

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 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.

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 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.