackwurst
- ½ cup finely chopped onion
- ½ cup diced celery
- 1 cup diced raw potato
- 2 cups chicken broth
- 3 cups milk
- 2 cups finely shredded cabbage
- 2 teaspoons salt
- ½ teaspoon pepper
- 2 teaspoons brown sugar
- 1 teaspoon caraway seed
- 1 cup light cream

Cut frankfurters or knackwurst into ¼-inch slices. In 4-quart kettle, combine frankfurters, onion, celery, potato, and chicken broth. Bring to a boil, reduce heat, and simmer, covered, 15 minutes. Add milk, cabbage, salt, pepper, brown sugar, and caraway seed. Return to a boil. Reduce heat and simmer, covered, 30 minutes more. Stir in cream. Serve hot. Serves 6 to 8.

Hot Beer Soup (Heisse Biersuppe)

- 3 (12-ounce) bottles/cans of light-colored beer
- ½ cup sugar
- 4 egg yolks
- ½ cup sour cream
- 1 teaspoon cinnamon
- ½ teaspoon salt
- freshly ground black pepper

Pour the beer and sugar into a heavy 4- to 5-quart saucepan; bring to a boil, stirring until sugar is dissolved. Remove from heat.

In a small bowl, beat the egg yolks slightly with a wire whisk; beat in sour cream. Stir about ¼ cup of the hot beer into the egg mixture, then whisk mixture into the saucepan with the beer. Add the cinnamon, salt, and a few grindings of pepper. Return to low heat and cook, stirring constantly, until the soup thickens slightly. Do not let the soup boil as it may curdle. Serve at once.

Lentil Stew (Linseneintopf)

- 1½ cups lentils, any variety (green, brown, red, yellow or black)
- 6 cups cold water
- 4 slices bacon, diced
- 1 cup sliced leek
- 1 small onion, diced
- 1 carrot, diced
- ½ cup chopped green pepper
- 1 cup chopped tomatoes
- 3 tablespoons butter
- 3 tablespoons flour
- 2 cups beef broth
- 1 tablespoon salt
- 2 tablespoons vinegar
- 2 tablespoons prepared mustard

Place the lentils in a large kettle. Add the water and bring to a boil. Reduce the heat and simmer, covered, for 1 hour. Sauté the bacon in a large skillet until crisp.

Add the leek, onion, carrot, green pepper, and tomatoes. Sauté 5 minutes over low heat. Add the bacon and vegetable mixture to the lentils. Melt the butter in the same skillet. Remove from the heat and stir in the flour.

Gradually stir in the beef broth. Add the salt, vinegar, and mustard. Bring to a boil, stirring

constantly. Stir into the lentil stew. Simmer for 30 minutes. Serves 6.

Any meat can be added for a heartier meal. Remove the bacon and substitute vegetable broth for a vegetarian soup.

Cold Fruit Soup (Obstkaltschale)

1 pound apples, cherries, rhubarb, or gooseberries

2 quarts water

1 tablespoon cornstarch

½ cup fruit juice or water

2 tablespoons sugar

2 tablespoons lemon juice

½ cup white wine

Clean the fruit pit, if necessary, and chop into small pieces; set some aside for garnish. Cook remaining fruit in the water until soft. Drain and reserve the liquid.

Press fruit through a fine strainer. Return fruit pulp and reserved liquid to saucepan and bring to a boil. Dissolve cornstarch in the fruit juice and stir into the hot fruit soup. Add sugar, lemon juice, and wine. Stir until sugar is dissolved.

Garnish with reserved fruit. Chill and serve cold. Serves 4 to 6.

Breads, Dumplings, Noodles

Note: Bread recipes in this book will work with all-purpose flour. Because of its higher gluten content, bread flour will make the bread rise better.

Authentic German Soft Pretzels

1 package active dry yeast
1½ cups warm water
1 teaspoon salt
1 teaspoon sugar
4 cups all-purpose flour
2 eggs
2 tablespoons water
coarse salt
prepared mustard (optional)

Preheat oven to 400 degrees. In a large mixing bowl, completely dissolve yeast in warm water. Stir in salt, sugar, and 2 cups of flour. Beat until smooth then add enough remaining flour to make dough easy to handle.

Turn dough onto a lightly floured surface and knead until smooth and elastic, about 5 minutes. Cut dough into 3 oz. pieces and roll into a ball. Rest for 10 minutes.

Roll dough into strings and then twist dough pieces in the middle. Pick up the dough string with two hands each hand holding one end. Attach the ends to the dough in a pretzel shape. Place pretzel on a baking sheet and allow to proof until pretzels doubles in thickness.

Create egg wash by whisking the eggs with water and brush on top of pretzel after they have proofed. Sprinkle with coarse salt. Bake at 400 degrees for 10-12 minutes, until golden brown. Dip in prepared mustard, if desired. Yields 10 pretzels.

Variations:

As the Pretzels are removed from the oven, a second glaze of melted butter is applied, it goes deep into the soft crust as they cool, to create that lovely chewy texture that you get in the parks.

Many Amish markets have wonderful buttery yet crisp brown soft pretzels that they make by hand in front of the customers. To add to the butter flavor, they put them in a container of melted (clarified) butter and hang them to dry under a heat lamp.

Alkaline Bath

To add to the distinctive 'Pretzel' flavor, and the rich chestnut color, comes from a water/baking soda glaze that the pretzels are either dipped into, or onto which they are brushed before baking.

The optimal method is to boil the pretzels in an alkaline bath for about a minute. Lye is used commercially, but should not be used at home due to the lack of 'food grade lye' and due to safety problems making small batches of lye water.

At home, mix ¾ cup baking soda to 6 cups of water. You may make the baking soda even more alkaline, spread it on a baking sheet and heat for 1-2 hours at 250 or 300 degrees.

Potato Bread (Kartoffelbrot)

[This is a recipe of the Pennsylvania Dutch.]

1 medium-sized potato, peeled and diced
2½ cups water
2 tablespoons shortening
1½ tablespoons sugar
2 teaspoons salt
6 cups bread flour, divided
1 package dry yeast

Cook the potato in the 2½ cups water until tender. Drain and reserve liquid. If necessary, add more water to the reserved cooking liquid to make 2¼ cups; mash the potato in this liquid. Let stand 5-10 minutes.

Combine the mashed potato mixture with the shortening, sugar, and salt. Blend thoroughly. Beat in 3 cups of the flour. When well mixed, stir in the yeast. Add the remaining flour gradually, beating well.

Turn onto a floured surface and knead the dough until smooth and elastic, about 10 minutes. Place the dough in a greased bowl, grease the top of the dough, cover the bowl, and let rise until doubled, about 1 hour. Punch down the dough and shape into 2 loaves.

Place each loaf into a greased 8½ x 4½ -inch loaf pan. Cover and let rise until doubled, about 30 minutes. Bake at 375 degrees for about 40 minutes.

Caraway and Poppyseed Rolls (Kümmelstangen und Mohnbrötchen)

- 1 package active dry yeast
- 1 teaspoon sugar
- ¼ cup lukewarm water
- 1 cup milk
- 1 egg
- ⅓ cup vegetable oil
- 1 teaspoon salt
- 4 to 4½ cups wheat flour, divided
- 3 tablespoons milk blended with 1 egg yolk for glaze
- 2 to 3 tablespoons caraway seeds
- 2 to 3 tablespoons poppyseeds

Grease two baking sheets; set aside. In a large bowl, dissolve the yeast and the sugar in the lukewarm water. Let stand until foamy, 5-10 minutes. Beat in the milk, egg, oil, and salt. Beat in 2 cups

of the flour. Let stand 10 minutes. Add enough of the remaining flour to make a soft dough. Turn out the dough onto a lightly floured surface. Knead the dough 8-10 minutes or until smooth and elastic, then divide in half. Roll half the dough into a ½-inch thick circle. Cut into six triangles.

Starting with the long side, roll up into a crescent. Place on a greased baking sheet. Brush each crescent with the milk glaze; sprinkle with the caraway seeds. Cover and let rise in a warm place, free from drafts, until doubled in bulk, about 30 minutes.

Roll out the remaining dough into a long, fat, sausage-shaped piece; cut into six pieces. Roll each piece into a ball. Place on the second greased baking sheet. Brush each roll with the milk glaze; sprinkle with the poppyseeds. Make a crisscross slash in the top of each roll.

Preheat the oven to 425 degrees. Bake both kinds of rolls 15-20 minutes or until golden brown. Remove from the baking sheets; cool on a rack. Makes 12 rolls.

German Rye Bread (Deutsches Roggenbrot)

[The Brush and Palette Club, Hermann, Missouri, *The Hermann Cookbook*]

- 2 tablespoons butter
- 2 tablespoons sugar
- 1 teaspoon salt
- 2 cups scalded milk
- 1 cake yeast
- ½ cup lukewarm water
- 6 cups rye flour, divided
- 1½ cups bread flour
- 2 tablespoons caraway seeds

Put butter, sugar, and salt in the top of a double

boiler; add the scalded milk. Dissolve the yeast in ½ cup lukewarm water. When the milk mixture is lukewarm, add the dissolved yeast and 3 cups of the rye flour. Mix with a spoon.

Add the rest of the rye flour and mix thoroughly. Turn onto a floured board and knead the dough until it is smooth and elastic to the touch, and bubbles may be seen under the surface. Return the dough to the bowl, cover, and let rise until doubled.

Punch the dough down and knead in the bread flour and the caraway seeds. Knead again, then shape into two or more loaves and place in greased pans, filling the pans halfway. Cover and let rise until doubled. Bake at 425 degrees for 15 minutes, then reduce the heat to 375 degrees and bake for another 30-35 minutes.

Fruit Bread / German Christmas Bread (Schnitzbrot)

[Historic Hermann, Inc., Hermann, Missouri, *The Art of Hermann German Cooking*]

- 1 (12-ounce) package mixed dried fruit
- 1 (8-ounce) package dried apples
- 1 package or cake of yeast
- ¼ cup lukewarm water
- 1 cup plus 1 tablespoon sugar, divided
- 1½ cups scalded milk, cooled to lukewarm
- 1½ cups flour
- ½ cup butter or shortening
- 2 eggs, well beaten
- 1 teaspoon salt
- ½ teaspoon cinnamon
- ¾ cup raisins
- ¾ cup currants

1 cup chopped nuts, optional

7 or more cups flour, unsifted

Cover mixed dried fruit and dried apples with water and soak overnight. Pour fruit and the water in which it has been soaking into saucepan. Cook until fruit is quite soft, about 15 minutes, then drain well in colander. Chop the dried fruit.

Dissolve yeast in lukewarm water, add 1 tablespoon sugar, and let stand 10 minutes. Add milk, then 1½ cups flour to make a sponge; set aside until bubbles break on top.

Cream butter: add 1 cup sugar and cream well. Mix in beaten eggs. Add sponge, chopped fruits, salt, cinnamon, raisins, currants, and nuts. Beat in 3 cups flour. Take out ¼ of dough and knead, adding enough flour to keep dough soft, but not sticky. Continue doing this with each ¼ of dough until all dough has been worked up.

Knead it all together, place in greased bowl, cover, and let rise in warm place until doubled. Knead lightly, divide into four portions, put into greased bread pans, cover, and let rise until doubled. Bake at 400 degrees for 10 minutes; reduce heat to 350 degrees and bake 45 minutes longer, or until done.

Semolina Dumplings (Griess-Knödel)

- 3 cups water
- 1 teaspoon salt
- ½ cup butter
- 3 cups semolina
- 4 tablespoons bacon grease
- 2 small onions, finely chopped

In a saucepan combine water, salt, and butter. Bring to a boil. Slowly stir in semolina until dough pulls away from pan and forms a lump. Remove from heat. Fill a large kettle ¾ full of lightly salted water. Bring to a boil.

Form eight dumplings out of dough. When water boils, carefully lower dumplings into water. Cover and simmer 25 minutes. Meanwhile, heat bacon grease in skillet; add onion and fry in grease until golden brown.

When dumplings are done, remove them from kettle with slotted spoon. Drain slightly and place in frying pan with onion. Turn dumplings in onion and place them on serving tray. Good with roasts and goulash.

Bavarian Bread Dumplings

(Bayerische Semmelknödel)

- 10 slices white bread
- 1½ cups lukewarm milk
- 1 tablespoon butter
- ½ cup diced bacon
- 1 small onion, finely diced
- 2 tablespoons finely chopped parsley
- 3 eggs
- salt and pepper to taste
- ¼ teaspoon nutmeg

Tear bread into pieces and soak in milk until moist, not soggy. Remove from milk, press out excess liquid, and place bread in mixing bowl.

Melt butter in frying pan. Add bacon and onion; fry until onion is golden brown. Stir in parsley. Add fried mixture to bread, with eggs and spices. Combine thoroughly. Let stand 20- 30 minutes.

Bring kettle full of lightly salted water to a boil. With wet hands, shape dough into dumplings and drop into boiling water. Simmer 18-20 minutes.

Remove, drain well, and serve immediately. Good with pork and sauerkraut.

German Pancakes (Pfannkuchen)

[Lucille Mauermann, Brodhead, Wisconsin. Lucille and her husband, Harvey, once operated a dairy farm and sold milk to a Swiss cheese factory nearby.]

- ½ cup milk
- ½ cup flour
- 3 eggs, beaten
- ⅓ cup butter
- powdered sugar
- syrup

Combine milk and flour. Add the beaten eggs; mix well. Put butter in an 8-inch-round cake pan, and place cake pan into a 400 degree oven until butter melts. Pour the batter into the pan and bake 20 minutes. Serve with powdered sugar and syrup. Serves 2.



Swabian Noodles (Spätzle)

[Spätzle are a kind of soft egg noodle or dumpling found in the cuisines of southern Germany, Austria, and Switzerland.]

- 4 cups flour
- 4 eggs, beaten
- 2 teaspoons salt, divided

9 cups water, divided

In mixing bowl combine flour, eggs, and 1 teaspoon salt. Add just enough water to make firm dough, i.e., when pulled up on a spoon, dough should tear at 6 to 8 inches. Fill large kettle with remaining water, add remaining salt, and bring to a boil.

To make Spätzle, press dough through a Spätzle cutter, ricer, or colander directly into boiling water. Rinse all utensils in cold water before they touch dough. Water should boil at all times. Spätzle need only simmer 2 to 3 minutes. Remove from kettle with slotted spoon, rinse, drain, place on serving dish, and cover. Repeat procedure until dough is all gone.

Spätzle may be kept warm for a short time in the oven before serving. Good with roast and gravy, or served by itself, tossed with lots of grated Swiss cheese.

Homemade Bread (Weissbrot)

[Loretta Schmidt]

2 packages dry yeast
4 cups warm water
8 teaspoons sugar or honey
4 teaspoons salt
3 tablespoons vinegar, optional
½ cup shortening
13 to 14 cups flour

In large bowl, dissolve yeast in water. Mix in all ingredients except flour. Add 2- 3 cups of flour and mix until smooth. Gradually add enough remaining flour to make stiff dough.

Turn onto floured surface; knead 10 minutes or until smooth and elastic. Clean and grease bowl; place dough in bowl and turn to coat. Cover and let

rise 1½ hours.

Punch dough down. Knead lightly 4 minutes; divide in fourths. Place into four 9 x 5-inch greased loaf pans. Cover and let rise 1 hour.

Bake at 400 degrees for 10 minutes, then reduce heat to 350 degrees and bake 35-40 minutes or until loaves test done.

Heidelberg Rye Bread (Roggenbrot)

3 cups bread flour
3 cups rye flour
2 packages dry yeast
¾ cup cocoa
1½ Tbsp sugar
1 Tbsp salt
1½ Tbsp caraway seeds
2 cups hot water (120 to 130 degrees)
⅓ cup molasses
2 Tbsp shortening

In a large mixing bowl combine 1½ cups bread flour, 1½ cups rye flour, yeast, cocoa, sugar, salt, and caraway seeds. Add water, molasses, and shortening. Beat at high speed for 3 minutes. Gradually add remaining bread and rye flour until dough is no longer sticky.

Knead for 5 minutes. Cover. Let rise for 20 minutes. Punch down and divide dough in half. Shape into round balls and flatten slightly.

Place on greased baking sheet, brush with oil, and cover loosely with plastic wrap. Refrigerate for 2 to 24 hours. Allow loaves to stand at room temperature while oven preheats to 400 degrees. Slash an "X" on top of each loaf and bake for 30 to 40 minutes.

Old Order Amish Bread

- 1 package dry yeast
- ½ cup luke warm water
- 1¾ cup hot water
- ⅓ cup sugar
- 1½ tsp salt
- ½ cup oil
- 7-8 cups bread flour

Dissolve yeast in lukewarm water and set aside. Blend hot water, sugar, salt, oil, and 2 cups flour in a mixing bowl. Add yeast and 2 more cups of flour. Beat 2 minutes at medium speed.

Knead 10 minutes, adding remaining flour until dough is no longer sticky. Cover and let rise until double in volume. Punch down and let rise again. Punch down and form into 3 equal loaves.

Place loaves in greased 8½ inch by 4½ inch loaf pans. Cover and let rise until 1 inch above pans (about 45 minutes).

Preheat oven to 400 degrees and bake for 10 minutes. Reduce heat to 350 degrees and continue baking for 30 minutes more. Remove from pans immediately and cool on racks.

Vienna Bread

- 3 Tbsp dry yeast
- 2 Tbsp sugar
- 5 cups warm water, divided
- ½ cup wheat germ
- 4 Tbsp sugar or honey
- 4 Tbsp shortening
- 3 tsp salt

10 cups all-purpose flour

2 cups whole wheat flour

Dissolve yeast and 2 tablespoons sugar in ½ cup warm water. Set aside until foamy. In a large mixing bowl combine 4½ cups warm water, wheat germ, sugar or honey, shortening, and salt. Add yeast mixture and stir thoroughly.

Add flours and knead for 10 minutes. Let dough rise for 15 minutes, punch down. Repeat 3 times, then shape dough into 4 loaves. Place each in a greased 5 x 7 inch loaf pan. Bake at 375 degrees for 40 minutes, or until bread sounds hollow when knocked.

Pumpernickel

- 2 packages dry yeast
- 1¼ cups warm water
- 2 tsp salt
- ⅓ cup molasses
- 1 Tbsp caraway seeds
- 1 Tbsp shortening
- 2 cups rye flour
- 2-2¼ cups white flour
- 2 tsp corn meal
- 1 egg white
- ¾ tsp caraway seeds

In a large bowl, dissolve yeast in warm water. Stir in salt, molasses, 1 tablespoon caraway seeds, and shortening. Add rye flour and 2 cups white flour to mixture. Add ¼ cup white flour as needed. Knead 8 minutes or until dough is no longer sticky. Place in greased bowl, cover, and let rise 1½ hours or until doubled in size. Punch down and shape into 2 14-inch long loaves. Lightly grease 2 large loaf pans. Sprinkle pans with corn meal. Place loaves in pans. Make 3 or 4 slashes in top of each loaf. Brush

with egg white and sprinkle with caraway seeds. Let rise uncovered until doubled. Bake at 350 degrees for 30-35 minutes. Cool on racks.

Raisin Bread (Rosinenbrot)

- 2 packages dry yeast
- 1 tsp sugar
- ½ cup lukewarm water
- 8 cups flour, divided
- 2 tsp salt
- 2 Tbsp butter
- 1 cup cooked and pureed potatoes
- 2 cups warm milk
- 1 egg, slightly beaten
- ½ cup sugar
- ¼ cup butter, melted
- 1 tsp cinnamon

Filling:

- 4 Tbsp butter
- 1 ½ cup raisins
- 1 ½ cup chopped, candied cherries
- 1 cup finely chopped nuts
- ½ cup sugar
- 2 tsp cinnamon

Dissolve yeast and sugar in lukewarm water. Set aside. Combine 4 cups flour, salt, butter, and potato in large mixing bowl. Stir in milk and yeast mixture. Mix thoroughly. Cover and let rise 2 hours until double in volume. Add egg, sugar, butter, and cinnamon. Gradually add remaining flour until dough is not longer sticky. Knead 8-10 minutes. Cover and let rise 1 hour.

To prepare filling:

Melt butter. Combine raisins, candied cherries, and nuts in a small bowl. Combine sugar and cinnamon.

Punch dough down after rising. Divide into 4 parts. Roll each into a 9 x 12 inch rectangle. Brush with melted butter, sprinkle with sugar and cinnamon; spread with fruit and nut mixture. Roll rectangle up like a jelly roll, pinching edges together.

Place in greased loaf pans, cover, and let rise for 1 hour. Preheat oven to 350 degrees and bake for 45 minutes. Remove from pans and brush with melted butter.

Onion Sheet Bread (Zwiebelkuchen)

- 1 lb flour
- 1 package dry yeast
- ½ cup warm milk
- 4 Tbsp melted butter
- 2 eggs
- 1 tsp salt

Spread:

- 1¾ lb onion, peeled and sliced
- ¾ lb bacon, diced
- 4 eggs
- ½ cup sour cream
- salt, pepper, and paprika
- 2 Tbsp caraway seeds

Combine flour, yeast, milk, butter, 2 eggs, and salt in a large mixing bowl. Cover and let rise until doubled in size. Fry bacon and onion until onion is transparent. Roll dough out onto greased jellyroll pan. Spread onion and bacon mixture on dough evenly. Cover and let rise until dough is just under rim of pan.

Whisk eggs, sour cream, salt, and spices together and pour over dough. Preheat oven to 325 degrees and bake 20 minutes or until nicely browned. Serve hot with a green salad and dry white wine.

Hard Rolls (Brötchen)

- 1 package dry yeast
- 1¼ cups lukewarm water, divided
- 2 tsp sugar
- ½ tsp salt
- 2 Tbsp shortening
- 1 egg white, stiffly beaten
- 4 cups flour

Dissolve yeast in ¼ cup water and set aside. In mixing bowl combine yeast, 1 cup water, sugar, salt, and shortening. Fold in stiffly beaten egg white. Add enough flour to make a soft dough.

Let dough rise twice: first until doubled, then punch down and let rise again. Punch down and divide into 10-12 pieces. Form into slightly flattened balls and place onto greased baking sheet.

Preheat oven to 450 degrees and bake for 20 minutes. To ensure hard crust, place pan with boiling water on bottom rack of oven, below the rolls, during baking.

Pretzels

- 1 package dry yeast
- 1 cup lukewarm water
- 3 cups flour, divided
- 1½ Tbsp butter
- ½ tsp salt
- ½ tsp sugar
- 4 cups water
- 5 Tbsp baking soda
- coarse salt

Dissolve yeast in lukewarm water. Add 1½ cups flour and the butter, salt, and sugar. Beat 4 minutes.

Knead in remaining flour until dough is no longer sticky. Cover and let rise. Punch down and divide into 10 pieces. Roll into 20-inch lengths and loop each into twisted pretzel shape. Place on greased baking sheet and let rise until doubled in size.

Preheat oven to 475 degrees. Bring 4 cups water and soda to a boil. Using a slotted spoon, carefully lower pretzels into water. When they rise to top, return them to greased baking sheet. Sprinkle with coarse salt. Bake about 10 minutes until browned.

Zwieback

- 7-8 cups flour, divided
- ⅓ cup sugar
- 2 tsp salt
- 1 package dry yeast
- 2 cups warm milk
- ½ cup shortening
- 2 eggs, slightly beaten

Mix 3 cups flour, sugar, salt, and yeast in a large mixing bowl. Combine milk and shortening sep-

arately and gradually add to dry ingredients. Beat 2 minutes at medium speed. Add eggs and 1 cup flour to make a thick batter. Beat at high speed for 4 minutes. Add remaining 3-4 cups flour.

Knead 10 minutes and let rise until doubled. Punch down and let rise again. Shape dough into 6 loaves and place in 9 x 5 inch loaf pans.

Place pans in cold oven, heat to 400 degrees. Reduce heat to 375 degrees after 15 minutes. Continue baking for 25 minutes. Remove bread from pans at once, cool and slice. Place slices on ungreased cookie sheet and bake at 250 degrees until crisp and golden brown.

Fried Mush

[The Kalona Heritage: Amish and Mennonite Culture (Iowa)]

3 heaping cups corn meal

2½ cups water

1½ tsp salt

4 quarts water

1 heaping cup flour

Combine corn meal and 2½ cups water in a large sauce pan. Add salt and 4 quarts of water. Cook for 20 minutes. Add flour and mix thoroughly. Pour into a 10 x 10 x 3 inch pan. Refrigerate overnight.

Slice mush about ¼ inch thick and deep fry the slices 4 minutes, or until crisp. Serve with honey or maple syrup.

Fried Potato Bread (Pickert)

1 lb potatoes

1 package dry yeast

5 Tbsp warm milk

1 Tbsp sugar 1 tsp salt

4 cups flour

5 eggs, separated

2 Tbsp butter

Peel and grate potatoes. Pour off excess liquid. Combine yeast and warm milk, stir in sugar, and set aside. Combine potatoes and salt in a mixing bowl. Gradually stir in flour and egg yolks. Add yeast mixture.

Beat egg whites until stiff and fold into potato mixture. Cover and let rise until doubled. Punch down and place in a greased loaf pan.

Allow to rise again. Bake at 325 degrees for 1 hour. Remove from pan. When cool, cut bread into 1 inch thick slices and fry in melted butter until golden.

Main Course Dishes

Wisconsin Bratwurst Casserole

- 12 ounces smoked bratwurst links, cut in thirds
- 2 cups sauerkraut, drained
- 2 medium apples, cored and thinly sliced
- ¼ cup raisins
- ¼ cup onion, finely chopped
- 2 tbsp brown sugar
- 2 tsp caraway seed (optional)
- 1 cup beer or apple juice
- 1 tbsp lemon juice
- 2 tbsp all-purpose flour
- ¼ cup cold water

Oven Instructions. Mix all ingredients together. Place in casserole dish and bake at 350 degrees for 45-50 minutes.

Cheese Fondue

- 1 lb. Swiss cheese
- 2 cups very dry white wine (Chardonnay or Chablis or Sautérne)
- 2 cloves mashed garlic
- ¼ teaspoon white pepper
- ⅛ teaspoon cayenne pepper
- pinch of nutmeg
- ½ loaf rye bread
- ½ loaf French bread

Grate the cheese or dice it into small cubes. In stainless steel saucepan, simmer white wine and all ingredients except the cheese for about 10-15 minutes to reduce wine and allow alcohol to cook out.

Place cheese in wine mixture, stirring with wooden spoon until completely melted into a smooth, heavy sauce. Do not boil. If too thick, add more wine; if too thin, add more cheese. A proper consistency will coat bread evenly when dipped into mixture.

Place in fondue pot, using candle or alcohol burner under pot to keep hot. Alternatively, set into double boiler to melt cheese and to serve. Keep fondue warm while serving, to prevent a skin from forming on the top.

Serve with toasted rye and French bread cubes. Cut bread in approximate one-inch cubes, place on baking sheet and toast at 400 degree for 10-15 minutes. The inside should be soft with crusty outside.

Easy Schinkennudeln

(Pasta Gratin with Ham & Cheese, also known as Ham Noodles)

- 2 cups pasta
- ½ stick butter or margarine
- Sauce
- 2 eggs
- ½ cup milk

Substitution: 1 cup sour cream can be substituted for the milk.

- 2 cups shredded cheese, preferably Swiss Cheese, or Cheddar
- ¼ cups each of diced ham and onion
- a dash of hot sauce
- a pinch of dry mustard

Preheat the oven to 350°F. Boil pasta until just tender in salted water. Drain and return to pot and add butter or margarine, stirring until melted. Add cheese and stir very gently.

In a separate bowl, whisk sauce ingredients together. Add ham and onion to the pasta and put the mixture into a greased soufflé baking pan. Pour liquid mixture over it and top with final ½ cup cheese.

Add two tablespoons buttered bread crumbs or crushed saltine crackers if desired, and bake until bubbly and golden, about 25 to 30 minutes. Makes 4 servings.

In another variation, the ingredients are mixed together in one bowl, along with 3 eggs.

Tomato Ketchup

- 3 tablespoons vegetable oil
- 2 cups finely chopped onion
- 1 tablespoon chopped peeled ginger
- 4 cloves garlic, minced
- 2 teaspoons mustard powder
- ½ teaspoon ground allspice
- ¼ teaspoon cayenne pepper
- ¼ cup tomato paste
- 2, 28 -ounce cans whole peeled tomatoes
- 2 bay leaves
- ⅔ cup packed light brown sugar
- ½ cup apple cider vinegar
- 1 tablespoon molasses
- Kosher salt

Heat the vegetable oil in a large pot or Dutch oven over medium heat. Add the onion and cook, stirring occasionally, until soft and translucent, about 5 minutes. Stir in the ginger, garlic, mustard powder, allspice, and cayenne and cook, stirring, 1 minute.

Add the tomato paste and cook, stirring, 1 minute, then add the whole peeled tomatoes and scrape

up any browned bits from the bottom of the pot with a wooden spoon; remove from the heat.

Puree the ketchup in batches in a blender until smooth; return to the pot. Add the bay leaves, brown sugar, vinegar, molasses, and 4 teaspoons salt. Bring to a simmer over medium-low heat and cook, stirring occasionally to avoid scorching, until very thick, about 1 hour, 45 minutes.

Remove the bay leaves and let the ketchup cool. Transfer to an airtight container and refrigerate up to 2 weeks.

Kartoffelkloesse (German Potato Dumplings)

[These little dough balls are meant to be eaten with gravy (sauce). This recipe makes 5-6 servings.]

- 3 tablespoons vegetable oil
- 1½ pounds potatoes
- ½ cup all purpose flour
- 1 egg
- ½ teaspoon salt
- 1/8 teaspoon ground nutmeg
- 1 tablespoon butter
- ¼ cup white bread crumbs

Peel potatoes, slice into 1-1.5 inch pieces and boil in water until tender.

Rinse, cover and chill for four to six hours, then mash thoroughly and add remaining ingredients, mixing thoroughly, until the consistency of thick paste.

Roll into roughly golf ball sized balls and drop into simmering salted water, cooking about 15 minutes (dumplings will float while cooking). Remove from water with slotted spoon and drain for 10-15 minutes.

Serve with gravy, sour cream, or other sauce.

Hot Paprika Schnitzel

Salt and pepper

4 pork loin chops/chicken breasts or veal cutlets

4 tablespoons oil for frying

1 cup flour

1 egg

½ tablespoon milk

1 cup Italian style breadcrumbs

1 red pepper

1 medium onion, diced

½ tablespoon flour

¼ cup sour cream

¼ cup beef broth

2 tablespoons hot Hungarian paprika (or 1 tablespoon smoked paprika and 1 tablespoon Chipotle pepper powder)

Salt and pepper to taste

Set broiler on high until heated. Place red pepper directly on center rack, turning every 2-3 minutes for 20 minutes (use aluminum foil or pan to catch drippings). Remove from oven and put into heat-proof bowl, cover with plastic wrap and rest for 30 minutes. Slice into thin strips after removing stem, seeds, and membranes.

Slice meat thinly, use mallet to pound to a uniform thickness. Coat meat in flour, shake off excess then transfer to egg, allow excess to drip away before transferring to breadcrumbs and shaking off excess.

Bring oil to medium temperature in a large frying pan. Fry breaded meat for about five minutes on each side, until golden brown. Remove schnitzel from heat, placing on paper towels to dry.

Stir onions into the oil from the meat - add a little oil if necessary. Sauté onions until tender, then dust with ½ tablespoon flour. Add paprika, broth, and roasted red pepper. Cook for five minutes or until sauce has thickened. Stir sour cream into sauce and remove from heat.

Plate schnitzel with sauce on top. Yields 4 Servings

Wolfgang Puck's Jaeger Schnitzel

20 ounces beef or veal or venison leg, tri tip or shoulder, cut into ½-inch pieces

Salt and pepper

Flour, for dredging

3 ounces olive oil

½ cup chopped onion

¼ cup chopped carrot

¼ cup chopped celery

Bouquet garni (thyme, bay leaf, parsley)

2 cups red wine

1 cup veal stock

1 ounce butter

2 ounces thick cut bacon, diced

6 ounces pearl onions, boiled

2 cups wild mushrooms

2 tablespoons minced parsley leaves

Noodles or mashed potatoes (accompaniment)

Season the meat with salt and pepper, dip the pieces in the flour, and shake off excess.

In a heavy sauté pan, heat 2 ounces of olive oil over high heat. Sear both sides of the meat until golden. Remove meat and set aside.

Add onion, carrot, celery, and bouquet garni. Sauté for 1 minute. Deglaze with wine and cook

until reduced by half. Add 3/4-cup stock, return meat to pan, lower to a simmer, and cook until meat is tender. Transfer meat to a plate and keep warm. Strain sauce. Reserve.

In another sauté pan, heat the remaining 1 ounce oil and butter. Sauté the bacon until golden. Add the pearl onions and mushrooms and continue to sauté until golden. Add to the sauce. Place the meat back into the sauce and simmer for 5 minutes.

To serve, divide schnitzel into 4 portions on center of heated plates. Pour the sauce with mushrooms and bacon on top. Sprinkle with minced parsley. Serve with noodles or mashed potatoes.

Total Time: 45 min; Prep: 25 min; Cook: 20 min.

Yields 4 servings

Sauerbraten

[Colony Marketplace, South Amana, Iowa]

- 5 lb beef rump roast (top or bottom)
- salt
- 3 cups white vinegar
- 1 large onion, peeled and sliced
- 2 bay leaves
- 6 cloves
- 8 peppercorns
- 1 Tbsp pickling spices
- 1 large carrot, peeled and sliced
- 4 slices bacon
- 2 Tbsp butter
- 2 large onions, diced
- 1 additional bay leaf
- 2 Tbsp butter
- 3 Tbsp flour



Tie beef with string in several places to hold its shape. Rub entire beef with salt and place in deep, close-fitting glass or earthenware bowl.

In sauce pan combine vinegar, 1 onion, 2 bay leaves, cloves, peppercorn, pickling spices, and carrot. Bring to a boil and simmer 5 minutes. Cool and pour over beef.

Meat should be entirely covered by marinade. If not, add equal parts of vinegar and water to cover.

Cover and refrigerate 3-6 days. Turn at least once daily. Remove meat from marinade. Strain marinade and reserve. Dry meat well. (It will not brown properly if too moist.)

Dice bacon and fry slowly in butter in 5 quart Dutch oven or casserole. When fat is hot, add meat. Brown quickly on all sides in uncovered pan. Remove meat and add diced onion to brown, stirring frequently to avoid burning.

Return meat to pot. Add marinade until it reaches halfway up sides of meat. Add bay leaf. Bring marinade to a boil, cover pot tightly, reduce heat, and simmer very slowly but steadily for 3½ to 4 hours, turning 2 or 3 times during cooking. Add more marinade to pot if necessary. (If meat tastes too strong, dilute marinade with water during cooking.)

Meat is done when pierced easily with long fork or skewer. Serve with Swabian Noodles and salad.

Swabian Noodles (Spätzle)

[The New Ulm, Minnesota Cookbook]

4 cups flour
½ tsp salt
1 egg
water

Fill large kettle half-full of water and bring to a boil. Combine flour, salt, and egg in a medium-sized mixing bowl, stirring with a fork. Add water until batter stretches 6-7 inches before tearing when pulled up on a spoon. Place large spoonful of batter on a wooden cutting board, tilted over kettle, and slice thin strips of batter off into boiling water. Dip knife into cold water between slices to prevent batter from sticking. Cook for 1-2 minutes and remove with a slotted spoon. Drain and place in a warmed serving bowl. Continue until batter is gone.

Stuffed Cabbage Rolls #1 (Kohlrouladen)

[Hannelore Bozeman]

1 cup dry bread crumbs
1 large cabbage head
¾ pound ground beef
¾ pound ground pork
1 medium-sized onion, minced
1 tablespoon Italian seasoning
½ teaspoon marjoram
salt to taste
1 beaten egg, optional
2 tablespoons butter
1 cup beef stock

Soak the bread crumbs in water, then drain, squeeze dry, and set aside. With a sharp knife, cut

the outermost leaf from the cabbage head near the core, and remove the leaf from the head, taking care not to tear the leaf. Repeat until you have eight large cabbage leaves; use the rest of the cabbage for some other dish.

In a medium-sized saucepan, filled halfway with salted water, boil the cabbage leaves for about 3 minutes, until they are limp enough to roll but not cooked through. Drain; let the leaves cool.

In a medium bowl, mix the ground beef and pork together well, then add the bread crumbs, onion, seasonings, and egg, if used. Mix well.

Divide into eight portions and place each portion on one of the cabbage leaves; roll up and secure each roll with a string or a toothpick, if desired. In a large skillet, melt the butter and place the cabbage rolls into the butter, seam side down. Add the stock and simmer, covered, for about 1 hour. Good with boiled potatoes and green beans. Serves 4.

Stuffed Cabbage Rolls #2 (Kohlrouladen)

⅔ cup uncooked rice
1 good-sized head white cabbage
2 lbs ground beef
1 lb pork sausage
1 tsp ground cloves
2 tsp cinnamon
salt to taste

Cook rice. Cut the core out of the cabbage. Start cooking cabbage with the top of head up, then switch the top down so the thickest part gets more steam. Cook until leaves are pliable and can be removed from head without breaking.

Remove cabbage to a large platter. Pull leaves apart carefully and cool. Mix cooked rice, ground beef, sausage, and spices together. Form into thick cylindrical patties. Roll in 2 cabbage leaves placed

on top of each other.

Place rolls in a small, flat roaster. Add some water to the pan and cover. Bake at 350 degrees for 1 hour or more, until tops of rolls are brown and meats are cooked. Check occasionally during baking and baste if leaves are drying. Serve on platter with pan juices. Cabbage rolls reheat well and may also be frozen.

Tongue in Raisin Sauce (Ochsenszunge)

- 1 fresh beef tongue, about 2 lbs
- 6 sprigs parsley
- 1 bay leaf
- 4 pepper corns
- 4 whole cloves
- 1 tsp salt
- 1 onion, chopped
- 2 Tbsp butter
- 2 Tbsp flour
- 3 Tbsp tomato paste
- 1½ cups raisins
- 2 Tbsp vinegar
- 1 tsp sugar
- salt and pepper

Scrub, then soak tongue in cold water for 10 minutes. Place in pot with herbs, spices, and onion. Cover with boiling water and simmer uncovered for 1½ hours. Remove tongue, plunge into cold water, skin, and slice. Drain. Reserve stock.

Melt butter in a sauce pan. Add flour, stirring until brown. Add tomato paste and thin the sauce with reserved stock. Add raisins, vinegar, and sugar. Season to taste. Reheat sliced tongue and serve with warm raisin sauce and mashed potatoes.

Westphalien Pepper-Pot

- 2 cup water
- 3 onions, chopped
- salt to taste
- 1 tsp pepper corns
- 6 whole cloves
- 2 bay leaves
- 1¾ lb stewing beef
- 2 Tbsp bacon grease
- 2 Tbsp flour
- 2 Tbsp vinegar
- 1 tsp salt

Bring water to a boil in a large pot. Add onions, spices, and meat. Simmer until tender, about 2 hours. Remove meat from pot and cut into medium-sized pieces. Strain stock and add water to make 2 cups.

Melt bacon grease and add flour, stirring until browned. Stir stock in gradually and season to taste with vinegar and salt. Add meat. Serve with boiled or baked potatoes.

Round Steak Casserole

- 1 Tbsp flour
- 1 slab round steak, cut ½-inch thick
- salt and pepper
- 1 Tbsp butter
- 2 onions, sliced into rings
- 1 cup dry white wine

Rub flour, salt, and pepper into both sides of steak. Melt butter in a frying pan and brown steak on both sides. Remove from skillet and cut meat into bite size pieces.

In an oven-proof casserole, alternately layer meat and onions. Pour wine over the top. Cover and bake at 350 degrees for 1½ hours.

Beef Stew (Gulasch)

- 2 Tbsp oil
- 3 large onions, sliced
- 1 clove garlic, crushed
- 3 lbs stewing beef, cut into 1-inch cubes
- 2 cups hot water
- salt and pepper
- 2 tsp corn starch
- 1 Tbsp water

Heat oil in large stewing pot or heavy frying pan. Add onions and garlic. Sauté until tender. Add beef and brown on all sides. Pour in water and season with salt and pepper. Reduce heat, cover, and simmer until meat is tender, about 1½ - 2 hours.

Mix corn starch and water. Gradually add to stew, stirring until thickened. Serve with boiled potatoes or noodles and a tomato, cucumber, or lettuce salad.

Smoked Pork Loin Roast

- 3½ lbs smoked pork loin roast
- 1 cup hot water
- 1 onion, peeled and quartered
- 2 tsp corn starch
- 1 Tbsp cold water
- 4-5 Tbsp sour cream

Score surface of meat in criss-cross pattern with sharp knife. Preheat oven to 400 degrees. Place meat, fat side up, on rack of roasting pan and place in middle of oven. When drippings begin to accumulate, add hot water to avoid burning.

Add onion after meat has been in oven for 1 hour. Continue baking for 30 minutes. Remove meat from oven and cover to keep warm while making gravy.

Place roasting pan on stove top. Stir well, scraping residue from bottom. Mix corn starch and water and add to meat juice, stirring constantly. Add sour cream and, if necessary, water until desired consistency is reached. Serve with boiled potatoes and mixed peas and carrots.

Breaded Veal Cutlet (Wiener Schnitzel)

- 4 slices veal cutlet
- salt & pepper
- ½ cup butter
- 1 Tbsp flour
- 1 egg, slightly beaten
- ½ cup bread crumbs

Pound cutlets until very thin. Season with salt and pepper to taste. Melt butter in frying pan over low heat. Dip cutlets first in flour, then in egg, and finally in bread crumbs. Sauté 2 minutes on each side until brown. Serve with lemon slices, rolled anchovies, and capers.

Braised Rabbit (Hasenbraten)

- 1 rabbit
- 2 eggs, well-beaten
- 1 cup flour
- 2 Tbsp oil
- 1½ – 1¾ cup water
- ½ cup vinegar
- ½ bay leaf
- 3 peppercorns
- ¼ cup chopped onion

2 tsp corn starch

salt & pepper

Cut rabbit into serving pieces. First dip pieces in beaten eggs, then in flour. Heat oil in a heavy pan or kettle, and fry rabbit on all sides until nicely browned. Add water and vinegar, bay leaf, peppercorns, and onion. Simmer for several hours.

When meat is tender, remove rabbit and add corn starch to pan juices to thicken gravy. Season to taste. Serve with dumplings and red cabbage.

Venison Terrine (Wildpastete)

1½ lbs roast venison, diced

½ lb raw venison, minced

½ lb roast pork, diced

⅔ lb bacon, minced

1 cup Madeira wine

10 small onions, finely chopped

1 Tbsp butter

¼ cup finely chopped mushrooms

salt & pepper

1 tsp thyme

4 slices bacon

Combine meats in a large bowl. Add Madeira. In skillet, melt butter and brown the onions. Add to meat along with mushrooms and spices. Grease and flour a 9x5 inch loaf pan. Press meat mixture in firmly. Lay bacon slices on top.

Cover tightly with foil and set loaf pan up to about half its depth in a larger pan of boiling water. Bake at 300 degrees for 70 minutes. Remove foil and pour off excess fat. Reverse pan to turn terrine on serving tray. Slice and serve.

Wild Duck (Wildente)

[*The Story of an Amana Wine Maker*]

4 wild ducks

½ tsp thyme

2 bay leaves

3 sprigs fresh parsley

dry concord grape wine

vegetable oil or shortening

salt & pepper

16 small onions

6 Tbsp butter, divided

½ cup dry rhubarb wine

2 cups sliced mushroom

Singe end feathers of well-cleaned ducks over a flame. Then place birds in a glass, porcelain, or stainless steel bowl. Tie herbs up in a cheesecloth and put in bowl. Cover birds with concord grape wine. Allow to marinate in a cool place or refrigerator at least 24 hours or up to 3 days.

When ready to cook, remove ducks, drain, and pat exteriors dry with paper towels. Reserve marinade. In large casserole or roaster, sauté ducks in hot oil or shortening, turning to sear all sides. Add strained marinade and bring to boil.

Sprinkle with salt and pepper. Cover and lower heat to maintain a slow simmer for 1 to 1½ hours. Cooking time depends on size and age of ducks.

Sauté small onions and 3 tablespoons butter, turning to soften, but do not allow to brown. Add rhubarb wine and gently poach onions until tender. Do not over cook. Sauté mushrooms in remaining butter for 5 minutes. Add onions and mushrooms to ducks just before serving. (If desired, drippings may be thickened with 1½ teaspoons corn starch blended with ¼ cup cold water to make gravy.) Serve with boiled potatoes.

Nuremberg Sausage (Nürnberger Bratwurst)

20 small Nuremberg sausages
1 can beer
Horseradish Sauce:
3 Tbsp freshly grated horseradish
3 Tbsp light cream, whipped
1 tsp sugar
1 tsp salt
2 tsp lemon juice

Sauerkraut:

1¾ lbs drained sauerkraut
2 Tbsp bacon grease
1 onion, sliced
1 raw potato, grated
1 bay leaf
½ cup water
1 Tbsp sugar
salt & pepper
2-3 juniper berries

Brush sausages with beer and fry or grill. Mix horseradish, whipped cream, sugar, salt, and lemon juice. Chill.

Melt bacon grease in heavy pot. Add onion and sauerkraut, stirring until lightly browned. Add potatoes, bay leaf, water, sausage, and spices. Simmer about 45 minutes until done.

Serve the sausages with sauerkraut, horseradish sauce, and thick slices of rye bread.

Bratwurst in Beer Sauce

[Colony Marketplace, South Amana, Iowa]

10 bratwurst
flour sufficient to coat bratwurst
1 Tbsp butter
1 small can tomato paste
½ cup ketchup
1 cup tomato juice
1 can beer
½ green pepper, diced
1 clove fresh garlic, finely chopped
dash of Worcestershire sauce

Place bratwurst in a large pot of hot water for 8-10 minutes. Do not allow water to boil! Remove bratwurst, dry with paper towels, and roll in flour until covered. Melt butter in frying pan and fry bratwurst until nicely browned.

Combine remaining ingredients in sauce pan; heat to simmering stage. After bratwursts have been browned, place them in prepared warm sauce until served. Serve with fried potatoes or French fries and a green salad.

Sauerkraut Casserole

1 lb ground beef
¾ cup uncooked rice
1 lb drained sauerkraut
1 pint chunked tomatoes

Shape enough 1½ inch balls of ground beef to cover bottom of a casserole dish. Roll each in uncooked rice and place in casserole. Put half of sauerkraut on top of meat balls, then half of tomatoes.

Form flat patties with remaining ground beef and dip only bottom side in rice. Place in casserole. Then

layer the remaining sauerkraut and tomatoes. Cover casserole and bake at 350 degrees for 1½ hours.

Beef Noodle Casserole

[Brick Haus Restaurant, Amana, Iowa]

- 1 lb lean ground beef
- 2 Tbsp butter
- garlic powder to taste
- 1 tsp salt
- 1 tsp sugar
- dash pepper
- 2, 8 oz cans tomato sauce
- 1 7 oz package. flat noodles
- 6 green onions with tops, chopped
- 1 8 oz package cream cheese
- 1 cup sour cream
- ½ cup grated sharp cheddar cheese

Cook beef and butter until browned and crumbly. Add garlic, salt, sugar, pepper, and tomato sauce. Simmer over low heat for 15-20 minutes. Cook noodles and drain.

Combine onions, cream cheese, and sour cream. After meat sauce and noodles have cooled, grease a 2 quart casserole. Add layers of noodles, cheese mixture, and meat sauce in casserole. Repeat. Sprinkle top with grated cheese.

Bake at 350 degrees for 15-30 minutes or until cheese is bubbly.

Sautéed Kidneys (Nieren)

- 1 lb kidneys
- 2 Tbsp butter
- 1 onion, finely chopped
- 1-1½ cups boiling water
- salt & pepper
- 2 Tbsp vinegar
- ½ tsp sugar

Slit kidneys and remove the core. Wash and scald kidneys with hot water. Dry thoroughly. Cut into bite-sized pieces and brown in butter with chopped onion.

Add boiling water, salt, and pepper. Braise 10-15 minutes and season to taste with vinegar, salt, and sugar. Serve with rice.

Sour Tripe (Saure Kutteln)

[Saure Kutteln is a Swabian specialty food, popular in the Swabian part of Baden-Württemberg as well as in the Province of Hohenzollern and Baden.]

- 2 lbs tripe, blanched and par boiled
- 2 Tbsp bacon grease
- 2 onions, sliced
- 1 Tbsp flour
- 1 cup stock or bouillon
- 1 bay leaf
- 1 tsp chopped lemon peel
- 3 whole cloves
- 4 pepper corns
- 1 tsp salt
- 2 tsp sugar
- 2 Tbsp vinegar

Wash tripe and boil for 2½ hours in salted water until tender. Cool and cut into thin slices.

Melt bacon grease. Add onions and brown. Sprinkle onions with flour and stir in stock. Add spices and vinegar and cook until liquid is reduced to half. Add tripe and simmer for 30 minutes. Serve with potato dumplings or Swabian noodles.

Pickled Herring Rolls (Rollmops)

- 4 - 6 herring fillets
- 2 Tbsp prepared mustard
- 1 Tbsp capers
- 2 small pickles, slice
- 2 onions, finely sliced
- 6-8 pepper corns
- 2 small bay leaves
- 1½ cups white vinegar
- 1 cup water, boiled and cooled

Brush 1 side of each herring fillet with mustard and cover it with capers, pickles, and onions. Roll up carefully and secure with cocktail sticks or toothpicks. Place roll mops, peppercorns, and bay leaves in a jar. Cover with vinegar and water. Chill for 6-8 days. Remove roll mops and serve with boiled potatoes.

Herring in Sour Cream (Matjes Nach Hausfrauernart)

- 4 - 6 herring fillets
- 1 cup sour cream
- ½ cup plain yogurt
- 1 small onion, finely chopped
- 1 small apple, diced
- salt & pepper

vinegar to taste

Cut herring into bite-sized pieces. Combine sour cream, yogurt, onion, and apple. Add herring. Season with salt, pepper, and vinegar to taste. Refrigerate for several hours. Serve with boiled potatoes.

Venison Cutlets with Mushrooms (Rehschnitzel mit Pfifferlingen)

- 8 venison cutlets
- ¼ cup vegetable oil
- ½ cup red wine
- 4 bacon slices, diced
- 3 tablespoons flour
- 1 large onion, finely chopped
- ½ pound sliced mushrooms, preferably Pfifferlinge* or chanterelles
- ½ cup cream
- ½ teaspoon thyme, or to taste
- 4 to 6 juniper berries, crushed
- salt and pepper to taste

Pound venison lightly with meat mallet, then brush both sides with oil and arrange cutlets in shallow baking dish. Pour wine over venison. Cover and refrigerate overnight.

Sauté bacon in large skillet; remove and keep warm. Drain venison, reserving marinade. Coat cutlets with flour and fry quickly over high heat in bacon fat. Add extra oil if needed and turn once. Do not overcook. Remove meat from skillet and set aside on warm plate.

Sauté onion in remaining fat and cooking juices until a light golden brown. Add mushrooms, cream, thyme, juniper berries, and a little reserved marinade. Simmer sauce 4 to 5 minutes. Season with salt and pepper. Return cutlets to sauce and heat through. Garnish with bacon. Serves 6 to 8.

Note: Serve with lingonberry (also known as cowberry) preserves, currant jelly, or cranberries on the side. Goes well with potatoes or dumplings, and with red cabbage or Brussels sprouts.

* Available in food specialty stores.

Herbed Game Sauce (Kräuter-Soße für Wild)

[Madeline Schuerer Schulte. Brick Haus Restaurant, Amana, Iowa]

- ½ cup butter
- ⅓ cup red currant jelly
- 1 teaspoon Worcestershire sauce, or to taste salt to taste
- ½ teaspoon dried ground rosemary
- ½ teaspoon dried ground savory
- ½ teaspoon dried ground thyme

In a small saucepan, heat the butter and stir in the jelly. Cook over low heat, stirring just until the jelly melts. Do not allow the mixture to boil. Add the Worcestershire sauce, salt, and herbs. Bring just to the boiling point, but do not boil.

Remove the sauce from the heat and allow to stand for 30 minutes. Makes about 1 cup. Serve with venison, duck, or goose. Do not serve with pheasant, quail, or grouse.

Note: When charcoal grilling, baste the meat lightly with the sauce just before removing from the grill. Pour the remaining sauce into a dish and use at the table.

Quick Sauerbraten

[Helen Kraus]

- 4- to 5-pound round/rump roast
- ½ cup oil
- ½ cup chopped onion
- 2 teaspoons salt
- 2 tablespoons mixed pickling spices
- 1 cup red wine vinegar
- 3 cups water
- ½ cup packed brown sugar
- 12 gingersnap cookies, crushed

Brown roast in oil in heavy skillet. Pour off oil and add onion, salt, spices, vinegar, water, and sugar. Simmer 3 to 4 hours, until meat is tender. Remove meat and keep it warm.

Strain liquid and measure 4 cups of the broth into the skillet. Add gingersnaps. Cook and stir until smooth and slightly thickened. Serves 8.

German Meatballs

[Historic Hermann, Inc., Hermann, Missouri, *The Art of Hermann German Cooking*]

- 1 slice of bread, 1 inch thick
- ½ pound of each:
 - beef, veal, and pork or liver, ground together
- 2 eggs
- 1 tablespoon butter
- ¼ cup finely minced onion
- 3 tablespoons chopped parsley
- 1¼ teaspoons salt
- ¼ teaspoon paprika
- ½ teaspoon grated lemon rind

1 teaspoon lemon juice
1 teaspoon Worcestershire sauce, optional
5 cups vegetable stock, or 10 beef bouillon
cubes dissolved in 5 cups of water

Gravy:

6 to 8 tablespoons butter
6 to 8 tablespoons flour
salt and paprika to taste
2 tablespoons chopped pickles, or 2 table-
spoons lemon juice
2 tablespoons chopped parsley

Soak the bread in water to cover. Put the ground meat into a bowl. In a separate bowl, beat the eggs well and add to the meat. Melt the butter and sauté the onion until the onion is light brown. Add to the meat.

Press the water out of the bread and add the bread to the meat mixture. Add the parsley, salt, paprika, lemon rind and juice, and the Worcestershire sauce. Mix well and shape into 2-inch balls.

In a large saucepan, heat the stock, then drop the meatballs into the boiling stock and simmer, covered, about 15 minutes, until the balls rise to the top. Remove and keep warm.

Gravy: Measure the amount of stock; melt 2 tablespoons butter and stir in 2 tablespoons flour for each cup of stock.

Add the stock and cook until smooth and boiling, stirring constantly. Season to taste with the salt and paprika. Add the chopped pickles or lemon juice and the parsley. Serve with boiled noodles or Spätzle.

Kasseler Pork Loin (Kasseler Rippchen)

3 pounds smoked loin of pork
1 chopped onion
1 chopped tomato
1 stalk celery, diced
2 tablespoons butter
1 cup water
1 tablespoon flour
½ cup red wine
½ cup sour cream
salt and pepper to taste

Place the meat in a heavy kettle with the onion, tomato, celery, butter, and water. Cover and simmer for 1½ hours, then turn to brown the meat on all sides in the pan juices. Remove the meat and place on a covered serving dish to keep hot.

Stir the flour into the pan juices. Gradually add the wine, stirring constantly. Stir in the sour cream and season to taste with the salt and pepper. Strain the gravy over the meat and serve.

Serve with either sauerkraut and mashed potatoes, or red cabbage and potato dumplings. Serves 4 to 6.

Leg of Pork (Eisbein)

1 leg of pork, about 4 pounds
1 onion, cut in quarters
2 bay leaves
2 whole cloves
1 teaspoon black peppercorns
1 small leek, cut into 1-inch pieces
1 small celery stalk, cut in half
1 carrot, cut in half

Place the pork in a large kettle and add the remaining ingredients. Cover with cold water and bring to a boil. Reduce heat and cook for 2-2½ hours, or until tender.

Serve with sauerkraut and boiled potatoes. In Berlin, puréed peas are the traditional side dish. Makes 4 to 6 servings.

Paprika Cream Schnitzel (Paprika-Rahmschnitzel)

[Madeline Schuerer Schulte, Brick Haus Restaurant, Amana, Iowa]

- 4 slices bacon
- 1½ pounds veal cutlets,
cut into individual portions ½ inch thick
- 2 tablespoons chopped onion
- 2 tablespoons sweet Hungarian paprika
- salt to taste
- 1 cup sour cream
- ½ cup tomato sauce

Cook bacon until crisp; remove from skillet, crumble, and reserve. In the bacon drippings, brown veal; add onion, and cook until lightly browned. Season with paprika and salt. Stir in sour cream and tomato sauce. Cover and simmer 20 minutes until veal is tender (do not boil). Sprinkle with the bacon bits. Great with egg noodles or rice. Serves 4.

Basic Bread Dough (for Ham Baked in Bread)

- 2 packages active dry yeast
- 2¼ cups lukewarm water, divided
- 3 tablespoons sugar
- 2 teaspoons salt

- 2 tablespoons butter or shortening
- 6½ to 7½ cups flour, divided

Dissolve yeast in ½ cup warm water in large bowl. Stir in remaining 1¾ cups water, sugar, salt, butter, and 3½ cups flour. Beat until smooth. Stir in enough remaining flour to make a dough that is easy to handle.

Turn onto a floured surface and knead until dough is smooth and elastic, about 8-10 minutes. Place in large greased bowl and rotate dough so the greased side is up. Cover and let rise in a warm place until doubled, about 2 hours. Punch down and divide in half.

Ham Baked in Bread

- 1 recipe basic bread dough
- 1 (14-pound) precooked ham
- melted butter
- 1 egg, beaten

Roll out ½ the dough to 15 inches in diameter, or large enough to cover bottom and ⅔ up sides of ham. Place on large greased baking sheet. With a brush or fingers and water, moisten 2 to 3 inches of outer edge of dough circle.

Place ham in center of dough. Roll out second ½ the dough to same size and place over ham. Pull bottom dough up over edge of top dough and press hard all around to make dough stick together. Brush entire ball with melted butter to keep soft.

Let rise in warm place 45 to 60 minutes or until doubled. Seal cracks in dough using a little water and pressing cracks together. Brush entire ball with beaten egg; bake at 375 to 400 degrees for 1 hour and 45 minutes. Cover lightly with foil if it browns too much before baking time is up.

German Style Pickled Ham

[Amana Meat Shop and Smokehouse, Amana, Iowa]

[This recipe is great for leftovers.]

ham ends and pieces
water
vinegar
onion slices, optional
pimiento, optional

Cut ham into $\frac{3}{4}$ -inch cubes. Prepare a mixture of $\frac{1}{2}$ water and $\frac{1}{2}$ vinegar; prepare enough to cover the ham cubes. Add onion and pimiento, if used. Let stand refrigerated overnight. Serve cold.

Beef Rolls (Rinderrouladen)

4 large slices top round beef, about $\frac{1}{4}$ inch thick
salt and fresh pepper to taste
2 tablespoons prepared mustard
(German style if available)
 $2\frac{1}{2}$ cups finely chopped onion, divided
4 dill pickle spears
3 tablespoons butter or margarine
1 tablespoon paprika
2 cups beef bouillon, divided
4 strips bacon

Sprinkle the meat with the salt and pepper. Spread each piece with $1\frac{1}{2}$ teaspoons mustard and 3-4 tablespoons chopped onion. Cut each slice of bacon in half and then each piece in half lengthwise.

Arrange four pieces on each slice of meat. Split each pickle spear in half lengthwise and arrange two halves between two bacon slices. Roll the beef up, enclosing the filling. Tie securely with a string.

Melt the butter in a skillet and sauté the remaining onion until golden; sprinkle with the paprika. Cook a few seconds to blend. Add the beef rolls and turn in the paprika mixture until coated. Add 1 cup beef bouillon and cover.

Cook over medium-high heat about 30 minutes, turning occasionally so the meat does not stick. Add $\frac{1}{2}$ cup bouillon, cover, and cook another 30 minutes. Add the remaining bouillon, cover, and cook an additional 15-30 minutes, or until fork-tender. Serves 4.

Stuffed Beef Rolls (Rouladen)

[The Amana Barn Restaurant, Amana, Iowa]

8 slices round steak, 6 x 4 x $\frac{1}{8}$ inch (about 3 pounds)
salt & pepper
 $\frac{1}{2}$ cup flour

Filling:

2 Tbsp butter
 $1\frac{1}{2}$ cups finely chopped onion
4 slices bacon, halved
2 Tbsp salad oil
2 Tbsp butter
12 small white onions, peeled
2, 10 $\frac{3}{4}$ oz. cans condensed beef broth, undiluted
2 cups finely chopped parsley
2 Tbsp capers
 $1\frac{1}{2}$ cups dry red wine, divided
 $\frac{1}{2}$ cup sherry
2 bay leaves, crumbled
8 small carrots, peeled and halved lengthwise

Wipe beef with damp paper towels. Sprinkle lightly with salt and pepper. Mix flour with 1

teaspoon salt and ¼ teaspoon pepper on a waxed sheet of paper.

Filling: Sauté onion in 2 tablespoons butter in skillet. Remove from heat, add parsley and capers. Mix well.

Place half a slice of bacon and ¼ cup filling on wide end of each slice of beef. Fold beef over ¼ inch on narrow sides. Roll up from wide end. Tie with twine. Roll in seasoned flour. Reserve leftover flour.

Heat oil and butter in a 6 quart Dutch oven. Brown beef rolls, a few at a time. Remove from pot when browned. Add whole onions to Dutch oven. Brown. Remove.

Return beef rolls to Dutch onion, add undiluted beef broth, 1 cup red wine, sherry, and bay leaves. Bring to a boil, reduce heat, and simmer, covered, for 1 hour. Add onions and carrots and continue to simmer for another 30 minutes or until tender.

Lift out beef rolls with a slotted spoon. Place on a tray and remove the twine. Mix reserved seasoned flour and ½ cup red wine in a small bowl. Stir into liquid in Dutch oven. Bring to a boil, reduce heat and simmer, stirring until thickened. Pour over beef rolls and serve with boiled potatoes and a fresh vegetable.

Oatmeal Sausage (Goetta)

[Jerry Dorsel, The Dorsel Company, Cincinnati, OH]

[Goetta is a Cincinnati regional specialty. Many of Cincinnati's early settlers came from Germany; some were sausage makers. Goetta evolved from a similar dish made in some parts of Germany. It is very similar to oatmeal sausage, except for the shape and final preparation. Goetta is a breakfast sausage of German-American origin and is normally a breakfast dish, served with eggs, but is also served as the main dish at lunch or supper. It can

be served with grape jelly, ketchup, mustard, syrup, apple butter, honey, or eaten by itself.]

[The word "Goetta" comes from the High German word "grütze" and Low German word grötte. North of Cincinnati it is often known by the term "grits", not to be confused with American hominy grits. Originally a peasant dish meant to stretch out servings of meat over several meals to conserve money, goetta has become an all-purpose food eaten with any meal. It is available in groceries stores and new goetta-based products in the Cincinnati area include goetta burgers, goetta dogs and goetta pizza.]

8 cups water

3 teaspoons salt

pinch of pepper

2½ cups pin-head or steel cut oatmeal*

1 pound beef and 1 pound pork, ground together

1 large onion, sliced, and 1 to 4 bay leaves, or 2 teaspoons dried summer savory

bacon fat

Put the water into a pan; bring to a boil. Add the salt, pepper, and oatmeal. Cover. Reduce heat to low and cook for 2 hours, stirring often; keep the lid on while cooking over low heat. Add the meat with the onion and the bay leaves, or the savory, to the oatmeal mixture, mixing well. Let cook for 1 hour, stirring often.

Pour into bread pans and let cool to form into small loaves. May be sliced and frozen for several months in the freezer, or put into the refrigerator, unsliced, where it will keep for days.

When ready to use, slice the loaf of goetta into squares and put the slices into a pan with a little hot bacon fat (from bacon drippings or other oil from browning meat). Fry until well browned and serve.

To prepare in a slow cooker: Use only 6 cups of water. Heat the water, salt, and pepper on high for

20 minutes, then stir in the oatmeal and cook, covered, 1½ hours on high. Add the meat and spices, mixing well, cover, and cook for 3 hours on low. Uncover, and if not thick enough, cook a little longer, stirring often. Put into bread pans and proceed as above.

*Do not use regular rolled oats as they are too mushy.

Cod in Herbed Sauce

(Kabeljau mit Kräutersauce)

[Hannelore Bozeman]

- 1½ pounds fresh or frozen cod fillets
- juice of 1 lemon, divided
- salt to taste
- 4 tablespoons butter
- 2 or 3 tablespoons flour
- 1 cup wine
- ⅓ cup milk
- 1 tablespoon finely chopped parsley
- 1 tablespoon finely chopped chives
- 1 tablespoon finely chopped dill

Wash the fresh cod or thaw the frozen fillets. Pat dry with paper towels. Sprinkle with some of the lemon juice and let stand for 30 minutes. Pat dry again, then add salt to taste.

In a large saucepan, melt the butter, add the fish, cover tightly, and simmer over very low heat for 15 minutes, or until fork-tender. Remove the fillets to a warm plate and cover. Add the flour, wine, and milk to the cooking liquid, stirring constantly. Let cool for 5 minutes.

Add the rest of the lemon juice and the finely chopped herbs. Mix well and taste for seasoning. Pour the sauce over the fish and serve. Goes well with boiled potatoes and green beans. Serves 5.

Blue Trout (Forelle Blau)

[Hannelore Bozeman]

- 4 fresh trout
- 2¼ cups white-wine vinegar
- ¼ cup white wine
- 4 cups water or fish broth
- 2 tablespoons salt
- lemon slices
- chopped parsley to taste

Carefully wash the trout, holding it by the head and handling it as little as possible so as not to lose the sheen that gives the fish its color. Combine the vinegar and the wine and heat to boiling. Put the trout in a shallow pan and pour the vinegar mixture over it. Let stand 5 minutes. (The trout should turn blue.)

Drain, reserving the liquid. Bring the Water or fish broth and salt to a boil, add the reserved liquid, then carefully add the trout. Add more water to cover the trout, if needed. Simmer 10 or 15 minutes. The trout is done when the fins can be pulled out easily. Drain and place on a hot serving platter.

Garnish with the lemon slices and sprinkle with the parsley. Serve with salted potatoes and fresh or melted butter. Serves 4.

Note: If you use frozen trout, thaw for about an hour and increase the cooking time by another 5 to 10 minutes.

Chicken Fricassee (Huehnerfrikassee)

[Hannelore Bozeman]

- 1 stewing chicken, cut up
- salt and pepper to taste, divided
- 3 teaspoons lemon juice, divided
- 6 tablespoons butter, divided
- 2 cups chicken stock
- 1 carrot, cut into small pieces
- 1 bay leaf
- 5 whole cloves
- $\frac{3}{4}$ cup finely chopped mushrooms
- $\frac{1}{4}$ cup white wine
- $\frac{1}{4}$ cup cream
- 2 egg yolks

Wash the chicken pieces and rub with some of the salt, pepper, and 2 teaspoons lemon juice. Boil in salted water for 5 minutes, then remove. Reserve the stock. Pat the chicken dry with paper towels.

In a large saucepan, melt 2 tablespoons butter and fry the chicken pieces lightly. Add the chicken stock, carrot, and spices; cover and simmer $1\frac{1}{2}$ hours, or until the chicken is tender. Skim off the froth and remove the chicken pieces, reserving the stock. Discard the bay leaf and also the cloves, if desired. Remove the skin and bones and cut the chicken into bite-sized pieces.

In a large frying pan, melt the remaining butter. Add 1 cup of the chicken stock and stir until thickened. Add the mushrooms, the remaining lemon juice, and the wine and season with additional salt and pepper. Heat, but do not bring to a boil.

Add the cream. Beat in yolks and cook until thickened. Add the chicken pieces and heat through. Serve with rice and boiled white asparagus.

Roast Goose with Apples, Raisins, and Nuts (Gänsebraten mit Äpfeln, Rosinen und Nüssen)

- 8-10-pound young goose gizzard and heart
- $\frac{3}{4}$ cup seedless raisins
- 2 cups boiling water
- 3 tablespoons butter
- 1 cup finely chopped onion
- 1 goose liver
- 4 cups soft white bread crumbs, shredded with a fork
- 3 apples, peeled, cored, and coarsely chopped
- $\frac{1}{2}$ cup coarsely chopped blanched almonds
- $\frac{1}{3}$ cup finely chopped parsley
- 1 teaspoon dried marjoram
- 1 teaspoon sage
- salt and pepper to taste

Wash the goose; pat dry inside and out with paper towels. To make the stuffing, combine the goose gizzard and the heart in a small saucepan with enough water to cover completely. Bring to a boil over high heat, then simmer uncovered 40 minutes, or until fork-tender.

Meanwhile, place the raisins in a bowl, pour the boiling water over them, and let them soak 20 minutes or until plump. Drain the gizzard and heart, chop finely, and place in a large mixing bowl. Drain and add the raisins.

In a heavy skillet, melt the butter, then add the onion and cook until it is soft, 5 minutes, stirring frequently. Chop the goose liver finely, add to the onion, and cook another 2 or 3 minutes, until the liver is light brown, stirring constantly.

Transfer the mixture from the skillet to the mixing bowl and add the bread crumbs, apples, nuts, parsley, marjoram, sage, salt, and pepper. Mix together well and taste for seasoning.

Preheat the oven to 325 degrees. Lightly salt and pepper the cavity of the goose and fill it loosely with the stuffing. Close the opening with skewers; fasten the neck skin to the back of the goose with a skewer and truss the bird.

For a crisper skin, prick the surface around the thighs, the back, and the lower part of the breast with the tip of a small, sharp knife. Place the goose, breast side up, on a rack set in a large, shallow roasting pan, and roast, uncovered, in the center of the oven for 3-3½ hours, or about 20 minutes per pound.

As the fat accumulates in the pan, draw it off with a bulb baster or large kitchen spoon and save for Gänseschmalz, if you like. It is not necessary to baste the goose. To test for doneness, prick the thigh of the bird with a fork; if the juice that runs out is still tinged with pink, roast the goose another 5 to 10 minutes.

For easier carving, let the goose sit in the turned-off oven with the door ajar for 15 minutes. Transfer to a large, heated platter, and remove the string and the skewers. Serve with red cabbage and dumplings. Serves 6 to 8.

Note: Traditionally, roast goose has been to a German Christmas what turkey is to the American holiday. Germans often save the drippings from the roast and let them congeal. This is called Gänseschmalz. It keeps in the refrigerator for weeks and is used as a substitute for butter in cooking or as a sandwich spread.

Duck Breast a la Ratzsch (Entenbrust)

[John Poulos, Karl Ratzsch's Restaurant, Milwaukee, WI]

4, 10-ounce pieces boneless duck breast

pinch of salt

pinch of black pepper

1 small clove garlic, minced

½ to ⅔ cup flour, divided

2 ounces butter

2 tablespoons diced onion

12-ounce can tart red cherries

2 cups chicken stock

1 teaspoon Worcestershire sauce

2 tablespoons honey

⅓ cup brown sugar, or to taste

½ cup Burgundy wine

seasoning salt to taste, optional

sliced, toasted almonds

Season the duck breasts with the salt, pepper, and the minced garlic, then dredge in a little flour. In a sauté pan melt the butter, then brown the duck breasts on both sides in the butter. Add the onion, cherries, chicken stock, Worcestershire sauce, honey, brown sugar, and Burgundy wine, in that order.

Preheat the oven to 350 degrees and cook for 1 hour or until done. Remove the duck breasts to a clean pan and keep warm. Skim the fat from the pan into another saucepan and add the remaining flour to make a roux. Simmer on low heat until it bubbles, then add remaining liquid. Blend well with a wire whisk until it comes to a simmer; add the seasoning salt or more brown sugar to suit taste. To serve, slice and top with the sauce and the toasted almonds.

Note: This dish may be garnished with fresh fruit and served with wild rice.

Vegetables and Side Dishes

Baby Peas & Carrots (Erbsen und Karotten)

- 1 lb small carrots
- 2 Tbsp butter
- ½ cup water
- 1 8 oz can baby peas, drained
- 1 tsp salt
- 1 tsp sugar
- 1 Tbsp chopped parsley

Peel carrots. If they are small, leave them whole; if not, cut into 3 inch strips. Melt butter in a sauce pan and add carrots, stirring until they are coated. Add water and cook 10-15 minutes, until tender. Add peas and heat. Season with salt and sugar. Sprinkle with parsley and serve.

Red Cabbage (Rotkohl)

[In Bavaria this dish is called “Blaukraut” or blue cabbage, since it is cooked until it turns a light shade of purple.]

- 1 small head red cabbage
- 3 Tbsp bacon grease
- 2 medium-sized apples, diced
- 1 cup water
- 4 Tbsp vinegar
- 4 Tbsp sugar
- ½ tsp salt
- ¼ tsp pepper
- ½ tsp ground cloves

Remove coarse outer leaves from cabbage. Cut head into 4 pieces, remove the hard core, and shred finely.

Melt bacon grease in a large pot, add cabbage and apple, stirring until well mixed. Add water, vinegar, and spices.

Cook until tender, about 1 hour. Stir frequently. Serve with pork or game.

Sweet-Sour Red Cabbage (Süß-Sauer Rotkohl, Rotkohlsalat, Rotkraut)

[Connie Zuber, Bill Zuber’s Restaurant, Homestead, Iowa, Amana Colonies]

- 4 cups shredded red cabbage
- 2 medium-sized apples, sliced
- 1 cup water
- 4 tablespoons vinegar
- 4 tablespoons sugar
- 1 tablespoon butter
- ½ teaspoon salt
- ¼ teaspoon pepper

Cook the cabbage and the apples in the water until tender, about 15-20 minutes. Add the vinegar, sugar, butter, salt, and pepper; cook a few minutes more. Reheats well. Best with roast chicken or pork.

Curly Kale (Grünkohl)

- 4 lbs fresh curly kale or
- 4 10 oz package frozen chopped kale
- 2 Tbsp bacon grease
- 1 large onion, chopped
- 3 Tbsp prepared mustard
- 2 Tbsp quick oats
- 6 smoked sausages

Trim fresh kale, removing thick stocks and ribs. Slice into thin strips. Heat grease in a large heavy pot. Add onion and stir until transparent. Add kale and enough water to cover bottom of pot. Mix thoroughly. Cover and cook over low heat until tender, about 45 minutes.

Stir in mustard and oats, and lay sausages on top of kale. Replace lid and continue to simmer for 20 minutes. Serve with boiled potatoes.

Black Forest Asparagus

2-3 lbs fresh asparagus
1 tsp salt
2 tsp sugar
2½ cups flour
2 eggs
½ tsp salt
milk as needed
½ lb smoke ham, sliced
4 Tbsp melted butter

Trim asparagus, cutting off woody ends. Cook asparagus upright in a steamer with ½ cup boiling water, or in a flat pan cover asparagus with boiling water. Add salt and sugar to cooking water. Cook 12-20 minutes, depending on size and tenderness. Remove and drain.

Combine flour, eggs, salt, and enough milk to make a thin pancake batter. Fry pancakes in a hot skillet and reserve. When asparagus is tender, remove from pot and wrap 1-2 stocks in a pancake.

Place rolled pancakes on a platter with the sliced ham. Before serving, pour melted butter over pancakes.

Deep-Fried Asparagus (Spargeln in Backteig)

1½ cups flour
2 tsp salt, divided
1 tsp oil
½ cup beer
2 eggs, separated
2½ lbs fresh asparagus
1 Tbsp sugar
fat for frying

In a mixing bowl combine flour, 1 teaspoon salt, oil, and beer. Add egg yolks to batter. Cover and let stand for 1 hour in a warm place. Wash and trim asparagus.

Cook in boiling water with 1 teaspoon salt and 1 tablespoon sugar for 12-20 minutes or until tender. Remove and drain.

Just before using, beat egg whites until stiff and fold into batter. Dip asparagus stocks into batter and fry in hot fat until crisp and brown.

Sautéed Cucumbers (Schmorgurken)

2 cucumbers
3 Tbsp butter
1 tsp salt
1 Tbsp sugar
1 tsp pepper
1½ Tbsp vinegar
2 tsp flour
1 cup finely chopped dill

Pare, seed, and dice cucumbers. Melt butter in a skillet. Add cucumbers, salt, sugar, pepper, and vinegar and cook over medium heat for about 20 minutes. Sprinkle in flour, stirring to thicken.

Add dill right before serving. Serve with smoked pork and boiled potatoes.

Cauliflower in White Sauce (Blumenkohl)

- 1 medium sized cauliflower
- 3 Tbsp butter
- 3 Tbsp flour
- 1 tsp ground nutmeg
- 1 Tbsp lemon juice
- 1 tsp salt
- 1 egg yolk

Remove leaves from cauliflower and trim, removing blemishes and stem. Soak in cold, salted water for about 15 minutes. Place cauliflower head-up in a pot of boiling water. Cover and cook until tender, 15-20 minutes. Remove and reserve 2 cups of cooking water for white sauce.

Melt butter in a sauce pan, add flour, and stir until browned. Gradually add reserved warm cooking water, stirring constantly. Simmer for 10 minutes. Season with nutmeg, lemon juice, and salt. Stir in egg yolk just before serving. Pour sauce over cauliflower and serve.

Deep-Fried Vegetables (Gemüse in Backteig)

- 1 lb vegetables (carrots, cauliflower, Brussels sprouts, kohlrabi, celery, broccoli, and tomatoes)
- ½ cup flour
- 1 egg
- 1 tsp salt
- ½ cup milk
- 1 tsp oil
- fat for frying

Wash and cut or break vegetables into bite-sized pieces. Steam vegetables until almost tender. Combine flour, egg, salt, milk, and oil to make a smooth batter.

Dip vegetables into batter with fork. Lower coated vegetables into hot fat carefully and fry until brown and crisp. Remove and drain on paper towels. Serve with mayonnaise and cold cuts.

Vegetable Croquettes (Gemüsecroketten)

- 1 lb vegetables (cabbage, kohlrabi, or celeriac)
- 1 onion, finely chopped
- 1 Tbsp butter
- 1-2 eggs
- ¼ cup fine bread crumbs
- ½ tsp salt
- 1 Tbsp finely chopped fresh herbs
- 3 Tbsp bread crumbs
- fat for deep-frying

Clean vegetables, steam, and chop finely or mince. Sauté the onion in butter and add to vegetables along with eggs and ¼ cup bread crumbs. Season with salt and fresh herbs.

Roll stiff mixture into cylinders, coat with bread crumbs, and fry until golden brown. Drain on paper towels.

Puréeed Peas (Erbsenpüree)

- 1½ cups dried peas
- 2½ cups water
- 1 carrot
- 1 stalk celery
- 1 onion

- 1 tsp salt
- 2 Tbsp butter
- ¼ cup diced bacon
- 1 onion, sliced

Soak peas in water for 12-24 hours. Bring to a boil in same water and cook for 1½ hours. Add whole carrot, celery, and onion and continue cooking for 30 minutes.

Remove carrot, celery, and onion from pot and purée peas. Return peas to pot, add salt and butter and reheat. Fry bacon and sliced onion. Place peas in serving bowl, garnish with onion and bacon mixture and serve. Good with pork roast and sauerkraut.

Caraway Potatoes (Backofenkartoffeln)

- 2¼ lbs small new potatoes
- 2 Tbsp caraway seeds
- 1 tsp salt
- 2 Tbsp melted butter

Scrub, but do not peel potatoes. Cut them in half. Combine caraway seeds and salt in a saucer. Dip cut edge of potatoes in caraway and salt mixture and place cut edge down on a greased baking sheet. Brush with melted butter and bake at 325 degrees for 30-40 minutes or until tender.

Sautéed Potatoes (Butterkartoffeln)

- 2½ lbs small new potatoes
- 4 Tbsp butter
- 1 tsp salt
- sugar

Scrub potatoes, but do not peel. Boil until tender, about 20 minutes. Remove from pot, rinse with cold water, and peel immediately. Melt butter in frying pan. Add peeled potatoes and salt.

Turn potatoes frequently to ensure even browning. Sprinkle with a trace of sugar when done. Serve with bratwurst or curly kale.

Boiled Potatoes (Geschmeltzte Kartoffeln)

- 1½ lbs potatoes
- 2 Tbsp butter
- ½ cup bread crumbs

Scrub, peel, and quarter potatoes. Boil until tender. Fry crumbs in butter until golden brown. Drain potatoes when done and return pot to hot burner for about 1 minute to let excess moisture steam off. Place potatoes in serving bowl. Pour crumbs over top and serve.

Potatoes, Curds and Oil (Pellkartoffeln, Quarq und Leinöl)

- 2½ lbs potatoes
- 1 lb large curd cottage cheese
- 2 Tbsp chives
- 4 Tbsp vegetable oil

Scrub potatoes, but do not peel. Boil until tender, about 20 minutes. Combine cottage cheese and chives in a serving bowl. Remove potatoes from pan, rinse under cold water, and peel immediately. Place in a separate serving bowl. Pour oil over potatoes and serve with cottage cheese.

Potato Ring (Kartoffelring)

- 1½ pounds potatoes
- ¼ cup butter
- 3 eggs, separated
- 1 teaspoon salt
- 1 teaspoon ground nutmeg

Scrub and peel potatoes; boil until tender. Drain. Rub through a sieve or purée while hot. Set aside to cool. Cream butter in a bowl. Gradually blend in egg yolks. Stir in the cooled potatoes, salt, and nutmeg.

Beat egg whites until stiff and fold into potato mixture. Put in greased tube pan and bake at 325 degrees for 30-40 minutes. Reverse pan onto serving tray to remove ring. Center of ring may be filled with stew or steamed vegetables.

Potato Croquettes (Kroketten)

1½ lbs potatoes
2 Tbsp butter
2 eggs, divided
1 cup flour
1 tsp salt
1 tsp ground nutmeg
½ cup bread crumbs
fat for deep frying

Scrub and peel potatoes. Boil until tender. Drain and purée immediately. Cool. Cream butter in a mixing bowl. Gradually add 1 egg, potatoes, flour, salt, and nutmeg.

Shape the stiff mixture into cylinders about 2 inches long, dip into 1 slightly beaten egg, and coat with bread crumbs. Deep-fat fry at once until golden brown. Serve with a roast and vegetable.

Potato Pancakes #1 (Kartoffelpuffer)

[In Southern Germany, potato pancakes are known as “Reibekuchen”.]

2¼ lbs potatoes
1 egg
1 onion, grated
2 Tbsp flour
1 tsp salt
2 Tbsp oil

Peel and finely grate the raw potatoes. Drain off any liquid in potatoes after grating. Add egg, onion, flour, and salt. If mixture seems too moist, add more flour. Heat oil in a skillet.

Drop 3 or 4 spoonfuls of potato mixture into skillet at a time, pressing each down firmly with a spatula to form a pancake. Fry on both sides until golden brown. Serve immediately with applesauce and cinnamon.

Potato Pancakes #2 with Rosy Applesauce (Kartoffelpuffer mit rosa Apfelmus)

[Carol Schuerer Zuber, East Amana, Iowa]

Rosy Applesauce:

3 pounds McIntosh apples or other tart red apples
½ cup cold water
¾ cup sugar

Potato Pancakes:

3 large potatoes, pref. Idaho, about 2 pounds
1 medium-sized onion
2 eggs
2 tablespoons flour
¾ teaspoon salt

dash nutmeg

dash pepper

salad oil for frying

Rosy Applesauce: Wash the apples; drain well. Cut into quarters and core, but do not peel. In a 3-quart saucepan, combine the apples with the water. Bring to a boil; reduce the heat and simmer, covered, until very soft, about 15 minutes.

Using a medium bowl, put the apples and the cooking liquid through a food mill, or press the apples through a colander, in order to remove the skins. (Unpeeled apples will impart a faint pink tint to the applesauce, and the peel also adds flavor.) Add the sugar; return to the same saucepan. Stir over medium heat until the sugar is dissolved, about 5 minutes. Turn into a serving bowl. Serve slightly warm, or refrigerate, covered.

Potato Pancakes: Wash and pare the potatoes. Grate the potatoes on a coarse grater into a large bowl filled with ice water. (This keeps the grated potatoes from turning brown.) Let stand 15 minutes.

Grate the onion; measure $\frac{1}{2}$ cup. In a medium bowl beat the eggs with a wire whisk. Add the grated onion, flour, salt, nutmeg, and pepper. Mix well.

Drain the potatoes; pat dry with a clean dish towel. Measure about 4 cups. Add to the egg mixture and mix well. In a large, heavy skillet slowly heat the oil, $\frac{1}{8}$ inch deep, until very hot but not smoking.

For each pancake drop about $\frac{1}{4}$ cup of the potato mixture into the hot fat. Do not crowd in the skillet (make two or three at a time). With a spatula, flatten the pancakes against the bottom of the skillet to make each of them about 4 inches in diameter.

Fry 2 or 3 minutes on each side, or until crisp and golden brown in color. Drain well on paper towels.

Serve hot with applesauce or sour cream. Makes about 12 pancakes.

Westphalian Potato Pancakes with Smoked

Salmon and Chive Sour Cream

1 pound Idaho potatoes

1 small onion

2 eggs

3 tablespoons all-purpose flour

$\frac{1}{2}$ cup chive sour cream sauce:

Coarse salt to taste

Vegetable oil for frying

4 slices smoked salmon

Combine $\frac{1}{2}$ cup sour cream, 1 bundle finely chopped chives, coarse salt and freshly-ground black pepper (to taste) and juice from one lemon.

Wash, peel and rinse potatoes and peel the onions. Grate potatoes and onions and stir in the eggs and flour.

Heat oil in frying pan and, using a tablespoon, place portions of the mixture into the hot oil. Flatten and fry until golden brown and crisp on both sides.

Place a potato pancake on plate, put a slice of smoked salmon on top and then cover with another potato pancake. Drizzle with a spoonful of chive sour cream sauce. (4 Servings.)

Nudel Gratin (German Macaroni and Cheese)

[Epcot's Sommerfest und Biergarten Restaurant]

2 cups heavy cream (light cream or half heavy cream and half milk, if desired)

2 eggs

$\frac{1}{4}$ teaspoon salt

Pinch ground white pepper

Pinch nutmeg

4 ounces Swiss cheese, shredded

4 ounces white cheddar cheese, shredded

1 pound cooked elbow macaroni

Variation:

½ cup each diced onions and ham can be added to turn this into Schinkennudeln (Pasta Gratin with Ham & Cheese)

Preheat oven to 375F and spray a 16×9-inch baking dish with nonstick spray. Combine cream, eggs, salt, pepper, and nutmeg in a large bowl, whisking to combine. Toss cheeses until combined. Remove 1 cup of cheese and set aside. Stir remaining cheeses into mixture.

Cook macaroni until just tender. Do not over cook. Drain and add cheese sauce, stirring immediately. Pour mixture into prepared baking dish. Cover with foil. Bake 30 minutes.

Remove foil, and sprinkle reserved cheese over top of noodles. Bake an additional 15 minutes. Allow to cool 10 minutes before cutting into squares, serve while warm. Makes 8 to 10 Servings.

To make it a full meal, add a serving of Currywurst, a very popular and delicious sausage. At Epcot, it is served with Paprika chips, while in Germany, it is conventionally served with pommes frites (french fries) or brotchen (german hard roll).

Some people confuse this with Spaetzle, which uses a different noodle, which can be substituted, if desired.

Potato Dumplings (Semmelknödel)

[Bill Zuber's Restaurant, Homestead, Iowa, Amana Colonies]

4 cups boiled, riced potatoes

½ cup flour

½ tsp salt

¼ tsp pepper

4 slices white bread, cubed

1 large onion, finely chopped

3 Tbsp butter

2 eggs

⅓ cup minced parsley

2 Tbsp butter

¾ cup dry white bread crumbs

Combine riced potatoes, flour, salt, and pepper. Brown cubed bread and onion in butter until onions are transparent.

Add to potato mixture along with eggs and parsley. Mix and shape into golf ball-sized dumplings. Place in pot of boiling water or stock. Do not crowd. Cook 5-7 minutes until dumplings float to top. Drain and keep warm. Fry bread crumbs in butter until crisp. Spoon over dumplings before serving.

Thuringian Dumplings (Rohe Kartoffelklöße)

3 lbs potatoes

1 cup milk

1 tsp salt

¼ cup butter

1½ cups semolina flour

½ cup bread crumbs

Peel and grate potatoes into a bowl of water. Wrap them in a cheesecloth and squeeze out as much liquid as possible. In a sauce pan bring milk, salt, and butter to a boil. Add semolina, stirring constantly until a solid mass has formed. Continue cooking for about 1 minute, then remove from heat and stir in dry potatoes.

Dust hands with flour and shape mixture into 3-inch dumplings. Coat each dumpling with bread crumbs and drop into salted, boiling water. Simmer until dumplings float to top, about 12-15 min-

utes. Serve with Sauerbraten, game, or any roast.

Braised Sauerkraut (Geschmortes Sauerkraut)

- 3 slices smoked bacon
- 1 chopped onion
- 3 cups sauerkraut
- 2 medium-sized apples, peeled & chopped
- 6 to 8 juniper berries, optional
- 1 teaspoon sugar, optional
- 2 bay leaves
- 1 or more smoked ham hocks, optional
- 1 to 1½ cups white wine, preferably Riesling
- 1 cup chicken stock
- 1 large potato, peeled and grated
- salt and freshly ground pepper to taste

In a large skillet cook the bacon until the fat is transparent, then add the onion and cook until it is soft and glossy. Wash the sauerkraut carefully and drain. Add it to the skillet, along with the apples, juniper berries, and sugar, if used. Add the bay leaves, ham hocks, 1 cup wine, and the stock.

Cover and simmer for 1 hour. Add the potato and continue simmering 30-40 minutes. Stir occasionally and add more wine if needed. Season with salt and pepper as desired. Serve hot. Serves 4 to 6.

Note: Braised sauerkraut tastes particularly good with beef sandwiches. This sauerkraut will actually taste better with reheating, so you may want to make a double batch.

Savoy Cabbage (Wirsing)

- 1 head savoy cabbage, 1 to 1½ pounds
- 2 tablespoons butter
- 8 slices bacon, diced
- ½ teaspoon salt
- ½ teaspoon paprika
- ¼ teaspoon curry
- ¾ cup sour cream

Cut the cabbage into quarters; cut out and discard the core. Wash thoroughly. Cook in salted water over low heat for 20 minutes. Drain. Chop coarsely or shred.

In a large skillet melt the butter and sauté the bacon until golden brown. Add the chopped cabbage, stirring well. Add the spices and cook for 2-3 minutes, until well-heated. Just before removing from the heat, stir in the sour cream. Serves 4. Good with poultry and boiled potatoes.

Baked Cauliflower (Blumenkohlaufauf)

- 1 medium-sized head cauliflower, about 2 pounds
- 8 ounces uncooked elbow macaroni
- 4 tablespoons softened butter or margarine, divided
- 6 ounces cooked ham, cubed
- 3 eggs
- ⅓ cup milk
- salt and pepper to taste
- grated cheese to taste

Trim off the leaves and the core of the cauliflower and remove any discolored parts. Place the cauliflower in a large pan filled with salted water and soak for 10 minutes, then drain. Divide the cauliflower head into flowerets and boil in ½ cup of wa-

ter until tender, about 10-15 minutes. Meanwhile, boil the macaroni according to package directions, about 10-12 minutes, until just tender. Drain.

Preheat oven to 350 degrees. Grease the bottom and sides of a casserole dish with some of the butter or margarine. Layer the cauliflower, cooked macaroni, and cubed ham; repeat once or twice, finishing with a layer of the cauliflower.

In a small mixing bowl, beat the eggs and the milk; season to taste. Pour the egg mixture over the top cauliflower layer and sprinkle with the grated cheese. Dot with the remaining butter and bake for 30-40 minutes. Serves 4.

Brussels Sprouts in Cheese Sauce (Rosenkohl mit Käsesoße)

- 2 pounds Brussels sprouts
- 3 tablespoons butter
- 3 tablespoons flour
- $\frac{3}{4}$ cup milk
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{2}$ teaspoon ground nutmeg
- $\frac{1}{2}$ cup shredded semi-hard cheese, preferably Emmentaler

Remove the outer leaves from the Brussels sprouts. Cut off the stems and slash the ends in a crisscross fashion to ensure even cooking.

Fill a large saucepan with 1 inch of water and simmer the Brussels sprouts, uncovered, until tender but still crisp, about 10 minutes. Drain and reserve the cooking liquid.

Place the Brussels sprouts in a casserole dish. Preheat the oven to 400 degrees. In a saucepan, melt the butter and stir in the flour. Cook 3 minutes, stirring constantly. Gradually stir in the milk and some of the reserved cooking liquid until a thick consistency is reached. Season with the salt

and nutmeg. Add the cheese gradually, stirring over low heat until the cheese is melted and the sauce has thickened.

Pour the sauce evenly over the Brussels sprouts and bake for 10 minutes, until the sauce is lightly browned. Serve immediately. Serves 4.

Glazed Turnips (Teltower Rübchen)

- 2 pounds small turnips
- 3 tablespoons butter
- 1 tablespoon sugar
- 2 tablespoons flour
- salt and pepper
- $\frac{1}{4}$ teaspoon paprika

Cut the tops off the turnips and scrape them clean. Boil 10-15 minutes in salted water. Drain and reserve the cooking liquid. In the same pan, melt the butter and add the sugar, stirring until brown.

Add the turnips, stirring until they are covered with the butter mixture. Sprinkle the flour over the turnips. Add the reserved cooking liquid and more water, if necessary. Cover and simmer about 30 minutes, or until tender.

Season with the salt, pepper, and paprika. Good with lamb or pork roasts. Serves 6.

Onion Cake (Zwiebelkuchen)

[Carol Schuerer Zuber, East Amana, Iowa]

- 6 large onions, slivered
- 1 tablespoon butter
- salt and pepper to taste
- 1 egg, beaten
- 1 pound package frozen bread dough
- $\frac{1}{2}$ pound bacon, cooked and crumbled

Sauté the onion in the butter until just limp. Season with salt and pepper. Cool and mix in the egg. Press the bread dough into the bottom of a 9-inch-square baking dish. Pour the onion mixture over the dough and sprinkle with bacon. Bake at 400 degrees for 30 minutes. Serve warm. Serves 6.

Pickled and Fermented Cabbage (Sauerkraut)

Sauerkraut is a naturally fermented cabbage and is very easy to make. A process called lacto-fermentation has been used for centuries in Germany to preserve seasonal vegetables. Natural fermentation is one of the oldest means of food preservation that inhibits the growth of harmful bacteria, reducing the risk of food-borne illness and food spoilage.

The process is very reliable and safe. It requires no special equipment and produces consistent results. The process simply combines shredded cabbage with some salt and packs it into a container. A crock pot is great for large batches, but a mason jar will do fine for small batches.

Adding salt to shredded cabbage releases natural juices that contain sugars that become the food source for the bacterial fermentation. Beneficial bacteria present on the surface of the cabbage leaves convert these sugars into lactic acid in the naturally-occurring brine (salt) solution.

Submerged in this liquid for a period of several days or weeks, the cabbage slowly ferments into the crunchy, sour condiment we know and love as sauerkraut.

The minimum time needed is about two to three days, though the kraut will continue to ferment and become tastier for many days thereafter. The best rule of thumb is to keep tasting the kraut and refrigerate when it tastes good to you.

The sauerkraut is safe to eat at every stage of the process, so there is no real minimum or maximum

fermentation time. The fermented sauerkraut can be kept at cellar temperature (around 55°F) for months. Alternatively, you can store the kraut in a refrigerator.

Besides preserving the cabbage and creating a food that is incredibly tasty, it provides additional health benefits, since the fermented sauerkraut contains very healthy probiotics.

Sauerkraut is a low-calorie food, at only 42 calories per cup, and a good source of vitamin C, at 30 mg. per cup. However, it requires a high amount of salt necessary to regulate the fermentation, at about 1,500 mg. sodium per cup. [Note: You can reduce the sodium content — as well as the tartness — by rinsing sauerkraut in cold water before using.]

Salt: Use a non-iodized pickling or canning salt, as iodine will prevent the bacterial fermentation necessary. It is available at most supermarkets. Add between 2.25 percent to 2.5 percent salt by weight.

Cutting: Shred cabbage using a large, sharp knife, a special kraut cutter, or food processor.

Crock or Container: Sauerkraut is prepared entirely in a brining crock. An old-fashioned earthenware crock with a capacity ranging from 2 to 20 gallons is the traditional container. However, an expensive stoneware crock is not required. The required “crock” can be any unchipped enamel pot or large glass jar.

For larger batches, an untinted, 5-gallon plastic food-grade container will hold about 25 pounds of prepared cabbage. Do not use metal containers of any type.

The old adage “A hand in the pot spoils the lot” is completely true. Keep your hands, and any metal object, out of the crock. Use wooden spoons and mashers and glass or crockery for dipping and weighing. Potentiality harmful bacteria on your skin can overtake the beneficial bacteria that will be produced, ruining the batch.

The best and freshest ingredients will yield the best sauerkraut. You can make relish with your old, tough cabbage, but use your young, fresh, tender cabbage for your sauerkraut.

Directions

Remove defective and coarse outer leaves from the cabbage. This will also get rid of residual insecticide spray. Cut away spoiled or damaged spots. Rinse heads lightly in cold water to remove surface dust and visible dirt particles. Drain.

Cut heads into halves or quarters and core. Slice or shred the cabbage so that the shred is as long and thin as possible. If using a food processor, you may not get the fine characteristic shred typical in commercial brands, but it will not affect the fermentation or the final results.

Weigh the cabbage. Place the first 5 pounds in a sterilized pan or bowl. For every 5 pounds of cabbage, sprinkle with 3 tablespoons of the pure canning or pickling salt. Mix well to uniformly distribute the salt. Allow the salted cabbage to stand 5 to 10 minutes to wilt slightly and begin to draw out the natural juices.

Pack the cabbage into a crock or other suitable container. Pound the cabbage firmly with a wooden tamper until juices cover the cabbage. Repeat this procedure layer by layer, until the container is filled to the desired depth and the cabbage is completely covered with 1 to 2 inches of juice. Leave at least 4 to 5 inches between the cabbage and the top of the container.

A water-filled plastic bag is an easy way to both completely cover and weigh down the cabbage. It is important to ensure that it is completely submerged. It is absolutely essential that you cover the cabbage and liquid to exclude air, since the fermentation process requires anaerobic conditions (without oxygen).

Use a non-tinted, heavy-duty, watertight plastic bag intended for food. Clear freezer bags sold for packaging turkeys are suitable for use with 5-gallon containers. Fill the bag with salted water (6 tablespoons salt in 1 gallon water) to a depth of 3 or 4 inches, allowing the bag to completely cover the cabbage. Tie closed securely.

Place the container of cabbage in a well-ventilated area with a relatively constant temperature. It is desirable maintain the container at room temperature (68 to 72 degrees F) during the first several days to begin production of the acid that will preserve the cabbage.

Kept at room temperature, the kraut should be ready in 3 to 4 weeks. At higher temperatures, fermentation will proceed more rapidly and the kraut will be ready sooner.

Conversely, if kept at temperatures lower than 68 degrees F, fermentation will slow, and may be incomplete if the temperature drops below 60 degrees F. If kept in a garage or basement where the temperature might drop below freezing, fermentation will stop, but it will commence again when the temperature rises into a favorable range.

Check the container daily. During the fermentation, film yeasts or molds may form on the liquid's surface. If they appear, skim them off. If any discoloration appears within the top inch of kraut, remove it. If you are using a cloth covering, rinse or replace it each time you remove scum or spoiled cabbage.

Long-Term Storage

There are four alternatives for storing sauerkraut after fermentation is complete. Canning and freezing are preferable for maintaining the best quality.

Canning

Heat well-fermented sauerkraut and liquid to simmering (185 to 200 degrees F). Do not boil. Pack hot kraut into clean, hot canning jars, and

cover with hot juice, leaving no more than ½-inch headspace from the jar's top. If there is not enough sauerkraut juice to cover all the kraut in the jars, use a boiling hot, weak brine comprised of 2 tablespoons salt for each quart of water. Place a properly pretreated lid on each jar. Pretreat lids according to manufacturer's instructions.

Freezing

Pack sauerkraut and juice in rigid plastic moisture- or vapor-proof freezer containers; in glass freezer jars (leaving 1½ inches headspace for expansion); or in heavy, tightly sealed plastic freezer bags. Freeze.

Refrigerating (Shorter-term storage)

The kraut may also be placed in tightly closed jars or sealed freezer bags and stored in the refrigerator for as long as several months.

Leaving in the Crock (Shorter-term storage)

If you have a cool basement, garage or other storage area, the sauerkraut may be kept in the crock indefinitely as long as the top surface is not exposed to air, which may cause spoilage. No refrigeration is required. After removing portions, cover and weigh-down. A small amount of spoilage may appear after each opening, which can be removed upon subsequent openings.

Making Small Amounts

This method is convenient if you make into sauerkraut only a head or two of cabbage at a time. Making small amounts may result in more losses due to spoilage. Use any type of 2-quart standard canning jar that is free from nicks, chips or cracks. Sterilize the jar, lid and other utensils to be used in packing the kraut by placing in boiling water for 10 minutes.

Select and prepare cabbage as directed in the instructions for making a larger batch of sauerkraut. Shred the cabbage into a sterilized pan or bowl. A

2-quart jar will hold about 3-1/3 pounds of shredded cabbage.

To this amount, add 2 tablespoons plus 1 teaspoon canning or pickling salt. Thoroughly mix salt into the cabbage. Allow the salted cabbage to stand for 5 to 10 minutes to wilt somewhat and begin to draw out juices.

Pack the cabbage firmly into the jar, filling it to the top. Press down firmly until juice runs out of the cabbage and covers it completely. Put the sterilized lid on the jar just tightly enough to keep out air. Set the jar on a tray or in a pan to collect juice that may leak out during active fermentation. Keep the jar at room temperature (68 to 72 degrees F) until the bubbling stops. This will usually take 2 to 3 weeks.

Note: Do not pour the juice that bubbles out back into the jar. When the bubbling stops, check to be sure that there is still enough liquid to cover the kraut. If there is not, replace the juice that has bubbled out with a boiling hot, weak brine comprised of 2 tablespoons salt per quart of water. Re-tighten the cover securely, wipe the outside of the jar, and store in the refrigerator or a very cool place until you use it up.

When ready to eat, to maximize the flavors, heat sauerkraut thoroughly. An interesting and mellow alternative is to add a little brown sugar, chopped apple and onion, and simmer slowly. Rinsing kraut with water before using will produce a milder flavor and also remove some of the salt.

Sauerkraut can be used in appetizers, dips, soups, relishes, salads, entrées, and even desserts. It is also a good vegetable companion for corned beef, spare-ribs, frankfurters, sausages, pork hocks, poultry, or game.

A newer way to use kraut is as a sauce, dip, or potato topping. Puréed sauerkraut, called kolé, is mixed in equal amounts with plain yogurt or with mayonnaise. To make a flavorful topping for

baked potatoes or a dip for chips and vegetables, add herbs, chili sauce, hot taco or pepper sauce, chopped meats or seafood such as clams. If the flavor seems too acidic, smooth it out with a pinch

of baking soda. Yogurt kolé is a low-calorie taste treat, perfect for people trying to reduce or control their weight.

Pastries, Cakes and Desserts

Berlin Doughnuts (Berliner Pfannkuchen)

1 package dry yeast
5 cups flour
1 cup sugar
1½ cups milk, divided
⅓ cup butter, melted
2 eggs
1 tsp salt
apricot or plumb jam
fat for deep frying
powdered sugar

Dissolve yeast in ¼ cup warm milk. Combine flour, yeast, sugar, milk, melted butter, eggs, and salt in a large mixing bowl. Beat at medium speed for 4 minutes. Cover and let rise until doubled in size. Roll dough out to ¼ inch thickness. Cut out round circles with a glass or a cookie cutter. Place 1 teaspoon jam on every other round and cover it with another round, pinching edges together. Allow to rise again. Deep fat fry doughnuts until golden brown. Remove and place on paper towels to drain. Dust with powdered sugar when cool.

Bavarian Sweet Rolls (Rohrnodeln)

1 package dry yeast
5 Tbsp sugar, divided
½ cup warm milk
5 cups flour
2 eggs
1 jigger rum
½ cup butter, melted

Dissolve yeast and 1 tablespoon sugar in warm milk and set aside. Blend flour, 4 tablespoons sugar, eggs, rum, and yeast mixture in a mixing bowl and beat for 3 minutes.

Cover and let rise until doubled. Punch dough down.

Dip a tablespoon into melted butter; scoop up spoonfuls of dough and arrange them in close rows in a greased glass baking dish. Brush top and sides of each roll with melted butter as you go along. Bake at 325 degrees for 30 minutes. Serve hot. Good with vanilla sauce or stewed plums.

German French Toast (Arme Ritter)

5 hard rolls
2 egg yolks
1 Tbsp sugar
1 tsp salt
1 cup milk
2 eggs, slightly beaten
5 Tbsp bread crumbs
2 Tbsp butter
cinnamon and sugar

Cut rolls in half and place them on a plate. Combine egg yolks, sugar, salt, and milk and pour over buns evenly. Allow rolls to soak until liquid is absorbed. They should not become soggy and break! Dip buns in beaten eggs and coat with bread crumbs. Fry in hot butter on both sides until golden brown. Sprinkle with cinnamon and sugar and serve hot.

Oma's Apple Dumplings (Apfelklösse)

[Bill Zuber's Restaurant, Homestead, Iowa, Amana Colonies]

3 Tbsp cold butter
4 cups flour, sifted
1 egg, beaten
1 cup sour cream
1 tsp salt
1 Tbsp sugar
1 tsp flour
1 tsp baking soda
1 Tbsp water
20 apples, peeled and cored
sugar
cinnamon
butter
¼ cup boiling water

Cut butter into flour. Mix egg, sour cream, salt, and sugar. Add 1 teaspoon flour. Dissolve soda in 1 tablespoon water and mix ingredients together. Handling very lightly and as little as possible, roll dough into 2 sheets as for pie crust. Cut into 6-7 inch squares. Make about 20 squares in all.

Put 1 apple on top of each square. Sprinkle sugar, dash of cinnamon, and a dab of butter over each apple. Fold corners of squares over apple, pinch to secure, and place in a greased baking dish. Sprinkle with more sugar and cinnamon, and dab with butter.

Place ¼ cup boiling water in bottom of dish and bake at 375 degrees until apples are soft and dumplings are golden brown. Serve with sweet cream.

Funnel Cakes (Drechter Kucha)

[Pennsylvania Dutch Folk Culture Society, Lenhartsville, Pennsylvania. The Pennsylvania Dutch Folk Culture Society fosters the preservation of the culture, home life, dialect, and ancestry of the Pennsylvania German people.]

3 eggs
1 quart milk
3 teaspoons baking powder
flour (see directions)
vegetable oil
powdered sugar

Combine eggs, milk, and baking powder in a bowl. Add enough flour so batter will run through a funnel. If it is too thick and will not flow well, add more milk. If it runs through too fast, add more flour.

Pour enough oil in a frying pan to cover bottom and heat. The temperature of the oil is critical for successful frying. Dip a fork into batter and then hold it in oil. If it sizzles, the oil is hot enough.

Pour thin stream of batter into oil in a spiral motion, beginning in middle and moving out. Fry cake until brown on one side, then flip it over and brown the other side. Remove and sprinkle with powdered sugar. Best when eaten immediately.

Note: Cover bottom opening of funnel with finger when filling; remove finger to release batter into hot oil. Try other shapes: initials, numbers, seasonal, etc.

Westphalian Bread Pudding

6 slices dry pumpernickel
1 cup hot milk
4 eggs, separated
4 Tbsp sugar
2 ounces chocolate, grated
1 tsp cinnamon
1 jigger rum
3 Tbsp lemon juice
½ cup chopped nuts
⅓ cup raisins

Crumble pumpernickel into a mixing bowl. Pour hot milk over pumpernickel and let stand for 1 hour. Add remaining ingredients except for egg whites and mix thoroughly. Beat egg whites until stiff and fold into pudding mixture. Grease and flour a large baking dish and fill it with pudding mixture. Cover and set in a larger pan of boiling water in oven. Bake at 350 degrees for 1 hour. Reverse dish onto serving plate to remove pudding and serve with applesauce or hot vanilla or chocolate sauce.

Apples in a Blanket (Äpfel im Schlafrock)

2½ cups flour
⅓ cup sugar
½ cup butter
1 tsp salt
½ tsp baking powder
4 tart apples
1 jigger rum
sugar
4 Tbsp currant or raspberry jam
2 egg yolks, slightly beaten

Combine flour, sugar, butter, salt, and baking powder in a mixing bowl to make dough. Chill. Peel and core apples. Pour some rum and sugar into core cavity of each apple and set aside for 2 hours.

Roll out dough and cut into 4 squares large enough to wrap around apples. Place apple in center of each square. Spoon 1 Tbsp jam in core cavity of each apple. Pull corners of dough up and around apple, covering it completely. Brush with egg yolk and bake in a greased baking dish at 350 degrees for 30 minutes. Serve with warm vanilla sauce.

Vanilla Sauce (Vanillesauce)

- 1½ cups milk
- 2 tsp vanilla extract
- 2 Tbsp sugar
- 2 egg yolks
- ½ tsp corn starch

Heat milk and vanilla in top of double boiler. Set aside to cool. Blend sugar, egg yolks, and corn starch until smooth. Add to milk, stirring until thoroughly blended.

Return to stove and cook in double boiler over moderate heat, stirring constantly until thickened. Serve hot or cold with puddings, yeast breads, or over fresh fruit.

Plum Cake (Zwetschkuchen)

- 3¾ cups flour
- 1 tsp baking powder
- 2 eggs
- 1¾ cups sugar, divided
- ¾ cup butter
- 3½ lbs fresh damson plums

Sift flour and baking powder onto a large board or clean counter top. Make a hollow in the middle. Crack eggs into hollow, add ¾ cup sugar and stir. Scatter dots of butter over flour and knead all ingredients together until dough is smooth and soft. Refrigerate for 30 minutes.

Wash and pit plums, slitting them in half so that they lay flat, yet are still connected. Roll dough out onto greased jellyroll pan. Cover dough with overlapping rows of plums. Sprinkle with ½ cup sugar and bake at 350 degrees for 30 minutes. Remove from oven and sprinkle with remaining ½ cup sugar. Serve with whipped cream.

Blackberry Cake (Brombeerkuchen)

[Brick Haus Restaurant, Amana, Iowa]

- 3 cups flour
- 2 cups sugar
- 1 tsp salt
- 1 tsp ground nutmeg
- 1 tsp cinnamon
- 1 tsp ground cloves
- 3 eggs, beaten
- 1 cup butter, melted
- 1 cup buttermilk
- 1½ cups fresh blackberries
- 1 Tbsp baking soda
- ½ cup chopped pecans or walnuts
- ½ cup raisins

Combine flour, sugar, salt, nutmeg, cinnamon, and cloves in a large mixing bowl. Add eggs, butter, buttermilk, and blackberries. Beat for 1 minute at medium speed. Stir in baking soda, pecans, and raisins. Spoon batter into a greased and floured 10-inch tube pan. Bake at 350 degrees for 55-60 minutes, or until cake tests done.

Moravian Sugar Cake

[*German-American Folklore*]

2 cakes yeast
1 cup lukewarm water
1 cup hot mashed potatoes
1 cup sugar
1 cup butter, melted
2 eggs
1 Tbsp salt
flour (see directions)
butter
1 lb brown sugar
cinnamon

About 7 p.m. dissolve yeast in lukewarm water and let for 5 minutes. In a large mixing bowl, combine mashed potatoes, yeast mixture, sugar, melted butter, eggs, salt, and enough flour to make a stiff dough. Dough should pull off spoon, leaving it almost clean. Cover and let rise overnight.

Next morning put in 8 x 8-inch pans, spreading dough to about $\frac{3}{4}$ inch thick. Let rise again, about $1\frac{1}{2}$ hours, or until puffy. With thumb, make rows of holes about 2-inches apart. Fill holes with butter and some brown sugar. Sprinkle cake with cinnamon. Bake at 400 degrees for 15-20 minutes.

Fruitcake (Obstukuchen)

[Bill Zuber's Restaurant, Homestead, Iowa, Amana Colonies]

1 cup milk
 $1\frac{1}{2}$ cups sugar, divided
1 Tbsp salt
1 cake compressed yeast
1 cup lukewarm water
6 cups sifted flour
6 Tbsp shortening, melted
3 Tbsp butter, melted
2 cups sliced fruit (apples, rhubarb, pitted cherries, or sliced peaches)
2 Tbsp flour
1 egg, beaten
2 Tbsp cream

Scald milk, $\frac{1}{2}$ cup sugar, and salt together. Cool until lukewarm. Dissolve yeast in lukewarm water and add to cooled milk. Add 3 cups of flour and beat until smooth. Add melted shortening and remaining flour. Knead well.

Place in greased bowl, cover, and let rise until double in bulk, about 3 hours. This makes enough dough for 5 9-inch cakes. Store extra dough in refrigerator.

Roll out $\frac{1}{5}$ of quantity and place in a greased 9-inch pie plate; make a high rim of dough around outside. Brush with butter and sprinkle with $\frac{1}{4}$ cup sugar. Let rise. Press prepared fruit close together into dough. Sprinkle remaining $\frac{3}{4}$ cup of sugar and flour over fruit.

Before baking, combine beaten egg and cream and spoon over fruit. Cover cake with a pan and bake for 10 minutes at 425 degrees, then remove pan from top and continue baking at same temperature for another 25 minutes.

Rhubarb Cream Pie (Rhabarberkuchen)

[The Kalona Heritage: Amish and Mennonite Culture (Iowa)]

- 1 unbaked 9-inch pie shell
- rhubarb, sliced
- ½ cup cream
- ½ cup water
- 2 eggs, separated
- 1 cup sugar
- 2 Tbsp flour

Put rhubarb in pie shell. Mix cream, water, egg yolks, sugar, and flour. Pour over rhubarb. Bake at 375 degrees until custard-like. Beat egg whites to a stiff peak, slowly adding sugar while beating, and spread on top of pie. Return to oven until browned on top. This pie cannot be frozen or reheated.

Rhubarb Custard Pie

[Ox Yoke Inn, Amana, Iowa]

- 3½ cups chopped rhubarb
- 1½ cups sugar
- 3 eggs, lightly beaten
- ¼ cup half-and-half
- 2 tablespoons flour, divided
- ⅛ teaspoon salt
- 1 (9-inch) unbaked pie shell

Combine the first six ingredients (use 1 tablespoon flour). Sprinkle the second tablespoon of flour over bottom of crust. Pour the rhubarb mixture into the crust. Bake at 375 degrees for 30 minutes; reduce heat to 350 degrees and bake another 25 minutes. Top with a meringue (see recipe, following) and bake for 10-15 minutes.

[The Ox Yoke Inn's meringue recipe is kept se-

cret. Here is a standard meringue topping recipe.]

Meringue Topping:

- 2 egg whites
- ¼ teaspoon cream of tartar
- 3 tablespoons sugar
- ½ teaspoon vanilla

Beat the egg whites until frothy. Add the cream of tartar and beat until stiff but not dry. Beat in the sugar 1 tablespoon at a time, just until incorporated. Beat in vanilla. Top the pie and bake at 350 degrees for 10-15 minutes.

Zuber's Rhubarb Pie

[Bill Zuber's Restaurant, Homestead, Iowa, Amana Colonies]

"Our rhubarb pie is a double-crust pie," Elaine Zuber advises. "If you make it at home, use a basic pie crust recipe."

- Pie crust for a double-crust pie
- 4 heaping cups fresh or frozen rhubarb
- 2 cups sugar
- ⅓ heaping cup flour
- butter to taste

Prepare a basic pie crust recipe. Prepare the rhubarb and cut into 1-inch long pieces. Mix the rhubarb, sugar, and flour together and pour into the crust. Dot with the butter and add the top crust, sealing the edges. Bake at 350 degrees for 1 hour if you are using fresh fruit; for frozen rhubarb, bake 30 minutes longer.

Rhubarb and Strawberry Custard Pie

[Madeline Schuerer Schulte, The Brick Haus Restaurant, Amana, Iowa]

Pastry for a 2-crust, 9-inch pie
2 cups rhubarb, cut into 1-inch pieces
2 cups strawberries, quartered
1¼ cups sugar
3 tablespoons flour
½ teaspoon nutmeg
1 tablespoon butter
2 eggs, lightly beaten

Line a 9-inch pie plate with ⅔ of the pastry. Preheat oven to 400 degrees. Combine rhubarb and strawberries and place in the pastry-lined plate. In a bowl, combine sugar, flour, and nutmeg. Cut butter into small pieces and add to the sugar mixture. Add eggs and mix well.

Pour sugar-egg mixture over the fruit. Roll out the remaining pastry and place over the pie. With a fork, pierce the center of the top crust. Place pie in oven. Reduce heat to 350 degrees and bake about 35 minutes or until pastry is done and rhubarb is tender.

Frankfurt Tube Cake (Frankfurter Kranz)

Cake:

⅔ cup butter
¾ cup sugar
5 eggs
1¼ cups flour
¾ cup corn meal
1 tsp baking powder
2 Tbsp rum
1 Tbsp lemon juice

Filling:

1 ⅞ cups butter
2 cups powdered sugar
3 egg yolks
1 tsp vanilla extract
Topping:
2 tsp butter
½ cup chopped almonds
2 Tbsp sugar

Cake: Cream butter in a large mixing bowl. Add sugar and eggs. Beat until light. Stir in flour, corn meal, baking powder, rum, and lemon juice until well blended. Grease and flour a 10-inch tube pan. Pour in batter and bake at 350 degrees for 45 minutes. Cool slightly before removing from pan.

Filling: Cream butter and blend in remaining ingredients until creamy.

Topping: In butter and sugar, brown almonds until golden.

To assemble: Slice cake in half cross-wise. Spread filling on bottom layer and cover with top layer. Ice top and sides of cake with filling and sprinkle with topping.

Black Forest Cherry Cake #1
(Schwarzwälder Kirschtorte)

Cake:

10 eggs, separated
1 cup sugar
2 tsp vanilla extract
3 Tbsp rum
 $\frac{2}{3}$ cup unsweetened cocoa
 $1\frac{1}{2}$ cups flour

Fillings:

1 large can cherry-pie filling
5 Tbsp Kirschwasser (cherry brandy)
1 quart light whipping cream
3 Tbsp powdered sugar
1 tsp vanilla extract
10-15 maraschino cherries
2 ounce chocolate, grated

Cake: Beat egg whites in a large mixing bowl until stiff. Gradually add sugar, vanilla, and rum. Beat egg yolks in 1 at a time. Sift flour and cocoa together and gradually fold into batter. Pour into 2 greased 10-inch springforms or 4 greased 9-inch round cake pans. Preheat oven to 400 degrees and bake for 15-25 minutes or until cake tests done. Cook 5 minutes before removing from pans. Cut cakes into 2 layers horizontally if springforms are used.

Fillings: Stir cherry-pie filling and Kirschwasser together. Whip cream in a large mixing bowl, adding powdered sugar and vanilla just before stiff peaks form.

To assemble: Place 1 cake layer on cake tray. Spread with $\frac{1}{2}$ -inch layer of whipped cream mixture. Top with second cake layer. Spread with all of cherry-pie filling.

Top with third cake layer and again spread with whipped cream mixture. Place final layer on cake and spread remaining whipped cream on top and sides. Decorate cake with maraschino cherries and grated chocolate. Do not make cake too far in advance, as whipped cream does not hold its shape for very long.

Black Forest Cherry Cake #2
(Schwarzwälder Kirschtorte)

[Irma Parrott, Iowa City, Iowa]

4-ounce package German's sweet chocolate
 $\frac{1}{2}$ cup boiling water
1 cup butter or margarine
2 cups sugar
4 egg yolks
1 teaspoon vanilla
 $2\frac{1}{4}$ cups flour
1 teaspoon baking soda
 $\frac{1}{2}$ teaspoon salt
1 cup buttermilk
4 egg whites, beaten stiff

Filling:

2.16-ounce cans pitted tart red cherries, drained
 $\frac{1}{2}$ cup kirschwasser (cherry brandy), divided
2 cups whipping cream
 $\frac{1}{2}$ cup powdered sugar



Assembly:

- 3 ounces semisweet chocolate, finely grated
- 16 maraschino cherries, drained

In a small saucepan, melt the chocolate in the boiling water. Cool. Cream the butter and sugar until fluffy. Add the egg yolks, one at a time, beating well after each. Blend in the vanilla and melted chocolate. Sift the flour with the baking soda and salt; add alternately with the buttermilk to the chocolate mixture, beating after each addition until smooth. Fold in the beaten egg whites. Pour the batter into three 9-inch layer pans lined with waxed paper on the bottom. Bake at 350° for 30 to 35 minutes. Cool.

Filling: Drain the cherries and cut each in half. Combine the cherries and ⅓ cup kirsch. Let the cherries soak while baking the cake, then drain, reserving the kirsch. With a fork, prick the top of each cooled cake layer and spoon the reserved kirsch over the cake layers.

Whip the cream until almost stiff, add the powdered sugar and remaining kirsch, and continue whipping until stiff. Place one cake layer on a cake plate, spread with ¼ of the whipped cream, and top with half the drained cherries. Repeat, then top with the third layer.

Assembly: Frost the side of the cake with half the remaining whipped cream. Using your hand, gently press the grated chocolate into the cream. Garnish the top of the cake with the remaining

whipped cream and place the maraschino cherries in a circle around the top of the cake. Keep refrigerated but do not cover. Serves 12 to 16.

[Hannelore Bozeman says: “For a variation, you may use raspberries in lieu of the cherries. I use about 3 cups of frozen raspberries from my summer garden. Do not thaw the raspberries completely when assembling the cake; the juice will enhance the flavor of the cake. Do not use frozen or thawed raspberries for garnish. Sprinkle the cake with additional chocolate.”]

Raisin Pie

[*German-American Folklore*]

- 1 cup raisins
- 1½ cups sugar
- ¼ cup flour
- 1 tsp salt
- 2 cups water
- 1 egg, beaten
- 2 Tbsp grated lemon peel
- 3 Tbsp lemon juice
- 1 unbaked pie shell w/dough strips for lattice

Rinse raisins and set aside. Mix sugar, flour, and salt in top of double boiler. Stir in water gradually. Add raisins. Bring to a boil, stirring constantly, and cook for 1 minute. Remove from heat. Stir small amount of this hot mixture into egg and then egg to mixture in double boiler. Cook over simmering water for 5 minutes.

Remove from heat and stir in lemon peel and juice. Cool. Pour into pie shell and cover with lattice strips. Bake at 450 degrees for 10 minutes. Reduce heat to 350 degrees and continue baking for 30 minutes.

Black Walnut Pie

[Brick Haus Restaurant, Amana, Iowa]

- ½ cup butter
- 1 cup firmly packed dark brown sugar
- 1 cup dark corn syrup
- 4 eggs, slightly beaten
- ½ tsp salt
- 1 tsp vanilla extract
- 1 unbaked pie shell
- 1 cup black walnut meats

Cream butter and brown sugar in a mixing bowl. Stir in corn syrup, eggs, salt, and vanilla. Pour mixture into pie shell. Arrange walnuts symmetrically on top and bake at 375 degrees for 40-45 minutes until set.

Grandma's Coffee Cake (Oma's Kuchen)

- 2½ cups milk, divided
- 1 cake compressed yeast
- 1 Tbsp sugar
- 5½ - 6 cups flour
- ½ cup shortening
- 1 cup sugar
- 1 cup raisins
- 1½ tsp salt
- 1 egg, beaten
- sugar and cinnamon

Scald 1½ cups milk. When cool, stir in yeast and 1 tablespoon sugar until dissolved. Add 1½ cups flour to make a soft sponge. Put in warm place until it bubbles, about an hour.

When sponge is ready, melt the shortening. Add remaining milk, sugar, raisins, salt, and egg to

melted shortening. Mix all of it into sponge. Add 4 - 4½ cups flour to make dough stiff enough to handle. Cover and let rise until light. Form into 2 loaves and place in 9 x 6-inch loaf pans. Brush tops with melted butter and sprinkle with sugar and cinnamon. Let rise. Bake at 375 degrees for 25-30 minutes.

Old-Fashioned Fruit Cake (Obstbrot)

- 2 eggs
- 1 lb milk pork sausage
- 2 cups sugar
- 3 cups flour
- 1 tsp baking soda
- 1 cup hot water
- 1 lb dates, pitted and diced
- 1 cup chopped nuts
- 1 jar candied fruit, finely chopped
- 1 tsp cinnamon
- 1 tsp allspice
- ¼ tsp cloves

Combine eggs, sausage, sugar, and flour in a mixing bowl. Dissolve baking soda in hot water and add to sausage mixture. Add remaining ingredients and mix thoroughly. Place dough in greased loaf pan and bake at 350 degrees for 1 hour.

Apple Streusel Pie (Apfelkuchen)

- 3 cups sliced apples
- 9-inch unbaked pie shell
- ½ teaspoon cinnamon

Cream Cheese Filling:

⅔ cup sugar
2 eggs
2 tablespoons soft butter
pinch of salt
1½ teaspoons vanilla
3 ounces softened cream cheese

Streusel Topping:

⅓ cup brown sugar
½ cup flour
2 tablespoons softened butter
½ cup chopped pecans

Place the apples in the unbaked pie shell and sprinkle with the cinnamon.

Filling: Cream the sugar, eggs, and butter for 2 minutes. Add the salt, vanilla, and cream cheese. Blend just until smooth and pour over the apples.

Streusel Topping: Mix together the brown sugar, flour, butter, and pecans, and spread the mixture on top of the pie. Bake at 375 degrees for 45 minutes, then at 350 degrees for 15 minutes.

Shoofly Pie

This is a favorite item with visitors of Strasburg, Pennsylvania, and has been popular with natives of Pennsylvania Dutch country for years. It is both delicious and inexpensive to make, thus satisfying 2 basic needs of Pennsylvania Germans: the love of good cooking and the desire for frugality.

unbaked 9-inch pie shell
1 cup dark sorghum
⅓ cup hot water
½ tsp cinnamon
¼ cup butter

½ cup brown sugar
½ tsp baking soda
1 cup flour

Mix sorghum and hot water. Pour into pie shell. Combine remaining ingredients in a separate bowl and crumble over top of pie. Bake at 375 degrees for 15 minutes. Reduce heat to 350 degrees and bake for 45 minutes.

Nut Pudding (Nusscreme)

1½ Tbsp or sheets gelatin
½ cup water, divided
½ cup sugar
1 tsp vanilla extract
2 tsp rum
1 pint heavy cream
1 cup ground nuts

Soak gelatin in ¼ cup cold water in sauce pan. Add remaining ¼ cup water, sugar, vanilla, and rum and stir over low heat until dissolved. Refrigerate for 20 minutes. Whip cream until really stiff. Carefully fold in nuts. Then fold whipped cream mixture into gelatin. Refrigerate until set. Garnish with whole nuts and additional whipped cream.

Red Fruit Pudding (Rote Grütze)

2 lbs red fruit (raspberries, currants, cherries, strawberries, rhubarb)
2 cups water
1 cup red wine
2 Tbsp honey
1 Tbsp lemon juice
¼ cup port wine or sherry
¼ cup corn starch

Use any combination of fruits listed above. Wash fruit, pit cherries, and cut rhubarb into inch-long pieces. Place fruit in a sauce pan. Stir in water, wine, honey, and lemon juice. Cook over low heat until fruit is tender. Mix port or sherry and corn starch. Add to fruit mixture, stirring constantly until thickened and clear. Pour into serving dishes and chill. Serve with whipped cream or vanilla sauce.

Bavarian Cream (Bayerische Creme)

- 1½ cups whipping cream, divided
- 1 Tbsp unflavored gelatin
- 2 eggs, separated
- ¼ cup sugar
- ½ tsp vanilla extract

Combine ½ cup cream and gelatin in a sauce pan. Let stand 5 minutes. Add additional ½ cup cream and stir over low heat until gelatin dissolves. In a separate bowl, combine egg yolks, sugar, and vanilla. Stir in gelatin mixture and refrigerate until set, about 15 minutes. Beat egg whites until stiff. In a separate bowl, whip remaining ½ cup cream. Fold stiff egg whites first, then whipped cream into gelatin mixture. Pour into serving dish or mold and refrigerate for 3-4 hours. Garnish with fruit and whipped cream.

Rice Pudding (Reisauflauf)

[The Christmas Room, Amana, Iowa]

- ½ cup uncooked rice
- 1 ½ cups milk
- ¼ cup sugar
- 2 Tbsp butter
- 4 eggs, separated

Combine rice, milk, and sugar in top of double boiler. Cook until rice is done and all milk has been absorbed. Cool to room temperature. Cream egg yolks and butter. Add to cooled rice. Beat egg whites until stiff and fold into rice until just blended. Pour into a greased 1½ quart baking dish and bake at 300 degrees for 1 hour. Serve with fruit or as is.

Raspberry Snow (Himbeerschnee)

- 1 quart fresh raspberries
- ½ cup sugar
- 2 Tbsp white wine
- 2 egg whites

Reserve 8 to 10 raspberries for garnish. Puree remaining raspberries or rub through a sieve. Add sugar and wine, stirring well. Beat egg whites until stiff and fold into raspberry mixture. Pour into serving dish and freeze until firm. Garnish with whole raspberries and serve with whipped cream.

Elisabeth's Strawberries (Erdbeeren Elisabeth)

- ¼ quart strawberries
- ½ cup sugar
- 2 Tbsp cognac or brandy
- 1 Tbsp unflavored gelatin
- 1 cup cold water
- 1 cup whipping cream

Reserve 8-10 strawberries for garnish. Puree remaining strawberries and mix with sugar and cognac or brandy. Soften gelatin in cold water and place over hot water to dissolve. Stir into strawberry mixture. Whip cream until stiff and fold into puree. Pour into serving dish or mold. Chill. Decorate with strawberries and serve with additional

whipped cream.

Pfeffernüsse

[*Hermann Cookbook*, Hermann, Missouri]

2 eggs
2 cups packed brown sugar
1 tsp baking soda
1 Tbsp hot water
2 cups flour
½ tsp cinnamon
¼ tsp mace
¼ tsp salt
1 cup chopped nuts
powdered sugar

Beat eggs lightly, then add brown sugar, 1 tablespoon at a time. Continue to beat. Dissolve soda in hot water and stir into egg-sugar mixture. Sift flour, spices, and salt together. Stir into batter and add nuts. Chill and shape into small balls. Place balls onto lightly greased baking sheet. Bake at 375 degrees for 6-8 minutes until lightly browned. Remove from oven and roll in powdered sugar.

German Fruit Torte or Pie (Obstkuchen)

[Hannelore Bozeman]

Pastry:

2 cups flour, sifted
1 teaspoon baking powder
¼ cup sugar
½ cup butter, softened
1 egg, beaten
1 to 2 tablespoons milk

Topping:

4 to 5 cups fresh or canned
tart red cherries, pitted and drained
1 package glazing mix
or 1 cup sweetened fruit juice (from cans)
2 tablespoons cornstarch
1 cup whipping cream, whipped

Pastry: Preheat the oven to 400 degrees. Sift the flour, baking powder, and sugar together. Cut in the butter until the mixture resembles cornmeal. Add the beaten egg and milk. Mix together until the mixture is firm like a pie dough. Grease and flour a 10-inch springform pan. Distribute the dough evenly in the pan, using your fingers and the palm of your hand, and create a slightly raised edge. Bake 20-25 minutes, or until golden brown. Let cool slightly and remove from the springform pan. Cool completely before assembling.

Topping: Cover the top of the cake with the cherries. Prepare the glaze according to package directions, or heat the fruit juice and the cornstarch in a small saucepan, stirring constantly. Cook over medium heat until thickened and clear. Pour the warm glaze evenly over the cherries, making sure all the fruit is covered. Serve the cooled cake with whipped cream.

Note: Obstkuchen is possibly the most common pastry in Germany, considering the large number of variations. It is to Germany what pies are to America. Bakeries and grocery stores carry the baked pastry used to assemble the Obstkuchen. On occasion this pastry is for sale in American supermarkets. Look for the word Tortenboden (literally, cake bottom) on the package. It is the equivalent of a pie shell.

Bundt Cake (Napfkuchen)

[Karin Gottier. This Napfkuchen is Karin's Aunt Helen Schapperer's recipe. When Karin first came to America after World War II, she lived with her Aunt Helen in Ellington, Connecticut.]

Cake:

- 2½ cups flour
- 3 teaspoons baking powder
- salt to taste
- 4-ounce stick + 2 Tbsp softened margarine
- 2 eggs
- 1½ cups sugar
- ½ cup lukewarm milk
- 1½ cups chopped dried fruit and nuts to taste (e.g., nuts, candied peel, apples, figs, currants, raisins*)

Icing:

- 1½ cups powdered sugar
- 1½ tablespoons lemon juice

Cake: Combine the flour, baking powder, and salt. Set aside. Beat together the softened margarine, eggs, sugar, and warm milk. Mix dry ingredients into liquid mixture; stir in chopped dried fruit. Pour into greased Bundt pan and bake at 400 degrees for 1 hour. Allow to cool 5 minutes before removing from pan.

Icing: Mix powdered sugar and lemon juice until smooth. Drizzle over the warm cake, allowing icing to run down the sides. Decorate with pieces of candied fruit, if desired.

* Sprinkle small amount of flour over dried fruit to coat lightly before chopping.

Wheat Berry Pudding (Weizenpudding)

[The Kansas Wheat Commission, Manhattan, Kansas]

- ¾ cup cooked wheat berries
- ¾ cup milk
- ¾ cup seedless raisins
- 1 egg, separated
- 2 tablespoons honey
- 1 teaspoon vanilla
- ¼ teaspoon cinnamon
- ⅛ teaspoon salt

In a 2-quart saucepan, combine cooked wheat, milk, and raisins. In a small bowl, blend together egg yolk, honey, vanilla, cinnamon, and salt. Add to wheat mixture. Cook over medium heat, stirring constantly until mixture boils. Reduce heat and cook, stirring constantly until mixture is thick and creamy, about 5 minutes.

Remove from heat and cool pan in ice water 5-10 minutes. Beat egg white until stiff peaks form. Fold into wheat mixture. Spoon into dessert dishes and chill. Serves 4.

Bavarian Apple Cake (Bayerischer Apfelkuchen)

[Irma Parrott]

Crust:

- ½ cup softened butter or margarine
- ½ cup sugar
- ¼ teaspoon vanilla
- 1 cup flour

Filling:

- 8 ounce package cream cheese, softened
- ¼ cup sugar
- 1 egg

½ teaspoon vanilla

Topping:

4 cups apples, peeled and sliced

½ teaspoon vanilla

cinnamon to taste

½ cup sugar

½ cup chopped nuts

Crust: Cream the butter and ½ cup sugar in a small bowl. Stir in the ¼ teaspoon vanilla. Add the flour and mix well. Spread on the bottom and 2 inches up the sides of a 9-inch springform pan.

Filling: Combine the cream cheese and ¼ cup sugar. Add the egg and the ½ teaspoon vanilla, mixing well. Spread the cream cheese filling evenly over the pastry.

Topping: Place the sliced apples into a large bowl and add the ½ teaspoon vanilla. In a small bowl, combine the cinnamon with the ½ cup sugar and mix well. Sprinkle the apples with the cinnamon and sugar mixture and stir to coat.

Spoon the apple topping over the filling and sprinkle with the chopped nuts. Bake at 450 degrees for 10 minutes, or until the apples are tender. Reduce the temperature to 400 degrees and continue baking another 25 minutes. Cool before removing from the pan. Serves 8 to 10.

Heavenly Food (Himmel Futter Torte)

[Lucille Mauermann]

2 eggs

1 cup sugar

1 heaping tablespoon flour

1 teaspoon baking powder

½ pound dates, chopped

½ pound nuts, chopped

5 oranges

5 bananas

sugar to taste

Beat eggs and sugar together. Add flour and baking powder; mix well. Mix in dates and nuts. Pour into a 9x13-inch pan and bake at 350 degrees for 35-40 minutes.

Cool and store in the refrigerator. Slice oranges and bananas; add sugar to taste. Set aside 1 hour. To serve, crumble the torte pastry and combine with the fruit mixture. Serves 14.

Apple Fritters (Apfelküchelchen)

[Carol Schuerer Zuber, East Amana, Iowa]

½ cup flour

2 tablespoons sugar

¼ teaspoon salt

2 eggs, separated

6 tablespoons milk

4 apples, peeled and cored

oil for deep frying

Pudding Sauce:

2 cups milk, divided

3 tablespoons flour

1 egg, beaten

½ cup sugar

pinch salt

Sift together dry ingredients. Beat together egg yolks and milk; add to flour mixture. Beat egg whites until stiff and fold into the first mixture. Cut each apple into six rings and dip each ring into the batter, then deep-fry until golden brown. Serve with pudding sauce. Serves 6.

pudding Sauce: In the top of a double boiler, blend ¼ cup milk, flour, egg, sugar, and salt. Scald remaining milk, then add to flour mixture. Cook in double boiler over simmering water for 15 minutes or until thickened.

Grape Tapioca Pudding with Vanilla Sauce

[Florence Schuerer, Brick Haus Restaurant, Amana, Iowa]

Pudding:

- 1½ cups grape juice
- 1 cup water
- 3 tablespoons quick tapioca
- ¼ cup sugar

Vanilla Sauce:

- 1 egg
- ½ cup sugar
- 2 cups milk
- 1 teaspoon vanilla
- 1 tablespoon cornstarch

Pudding: Combine fruit juice and water, and heat. Add tapioca and sugar. Boil 3 minutes. Chill in a 9 x 5-inch loaf pan. Cut into squares to serve.

Vanilla Sauce: Beat egg and sugar. Add milk, vanilla, and cornstarch. Cook for 5 minutes. Chill until cold. Serve on top of the grape tapioca pudding.

Semolina Pudding or Porridge (Grießbrei)

[Hannelore Bozeman. "Semolina Pudding is made from semolina boiled in sweetened milk. It may be flavored with many other ingredients. It is a quick and nutritious meal."]

- 3 cups milk
- pinch of salt
- 4 to 5 tablespoons sugar
- ½ cup semolina
- grated lemon peel to taste
- 2 tablespoons raisins, optional

Heat the milk with the salt and sugar. When the milk is about to boil, remove the saucepan from the heat and slowly stir in the semolina. Return to heat and cook gently until done, about 10 minutes. Remove from heat and stir in the lemon peel and raisins, if used. Serve warm or chilled, topped with raspberry syrup or with stewed fruit.

Bread Pudding (Brotpudding)

[Florence Schuerer]

- 1 loaf of bread (3 days old)
- 24 eggs
- 3 cups sugar 12 cups cold milk
- butter to taste

Break the bread into bite-sized pieces. Put into a 12 x 18 x 2-inch pan. Beat the eggs and sugar lightly; add the cold milk and pour over the bread. Do not heat the milk before mixing. Dot with butter and bake in a 375 degree oven for about 1 hour, until the custard is set. Cut into squares. Serves 48.

Amish Lemon Pie

- 4 eggs, separated
- 1 cup sugar
- 1 teaspoon grated lemon rind
- 3 tablespoons flour
- 1 tablespoon butter, softened
- ½ cup lemon juice
- 1 cup milk
- 1, 9-inch baked pie crust, cooled

Beat the egg whites until stiff. Set aside. Combine the sugar, lemon rind, flour, butter, and egg yolks and beat until well blended. Stir in the lemon juice and milk. Fold gently into the egg whites. Pour into the crust and bake at 325 degrees for 35-40 minutes, or until a knife inserted into the center comes out clean. Cool completely before serving. If desired, garnish with fresh strawberries or other fruit in season. This custard-like pie will have a sponge-like topping.

Shoofly Pie

[This is a favorite dessert of the Pennsylvania Dutch. It became popular among the community because it solved two basic needs of the frugal folks, it has a low cost to make and is very delicious. This pie is also known as a “wet bottom” pie due to the moist shell, though you can reduce the moist base and add to the crumb topping to create a drier texture. The name refers to the need of early bakers to constantly shoo flies away from cooling pies laid out on the window sills, which were attracted to the sweet molasses.]

- 1 cup molasses
- ½ cup hot water
- 1 (9-inch) unbaked pie shell

Crumb Topping:

- ½ teaspoon cinnamon
- ½ cup brown sugar
- ½ teaspoon baking soda
- 1 cup flour
- ½ cup margarine

Mix the molasses and the hot water. Combine the dry ingredients for the crumb mixture in a separate bowl. Cut in the margarine and mix until crumbly. Pour the diluted molasses into an unbaked pie shell, then top with the crumb mixture. Bake at 375 degrees for 15 minutes, then at 350 degrees for 45 minutes. Serve warm. Delicious with ice cream. Note: Leftover Shoofly Pie is great served with eggs for breakfast.

Easter Bunny Cookies (Osterhasenkekse)

[Mrs. Henry J. Meyer, Amana, Iowa. Mrs. Meyer acquired this recipe from her husband's side of the family where it has been passed down for several generations.]

- 1 cup margarine
- 2 cups sugar
- 2 eggs
- 4¾ cups flour
- 2 teaspoons baking soda
- ½ teaspoon salt
- 1 cup buttermilk
- 1 teaspoon vanilla

Cream margarine and sugar until light and fluffy. Add eggs one at a time, beating well after each addition. Add dry ingredients and buttermilk alternately. Add vanilla last.

Divide dough into four parts. Wrap each part in plastic wrap and place in freezer for 2 hours.

Take out one portion at a time and roll to $\frac{3}{8}$ -inch thickness on a well-floured board. Cut into desired shape with cookie cutters. Bake at 350 degrees until dough is set, about 8 or 9 minutes; do not

overbake. This dough is very soft and hard to work with but the cookies will remain soft and not dry. Frost cookies, if desired, with pastel-colored icing. Makes about 7 dozen.

Christmas Treats

German Stollen (Dresdner Stollen)

[Stollen is a fruit cake containing dried fruit, and often marzipan, and covered with sugar, powdered sugar, or icing sugar.]

¼ cup diced citron
½ cup golden raisins
¼ cup brandy, rum, or orange juice
1 package dry yeast
¼ cup warm water
½ cup milk,
scalded and cooled to lukewarm
½ cup sugar
½ teaspoon salt
3 whole eggs
1 egg, separated
¾ cup butter, softened, divided
3½ to 4 cups flour, divided
½ cup chopped blanched almonds
½ cup chopped red and green candied cherries
1 tablespoon lemon rind
1 tablespoon orange rind
1 tablespoon cold water
powdered sugar

Optional Topping:

1½ cups powdered sugar
1½ tablespoons milk
¼ teaspoon almond extract
blanched almond halves
candied cherry halves

Combine citron, raisins, and brandy, rum, or juice. Let stand for 1 hour. Drain fruit and reserve the liquid. In a large bowl, dissolve the yeast in the warm water. Add reserved fruit liquid, milk, sugar, salt, whole eggs, egg yolk, ½ cup butter, and 2 cups of the flour. Beat until smooth.

Stir in drained fruit, almonds, cherries, lemon and orange rinds, and enough of the remaining flour to make a soft dough that is easy to handle. Turn onto floured surface and knead until smooth and elastic, about 5-8 minutes.

Place in greased bowl and turn to grease top. Cover and let rise in a warm place until doubled, about 1½ hours. Punch dough down and divide in half. Pat each piece into an oval, about 10 x 7 inches.

Spread each half with 2 tablespoons of butter. Fold lengthwise in half and press folded edge firmly. Curve into a crescent shape if desired. Place on a greased cookie sheet. Beat egg white and 1 tablespoon of water slightly. Brush over tops of stollen. Cover and let rise until doubled, about 45-60 minutes.

Bake at 375 degrees for 20-30 minutes, or until golden brown. Remove to rack to cool. Sprinkle with powdered sugar or frost and decorate with the optional topping.

Optional Topping: Mix sugar, milk, and extract until smooth. Spread or drizzle over tops of stollen. Decorate with almonds and cherries as desired.

Note: Stollen freezes very well.

[Hannelore Bozeman says: "This Christmas bread is in a class by itself. I grew up with it, since my mother came from Dresden, the town in Saxony for which this Christmas sweetbread is named. Each December she would bake several loaves for Christmas."]



Springerle

[D.D. Dillon Carvings, Camp Hill, Pennsylvania. Springerle is a type of German biscuit with an embossed design.

This recipe is for the well-known German Anise Cakes, which are stamped with a wooden mold into quaint little designs and figures. Carol Dillon says, "The symbolism of the Pennsylvania Dutch designs has been inspirational for us. The Springerle cookies have no shortening in them so they become hard faster than other cookies. Traditionally they were dunked in coffee or milk as they hardened."]

4 large eggs

2 cups granulated sugar

1 teaspoon anise extract or 4 tablespoons
anise seeds

4 cups cake flour

1 teaspoon baking powder

Beat eggs until light; gradually add sugar and continue beating at a high speed until batter is thick and lemon colored. Add anise. Sift flour and baking powder, and blend with egg mixture at a low speed. Cover bowl with waxed paper or foil and let stand 15 minutes so dough is easier to work. Divide dough into three parts. On a lightly floured surface roll dough to 8 inches square, $\frac{1}{4}$ inch thick. Let rest 1 minute. Flour the mold and press design into the dough. Cut around the design and place cookies on greased cookie sheet.

Cover with a towel and let set at least 12 hours before baking. Brush off excess flour and bake at 300 degrees for 15 minutes. Cookies will brown slightly on the bottom, but not on the top; they should rise, but not spread during baking. Store in a tight container. Place a cut apple in the container if cookies become too hard.

Note: Lemon or almond flavoring can be substituted for the anise. After cookies have cooled, the design may be painted with food coloring and a fine brush. By punching a hole at the top of each cookie before baking, one can insert colorful ribbon and hang them on the Christmas tree as is traditionally done.

Anise Drops (Anisplatzchen)
(Self Frosting Anise Drops)

[Pennsylvania Dutch version of popular Christmas cookies.]

1½ cups flour
¼ teaspoon baking powder
⅛ teaspoon salt
2 eggs
1 cup sugar
1 teaspoon anise flavoring

Sift together the flour, baking powder, and salt. In a mixing bowl beat the eggs. Gradually add the sugar and anise flavoring. Beat until very thick, about 20 minutes. Sift in and fold the dry ingredients into the egg mixture, about ¼ at a time. Drop by teaspoonfuls onto generously greased cookie sheets, about 2 inches apart. Set the cookie sheets in a cool place (not the refrigerator) overnight. Do not cover and do not disturb. Bake at 350 degrees for 5-6 minutes. Cookies should not brown. Remove to cooling racks to cool completely. Cookies form a cake-like layer on the bottom with a crisp “frosting” on top. Makes about 4 dozen.

Honey Cookies (Honigkekse)

2 cups honey
1 tablespoon baking soda
2 tablespoons butter
½ cup granulated sugar
½ cup brown sugar
3 eggs, beaten
5 to 6 cups flour

Bring honey to a boil. Remove from heat. Add soda and butter. Let butter melt in the honey and soda. Cool to lukewarm. Mix in sugars, eggs, and flour; chill overnight.

Roll out on lightly floured board to ⅛-inch thickness and cut with floured cookie cutter. Bake on greased baking sheet at 325 degrees for 8-10 minutes. Cool and decorate with powdered sugar frosting.

Chocolate Cookies (Schokoladenkekse)

[Terry Roemig, Amana, Iowa. Terry got this recipe from her late Oma Hermann. “Oma” means Grandmother in German.]

1½ cups butter
4 cups sugar
8 eggs
5 to 6 Cups flour
3 teaspoons baking powder
1½ cups cocoa

Cream butter and sugar. Add eggs and mix until well blended. Blend in flour, baking powder, and cocoa. Drop by teaspoons on lightly greased cookie sheet. Bake in a 325 degree oven for 8-10 minutes.

Nikolaus Men

[Lynn Hattery—Beyer. In Germany, December 6th is St. Nikolaus Day. Any yeast dough is suitable to use for Nikolaus Men.]

3 tablespoons butter or margarine
¼ cup sugar
pinch of salt
1 cup lukewarm milk
1 package dry yeast
1 egg
grated rind of ½ lemon
4 cups flour, sifted
1 egg yolk, whipped

Add the butter, sugar, and salt to the warm milk and stir until dissolved. Sprinkle in the yeast. Beat in the egg and grated lemon rind. Make a well in the flour and pour in the liquid mixture. Knead until air blisters appear on the surface. Let the dough rise for 15 minutes.

Divide the dough into four equal parts. Out of each part form a thick ball for the head, a thick roll for the torso and legs (slit the bottom half of this roll and separate slightly for the legs), and thinner rolls for the arms. Connect the four parts of the body and use any remaining dough to form the facial features, buttons, etc.

Brush the men with the whipped egg yolk and bake in a preheated oven at 400 degrees for 20-25 minutes.

Grandma's Christmas Yeast Cake (Oma's Weihnachtsstollen)

4 package dry yeast
1 cup lukewarm water
5 lbs flour
1 Tbsp salt
2½ lbs sugar
1 tsp nutmeg
2 tsp cinnamon
¾ lb melted butter
½ cup candied citron, diced
1½ quarts warm milk
½ lb raisins
1½ tsp almond extract
2 cups nuts, coarsely cut (almonds, pecans, and English walnuts in combination)

Dissolve yeast in lukewarm water. Add 2 cups flour and mix well. Cover and let rise until double in bulk. Sift remaining flour into large pan together with salt, sugar, nutmeg, and cinnamon. Add yeast mixture, melted butter, citron, and milk. Knead 10 minutes.

Add raisins, almond extract, and nuts. Knead again until well-blended. Let rise again until doubled. Divide dough into 8 parts. Shape each to fit a greased loaf pan. Cover and let rise again until double in bulk.

Just before baking, cut a deep gash down center of each loaf. Bake at 350 degrees for 50 minutes. When done, brush well with melted butter and sprinkle with powdered sugar and cinnamon.

Apple Cookies (Apfelkekse)

[Edna Yoder, Kalona, Iowa. Edna is a member of the Old Order Amish church.]

- 2 $\frac{2}{3}$ cups sugar
- 1 cup shortening
- 4 cups flour
- 2 teaspoons baking soda
- 2 teaspoons salt
- 1 teaspoon ground cloves
- 1 teaspoon cinnamon
- 2 eggs
- $\frac{2}{3}$ cup milk
- 2 cups raisins or chopped dates
- 2 cups chopped apples
- 1 cup chopped nuts

In large bowl, combine sugar and shortening. In separate bowl, sift together flour, baking soda, salt, cloves, and cinnamon. Add eggs and milk to sugar mixture. Add flour mixture, raisins or dates, apples, and nuts. Mix well.

Drop by spoonfuls onto a greased cookie sheet. Bake at 350 degrees for 10-15 minutes. Frost while warm, or not at all. Makes about 10 dozen.

1 teaspoon ground pepper

9 $\frac{1}{2}$ cups flour

4 teaspoons baking powder

$\frac{2}{3}$ cup powdered sugar

Warm the honey until liquefied. Beat in the sugar, eggs, and all the spices. Sift the flour and the baking powder together and gradually work them into the honey mixture.

Preheat the oven to 375 degrees. Shape the dough into 1-inch balls and bake on greased cookie sheets for 15-20 minutes, or until golden brown. Remove from the cookie sheets immediately and let cool.

Dissolve the powdered sugar in a small amount of water and heat to the boiling point, stirring constantly. Glaze the cookies with this mixture.



Ginger Biscuits (Pfeffernüsse)

[Lynn Hattery-Beyer]

- 1 $\frac{1}{3}$ cups honey
- 1 $\frac{1}{4}$ cups sugar
- 3 eggs
- 1 teaspoon cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- pinch each of nutmeg, coriander, ground ginger, and cardamom

Gingerbread House Recipe

[Carol Schuerer Zuber, East Amana, Iowa]

- 18 cups flour
- 1 cup plus 2 tablespoons baking powder
- 1 $\frac{1}{2}$ tablespoons cinnamon
- 3 teaspoons ground cloves
- $\frac{3}{4}$ teaspoon nutmeg
- $\frac{3}{4}$ teaspoon ground cardamom

½ teaspoon salt
2¼ cups honey
5¼ cups sugar
¾ cup butter
1 cup fresh lemon juice
3 tablespoons grated lemon rind
3 eggs
3 egg yolks
3 to 4 batches of icing (see next)

Icing for Gingerbread House:

1 egg white, beaten
1 cup powdered sugar
food coloring, optional

Grease and flour baking sheets. Sift together the flour, baking powder, spices, and salt. In the top of a double boiler, heat the honey, sugar, and butter until the butter is melted. Add the lemon juice and the grated rind. Set aside to cool.

Add the cooled butter mixture, eggs, and egg yolks to the flour mixture. Mix until a dough forms. Divide the dough and roll it into ¼ inch thickness on greased baking sheets, covering the entire baking sheet. Trim the uneven edges. Bake at 350 degrees for 35 minutes or until firm.

Remove the gingerbread from the oven and cut the baked dough by placing the pattern pieces over the warm sheets of dough. With a sharp knife cut dough around the pattern. Let the cut dough cool and trim away excess.

If stained glass windows are desired, place crushed hard candy into window openings and return to oven for 1 minute or until the candy is melted. (Watch to prevent burning!)

Icing: Beat the egg white until foamy; add the powdered sugar. Beat until smooth. Pour into a pastry tube to use. Icing remaining after assembly

may be divided and tinted with the food coloring for decorating.*

Assembling: Gingerbread pieces must be thoroughly cool. Join the pieces together with the icing. Dip the edges of smaller pieces into the icing. (Canned goods are useful for propping the pieces while drying.)

Decorating: After all the pieces have been assembled and are completely dry, the true artist is revealed through frosting, decorative flourishes, and candy. Windows, shingles, porches, and other architectural accents can be created. This is definitely the most enjoyable part of creating a gingerbread house.

*Icing with uncooked egg white is for decorating only.

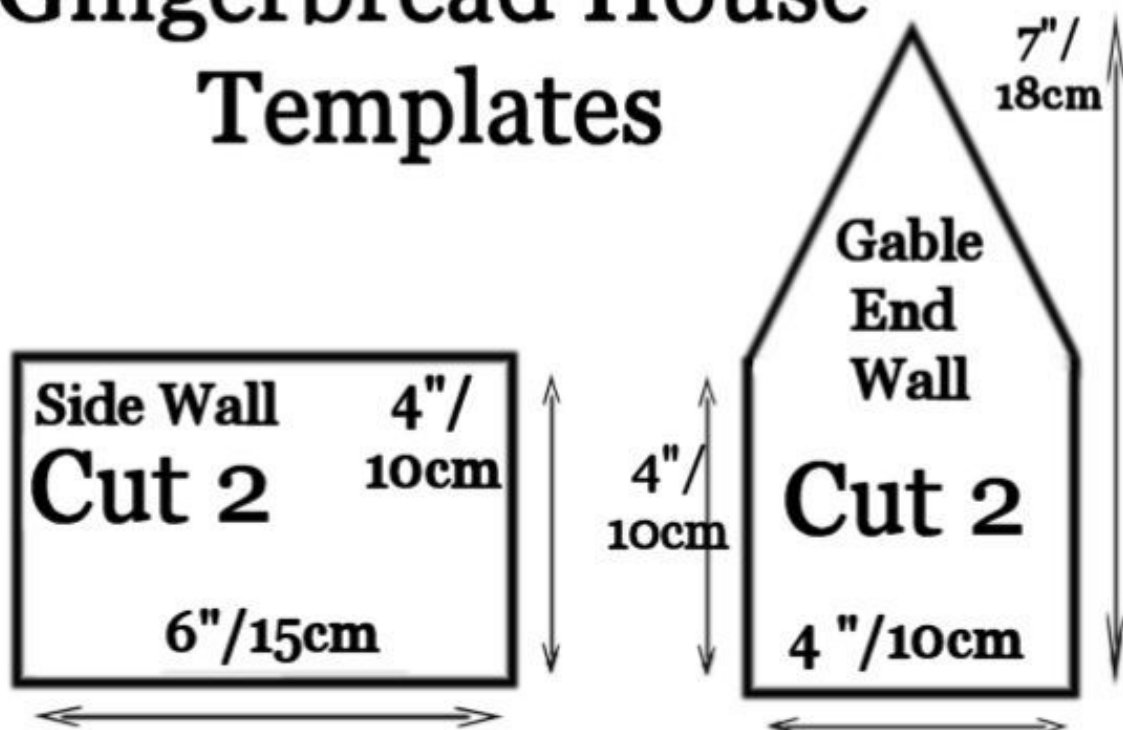
House Patterns

Included on the next two pages are a couple of simple house design options.

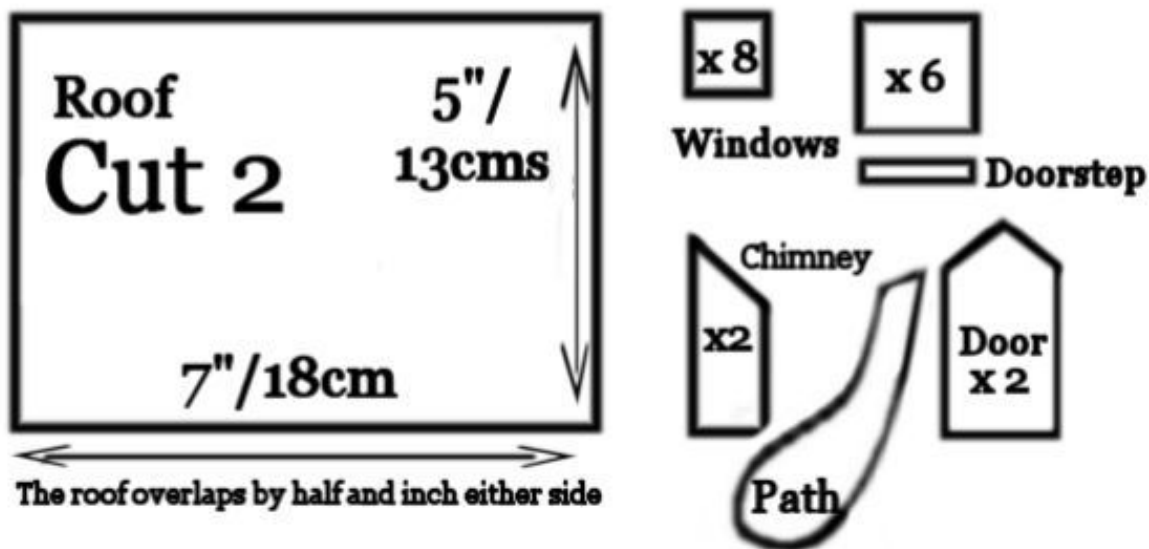
[Lynn Hattery-Beyer says: “The easiest house for beginners to attempt consists of four pieces: two square slabs of gingerbread for the roof and two rectangular pieces for the front and back. The roof is not held up by walls, but rather rests on the surface, making construction simple. Cut the patterns out of heavy cardboard. The size doesn’t really matter—whatever you are prepared to decorate is fine!

“Cut out two gingerbread pieces using each pattern. Feel free to cut windows and a door in the front and back pieces. This simple pattern can be upgraded easily by adding side walls as long as the roof is wide, and the front/back pieces must be lengthened to accommodate the height of the side walls. For variety in decorating you can use licorice, chocolate wafers, candied fruit, gum drops, and nuts.”]

Gingerbread House Templates



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