

Ich Saag Dank Am Disch

I Am Thankful At The Table

Traditional Recipes from the Keystone State



DAMIAN CHRISTOPHER BOYD

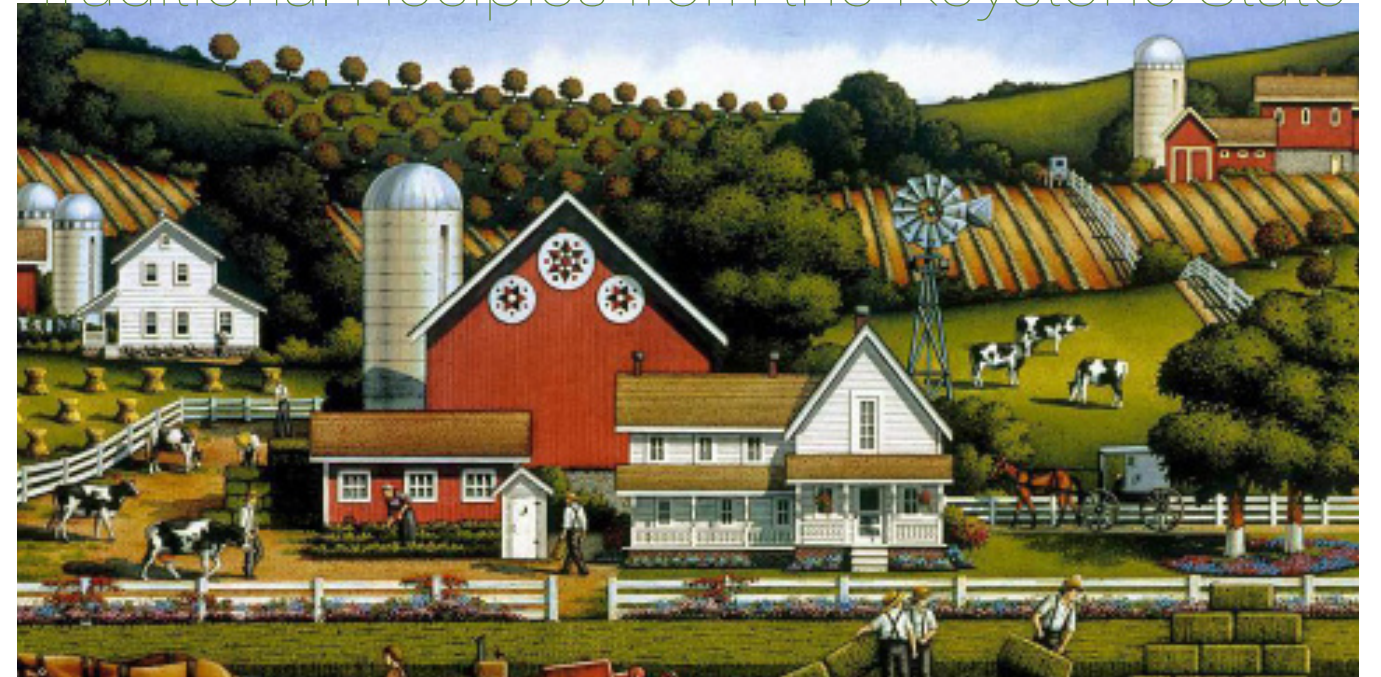


IN MEMORY OF ANASTASIA L. SMITH, 1914-2000

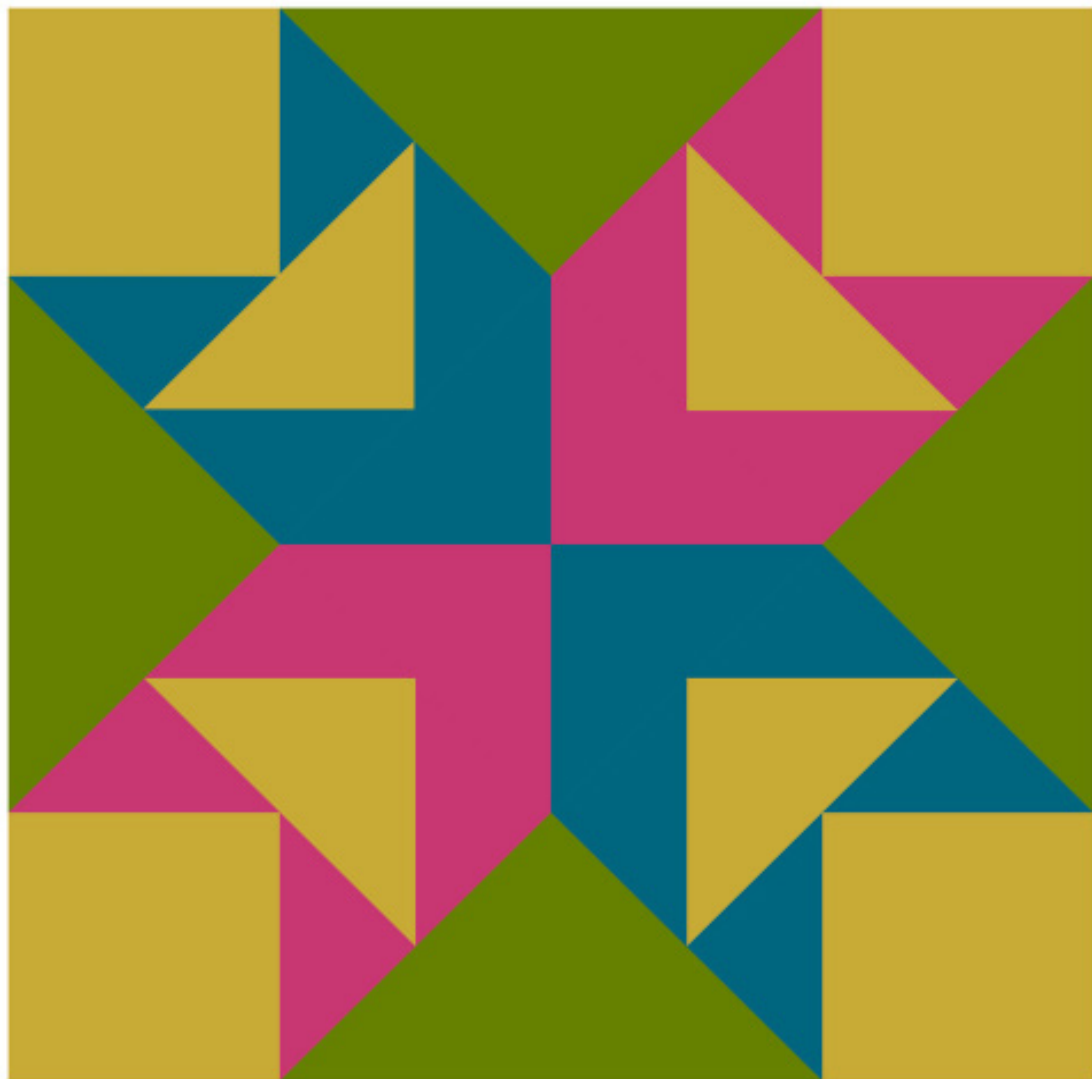
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Traditional Recipies from the Keystone State



DAMIAN CHRISTOPHER BOYD



Amish Country

recipes from Eastern Pennsylvania

breakfast...3

main courses...7

desserts...15

Steel Country

recipes from Western Pennsylvania

main courses...23

sandwiches...29

desserts...33



Amish Country:



Recipies

From

Eastern

Pennsylvannia

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ingredients

4 lbs beef (chuck, rump or round)
1 pint vinegar
4 bay leaves
12 peppercorns
4 cloves
1 bunch carrots, cut into strips
6 onions, sliced
12 gingersnaps
salt and pepper

gingersnaps

1 cup molasses
1 cup butter
1 tsp baking soda
1 tsp cream of tartar
1 tsp ginger

1. mix ingredients with enough flour to make a stiff dough
2. roll dough thin and cut with cookie cutter.
3. bake at 375 for 10-12 minutes

(note; these cookies are best when a few days old. they are very hard when freshly made)

SAUERBRATEN & GINGERSNAP

GRAVY directions

1. Wipe meat with damp cloth and then sprinkle thoroughly with salt and pepper.
2. Place meat in an earthen dish and add vinegar and enough water to cover. Add the bay leaves, peppercorns and cloves, and let stand tightly covered for 5 days in a cool place.
3. Put meat in a dutch oven and brown well on all sides. Add the carrots and onions an 1 cup of the spiced vinegar.
4. Cover tightlhy and cook over low flame about 3 hours or until meat is tender.
5. When meat is cooked, add the sugar and crumbled ginger snaps and cook gravy for 10 minutes.



Sauerbraten is made with spiced marinated meat, and is regarded as the national dish of Germany. It is traditionally served with red cabbage, apple sauce and Klosse, a potato dumpling, or Spaetzle, a pan fried egg noodle.

German immigrants brought the style of cooking with them to Eastern Pennsylvannia, and this recipe is from The Pennsylvania Dutch Cook Book of Fine Old Recipes, published in 1936 .

FASTNACHTS

ingredients

2 Cups Milk
1 Yeast Cake, dissolved in 1 Cup
Water
1 Cup Sugar
1/4 tsp salt
6 or 7 cups flour
3 eggs, well beaten
1/2 tsp nutmeg
1/4 cup melted butter

directions

1. Scald the milk and set aside to cool.
2. To the dissolved yeast add 1/2 cup of flour and mix to a batter. Add to the milk once lukewarm.
3. Stir in 1 teaspoon of sugar and about 3 cups of the flour. Set in a warm place to rise over night.
4. In the morning, add the well beaten eggs, nutmeg, butter, sugar and salt and mix thoroughly.
5. Stir in enough flour until batter can no longer be stirred with a spoon.
6. Set aside to rise until light. Roll on a well floured board and cut.
7. Let rise again, then fry in hotoil until golden brown.



Fastnacht Day is an annual Pennsylvania Dutch celebration that falls on the day before Ash Wednesday. The word translates to "Fasting Night" or "Almost Night" in English.

Fastnachts are doughnuts. There are three types of Fasnacht, one made with yeast, one made with baking powder, and one made with potatoes and yeast. All are slightly crispy on the outside and not as sweet as standard doughnuts.



Steel Country:



Recipies

From

Pennsylvannia

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ingredients

3/4 stick butter, melted
1 cup flour
1/4 pound Cheddar cheese, grated
1 pint chicken broth
1 pint hot milk
paprika
turkey, bread, bacon, tomato

turkey breast

6lb Bone in Turkey Breast
Fresh Sage, Rosemary, Thyme, Oregano, chopped
3-4 Cloves Garlic, Chopped
Salt and Pepper

1. brine turkey breast overnight
2. rub with herbs and garlic, both under and on top of skin
3. roast at 325 until internal temp reaches 160 at the bone
4. tent with foil and rest 30 mins, letting internal temp rise to 170

DEVONSHIRE SANDWICH

directions

1. Melt butter and stir in flour, browning flour in butter until cooked.
2. Add broth and hot milk and bring to a boil over medium heat.
3. Stir in grated cheese, and bring to a boil, stirring briskly to avoid burning. Season with salt and pepper.
4. Assemble sandwich on foil lined baking tray, and pour sauce over sandwich. Sprinkle with paprika and broil until cheese sauce is browned.



In 1934 restaurateur Frank Blandi debuted the Devonshire Sandwich at the Stratford Club in Pittsburgh's Shadyside neighborhood. Named after an upscale street one block over, The

Devonshire is a served open faved, smothered in a hot cheese sauce. Slow roasted turkey and bacon are the main ingredients, and tomato may or may not make an appearance. The sauce is browned in a broiler and the sandwich is eaten with a fork and knife.

ingredients

¾ cup whole milk +6 fl oz
¼ cup warm water +2 fl oz
¼ cup unsalted melted butter
(or any oil) +2 oz
1 egg room temperature
1 package instant yeast
¼ cup sugar+ 2 oz
3- 3 ¼ cups flour bread,
all-purpose or a combo of both,
+13- 14 oz
1 tsp salt

walnut filling

2 ½ cups ground walnuts 10 oz
½- ¾ cup sugar 6 oz
1 tsp cinnamon
6 Tbsps melted butter

1. chop walnuts fine in food processor or with a large butcher knife
2. mix sugar, cinnamon and melted butter and blend ingredients into a smooth paste

WALNUT KOLACHES

directions

1. Place the milk in a small saucepan and scald over medium heat. Do not let the milk simmer or boil. Once scalded, remove from heat to cool to 115 before continuing.

2. In the bowl of a stand mixer with a dough hook, combine the milk, water, butter, egg, yeast, and sugar. Add most of the flour, then add the salt. Beat on a low speed for 2- 3 minutes to combine, then knead on medium- high for 5- 7 minutes.

3. Turn the dough out onto a lightly floured surface and cover with cling wrap. Let it rest for 10 minutes. Finish kneading the dough by hand until smooth and elastic.

4. Place dough in a greased bowl, turning to coat, and allow to rise in a warm, draft free location for about 1- 2 hours, or until doubled in size.

5. After the first rise, punch the dough down and allow it to rise for another 30- 45 minutes. (This second rise is optional.) Punch the dough down to expel any gas, then divide into 2 equal portions. Roll into rectangles, 1/8 inch thick. Keep the portions you are not working with covered so they don't dry out.

6. Brush the dough with melted butter and cover with the filling. Be sure to leave space along the far, long edge of the dough for when you roll it up.

7. Roll the dough lengthwise, like a jelly roll, keeping it tight. Pinch



the seam and ends closed and move to a cookie sheet, seam side down. Repeat with remaining portion.

8. Allow the loaves to rise for one hour. Make sure they are covered with cling wrap to prevent the dough from drying out.

9. Preheat the oven to 350°F for at least 30 minutes before baking.

10. Bake the loaves at 350 for 30- 40 minutes. If they are browning too quickly you can tent a piece of foil over them. Allow to cool completely before slicing and serving.

Nut rolls were introduced to Pennsylvania by Eastern Europeans, and in Pittsburgh, they are simply known as "Pittsburg Nut Rolls". They are especially popular in Southwestern Pennsylvania during Christmastime.

In addition to walnut, poppy seed, apricot, cherry, raspberry and raisin are also common variations on the walnut kolache.



thanks for visting PA, come back any time!