

# German Soups for the Soul



## The Winter Collection

2010/11

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## The Best German Soups – Winter 2010/11

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## German Chicken Broth



German Chicken Soup while cooking



Soups are the best for cold days and such days where you need something caring! I love soups, especially the broths. And there is no substitute for a home made broth. The German instant soup maker Knorr or Maggi are making some good quality soups, which are very practical if you don't have much time. But a homemade soup doesn't take that long to make it. You cut the ingredients and put them all in one pot. Just let it cook. I would say it would take 15 minutes, maybe 20, to prepare the broth.

You also can cook a bigger amount of broth which will last for the next two or more days, keep it in the fridge or freeze it. Frozen broth is convenient when you are in hurry or when you need broth for another recipe. Here is my own special recipe for you.

### Ingredients

- 2 l filtered or spring water
- 3 chicken breast halves or 1 smaller chicken fresh or frozen, both is good
- 1 onion
- 2-3 cloves that you poke into the onion

- celery greens and root
- 3 carrots
- salt, pepper, nutmeg, 1-2 bay leaves

For the soup: Use Soup Noodles; they are special pasta extra made which can be added to a broth or soup.

### **How you'll make it**

- Wash the chicken meat; dry it with a paper towel.
  - Put the chicken in a pot and cover it with cold water.
  - Peel celery root; add celery leaves and 3 slices of celery root, bay leaves to the water.
  - Cut carrots in half, peel onion, cut it in 2 pieces and stick the cloves into the onions, add it to the broth.
  - Boil it for about 1 hour on low heat, and keep it covered with a lid but not completely; you can also do a test: if the meat is done, the broth is done too. Using a whole chicken is extending the cooking time up to 2 hours.
  - When the chicken meat is done, filter the soup into another pot (use a strainer, sieve, or linen).
  - Cut carrots and celery root into small pieces and add them into the broth. In an extra pot bring water to a boil, add soup noodles (very thin noodles) and cook them until done, filter them and mix them into the broth.
- Add salt, pepper and some nutmeg, and fresh or dried parsley.

### **Tips and Warnings**

- Don't add any other ingredients as mentioned
- Never use tap water, it is just not good and contains chlorine
- Instead of noodles you can enjoy the broth with tortellini, or add more vegetable and you have an excellent vegetable soup.
- The broth should look clear and not milky.

- You can add all the ingredients to the meat before the broth comes to a boil; the German soup recipes don't fry the meat before water is added. Frying the meat will make a soup brown.

## German Beef Broth



The German beef broth is the base for many other soups and recipes. It is better than the broths in a package or can because it is all natural without any preservatives or additives. Try this broth one time, and you don't want to eat another broth anymore. Almost every Sunday the Germans enjoy as a starter a soup either with noodles or fine cut pancakes (so called "Flaedle") or else.

### Ingredients

1,5 kg beef (organic)

500 g marrow bones

2 l water

salt

1 leek, 2 carrots, 2 onions, 1/2 celery root, 1 parsley root

1 bunch parsley

4 cloves, 1-2 bay leaves, 4 black pepper corns

### How you'll make it

- Wash the beef and the bones under running water.
- Prepare the vegetable; wash and peel it; cut the carrots in half, the onions in quarters, chop the celery and parsley root in rough pieces.
- Wash parsley, let the water drip off.
- Use a big pot, and pour in the COLD water, add the vegetable, meat, bones,

salt and spices.

- Stick the cloves into the onions.
- Bring the water to a boil, reduce heat, and let it simmer covered for 90 minutes.
- During the boiling process foam will occur; use a special foam spoon to get the foam out.
- When the soup is done, sieve it and use it for a broth, or for a recipe that is using broth.
- You can cut the beef in small cubes or pieces and add it to the broth with some special German Soup noodles, they are very thin and used for soups only.

## Silesian Pumpkin Soup



Silesian Pumpkin Soup

Earlier we did not take the recipes of my aunt Agnes serious. She and her recipes from Silesia! In German this region is called "Schlesien". But her food was yummy and especially the soups in fall and winter. They were hearty and warming; I'd like to call them "Soups for the soul"! Because that's the time when the fall wind is blowing, the days are getting shorter, and the mornings are frosty. Then the wind is carrying the smell of pumpkin soup into our homes...

This recipe is old and traditional and comes from Silesia, a part of Europe which used to belong to Germany but since 1945 it has been a part of Poland. On the map you can see that it is surrounded by Germany, the Czech Republic, and Poland. This was a little historical overview but here is the unique recipe for the pumpkin soup, which you will love!

### Ingredients

500-750 g pumpkin meat

1/2 l water

1 small Cinnamon stick

lemon juice of 1 lemon

2 cloves

1/4 l milk

40 g flour

20 g butter, salt, 1 pinch sugar



The Middle light red part is Silesia

### How you'll make it

- Cut the pumpkin meat into small cubes.
- Put the pumpkin pieces into a cooking pot, and with the water and the spices, bring it to a boil, reduce the heat, and boil it for about 10-15 minutes, or until the pumpkin is soft.
- Drain the pumpkin meat through a sieve, remove the spices, and keep the water!
- Puree the pumpkin with a mixer or mash it with a wooden masher.
- Mix the flour into the milk and add it to the mashed pumpkin.
- Bring it to a boil; you will see that it became thicker because of the flour.

- Let it boil on low heat for another 10 minutes and add the remaining pumpkin cooking water, the soup should not get too thick nor should it stick to the bottom of the cooking pot.
- Add the butter and let it melt.
- Add the lemon juice, salt, and sugar. If you like it sweeter, add a bit more sugar.

## Brussels Sprout Soup



There is many ways to cook Brussels Sprouts. One way is to cook it as a side dish with some butter and a pinch of nutmeg. It is very nice with Sauerbraten or Goulash. A Brussels Sprout soup makes a great first course for a festive or Sunday lunch menu.

### **Ingredients**

150 g Bacon, in slices (German Speck)

3 small onions

3 tbsp oil

600 g Brussels sprouts (fresh or 2 packages frozen)

3/4 l vegetable broth

1/4 l heavy cream

Pepper, nutmeg, salt

1 bunch parsley

### **How you'll make it**

- Cut bacon in fine cubes; peel onions and chop them fine. In a pan heat the oil and fry the bacon, add onions and sauté until transparent.

- If you use frozen Brussels sprouts add 1 frozen package and fill up with the

broth; let it boil for 20 minutes.

Fresh Brussels sprouts: wash and remove old leaves; cut them into halves; add 300 g to the bacon with the broth and let them boil until the Brussels sprouts are soft.

- Puree the soup and add heavy cream; add salt, pepper, and nutmeg.

- Take remaining Brussels sprouts and add them into the soup; let it boil on low heat for another 15-20 minutes.

- Chop parsley very fine and sprinkle it over the soup.

Serve with fresh bread and butter.

## Gaisburger Marsch



This recipe comes from the Swabian South, the region where I grew up. The South has always been a very productive and busy area, and the regional delicatessen like Spaetzle or the potato salad are just too good to be true! Let's go to Stuttgart, the capital of Swabia Country, a modern and the biggest city of Swabia. The local specialty "Gaisburger Marsch" has its origin in a part of Stuttgart called Gaisburg. How came the recipe about? Well, here is a story.

It is been said that this dish was so popular in the 19th century among officer candidates that they marched all the way to Gaisburg where their favorite dish was served in the restaurant called *Bäckerschmide*.

Another version tells that the locals from Gaisburg became prisoners of war and their women were only allowed to bring them one meal every day, so they created this nourishing dish and marched with it to the camp.

### **So what is it?**

Gaisburger Marsch is a combination of potatoes and spaetzle in a beef broth together with "Tafelspitz", a special beef filet, and marrow bones, served in a soup bowl with roasted onions on the top. Sounds irresistible, right?

And there is even a poem about this recipe - [see it here](#)

## Ingredients

1kg beef

3 bones, 1 marrow bone

1 leek, 1 big carrot, 1/2 celery root, parsley root (if you cannot buy it you can use the root from the parsley in your garden)

1 bay leave, 2 cloves, 3 small onions

500 g potatoes

250 g Spaetzle

nutmeg, parsley, butter

## How you'll make it

- Cut the vegetable roughly; peel 1 onion, cut it in half and stick the cloves in it.

- Wash the meat and bones under running water, and with the vegetable, the onions and bay leave put it into cold water, bring it to a boil, let it cook on low heat for 90 minutes; add the salt when the soup is cooking.

- Peel potatoes and cut them in cubes.

- When the meat is done, put it on a plate and sieve the broth; in the same pan boil the potatoes in the broth.

- Cook the Spaetzle or make them ([find the recipe here](#)), and let them drip on a sieve.

- Cut the meat into cubes, add it with the Spaetzle to the potatoes in the broth, and spice it with some nutmeg.

- Cut the other onion in cubes and sauté them in the butter until golden.

Serve the soup in a big soup bowl, and on each portion sprinkle the onions and the chopped parsley.

Note: The recipe for German beef broth is listed in this Ebook

## German Goulash Soup



Gulasch Suppe

Goulash (or in German Gulaschsuppe) soup is a traditional soup for New years Eve, and will be served shortly after midnight, but is also very popular throughout the year. You can get it in many restaurants and snack bars. The most important ingredient is the Hungarian sweet red paprika powder which is used deliberately in this recipe. The original recipe does not include any other main ingredients only meat. But you have many choices. The soup can be made with white or red beans, potatoes, carrots or green peas.

### Ingredients

1,5 kg stew meat (pork and beef mix)

4-6 tbsp tomato puree (from can or tube)

6 red or white onions

1 bundle soup greenery (celery, leek, carrots)

4 l beef broth (home made or instant but not the broth out of a package)

2 cups dry red wine

some butter or ghee

**Spices:** salt, black pepper, sweet and mild paprika powder (at least 2-3 tbsp), caraway seeds (optional), Worcester sauce (optional)

1-2 bay leaves

1-2 tbsp tomato ketchup

heavy cream (1-4 tbsp)

flour (1-2 tsp)

**optional ingredients:**

1 kg potatoes (optional)

2 small cans kidney beans (optional)

2 red pepper, 2-3 garlic gloves (optional)

**How you'll make it**

- Cut the meat in small pieces; chop onions and garlic gloves; wash and chop the soup greenery in smaller pieces.
- In a big pot add the butter or ghee and fry on high heat onions, garlic and soup greenery.
- Powder the flour over it; add the tomato puree, and pour red wine over it plus some beef broth.
- Let it boil on low heat for 1-2 hours or even longer (the meat has to be very soft).
- Peel potatoes and cut them in small cubes; red pepper as well.
- Boil potatoes, pepper, and laurel leave in the remaining broth for about 15 minutes.
- Add the meat to the potatoes.
- Let the soup boil some more until potatoes are soft.
- Wash kidney beans and add them to the soup.
- Add the spices; if the soup is too thick add more broth; if the soup is too thin add more tomato puree: add heavy cream at the end; remove the bay leaves.

## German Kale Soup



German Kale Soup

„Gruenkohl” or Kale is a typical German vegetable which is being used in many German recipes during fall and winter. Frozen kale is very convenient to make a soup, still, fresh nor frozen, the cooking time of kale is always very long. But if you cannot get frozen kale, fall and winter is the season to find fresh kale in almost any supermarket.

**Tips:** Select only kale with crisp dark leaves; avoid bunches with limp, wilted, or yellowed leaves. Kale can be stored for several days in a plastic bag in the refrigerator crisper; sometimes you can store Kale even for more than 1 week. If you use fresh kale for this recipe, wash it well. Discard any limp or discolored leaves, and cut away tough stems. Shred, chop, or cook whole (cut large leaves in half).

### Ingredients

6 onions (300 g)

30 g butter or ghee

600 g kale (frozen, chopped)

1 1/2 l broth (instant or home made; using vegetable instant soup is very convenient; Knorr has some really good instant broth)

100 g bacon or Speck

3 tbsp instant mashed potato powder

1/8 l heavy cream

salt, pepper

### **How you'll make it**

- Peel onions, chop them fine, and sauté half of them in butter until transparent.
- Add frozen kale and fill it up with broth; let it simmer for 50 minutes on low heat.
- Cut bacon in cubes; fry it in a pan without adding any grease or butter.
- Add the remaining onions and sauté them until transparent.
- Add the potato powder to the kale and bring it again to a boil; add the cream, spice with salt and pepper.
- Before serving the soup sprinkle the bacon-onion mix on the soup.

Serve with fresh bread and butter.

## Potato Horseradish Soup



Potato Horseradish Soup

Some recipes are so easy to make, and inexpensive too. This soup recipe is my first recipe of a new series called "German Recipes on a tasty low budget". Healthy and tasty food does not need to be expensive. When I remember my childhood, we had once a week meat for lunch. My mother served Sundays only the meat such as chicken, beef, or pork. During the week she used to cook meatless dishes such as "Griessbrei" (Semolina Pudding), pan cakes, spinach with potatoes and scrambled eggs, or a soup, or better a "Eintopf". Eintopf is a German stew, it can be meatless, or with meat; everything is cooked in one pot.

### Ingredients

400 g potatoes

2 onions

some butter

1/2 l vegetable broth

1/4 l heavy cream

1 egg yolk

2 tbsp white wine

30 g horseradish (fresh grated)

salt, pepper, 1 bunch dill

### **How you'll make it**

1. Peel potatoes, chop them into cubes; peel onions and chop them fine; sauté onions and potatoes in butter.
2. Add broth and cream; let it simmer for 20 minutes (lid on). Puree the soup with a hand mixer or squeeze it through a sieve.
3. Mix egg yolk with white wine (don't let the soup boil anymore!); add horseradish, salt and pepper.
4. Chop dill very fine and sprinkle it over the soup and if you like sprinkle some horseradish as well on top.

That's it - it takes just 30 minutes to cook it and only 15 minutes to prepare.

## German Pumpkin Soup with Leek



Pumpkin Leek Soup

A Soup with a delicious combination of leek, pumpkin, carrots, and potatoes; it makes it the right soup for a cold evening in fall or winter. It is not only enjoyable at Halloween.

### Ingredients

200 g leeks

2-4 carrots

300 g potatoes

500 g pumpkin meat

150 g crème fraise, or heavy cream

1 tbsp butter

1/2 l broth

1/4 l milk

salt, pepper, nutmeg

### How you'll make it

- Peel potatoes and cut them in cubes.
- Grate pumpkin meat or cut it into very small pieces.
- Cut leek and carrots in smaller pieces and sauté them in butter.
- Add potatoes and pumpkin meat.
- Fill up with broth and milk and let it boil on low heat for about 30 minutes.

- Puree the soup with a masher or mixer and add salt, pepper and nutmeg.
- At last add the crème fraise or fraiche, or heavy cream.

Decorate it with some pumpkin seeds, chives or some parsley.

You can add 1 tbsp Sherry medium if you like (of course not recommended for children).

## German Split Pea Soup



German Split Pea Soup

This is another soup you will love. It is a typical soup that is cooked a lot during the cold German winter months, but I like to cook it also in spring or fall, but for sure not on a hot summer's evening. Split pea soup can be made with or without meat - it is up to you. You can add bacon, Kassler (smoked pork chop), or Wiener sausages. It also tastes awesome with chicken broth instead of water, or with some spices like hot red pepper (chili), or green and red pepper. Pea soup was the food of the men at sea, and they almost ate it daily back in the times when the ships had no cooling systems. Dried peas were easy to store and the soup was easy to make. Very true. Enjoy!

### Ingredients

500 g dried peas, green or yellow or mixed

150 g bacon cubes (Speck) or

500 g Kassler (smoked pork chop) - [find Kassler here at German Deli](#)

Sausages (Knackwurst, Wiener) 1-2 per person – [find Wiener Sausages here](#)

1 medium sized onion

3 medium sized carrots

1 leek stem, bay leaves

4 medium sized potatoes

Salt, pepper, parsley; some butter or oil  
Spring water or vegetable broth (instant)

### **How to make it**

- Wash peas in a sieve
- Cut bacon into small cubes
- Peel onion and chop it into small cubes
- Cut leek and carrots in small pieces
- Peel potatoes and cut them in small cubes
- In a large pot heat butter or oil and fry onion and bacon until transparent
- Add peas, carrots and leek fill up with water or broth until peas are covered; add bay leaves, salt and pepper, don't forget the meat will also add salt to the water
- Bring it to a boil (if the water gets foamy remove the foam with a spoon)
- After 30 minutes add the Kassler and the potatoes
- Let it cook for about 1 more hour then take out the Kassler and remove it from the bones, cut the meat into small pieces
- Add the sausages (you can cut the sausages into smaller pieces if you like)
- Let it cook for another 15-20 minutes, then add the meat again before you serve it. Serve it with fresh bread.

### **Tips**

If you soak the peas over night in water you would use the soaking water as cooking liquid. The cooking time might vary then too; in general pea soup needs a long cooking time until the peas are really soft and mushy.

You can also filter the soup through a sieve which will make it almost like a fine puree.

## German Lentil Soup



German lentil soup

A classic amongst all German soups: Lentil Soup or Linsensuppe. I tried out several options: Using lentils from a can and dried ones. I prefer the dried ones. You can reduce the cooking time when soaking them the evening before in water and let it stand over night. Just boil them in the same water.

In Germany these recipes such as Lentil Soup or Split Pea Soup are called "Eintopf" which means literally "One pot". The fact that all ingredients are cooking in one pot at the same time, makes cooking easy. Just stir frequently and boil the sausages some minutes before the soup is ready. Enjoy this delicious soup which will add warm moments to a cold winter's day.

### Ingredients

- \* 2 cups dry lentils
- \* 1-2 medium size potatoes
- \* 1 medium size onion
- \* 1-2 carrots
- \* 2 thin slices of German Speck (Bacon or smoked ham)
- \* 2 slices of celery root and 2 celery stalks
- \* 1-2 tsp olive oil
- \* Purified or spring water
- \* 1 tsp German or French mustard

- \* 2 bay leaves
- \* Salt, fresh ground pepper
- \* White Wine Vinegar
- \* Wiener or Frankfurter Sausages

### **How you'll make it**

- Peel potatoes and cut them into cubes.
- Peel celery root and stalks and cut them into little pieces.
- Peel carrots and cut them into slices or cubes.
- Chop onion in small cubes.
- Cut ham into small pieces.
- In a medium to big sized pot heat olive oil, add onions and let it simmer for 1 minute. Wash lentils and add them to onions. Fill up with water.
- Add potatoes, carrots, celery, and bay leaves. Add some more water if needed. The lentils should always be covered with liquid. Bring it to a boil and let it simmer (covered with a lid) on low heat for about 1 hour until lentils are soft.
- While the soup is cooking add the mustard, vinegar, salt, and pepper.
- Stir frequently so it won't stick to the bottom of the pot. Add some water if the soup gets too thick.
- 10 minutes before the soup is ready add the sausages so they get warm in the soup. Of course you could boil them separately but the typical way is to cook them in the soup.

If you want you cut the sausages into pieces and add them to the soup until they are cooked. Serve the lentil soup with bread and butter. In Southern Germany the soup is combined with Spaetzle. In this case you would cook the Spaetzle separately and serve them with the soup. [Find Spaetzle here](#)

Meatless version: Instead of using ham and sausages just cook the lentils with the vegetable.