



Original and Authentic German Food

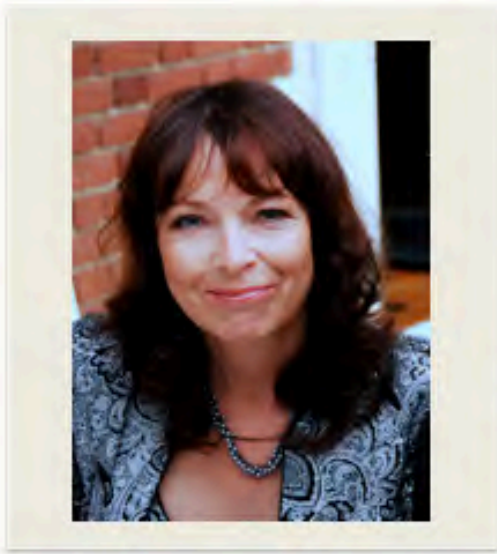
Recipes & Cooking Books

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The Best German Recipes Collection 2012

salads - cakes - cookies - main dishes - side dishes - desserts -
Bavarian dishes - typical German dishes

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Gabriele Utz is the founder of www.Mybestgermanrecipes.com and would love to hearing from you.

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Hello to all
German Food
lovers!



Salads

Bayerischer Kartoffelsalat (Bavarian Potato Salad)
Bayerischer Wurstsalat (Bavarian Sausage Salad)
Gurkensalat (Cucumber Salad)
Heringsalat (Herring Salad)
Warmer Kartoffelsalat (Warm Potato Salad)
Tomatensalat (Tomato Salad)
Rohkostsalat (Cabbage Fruit Salad With Sour-Cream Dressing)
Schnittbohnsalat (Green-Bean Salad)
Sauerkrautsalat mit Schinken (Sauerkraut salad with Ham)
Rote Beete Salat (Red-Beet Salad)
Rotkrautsalat (Red Cabbage Salad)

Soups

Huehnereintopf (Chicken Paprikash with Dumplings)
Kartoffelsuppe mit Gurken (Potato-Cucumber Soup)
Frische Tomatensuppe (Fresh Tomato Soup)
Frankfurter Bohnensuppe (Bean Soup With Frankfurter Sausages)
Linsensuppe (Lentil Soup)
Berghof Eintopf (Berghof Stew)
Frankfurter Bohnensuppe
Gulaschsuppe (Goulash Soup)
Gruenkohlsuppe (Kale and Potato Soup)
Krautsuppe (Cabbage Soup)
Ochsenchwanzsuppe (Oxtail Soup)
Kartoffelsuppe (Potato Soup)
Eintopf mit Rindfleisch (Beef Stew)

Bread

Altdeutsche Broetchen (Old Fashioned German Muffins)
Roggenbrot (Rye Bread)
Dillbrot (Dill Bread)
Roggenbrot (Rye Bread)



Cakes, Cookies

Apfelquarkkuchen (Apple-Quark-Cake)
Schwarzwaelder Kirschtorte (Black Forest Cake)
Apfel-Blitzkuchen (Apple Cake)
Braune Zuckerplaetzchen (Brown Sugar Cookies)
Schokoladenpretzel (Chocolate Pretzel)
Frankfurter Kranz (Frankfurt Crown Cake)
Gewuerzplaetzchen (Spiced Cookies)
Gugelhupf
Haselnusstorte (Hazelnut Cake)
Mandel-Halbmonde (Almond Crecents)
Nusskipferl (Nut Crecents)
Lebkuchen (Gingerbread Cookies)
Pfeffernusse (Gingerbread Cookies)
Zwiebelkuchen (Onion Tart)
Weintraubentorte (Grape Cake)
Streuselkuchen (Crumble Cake)
Springerle (Swabian Molded Christmas Cookies)
Spritzgebaeck (Spritz Cookies) Main Dishes
Sandplaetzchen (Sand Cookies)
Rahmapfelkuchen (Apple Custard Cake)
Obsttorte (Fruit Torte)

Main Dishes - Entrees

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Bayerisches Kalbfleisch mit Spargel (Bavarian Veal with Asparagus)
Bayerische Kalbsrouladen (Bavarian Veal Rolls)
Rindsrouladen (Beef Rolls)
Hacksteak (German Beefsteak)
Falscher Hase (German Meatloaf)
Gefuellte Kalbsbrust (Stuffed Veal Breast)
Krautrouladen (Stuffed Cabbage)
Bratwurst (Skillet Bratwurst)
Kalbsschnitzel mit Currysosse (Veal Steaks with Currysauce)
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Koenigsberger Klopse (Koenigsberger Meatballs)
Rindsgeschnetzeltes mit Karotten (Beef Stir Fry with Carrots)
Kalbsbrust mit Kraeuterfuellung (Veal Breast with Herb Stuffing)
Kalbssteak (Veal Steak)
Steaks Esterhazy
Sauerbraten (Marinated Pot Roast)
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Schweinekotelett in Saurer Sahnesosse (Baked Pork Chops)
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Kapernschnitzel (Veal Cutlets With Capers)
Schwalbennester (Bavarian Veal Specialty)

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Weisskraut (skillet Cabbage)
Gruene Bohnen mit Dill (Green Beans with Dill)
Westfaelischer Kohl (Westphalian Cabbage)
Kartoffelpuree mit Meerrettich (Mashed Potatoes with Horseradish)
Karotten in Bier (Carrots in Beer)
Marinierte Tomaten (Marinated Tomatoes)
Kaesepaetzle (Cheese Spaetzle)
Pilze in cremiger Sosse (Mushrooms in Cream Sauce)
Reibekuchen, Kartoffelpuffer (Potato Pancakes)
Ueberbackener Spinat mit Kase (Spinach-Cheese Gratin)
Rotkraut (Red Cabbage)
Kartoffeln Suess-Sauer (Sweet-And-Sour Potatoes)
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Deserts

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Bayerische Erdbeercreme
Fruchtsalat mit Nuessen (Fruit Salad With Nuts)
Meersburger Kirschennachspeise (Cherry Desert from Meersburg)

Bavarian Dishes

Bayerische Vanillecreme (Bavarian Vanilla Cream)
Bayerische Erdbeercreme (Bavarian Strawberry Cream)
Bayerischer Kartoffelsalat (Bavarian Potato Salad)
Bayerischer Wurstsalat (Bavarian Sausage Salad)
Bamberger Krautbraten (Cabbage Roast from Bamberg)
Bayerisches Kalbfleisch mit Spargel (Bavarian Veal with Asparagus)
Bayerische Kalbsrouladen (Bavarian Veal rolls)
Schwalbennester (Bavarian Veal Specialty)

German Traditional Specialties

Feuerzangenbowle (German Punch with Sugar Hat)
Ueberbackene Flaedle (Swabian Pancake Gratin)
Eier in Gruener Sosse (Eggs in green sauce)
Heringstopf mit Saurer Sahne (Herring Salad With Sour Cream)
Reibekuchen, Kartoffelpuffer (Potato Pancakes)
Kaesepaetzle (Cheese Spaetzle)
Zwiebelkuchen (Onion Tart)
Eier Likoer (Egg Cognac)

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Salads

Bayerischer Kartoffelsalat (Bavarian Potato Salad)

Serving Size : 4

Ingredients

4 cup potatoes, peeled, slices 1/4 inch thick
2 cup chicken broth, home made, or instant (cubes)
1/2 teaspoon salt
1/4 cup vegetable oil
1/3 cup onion -- chopped
1/2 teaspoon sugar
2 tablespoon lemon juice
pepper -- as desired

Directions

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.



Bayerischer Wurstsalat (Bavarian Sausage Salad)

Serving Size : 4

Ingredients

1/2 pound knockwurst -- cooked / cooled
2 pickles -- small
1 onion -- medium
3 tablespoon vinegar
1 tablespoon mustard, Dijon type or German
2 tablespoon vegetable oil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon sugar
1 tablespoon capers
1 tablespoon parsley -- chopped

Directions

Cut the knockwurst into small cubes. Mince the pickles and onion. Mix together the vinegar, mustard and oil. Add salt, pepper, paprika and sugar. Adjust seasonings if desired. Add the capers; mix well. Stir in the chopped knockwurst, pickles, and onions. Just before serving, garnish with chopped parsley.



Gurkensalat (Cucumber Salad)

Serving Size : 4

Ingredients

2 cucumbers -- medium
1 1/2 tb sugar
1 1/2 tb cider vinegar
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 cup sour cream
1 tb parsley; fresh -- minced

Directions

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.



Heringsalat (Herring Salad)

Serving Size : 4

Ingredients

8 ounce pickled herring -- drained
1/2 green pepper -- seed and dice
1 apple; tart -- core and dice
1 orange -- sectioned and diced
2 teaspoon onion -- grated
2 tb vegetable oil
1 tb vinegar
4 lettuce leaves -- cupped

Directions

Combine ingredients and marinate in refrigerator for at least 1 hour.
Serve on inner tightly cupped lettuce leaves. Garnish with eggs and tomatoes.

Warmer Kartoffelsalat (Warm Potato Salad)

Serving Size : 4

Ingredients

3 potatoes; med -- boiled in skins
3 bacon -- slices
1/4 cup onion -- chopped
1 tb unbleached flour
2 teaspoon sugar
3/4 teaspoon salt
1/4 teaspoon celery seeds
1/4 teaspoon pepper
3/8 cup -- water
2 1/2 tb vinegar

Directions

Peel potatoes and slice paper thin. Saute bacon slowly in a frypan, then drain on paper towels. Saute onion in bacon fat until golden brown. Blend in flour, sugar, salt, celery seeds, and pepper. Cook over low heat, stirring until smooth and bubbly.

Remove from heat. Stir in water and vinegar. Heat to boiling, stirring constantly. Boil for 1 minute.

Carefully stir in the potatoes and crumbled bacon bits. Remove from heat, cover and let stand until ready to serve.

Tomatensalat (Tomato Salad)

Serving Size : 4

Ingredients

5 tomatoes; med. -- chopped
1 tb sugar
1 teaspoon salt
1 teaspoon basil -- dried
1/4 teaspoon thyme -- dried
1/4 teaspoon pepper -- freshly ground
1/2 cup vegetable oil
6 tb vinegar
1 tb worcestershire sauce
1 onion; large -- diced

Directions

Blend all ingredients together and chill for 1 hour before serving. Serve on lettuce leaves.

Rohkostsalat (Cabbage Fruit Salad With Sour-Cream Dressing)

Serving Size : 4

Ingredients

2 cup cabbage; raw -- shredded
1 1/2 teaspoon lemon juice
1 apple; med., diced -- unpeeled
1/4 teaspoon salt
1 tablespoon lemon juice
1 tablespoon sugar
1/2 cup raisins
1/2 cup sour cream
1/4 cup pineapple juice

Directions

Prepare cabbage and apple. Use 1 T lemon juice to wet diced apple to prevent darkening. Toss cabbage, raisins, and apple. Mix fruit juices, salt, and sugar. Add sour cream, stir until smooth; add to salad and chill.

Schnittbohnsalat (Green-Bean Salad)

Serving Size : 4

Ingredients

1 pound green beans; fresh, sliced lengthwise (French Cut)
boiling salted water
1/4 cup stock; use the water the beans were cooked in
3 tablespoons vinegar
3 tablespoons vegetable oil
2 onions; med., thinly sliced
1/2 teaspoon dried dillseed
1 teaspoon sugar

Directions

Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest. Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.

Sauerkrautsalat mit Schinken (Sauerkraut Salad With Ham)

Serving Size : 4

Ingredients

1 pound sauerkraut -- (1 lb can)
1/2 pound blue grapes
6 ounce ham -- cooked
-----dressing-----
1/2 cup yogurt
1/4 teaspoon salt
1/4 teaspoon pepper -- white
1 teaspoon honey

Directions

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture.

Marinate for 10 minutes; adjust seasoning before serving, if necessary.



Rote Beete Salat (Red-Beet Salad)

Serving Size : 6

Ingredients

2 red beets -- bunches

Marinade

2 tb -- water
1/4 cup vinegar
2 tb caraway seeds
1 teaspoon sugar
2 tb onion -- minced

1 teaspoon horseradish
1/4 teaspoon cloves -- ground
1/2 teaspoon salt
1/4 teaspoon pepper
5 tb vegetable oil

Directions

Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.



Rotkrautsalat (Red Cabbage Salad)

Serving Size : 4

Ingredients

5 bacon -- slices
1 teaspoon sugar
2 tb vinegar
1/4 cup wine -- red or white
1/2 red cabbage; head -- shredded
2 tb vegetable oil
1/2 teaspoon salt
1/4 teaspoon pepper
1 tb caraway seeds

Directions

Fry bacon in medium-size fry pan until crisp. Remove and reserve bacon. Add sugar, vinegar, and wine to bacon fat; stir and cook until sugar is dissolved. Pour this hot mixture over the cabbage. Toss with vegetable oil, salt, pepper, and caraway seeds. Sprinkle crumbled bacon over mixture. Serve at room temperature.

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Roggenbrot (Rye Bread)
Dillbrot (Dill bread)
Roggenbrot (Rye Bread)

Cakes, Cookies

Apfelquarkkuchen (Apple-Quark-Cake)

Ingredients

Cake

1 package yeast; dry -- active
1/4 cup butter or margarine
1/2 teaspoon salt
1/2 cup milk
4 tablespoon sugar
1 egg -- large
2 cup flour; unbleached -- unsifted

Filling

peeled and sliced apples, cinnamon, lemon juice
1/4 cup sugar
2 T flour
1 cup quark or mix half sour cream, half cream cheese, 1 egg

Directions

CAKE: Mix yeast, salt, 4 T sugar, and 3/4 cup flour. Add butter to milk. Heat until very warm (120-130 degrees F.). Gradually add milk to flour mixture. Beat for 2 minutes. Add egg and 1/2 cup flour. Beat with an electric mixer on high speed for 2 minutes. Mix in enough flour to form a soft dough. Knead for 5 to 10 minutes, until dough is shiny and elastic. Place in greased bowl and let rise for 1 hour or until doubled in bulk. Pat dough into well-greased 10-inch springform pan pressing the dough 1 1/2 inches up the sides of the pan.

FILLING: Toss apples with lemon juice, cinnamon, 1/4 cup sugar, and 2 T of flour. Arrange in rows on top of the dough. Beat together cream cheese, 1/2 cup sugar, and egg. Spread over apples. Let rise in warm place for 1 hour. Bake at 350 degrees F. for 30 minutes. Best when served warm.



Schwarzwälder Kirschtorte (Black Forest Cherry Cake)

Ingredients

Cake

6 eggs; large
1 cup sugar
1 teaspoon vanilla extract
4 ounces unsweetened baking chocolate
1 cup flour; sifted

Syrup

1/4 cup sugar
1/3 cup water
2 tablespoons kirsch

Filling

1 1/2 cups confectioners' sugar
1/3 cup butter; unsalted

1 egg yolk; large
2 tablespoons kirsch liqueur

Topping

2 cups sour cherries; canned, drain
2 tablespoons confectioners' sugar
1 cup cream; heavy, whipped
8 ounces semisweet chocolate bar (1)

* There should be 4 squares of chocolate and it should be melted.

Directions

CAKE: Beat eggs, sugar, and vanilla together until thick and fluffy, about 10 minutes. Alternately fold chocolate and flour into the egg mixture, ending with flour.

Pour the batter into 3 8-inch cake pans that have been well greased and floured. Bake in a preheated 350 degree F oven for 10 to 15 minutes or until a cake tester inserted in the center comes out clean. Cool cakes in pans for 5 minutes; turn out on racks to cool completely.

SYRUP: Make syrup by mixing together sugar and water and boiling for 5 minutes. When syrup has cooled, stir in kirsch. Prick the cake layers and pour syrup over all 3 layers.

FILLING: To make the

butter-cream filling, beat together sugar and butter until well blended. Add egg yolk; beat until light and fluffy, about 3 to 5 minutes. Fold in Kirsch.

CAKE ASSEMBLY: To assemble cake, place 1 layer on a cake plate.

Spread with butter cream filling. Using 3/4 cup of the cherries, which have been patted dry, drop cherries evenly over cream. Place second layer on cake. Repeat. Place third layer on top.

Fold 2 T confectioners' sugar into the whipped cream.

Cover the sides and top of the cake with whipped cream. Decorate top of cake with remaining 1/2 cup cherries. To make chocolate curls from chocolate bar, shave (at room temperature) with a vegetable peeler. Refrigerate curls until ready to use. Press chocolate curls on sides of cake and sprinkle a few on the top. Chill until serving time.



Apfel-Blitzkuchen (Apple Cake)

Ingredients

6 apples; medium -- tart
1 1/2 cup flour -- unbleached
2 lemons; medium -- juiced
3/4 cup milk
3 tablespoon sugar
1 tablespoon rum
3 tablespoon butter
2 egg whites -- large
3/4 cup sugar
1 tablespoon butter -- to grease cake pan
2 egg yolks; large, separated, place them in different bowls
1 teaspoon vegetable oil
1/2 lemon -- juiced and peel grate

3 tablespoon confectioners' sugar
1 teaspoon baking powder

Directions

Peel apples, cut in half and core. Cut decorative lengthwise slits in apples, about 1/2-inch deep. Sprinkle with lemon juice and sugar. Set aside.

Cream butter and sugar together. One at a time, beat in egg yolks. Gradually beat in lemon juice and grated peel. Sift baking powder and flour together. Gradually add to batter.

Blend in milk and rum. In a small bowl, beat egg whites until stiff. Fold into batter. Generously grease a springform pan.

Pour in batter and top with apple halves. Brush apples with oil. Bake in a preheated 350 degree F. oven for 35 to 40 minutes. Remove from pan and sprinkle with confectioners' sugar.

Braune Zuckerplaetzchen (Brown Sugar Cookies)

4-5 dozen

Ingredients

1 1/2 cups brown sugar; firmly packed
2/3 cup shortening
2 eggs; large
2 tablespoons milk
1 tablespoon orange rind; grated
2 teaspoons baking powder
1 teaspoon cinnamon
1/2 teaspoon cloves



1/4 teaspoon salt
2 cups unbleached flour
1 cup raisins
1/2 cup nuts; chopped, if desired

Directions

Cream sugar and shortening until light and fluffy. Beat in eggs, milk and orange rind. Stir together baking powder, spices, salt and flour.

Mix into sugar mixture. Stir in raisins and nuts, if used.

Drop dough by teaspoonfuls onto greased cookie sheets.

Bake at 350 degrees F. about 10 to 12 minutes, or until done. Remove from baking sheets and cool cookies on rack. Store in airtight tins.



Schokoladenbrezel (Chocolate Pretzel)

Serving Size : 2 dozen

Ingredients

1/2 cup butter or margarine
1/4 cup sugar
1 egg; large, beaten
1 teaspoon vanilla extract
1/4 cup milk
1/4 cup cocoa
2 cups flour; unbleached, unsifted

Cocoa frosting

2 tablespoons cocoa
1 1/4 cups confectioners' sugar
2 tablespoons butter or margarine; melted
1/2 teaspoon vanilla extract

Directions

Cream 1/2 cup butter and the sugar until light and fluffy.

Beat in the egg, vanilla, and milk. Sift cocoa and flour.

Mix into butter mixture until thoroughly blended. Chill dough until firm enough to handle (about

30 minutes).

Using 2 T dough, roll a rope about 12 inches long between your hands.

Shape into a pretzel as follows: Make a loop about 1 1/2 inches in diameter by crossing the ends, leaving 1-inch tails. Flip the loop down over the crossed ends. Press firmly into place. Place pretzels on greased baking sheets.

Bake at 350 degrees F. for about 10 minutes.

Make frosting in a small bowl. Mix cocoa and confectioners' sugar. Gradually stir in butter and vanilla. If frosting is too thick, thin with milk. When pretzels are cool, spread with Cocoa Frosting. You also can just leave them plain and sprinkle with coarse sugar instead.



Frankfurter Kranz (Frankfurt Crown Cake)

Ingredients

cake

- 1 cup butter; no margarine
- 1 1/2 cups sugar
- 6 eggs; large *
- 1 1/2 teaspoons grated lemon rind
- 8 tablespoons rum
- 4 teaspoons baking powder
- 3 1/2 cups flour; unbleached, sifted

butter-cream filling

- 1 cup sugar
- 3/4 cup water
- 6 egg yolks; large
- 1 tablespoon rum
- 1 cup butter; no margarine, unsalted

praline topping

- 2 tablespoons butter
- 1 cup sugar



1/2 cup water

1 cup almonds; blanched, sliced

apricot glaze-

1/2 cup apricot jam

* Egg yolks must be beaten into the cake one at a time so keep the yolks separated from each other.

Directions

CAKE: To prepare cake, cream butter and sugar until very light and fluffy, about 5 minutes. Beat in egg yolks, one at a time.

Mix in lemon rind and 2 T rum. Sift baking powder and flour together. Gently mix into the butter mixture. Beat egg whites until stiff but not dry. Gently fold the egg whites into the batter. Pour into a well-greased 10-inch tube pan.

Bake in a preheated 325 degree F. oven for about 60 minutes or until the cake tests done.

Cool cake in pan for 10 minutes and then turn out on wire rack to cool completely. Slice cake crosswise into 3 layers. Pour about 2 T of rum over each layer.

Butter-Cream Filling: For butter-cream filling, boil sugar and water to 238 degrees F. (soft ball stage). Beat egg yolks until very light and fluffy, 5 to 10 minutes. While still beating the egg yolks, add the sugar syrup in a thin stream. Beat 5 minutes more, until very thick and doubled in bulk. Slowly beat in the rum. Beat the butter in a small bowl until soft and light.

Beat butter into the egg mixture a little at a time. Continue beating until thick.

Chill until mixture can be spread. If mixture is too soft, beat in additional butter.

PRALINE TOPPING: While butter-cream is cooking, spread 2 T butter thickly in a 9 X 13-inch baking pan for praline topping. Then in a 1-quart saucepan, boil sugar and water to 238 degrees F. (soft ball stage). Stir in almonds; cook until mixture reaches 310 degrees F. or until syrup caramelizes. Pour syrup into prepared baking pan. When cool, break up praline and grind it in a blender for few seconds.

APRICOT GLAZE: Finally heat jam and press through a strainer or sieve to make apricot glaze.

CAKE ASSEMBLY: To assemble cake, place bottom layer of cake on cake plate and spread with half of the butter cream. Repeat with second layer.

Place third layer on top. Spread top and sides of cake with apricot glaze.

Press praline powder onto glaze. Any remaining butter cream can be used to decorate the top of the cake.

Gewuerzplaetzchen (Spiced Cookies)

4 dozen

Ingredients

1/2 cup butter or margarine
1/4 cup shortening
1 cup brown sugar; firmly packed
1 egg; large
1/4 cup molasses
2 1/2 cups flour; unbleached, unsifted
1/4 teaspoon salt
2 teaspoons baking soda
1 teaspoon cinnamon
1/2 teaspoon ginger
1/2 teaspoon cloves; ground
1/2 teaspoon allspice; ground

Directions

Cream butter, shortening, and brown sugar thoroughly. Blend in egg and molasses. Sift together the remaining ingredients. Stir into sugar mixture. Shape dough into 3/4-inch balls. Place 2 inches apart on greased baking sheets. Flatten each ball with the bottom of a glass that has been greased and dipped into sugar. Bake in preheated 350 degrees F. oven for 12 to 15 minutes. Cool cookies on racks and store in airtight box.



Gugelhupf

Ingredients

1 package yeast; dry active
1 cup milk; scalded then cooled
1 cup sugar
1 cup butter or margarine
5 eggs; large
1 teaspoon vanilla extract
1 tablespoon lemon rind (rind of 1 lemon)
3/4 cup raisins
1/3 cup almonds; ground (2 oz pk)
1/2 teaspoon salt
4 cups flour; unbleached, unsifted

Directions

Sprinkle yeast into milk to dissolve. In a large bowl beat sugar and butter until light and fluffy. Beat in eggs, one at a time. Stir in vanilla, lemon rind, raisins, and almonds. Mix salt and flour. Add milk and flour mixtures, alternately, ending with the flour mixture. Grease a gugelhupf mold*, bundt pan, or tube pan. Pour batter into pan. Cover and let rise until doubled in bulk, about 2 hours. Bake in preheated 375 degree F. Oven for 40 minutes or until browned and done. Serve warm with butter. * The gugelhupf mold is know also as a turban-head pan. If this is not available, you can use the others with the same results.



Haselnusstorte (Hazelnut Torte)

Ingredients

5 eggs -- separated
3/4 cup sugar
6 tablespoons water
1 3/4 cups cake flour -- sifted
1 teaspoon baking powder
1 1/2 cups hazelnuts (filberts) -- ground
1 teaspoon vanilla extract
2 tablespoons confectioners' sugar
1 cup heavy cream -- whipped
fresh strawberries

Directions

Beat the egg yolks and sugar until very light, about 5 minutes. Slowly add the water. Sift the flour and baking powder together. Mix with 1 cup of nuts.

Fold the flour mixture into the egg yolks.

Beat the egg whites until soft peaks form. Gently fold the beaten whites into the batter.

Pour into a greased and floured 10-inch springform pan. Bake at 375 degrees F for 30 minutes or until cake is done. Cool cake on a wire rack.

When completely cooled, split the cake into 2 layers.

Fold the vanilla, confectioners' sugar, and remaining 1/2 cup of nuts into the whipped cream. Spread whipped cream between the 2 cake layers and on top of the cake. Create little flowers for each piece of cake. Chill until serving time. Garnish with whole hazelnuts.

* Hazelnuts are available at most stores under the name of "Filberts". They should be blanched. To blanch, boil the nuts for 5 minutes and when they are cool enough to handle, remove the skins. To grind, place about 1/4 cup at a time in a blender, or chop as finely as you can with a sharp knife. You also can use a coffee grinder.

Mandel-Halbmonde (Almond Crecents)

Serving Size : 3 dozen

Ingredients

1 cup butter or margarine
2 1/2 cup flour -- unbleached
3/4 cup sugar
1 cup almonds -- ground
1 teaspoon vanilla extract



confectioners' sugar
1 1/2 teaspoon almond extract

Directions

Beat together butter and sugar until very light and fluffy. Blend in extracts. Mix in flour and almonds. Using about 1 T of dough for each, shape into logs and bend into crescents. Place on greased cookie sheet. Bake 12 to 15 minutes at 350 degrees F until light brown. While warm, roll crescents in confectioners' sugar. Cool on racks and store in a tightly sealed container.



Nusskipferl (Nut Cones)

Serving Size : 10

Ingredients

1 package yeast; active dry
4 cups flour; unbleached, unsifted
1 cup butter
1 cup sour cream
3 egg yolks; large

Filling

3 egg whites; large
1 cup almonds -- ground
1 cup sugar
1 teaspoon vanilla

Directions

Mix yeast, flour, butter, sour cream and egg yolks thoroughly until dough is formed. Cover and let dough rest 1 hour. For filling beat egg whites until soft peaks form. Fold in nuts, sugar, and vanilla. Roll dough 1/8-inch thick. Cut out rectangles about 2 X 3-inches. Spread with 1 t of filling. Roll up jelly roll fashion. Place on greased baking sheets and curve to form crescents. Bake at 350 degrees F. for 15 to 20 minutes, or until lightly browned. Cool on wire racks and store in airtight tins. Makes 4 to 5 dozen crescents.

Lebkuchen (Gingerbread Cookies)

Serving Size : 4 dozen bars

Ingredients

1 teaspoon cinnamon
1 teaspoon allspice
1/4 teaspoon cloves
1/2 teaspoon salt
2 1/4 cups flour



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1/2 teaspoon baking powder
1/2 cup almonds -- ground
1 teaspoon lemon rind -- grated
2 eggs; large
3/4 cup sugar
3/4 cup honey
1/2 cup milk

Almond glaze

1 cup confectioners' sugar
1/2 teaspoon almond extract
1 teaspoon rum
1 tablespoon water

Directions

Stir together the spices, salt flour, and baking powder. Stir in the almonds and lemon rind. In a separate bowl beat the eggs and sugar until a ribbon is formed when the beater is removed.

Stir in the honey and milk. Gradually stir in the flour mixture; beat until smooth.

Spread the batter in an 11 X 17-inch jelly roll pan that is well greased and floured.

Bake at 400 degrees F for 12 to 15 minutes, until the cake is done.

While the cake is still warm, turn it out onto a wire rack.

To make the almond glaze, mix the confectioners' sugar, almond extract, rum, and 1 to 2 T of water. Beat until glaze is smooth and of the right consistency. Add more water to thin if necessary. Spread the warm cake with the almond glaze.

Cut cake into 1 X 2 1/2-inch bars while still warm. Spice bars keep 6 to 8 weeks in a sealed container if not glazed.

Pfeffernuesse (Gingerbread cookies)

Serving Size : 4 dozen

Ingredients

4 cups flour; unbleached, unsifted
1 teaspoon baking powder
1 teaspoon cinnamon
1 teaspoon cloves; ground
1/2 teaspoon mace
1 teaspoon allspice; ground
black pepper; as desired
1 1/4 cups honey
2 tablespoons butter
2 eggs; large
1 cup confectioners' sugar
1 teaspoon vanilla
water

Directions

Sift flour, baking powder and spices together. Heat honey and butter

until butter melts. Cool to lukewarm and beat in eggs. Add flour mixture. Chill dough 1/2 hour. Shape dough into 1-inch balls. Place on greased cookie sheet. Bake at 350 degrees F. for 15 minutes.

Cool cookies on wire racks.

Mix confectioners sugar, vanilla, and water to form a thin glaze. Dip cookies in glaze and place on wire rack to dry. Store cookies in airtight tins.



Weintraubenkuchen (Grape Cake)

Ingredients

For dough

2 cups flour; unbleached, unsifted
2/3 cup sugar
1/4 cup butter
1 egg; large
1 egg yolk; large
1 lemon; grated rind of
1/8 teaspoon salt

For topping

1 pound grapes
3 egg whites; large
6 tablespoons sugar
1/2 lemon; juice of
4 ounces almonds; ground

Directions

DOUGH: Sift flour and sugar into a medium-size bowl. Cut in butter or margarine until mixture resembles coarse crumbs.

Add egg, egg yolk, lemon rind, and salt; mix with a fork to form dough. Cover dough and let rest in refrigerator 20 minutes. Roll out dough into a circle; place in an ungreased springform pan. Form a 1-inch high rim. Bake in preheated 350 degree F. oven for 10 minutes.

FILLING: Meanwhile, clean and halve grapes, and remove seeds if necessary. Beat egg whites until stiff; blend in sugar, lemon juice, and ground almonds. Carefully fold in the grapes.

Remove cake from the oven. Fill baked cake shell with grape mixture, return to the oven, and bake for another 30 minutes at 350 degrees F. Remove cake from pan and cool on wire rack.



Zwiebelkuchen (Onion Tart)

Ingredients

1 package yeast -- active dry
2 onions; medium -- sliced
1 teaspoon sugar
1/4 teaspoon cumin
1 1/2 teaspoon salt
1/2 teaspoon salt
3 cup unbleached flour
pepper -- as desired
1 tablespoon shortening
1 egg yolk
1 cup water -- 120 to 130 degrees f
1 cup sour cream
6 bacon; slices -- cut up

Directions

Mix yeast, sugar, 1 t salt, and 1/2 cup flour. Blend in shortening and warm water. Beat for 2 minutes. Add enough flour to make a soft dough.

Knead dough until smooth and elastic, about 5

minutes. Place dough in a lightly greased bowl. Cover and let dough rise in a warm place 1/2 hour.

Pat dough into a lightly greased 12-inch pizza pan or onto a lightly greased baking sheet. Press up edges to make a slight rim.

Fry bacon until crisp. Remove from grease and drain on absorbent paper. Add onions to bacon grease; cook slowly until tender but not brown. Sprinkle onion, bacon, cumin, 1/2 t salt and pepper over dough.

Bake at 400 Degrees F. for 20 minutes. Blend egg yolk and sour cream. Pour over onions. Bake for 10 to 15 minutes longer or until golden brown and sour cream is set.

Serve warm or at room temperature.



Streuselkuchen (Crumble Cake)

Ingredients

Topping

1/4 cup sugar
1/4 cup brown sugar
2 teaspoons cinnamon
1 cup flour; unbleached, unsifted
1/2 cup butter

Cake

2 1/4 cups flour; unbleached, unsifted
1/4 cup sugar
1/4 teaspoon salt
1 package yeast; dry
3/4 cup milk
1/2 cup butter
1 egg; large

Directions

TOPPING: For topping, mix sugars, cinnamon and flour. Cut in butter until mixture is crumbly.

CAKE: To make cake, mix 1 cup flour, sugar, salt and yeast in a large bowl. Place milk and butter in a sauce pan and heat until very warm (120 to 130 degrees F). Gradually add to dry ingredients; beat 2 minutes.

Beat in egg and 1 cup flour. Beat on high speed for 2 minutes. Stir in enough flour to make a soft but stiff batter. Spread batter into a well-greased 9-inch square cake pan. Sprinkle with topping.

Let rise in a warm place until double in bulk, about 1 1/2 hours. Bake at 350 degrees F. about 45 minutes or until done. Makes 1 9-inch square cake.



**Springerle (Swabian
Molded Christmas
Cookies)**

Serving Size : 6 dozen

Ingredient

4 eggs; large
2 cups sugar
1 teaspoon anise extract
4 1/2 cups cake flour;
sifted
Springerle molds

Directions

NOTE: Beat eggs until very light and fluffy. Gradually add sugar; beat for 15 minutes. DO NOT under beat. Fold in anise extract and flour.

Roll dough 3/8-inch thick.

Thoroughly flour springerle mold or rolling pin. Press molds firmly to dough. Cut cookies apart and place on greased and floured cookie sheet. Let dry overnight at room temperature, covered with paper towels, or uncovered. Preheat oven to 375 degrees F.

Place cookies in oven and immediately reduce temperature to 300 degrees F. Bake for 15 minutes.

Cookies should not brown.

Store cookies 2 to 3 weeks to mellow flavor. These cookies are very hard and may be used for dunking in coffee, tee or cocoa. They are good for months.



Spritzgebäckenes (Spritz Cookies)

Serving Size : 4-6 dozen cookies

Ingredients

1 cup butter
2/3 cup confectioners' sugar
1 egg; large
1 egg yolk; large
1 teaspoon almond or lemon extract
2 1/4 cups flour; unbleached, unsifted
1/4 teaspoon salt
1/2 teaspoon baking powder

Directions

Beat butter and sugar until light. Beat in egg, egg yolk and extract.
Sift flour, salt, and baking powder; gradually add flour mixture to eggs.
Chill dough 1/2 hour. Press 1/4 of the dough into a cookie press. Keep remaining dough chilled. Shape cookies onto a greased baking sheet. Bake in 400 degrees F. oven for 7 to 10 minutes or until done. Cool on wire racks and store in airtight tins.

[photo credit](#)

Sandplätzchen (Sand Cookies)

Serving Size : 24

Ingredients

2 1/2 cups sugar
2 cups butter
2 eggs; large
4 cups flour; unbleached, unsifted
1 egg white; large, beaten
sugar
cinnamon
pecan; halves

Directions

Cream sugar and butter. Beat in 2 eggs. Gradually blend in the flour.



Chill dough overnight. Roll as thin as possible on well floured board. Work with 1/4 of the dough at a time. Keep remaining dough chilled. Cut into diamonds with a knife. Place on greased cookie sheets. Brush each cookie with beaten egg white. Sprinkle with sugar and a pinch of cinnamon. Place a pecan half in center of each cookie.

Bake in preheated 350 degree F. oven for 8 to 10 minutes or until edges are light brown. Cool on cookie sheets 1 minute, then remove to wire racks. Store in airtight tins.



Rahmapfelkuchen (Apple And Rum Custard Cake)

Ingredients

Crust

1 1/2 cups flour; unbleached, unsifted
5 tablespoons sugar
1 tablespoon lemon rind; grated
2/3 cup butter or margarine
1 egg yolk; large
1 tablespoon milk

Filling

1/2 cup soft bread crumbs
2 tablespoons butter or margarine; melted
4 cups apples; tart, sliced
1 tablespoon lemon juice

1/4 cup sugar
1/4 cup raisins;
1/4 cup rum
3 eggs; large, beaten
1/3 cup sugar
1 3/4 cups milk

* Soak raisins in 1/4 cup rum for 1/2 hour before using.

Directions

CRUST: To make crust, mix flour, sugar, and lemon rind. Cut in butter or margarine until mixture resembles coarse crumbs. Add egg yolk and 1 T of milk; mix gently to form a dough. Pat into bottom of a 10-inch Springform pan that has sides only greased. Press dough up sides of pan for 1 inch.

FILLING: Toss together bread crumbs and melted butter. Spread evenly over pastry crust. Toss apple slices, lemon juice, and 1/4 c of sugar. Spread apples over crumbs. Drain raisins, reserving rum, and sprinkle raisins over apples. Bake in a preheated 350 degree F. oven for 15 minutes. Beat eggs and sugar until thick and lemon-colored. Stir in milk and reserved rum. Pour custard over apples and bake for 45 to 60 minutes at 350 degrees F. until custard is set. Cool completely before serving.

Do NOT remove springform pan until cool.

[photo credit](#)

Obsttorte (Fruit Torte)

Ingredients

Pastry

2 cups flour; unbleached

1/4 cup sugar

1 cup butter

2 egg yolks

Filling

4 cups fruit; fresh, canned, frozen

1/2 cup sugar -- with fresh fruit

1/4 cup water -- if needed

2 tablespoons cornstarch

Almond coating

1 egg white

1 tablespoon sugar

1/2 cup almonds; toasted, sliced

Topping

2 tablespoons sugar

1 teaspoon vanilla extract

1 cup cream heavy, whipped

Directions

CAKE: Mix flour and sugar. Cut in butter until mixture resembles coarse crumbs. Add egg yolks; mix to form dough. Press dough into bottom and sides of a 10-inch springform pan. Dough should come 1 1/2 inches up the sides. Bake in a preheated 375 degree F. oven for 20 to 25 minutes, until pastry is firm and light brown.

FILLING: Drain canned or frozen fruit, reserving juice. Crush 1 cup of fresh fruit to make juice. Add sugar to fresh fruit and let stand 1/2 hour. Drain juice and add water to make 1 cup. Mix cornstarch and fruit juice. Cook over medium heat until thickened. Place whole fruit in baked pastry shell. Pour thickened fruit juice over top. Chill thoroughly.

Carefully remove torte from springform pan.

ALMOND COATING: Beat egg white until foamy. Gradually beat in the sugar. beat until stiff peaks are formed. Spread the meringue around the outside of the pastry shell. Press in the almonds so that they completely cover the sides.

TOPPING: Gently fold sugar and vanilla into whipped cream. Spread over the fruit. Garnish with sliced toasted almonds, if desired.



Bread



**Altdeutsche Broetchen (Old
German Muffins)**

Makes 18 Muffins

Ingredients

3/4 cup butter or margarine
1/2 cup sugar
2 eggs -- large
1 tablespoon rum
1 teaspoon vanilla extract
3 tablespoon milk
1/2 teaspoon cinnamon
2 teaspoon baking powder
2 1/4 cup flour -- unbleached
1/4 cup almonds -- ground

1 tablespoon orange rind -- grated
1/4 cup raisins -- if desired

Directions

Cream butter and sugar. Beat in eggs, rum, vanilla, and milk.
Mix cinnamon, baking powder, and flour. Add flour mixture to butter mixture.
Gently mix in almonds, orange rind, and raisins. Pour batter into greased muffin tins, filling half full.
Bake at 375 degrees F. for 25 to 30 minutes, or until browned.

Dillbrot (Dill Bread)

Serving Size : 1 loaf

Ingredients

1 package yeast; active dry
1/4 cup warm water(110-120 degrees)
1 cup cottage cheese; creamed *
2 tablespoons sugar
1 tablespoon onion; minced
1 tablespoon butter; melted
1 egg; large
1 teaspoon salt
2 teaspoons dill seeds
2 1/4 cups flour; unbleached or bread
* Creamed Cottage Cheese should be heated to lukewarm.

Directions

Dissolve yeast in warm water. Combine all ingredients in a mixing bowl, except add the flour a little at a time (it may take up to 2 1/2 cups of flour).
Beat until well mixed and mixture is stiff but not heavy. (Standard bread dough feeling).
Cover and let rise in a warm place until doubled. Punch down and put dough in a bread pan, or arrange in a round shape on a greased cookie sheet. Let rise again.
Bake for 30 to 45 minutes at 350 degrees F. While warm, brush loaf with soft butter, sprinkle well with salt.

Roggenbrot (Rye Bread)

Serving Size : 2 round loaves

Ingredients

2 package yeast -- active dry
1 1/2 cup milk -- lukewarm
2 tablespoon sugar
1 teaspoon salt



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1/2 cup molasses
2 tablespoon butter
3 1/4 cup rye flour -- unsifted
2 1/2 cup bread flour -- unsifted

Directions

Dissolve yeast in warm water. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour.

Use a wooden spoon to mix in the remaining rye flour. Add white flour by stirring until the dough is stiff enough to knead.

Knead 5 to 10 minutes, adding flour as needed. If the dough sticks to your hands or the board add more flour.

Cover dough and let rise 1 1/2 hours or until double. Punch down dough and divide to form 2 round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours.

Preheat oven to 375 degrees F. Bake for 30 to 35 minutes.

Soups

Huehnereintopf (Chicken Paprikash with Dumplings)
Kartoffelsuppe mit Gurken (Potato-Cucumber Soup)
Frische Tomatensuppe (Fresh Tomato Soup)
Frankfurter Bohnensuppe (Bean Soup With Frankfurter Sausages)
Linsensuppe (Lentil Soup)
Berghof Eintopf (Berghof Stew)
Frankfurter Bohnensuppe
Gulaschsuppe (Goulsh Soup)
Gruenkohlsuppe (Kale and Potato Soup)
Krautsuppe (Cabbage Soup)
Ochsenschwanzsuppe (Oxtail Soup)
Kartoffelsuppe (Potato Soup)
Eintopf mit Rindfleisch (Beef Stew)

Soups



Huehnereintopf mit Pasta (Chicken Paprikash with Dumplings)

Serving Size : 4

Ingredients

2 pound chicken -- parts
1 med onion- chopped fine
2 tablespoon butter
1 tablespoon paprika
2 cup chicken bouillon
1 teaspoon salt

1 dash pepper
1 tablespoon flour
1 cup sour cream
dumplings
2 cup flour
1 teaspoon salt
2 egg
1/2 cup water

Directions

Cook onion in butter until tender. Add paprika and blend.
Add chicken, cover and simmer 15 minutes.
Add bouillon, salt and pepper. Cook until tender. Remove chicken, keep warm. Mix flour and sour cream.
Add to skillet juices, blend over medium heat until thickened without the sauce separating, serve over chicken and dumplings. Combine all ingredients.
Mix until smooth. Drop by 1/4 to 1/2 teaspoons into boiling salted water, dipping spoon to prevent sticking.
Dumplings are done when they rise to the top.
Remove with slotted spoon.



Kartoffelsuppe mit Gurken (Potato-Cucumber Soup)

Serving Size : 4

Ingredients

1 cucumber; medium
4 potatoes; med, peel and dice
1 teaspoon salt
2 cups water; cold
1/4 teaspoon pepper; white
1 cup cream; heavy

1/2 cup milk
1 green onion; grated
1 teaspoon dillweed; dried or
1 tablespoon fresh dill; chopped

Directions

Peel the cucumber and slice it lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber. In a heavy 2 1/2-quart saucepan boil potatoes in salted water until the potatoes are very soft. Pour potatoes and cooking liquid into a sieve or food mill set over a large bowl. Force potatoes through. Return to the saucepan. Stir in pepper, cream, milk, grated onion and the cucumber. Simmer gently about 5 minutes or until the cucumber is tender. Add dill and season to taste. Serve hot.

Frische Tomatensuppe (Fresh Tomato Soup)

Serving Size : 4

Ingredients

6 tomatoes -- medium size or
1 tablespoon tomato paste
2 pound italian plum tomatoes
1/2 teaspoon basil -- dried
1 onion -- chopped
1/4 teaspoon pepper -- freshly ground
1 celery; stalk -- chopped
1/2 teaspoon salt
2 cup chicken broth
1/2 cup heavy cream -- whipped

Directions

Cut tomatoes into wedges and place in 1 1/2-quart saucepan with all ingredients except yogurt. Simmer uncovered 30 minutes. Strain to remove tomato skins and seeds. Adjust seasonings. Garnish with spoonfuls of heavy whipped cream.

Frankfurter Bohnensuppe (Bean Soup With Frankfurters)

Serving Size : 4

Ingredients

1 pound navy beans -- dried
8 cup water
3 cup beef broth
1 carrot -- chopped
1 celery stalk -- chopped
4 bacon; strips -- cubed
2 onions; small -- chopped
1 teaspoon salt
1/4 teaspoon pepper -- white

6 frankfurters -- sliced *

2 tablespoon parsley -- chopped

* Note: Use real Frankfurters in this recipe and not the hot dogs!

Directions

Soak beans overnight. In a 3-quart saucepan bring beans, water and beef broth to a boil. Cook for about 1 hour. Add carrot and celery and continue cooking for 30 minutes.

In a separate frypan cook the bacon until transparent. Add the onions; cook until golden. Set aside. Mash soup through a sieve or food mill. Return to pan and add the bacon onion mixture, salt and pepper.

Add frankfurters; reheat about 5 minutes. Sprinkle soup with chopped parsley and serve.



Linsensuppe mit Frankfurter (Lentil Soup With Frankfurter Sausages)

Serving Size : 4

Ingredients

1 cup lentils -- dried quick-cooking

1 tablespoon vegetable oil

6 cup water

2 tablespoon unbleached flour

2 bacon; slices -- diced

1 tablespoon vinegar

1 leek or green onion, finely chopped
4 frankfurters -- thickly sliced
1 carrot;large -- finely chopped
1 tablespoon catsup -- tomato
1 celery;stalk -- finely chopped
1 teaspoon salt
1 onion -- finely chopped
1/4 teaspoon black pepper

Directions

Wash the lentils thoroughly. In a 2 1/2-quart saucepan bring 6 cups of water to a boil. Add the lentils, bacon, leek or green onion, carrot and celery.

Simmer, partially covered, for 30 to 40 minutes. Meanwhile in a frypan, saute chopped onion in vegetable oil until soft. Sprinkle flour over onion, and stir. Lower heat, stir constantly, and cook until the flour turns a light brown. DO NOT burn flour. Stir in 1/2 cup of hot lentil soup into the browned flour; beat with a wire whisk until well-blended. Beat in vinegar. Add contents of frypan to lentil pan and stir together. Cover and simmer for 30 minutes or until lentils are soft.

Add the frankfurters and catsup. Cook to heat frankfurters through. Season with salt and pepper and serve hot.



Berghof Ragout

Serving Size : 8

Ingredients

3/4 cup butter
3 1/2 pounds round steak; boneless, round steak should be cut into thin strips.
1 cup onion; chopped
1 1/2 cups green bell pepper; chopped
1 pound mushrooms; sliced
1/2 cup unbleached flour
2 cups beef broth; canned/homemade
1 cup white wine; dry
1 teaspoon salt
1 teaspoon worcestershire sauce

tabasco sauce; to taste

Directions

Melt 1/2 cup butter in a large frypan. Brown meat over medium-high heat. Remove browned meat. In remaining butter, saute onion for 2 minutes.
Add green bell pepper and mushrooms. Cook an additional 3 minutes. Melt 1/4 cup butter and add flour. Slowly add beef broth; cook until thickened.
Stir in wine and seasonings. Add meat and mushroom mixture. Cover and simmer 45 minutes to 1 hour, until meat is tender.
Serve with Spaetzle.



Gulaschsuppe (Goulash Soup)

Serving Size : 6

Ingredients

- 2 cups onion; chopped
- 1/4 cup shortening
- 3 green bell peppers; chopped
- 3 tablespoons tomato paste
- 1 pound beef cubes; 1-inch cubes
- 1 dash red pepper
- 1 teaspoon paprika
- 2 garlic cloves; minced
- 6 cups beef broth; home made or instant (cubes)
- 1 tablespoon lemon juice

1/4 teaspoon caraway seeds

Directions

Fry onions in hot fat until transparent. Add green peppers and tomato paste. Cover and simmer 10 minutes. Add lean beef cubes and remaining ingredients. Simmer about 1 1/2 hours, until meat is tender. (Add cubed potatoes if you like and simmer until potatoes are done.) Best when reheated and served the second day.

Gruenkohlsuppe (Kale and Potato Soup)

Serving Size : 6

Ingredients

4 potatoes -- medium
1/2 teaspoon pepper
2 tablespoon vegetable oil
2 pound kale -- fresh
8 cup water
1/2 pound smoked sausage, cooked, sliced
1 teaspoon salt

Directions

Peel and chop potatoes. Combine with vegetable oil and water. Cook for 20 to 30 minutes or until potatoes are tender. Remove potatoes and reserve liquid. Mash potatoes through a sieve and return to potato liquid. Add salt and pepper and simmer for 20 minutes. Wash kale discarding all tough leaves and cut into shreds.
Add to potatoes and cook for 25 minutes. Add sausage. Simmer gently for 5 minutes.

Krautsuppe (Cabbage Soup)

Serving Size : 6

Ingredients

4 slices bacon; thick -- diced
1 head green cabbage -- shredded
2 onions -- sliced
4 cup chicken stock or bouillon
1 turnip -- sliced
2 cup water
2 carrots -- diced
6 sprigs parsley, tied together with the bay leaf with a thread
2 potatoes -- cubed
1 bay leaf

Garnish

1/4 cup parmesan cheese -- grated

Directions

In a 6-quart saucepan or pot, combine all ingredients except salt, pepper and cheese. Simmer partially

covered for 1 1/2 to 2 hours. Discard the parsley bundle; season to taste. Pour into hot soup plates and garnish with cheese.



Ochsenschwanzsuppe (Ox Tail Soup)

Serving Size : 6

Ingredient

2 pound ox tails -- disjointed or
1/2 cup carrots -- diced
2 veal tails
1 cup celery -- diced
1 onion; medium -- sliced
1 bay leaf
2 tablespoon vegetable oil
1/2 cup tomatoes -- drained
8 cup water
1 teaspoon thyme; dried -- crushed
1 teaspoon salt
1 tablespoon unbleached flour
4 peppercorns
1 tablespoon butter or margarine
1/4 cup parsley -- chopped

1/4 cup madeira

Directions

In a 4-quart Dutch Oven brown oxtail and onion in hot oil for several minutes. Add water, salt and peppercorns; simmer uncovered for about 2 hours. Cover and continue to simmer for 3 additional hours. Add the parsley, carrots, celery, bay leaf, tomatoes, and thyme; continue simmering for 30 minutes longer or until the vegetables are tender.

Strain stock and refrigerate for an hour or more. In a blender puree the edible meat and vegetables and reserve. Remove fat from top of stock and reheat.

In a large, dry frypan brown flour over high heat. Cool slightly. Add the butter or margarine, blend. A little at a time, add the stock and vegetables. Correct seasoning and add madeira just before serving.

Kartoffelsuppe (Potato Soup)

Serving Size : 4

Ingredients

2 potatoes -- medium
1 bay leaf -- small
1 onion -- medium size
1/2 teaspoon salt
4 celery & leaves -- stalks
2 tablespoon butter
2 tablespoon vegetable oil
2 cup milk -- up to 3 cups maybe

boiling water
parsley -- chopped

Directions

Peel and thinly slice potatoes, onion and celery. Saute for 3 to 5 minutes in hot vegetable oil. In a large pot, add all of the vegetables and cover with just enough boiling water to cover. Place bay leaf and salt in pot and boil vegetables until tender.

Drain vegetables and reserve liquid. Mash vegetables into vegetable stock; add butter. Thin soup with milk as desired; heat until warm. (DO NOT boil). Ladle into soup bowls and sprinkle with chopped parsley.

Eintopf mit Rindfleisch (Beef Stew)

Serving Size : 6

Ingredients

1/4 cup shortening
3 pound rump roast -- boneless
2 cup onions -- sliced
1/4 cup unbleached flour
2 tb salt
2 tb sugar
pepper -- to taste
2 teaspoon mustard -- dry
1/2 teaspoon celery seed
1/4 cup water
1 pound tomatoes -- (1 can)

Directions

Melt shortening in a Dutch oven. Add the meat and brown on all sides.

Place the onions on top of the meat. Mix the flour and seasonings with 1/4 c water. Blend with the tomatoes and add the mixture to the dutch oven. Bake at 325 degrees F about 2 hours, until the meat is fork-tender. Serve with oven-browned potatoes.

Main Dishes - Entrees

Bamberger Krautfleisch
Bayerisches Kalbfleisch mit Spargel (Bavarian Veal with Asparagus)
Bayerische Kalbsrouladen (Bavarian Veal rolls)
Rindsrouladen (Beef rolls)
German Beefsteak
Falscher Hase (German Meatloaf)
Gefuellte Kalbsbrust (Stuffed Veal Breast)
Krautrouladen (Stuffed Cabbage)
Bratwurst (Skillet Bratwurst)
Kalbsschnitzel mit Currysosse (Veal Steaks with Currysauce)
Rippchen und Sauerkraut (Spareribs and Sauerkraut)
Jaeger-Eintopf (Hunter's Stew)
Kapernschnitzel (Veal Cutlets With Capers)
Koenigsberger Klopse (Koenigsberger Meatballs)
Rindsgeschnetzeltes mit Karotten (Beef Stir Fry with Carrots)
Kalbsbrust mit Kraeuterfuellung (Veal Breast with Herb Stuffing)
Kalbssteak (Veal Steak)
Steaks Esterhazy
Sauerbraten (Marinated Pot Roast)
Schweinekotelett in Zwiebelsosse (Pork Chops in Onion Sauce)
Schweinekotelett in Saurer Sahnesosse (Baked Pork Chops)
Rostbraten mit Pilzfuellung (Beef Roast With Mushroom Stuffing)
Kapernschnitzel (Veal Cutlets With Capers)
Schwalbennester (Bavarian Veal Specialty)

Main Dishes



Bamberger Krautbraten (Bamberger Meat & Cabbage)

Serving Size : 4

Ingredients

1 pound cabbage; head, small
1 tablespoon vegetable oil
2 onions; medium, chopped
1/2 pound pork; lean, cubed
1 pound ground beef; lean
1 teaspoon caraway seeds
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup white wine; dry
1 teaspoon vegetable oil
3 bacon; strips, thick sliced

Directions

Remove outer, wilted cabbage leaves and core. Place cabbage in a large pot of boiling water and simmer gently for 10 minutes. Remove and drain gently pull off 12 leaves and set aside. Finely chop the rest of the cabbage.

Heat 1 T vegetable oil; add onions, pork, and ground beef. Cook until lightly browned. Drain off excess fat. Add the chopped cabbage, caraway seeds, salt, and pepper.

Pour in the white wine. Cover and simmer the mixture for 10 minutes, stirring often. Grease an ovenproof

dish with 1 t of vegetable oil; line the dish with half the cabbage leaves. Spoon in the meat mixture, cover with the rest of the cabbage leaves.

Cut bacon strips in half and arrange on top. Place in preheated 350 degree F. oven; bake for approximately 45 minutes.

Bayerisches Kalbfleisch mit Spargel (Bavarian Veal With Asparagus)

Serving Size : 6

Ingredients

2 pound veal -- cubed
2 tb vegetable oil
1 onion; large -- chopped
1 cup carrots -- chopped
1 tb parsley -- chopped
1/4 cup lemon juice -- fresh
2 cup beef broth
3 tb unbleached flour
1/2 teaspoon salt
pepper; fresh ground -- to taste
20 ounce frozen asparagus (tips and pieces) or
2 pound asparagus fresh (2 boxes 10 oz each)

Directions

Fresh Asparagus should be cleaned and cut into 1-inch pieces.

In a Dutch oven brown the veal in hot oil. Add onion and carrots. Cook until onion is transparent. Stir in parsley. Mix lemon juice, broth, flour and seasonings until well-blended.

Pour over meat. Cover and bake in preheated 325 degree F oven 1 1/2 hours or until meat is tender. Add more broth if needed. Cook asparagus until tender-crisp. Stir into veal and serve immediately.



Bayerisches Kalbsrouladen (Bavarian Veal Rolls)

Serving Size : 4

Ingredients

1 pound veal; cut in 4 thin slices
1/2 teaspoon salt
1/8 teaspoon sugar
1/2 teaspoon pepper, white
1 tablespoon mustard; dijon style
4 bacon; slices
4 eggs; large, hard cooked
2 tablespoons vegetable oil
1 onion; medium, diced
3/4 cup beef bouillon; heated
1 tablespoon tomato paste
2 tablespoons unbleached flour

1/4 cup red wine

Directions

Dry veal on paper towels. Roll in a mixture of salt, sugar, white pepper, and mustard. Place a bacon slice on top of each piece of veal. Place an unsliced egg on top of the bacon.

Rollup each slice of veal (jelly-roll fashion) and tie together with string.

Heat oil in frypan and brown veal rolls well on all sides.

Add onion; saute for 3 minutes.

Add the hot bouillon; cover and simmer gently 25 minutes.

Remove the veal from the pan.

Remove the strings from the veal and keep veal warm on a serving platter.

Add tomato paste to the pan drippings; stir. Thoroughly mix flour and red wine to remove all lumps. Add to sauce and cook until mixture thickens.

Add warm veal rolls and heat through. Before serving, place veal rolls on a platter, pour sauce over the rolls and serve with mashed potatoes.

Rindsrouladen (Beef Rouladen)

Serving Size : 6

Ingredients

3 pounds round steaks -- 1/4 inch thick

salt and pepper -- to taste

2 teaspoons mustard -- hot or mild

1 onion -- chopped

6 slices bacon -- halved cross wise

2 large dill pickles -- cut in strips

1/4 cup salad oil

1 can beef broth -- undiluted

flour

Directions

Wipe beef with a damp paper towel. Cut steak crosswise into 6 equal pieces. Flatten steak to about 1/8 inch thickness.

Sprinkle lightly with salt and pepper. Spread each steak with 1/4 teaspoon mustard. Sprinkle onions on top. Place bacon and a pickle strip on narrow end of each piece.

Roll up and tie, sprinkle with flour.

Slowly heat in heavy Dutch oven or skillet with tight fitted lid, in hot oil, brown roulades on all sides, about 15 to 20 minutes. Add broth, bring to boil. Reduce heat and simmer, covered, about 1 1/2 hours until tender.

Put Roulades to heated platter. Remove string. Make gravy from remaining broth, pour over meat.

Serve with Spaetzle and red cabbage.



Hacksteak (German Beefsteak)

Serving Size : 4

Ingredients

1 hard roll; large -- dry
1/2 cup water
4 tb vegetable oil
1 onion; medium -- chopped
1 pound ground beef -- lean
1/2 teaspoon salt
1/4 teaspoon pepper
4 onion; medium -- sliced

Directions

In a small bowl soak roll in water. Heat 2 T vegetable oil in a frypan; cook chopped onion until lightly browned. Transfer onion to a bowl. Squeeze roll as dry as possible and mix roll with onion. Add ground beef; blend well. Season with salt and pepper. Shape meat into 4 patties; cook about 5 minutes on each side or to desired doneness. Remove and keep warm. Add sliced onions to pan drippings; cook until lightly browned. Arrange beefsteaks on a platter and top with onion rings.



Falscher Hase (German Meatloaf)

Serving Size : 4

Ingredients

1/2 pound ground beef -- lean
1/2 pound ground pork -- lean

1 onion; medium -- chopped
3 tb bread crumbs
3 tb water -- cold
2 eggs -- large
1/2 teaspoon salt
1 teaspoon paprika
1 teaspoon mustard -- prepared
2 tb parsley -- chopped
3 hard cooked eggs -- peeled
4 bacon -- strips
4 tb vegetable oil
1 cup beef broth

Sauce

1/4 cup water -- hot
1 teaspoon cornstarch
1/4 cup water
1/2 cup sour cream

Directions

Thoroughly mix ground meats, onion, bread crumbs, 3 T cold water, and eggs. Flavor with salt, paprika, mustard, and parsley.

Blend ingredients thoroughly. Flatten out meat mixture in the shape of a square, (8 X 8-inches). Arrange whole hard-boiled eggs in a row along the middle of the meat. Fold sides of meat patty over the eggs.

Shape meat carefully into a loaf resembling a flat bread loaf. Occasionally rinse hands in cold water to prevent sticking. Cube 2 strips bacon; cook in a Dutch oven about 2 minutes. Carefully add the vegetable oil; heat.

Place meatloaf in the Dutch oven and cook until browned on all sides. Cut remaining bacon strips in half and arrange over the top of the meatloaf.

Place uncovered Dutch oven in a preheated oven for about 45 minutes. While meat is baking, gradually pour hot beef broth over the top of the meatloaf; brush occasionally with pan drippings. When done remove meat to a preheated platter and keep it warm.

Add 1/4 cup of hot water to pan and scrape all particles from the bottom. Bring to a gentle boil and add cornstarch that has been mixed with 1/4 cup water. Cook until bubbly and thick. Remove from heat and stir in sour cream. Reheat to warm.

Season with salt and pepper if desired. Serve the sauce separately.



Gefuellte Kalbsbrust (Stuffed Veal Breast)

Serving Size : 4

Ingredients

1/2 pound ground beef -- lean
1/4 pound ground pork
1 egg -- large
1 cup bread crumbs -- soft
1 tb lemon juice
1/8 teaspoon nutmeg
1/2 teaspoon salt
pepper -- to taste
4 pound breast of veal -- with brisket
3 tb shortening
2 teaspoon paprika
2 bay leaves
6 cloves -- whole
1/2 teaspoon rosemary
1/2 teaspoon basil
2 cup water

Directions

Mix ground meats, egg, bread crumbs, lemon juice, nutmeg, salt, and pepper for stuffing. Stuff pocket of veal breast. Sew closed or use toothpicks or skewers. Brown roast in melted shortening in ovenproof casserole. To the drippings add paprika, bay leaves, cloves, rosemary, basil, and 2 cups water. Bake in a covered casserole at 325 degrees F for 2 hours or until veal is tender. Slice veal and serve immediately.

Krautrouladen (Stuffed Cabbage Rolls)

Serving Size : 6

Ingredients

1 1/2 cup white rice
3 cup water
2 teaspoon salt
1 teaspoon dill seeds
1/2 teaspoon marjoram
3/4 teaspoon pepper
2 1/2 cup onion -- chopped
5 tb vegetable oil
1/2 teaspoon paprika
2 garlic; cloves -- minced
2 eggs; large -- slightly beaten
1/4 cup bread crumbs
1/2 cup parsley; fresh -- minced
2 1/2 pound cabbage
cheesecloth -- about 6 ft.
2 1/2 cup tomatoes; canned -- chopped
1/2 cup vermouth -- dry
1/2 cup beef broth
2 tb tomato paste
1/2 teaspoon sugar

Directions

In a medium bowl cover brown rice with hot water and soak for 3 hours.

Drain. In a 2-quart saucepan combine rice, 3 cups water, and 1 1/2 t salt. Simmer covered for 40 minutes or until the liquid is absorbed.

Add the dill seeds, marjoram, and 1/2 t pepper. In a large skillet saute 1 1/2 cups chopped onion in 3 T hot vegetable oil until soft, about 6 to 8 minutes.

Add paprika and garlic, continue cooking and stirring for 2 minutes. Stir in the rice mixture, eggs, bread crumbs, and parsley.

Adjust seasonings to taste. Core cabbage and, in a large pot, blanch the cabbage cored-side-down in boiling salted water for 5 minutes or until it is softened. Drain. Remove 12 leaves and cut off one fourth of each leaf from the base.

Arrange 1 leaf curved-side down on a square of dampened cheesecloth and place 3 T of rice mixture in the center. Wrap the leaf around the filling and twist the corners of the cheesecloth to form the leaf into a roll. Continue making rolls with remaining filling.

Chop remaining cabbage to make 3 cups and, in a large frypan, saute with 1 cup chopped onions and 2 T vegetable oil until soft. Add tomatoes, vermouth, broth, tomato paste, sugar, 1/2 t salt and 1/4 t pepper. Simmer the mixture for 5 minutes, stirring occasionally. Adjust seasonings.

Transfer cabbage-tomato sauce mixture to a large baking dish. Arrange the cabbage rolls close together in one layer on the sauce. Spoon some of the mixture over the rolls. Bake at 325 degrees F for 1 1/2 hours.

Baste rolls 4 to 5 times during cooking. Let the dish cool. Cover and refrigerate overnight. Remove cheesecloth. Heat in preheated 350 degree oven for 30 minutes before serving.

Bratwurst (Skillet Bratwurst)

Serving Size : 6

Ingredients

6 bratwurst sausages
12 ounce (1 can) beer
1 onion; med. -- chopped
6 peppercorns
4 cloves
6 hard rolls

Directions

Place bratwursts, beer, onion, peppercorns, and cloves in a 3-quart saucepan. Simmer for 20 minutes. Drain. Grill bratwursts 2 to 5 inches from charcoal about 10 minutes, until browned. Sprinkle with water to form a crisp skin. Serve in buns or German rolls with Dusseldorf-style or Bavarian mustard.

Kalbsschnitzel mit Currysosse (Veal Steaks with Currysauce)

Serving Size : 4

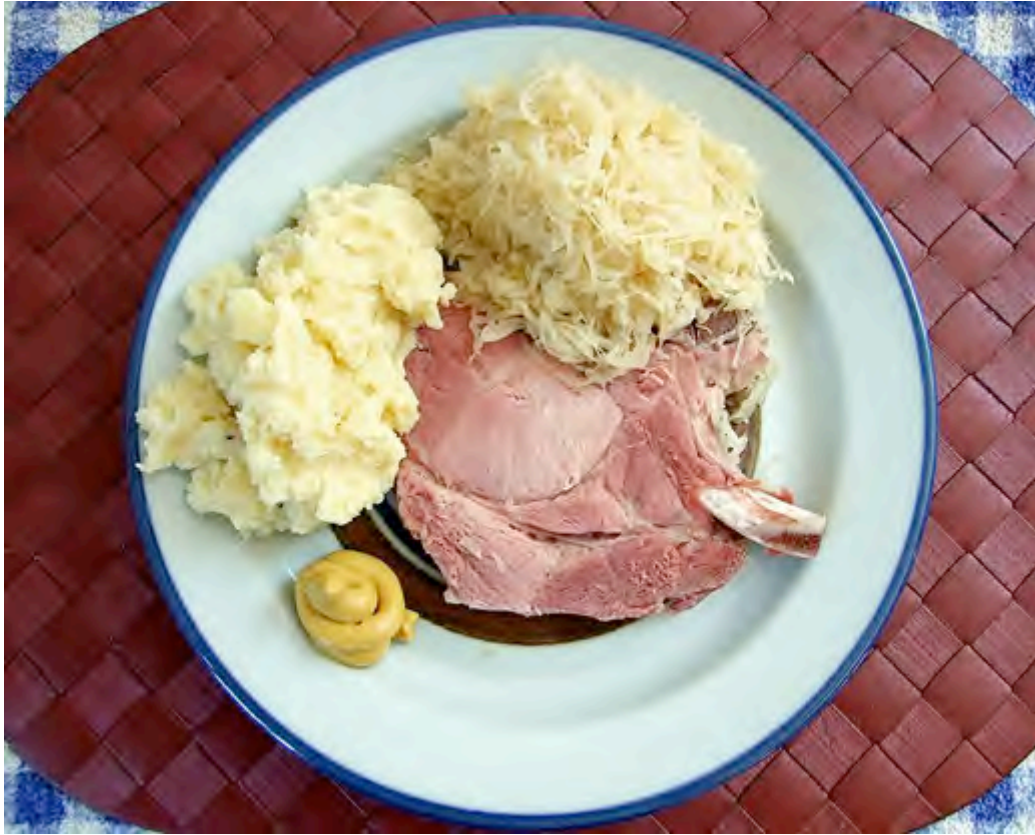
Ingredients

1 pound veal cutlets -- sliced thin
1/2 teaspoon salt
1/4 teaspoon pepper
3/4 teaspoon curry powder
3 tb vegetable oil
2 onions -- diced
2 tb evaporated milk
2 tb tomato paste
1 lemon -- juiced
10 parsley sprigs -- chopped
2 tb cognac or brandy

Directions

Season veal with salt, pepper and 1/2 t curry powder. Heat oil; brown veal slices on both sides. Remove meat and reserve. Add onions; saute until softened. Add evaporated milk and tomato paste. Cook until bubbly.

Add lemon juice, rest of curry powder, and chopped parsley sprigs. Return veal slices to the sauce. Add the cognac or brandy; heat through. Serve on preheated platter.



Rippchen mit Sauerkraut (Spareribs and Sauerkraut)

Serving Size : 4

Ingredients

32 ounce sauerkraut -- canned (2 cans)
3 pound spareribs -- country style
2 teaspoon paprika
6 beef bouillon cubes
1/2 teaspoon caraway seeds
1/2 teaspoon pepper
10 bacon; slices -- rolled in flour

Directions

Rinse and drain the sauerkraut. Place sauerkraut in large 4-quart casserole.
Add 2 qts. hot water. Add uncooked spareribs, paprika, bouillon cubes, caraway seeds, and pepper. Cook covered, over low heat, 3 to 4 hours.
Fry floured bacon slices. Break bacon into sauerkraut.
Remove bones from the sauce before serving. Serve with dark bread and steins of beer.

Jaeger-Eintopf (Hunter's Stew)

Serving Size : 4

Ingredients

1 1/2 cup onions -- minced
1/4 pound mushrooms -- sliced
2 tb vegetable oil
1 pound ground beef -- coarse grind *
1 cup beef broth
5/8 teaspoon nutmeg
1/2 teaspoon worcestershire sauce
1 teaspoon salt
1/2 teaspoon pepper
3 potatoes -- medium
3 tb butter
2 eggs -- large
4 apples -- tart
1/2 cup bread crumbs; fine -- dry

* Ground beef should only be ground once and be the leanest you can get.

Directions

In a frypan saute onions and mushrooms in vegetable oil until soft. Add ground beef; saute mixture 3 to 4 minutes. Stir in broth; bring to a simmer.

Add 1/2 t nutmeg, worcestershire sauce, 1/2 t salt, and 1/4 t pepper.

Peel the potatoes and boil them in salted water until tender, about 30 minutes. Drain and put through a food mill or grinder.

Beat in 2 T butter, 1/2 t salt, 1/4 t pepper. Adjust seasonings to taste. Beat in eggs and remaining nutmeg. Peel, core, and slice apples.

Layer mixtures in a 1 1/2-quart buttered baking dish.

Spread 1/3 of potatoes on bottom of dish. Top with 1/2 of the meat mixture and 1/2 of the apples.

Continue with layers, ending with a layer of potatoes. Sprinkle the top with bread crumbs, and dot with remaining butter. Bake at 375 degrees F. for 45 minutes and then at 400 degrees F. for 10 minutes more.

Koenigsberger Klopse (Koenigsberger Meatballs)

Serving Size : 4

Ingredients

Meatballs

1 hard roll
3/4 cup water
1 pound ground beef -- lean
1 bacon; strip -- diced
4 anchovy fillets -- diced
1 onion; small -- chopped
1 egg -- large
1/2 teaspoon salt
1/4 teaspoon pepper -- white

Broth

6 cup water
1/2 teaspoon salt
1 bay leaf
1 onion; small, peeled -- halved
6 peppercorns

Gravy

1 1/2 tablespoon butter or margarine
1 1/2 tablespoon unbleached flour
1 tablespoon capers
1 lemon juice -- of 1/2 med. lemon
1/2 teaspoon mustard -- prepared
1 egg yolk -- large
1/4 teaspoon salt
1/4 teaspoon pepper -- white

Directions

Meatballs: Soak the roll in the water for about 10 minutes. Squeeze it dry; place in mixing bowl with the ground beef. Add the bacon, anchovy fillets, onion, egg, salt and pepper. Mix thoroughly. Prepare broth by boiling the water, seasoned with salt, bay leaf, onion, and peppercorns.

Shape the meat mixture into balls about 2 inches in diameter. Add to the boiling broth and simmer over low heat for 20 minutes.

Remove meatballs with a slotted spoon, set aside, and keep warm.

Gravy: To prepare gravy, heat butter in a frypan and stir in flour. Cook for 3 minutes, stirring constantly. Slowly blend in 2 cups of reserved broth. Add the drained capers, lemon juice, and mustard. Simmer for 5 minutes. Remove a small amount of the sauce to blend with the egg yolk. Stir egg yolk back into the sauce. Season with salt and pepper. To Serve: Place reserved meatballs into the gravy and reheat if necessary. Serve on a preheated platter.

Rindsgeschnetzelttes mit Karotten (Beef Stir Fry with Carrots)

Serving Size : 4

Ingredients

1 pound carrots
2/3 cup carbonated soda water
1 cup white wine
1 teaspoon salt
1/4 teaspoon sugar
1 pound sirloin steak
2 tb vegetable oil
2 onions; small -- diced
1/4 teaspoon white pepper
1/2 cup heavy cream
1 tb parsley -- chopped

Directions

Peel carrots and cut into thin slices (crosswise at a slant). Place in a saucepan with the soda water, wine, 1/2 t salt and sugar. Cover and simmer for 25 minutes or until tender.

Meanwhile cut the meat into very thin slices.

Heat the vegetable oil and saute the onions about 5 minutes.

Add the beef slices; cook for 5 minutes, stirring often. Season with 1/2 t salt and 1/4 t pepper. Add the meat and onions to the carrots. Mix carefully. Stir in the cream. Heat through but DO NOT boil. Correct seasonings if necessary. Sprinkle with chopped parsley and serve.

Kalbsbrust mit Kraeuterfuellung (Veal Breast with Herb Stuffing)

Serving Size : 6

Ingredients

For herb stuffing

3 bacon -- strips
1 onion -- medium
4 ounce mushroom pieces -- (1 can)
1/4 cup fresh parsley -- chopped
1 tb dill; fresh -- chopped
1 teaspoon tarragon leaves -- dried
1 teaspoon basil leaves -- dried
1/2 pound ground beef -- lean
1/2 cup bread crumbs -- dry
3 eggs -- large
1/3 cup sour cream
1/2 teaspoon salt
1/4 teaspoon pepper

For Veal

3 pound boned veal breast -- or
4 pound boned leg of veal
1/2 teaspoon salt
1/4 teaspoon pepper
1 tb vegetable oil
2 cup beef broth -- hot
2 tb cornstarch
1/2 cup sour cream

Directions

Stuffing: To prepare stuffing, dice bacon and onion. Cook bacon in a frypan until partially cooked; add onion and cook for 5 minutes. Drain and chop mushrooms, add to frypan and cook for another 5 minutes. Remove mixture from heat, let cool and transfer to a mixing bowl. Add herbs, ground beef, bread crumbs, eggs, and sour cream. Mix thoroughly. Season with salt and pepper.

Veal: With a sharp knife, cut a pocket in the veal breast or leg. Fill with stuffing; close opening with toothpicks. (Tie with string if necessary.)

Rub outside with salt and pepper. Heat oil in a Dutch oven. Place meat in the pan and bake in a preheated 350 degree F. oven about 1 1/2 hours.

Bast occasionally with beef broth. When done, place meat on a preheated platter. Pour rest of beef broth into the Dutch oven and scrape brown particles from the bottom.

Bring pan drippings to a simmer. Thoroughly blend cornstarch with sour cream and add to pan drippings while stirring cook and stir until thick and bubbly. Slice veal breast and serve sauce separately.

Kalbssteak (Veal Steak)

Serving Size : 4

Ingredients

1 pound veal cutlets -- sliced thin
2 tablespoon evaporated milk
1/2 teaspoon salt
2 tablespoon tomato paste
1/4 teaspoon pepper
1 lemon -- juiced
3/4 teaspoon curry powder
10 parsley sprigs -- chopped
3 tablespoon vegetable oil
2 tablespoon cognac or brandy
2 onions -- diced

Directions

Season veal with salt, pepper and 1/2 t curry powder. Heat oil; brown veal slices on both sides. Remove meat and reserve. Add onions; saute until softened. Add evaporated milk and tomato paste. Cook until bubbly. Add lemon juice, rest of curry powder, and chopped parsley sprigs. Return veal slices to the sauce. Add the cognac or brandy; heat through. Serve on preheated platter.



Steaks Esterhazy

Serving Size : 4

Ingredients

1/4 pound mushrooms -- diced
1 carrot; small -- diced
1 shallot or green onion, minced
2 tb butter
1 teaspoon paprika
1/2 teaspoon salt
1 cup sour cream
1 teaspoon worcestershire sauce
4 servings steak - Sirloin, T-bone, Or Fillet.

Directions

Saute mushrooms, carrot, and shallot or green onion in butter. Add paprika, salt, sour cream, and Worcestershire sauce. Simmer for 2

minutes, but DO NOT boil. Broil steaks and top with sauce, garnish with carrots and pickles.



Sauerbraten

Serving Size : 6

Ingredients

4 pound beef roast -- boneless
1 cup water
1 cup wine vinegar
2 onions; medium -- sliced
1 teaspoon salt
6 peppercorns
2 bay leaves
2 cloves
2 tb vegetable oil
1 tomato -- medium , peeled and chopped
2 tb unbleached flour
2 teaspoon sugar
1/4 cup water

Directions

Place meat in a large container (NOT Metal). In a saucepan bring water, vinegar, onions, salt, peppercorns, bay leaves, and cloves to a boil.

Simmer for 10 minutes. Cool marinade to room temperature. Pour marinade over meat. Refrigerate for 2 to 3 days, turning several times each day.

Remove meat from marinade, and dry. Brown meat in hot vegetable oil in a Dutch oven. Add the tomato and marinade liquid. Cover and simmer gently 1 to 2 hours, until meat is tender. Remove meat from juices. Also remove peppercorns, cloves, and bay leaves.

Mix flour and sugar with water until lumps disappear. Add to pan juices and cook until thickened. Serve with boiled potatoes and red cabbage.

Variations: Meat can also be placed in a 325 degree oven and baked or it could be cooked on low in a slow cooker for 3 to 4 hours.

Schweinekotelett In Zwiebelsosse (Pork Chops in onion sauce)

Serving Size : 4

Ingredients

4 pork chops
4 onions -- small (2 med) thinly sliced
1/2 teaspoon salt
1/2 cup beer
1/4 teaspoon pepper
1/2 cup beef broth -- hot
1 1/2 tablespoon unbleached flour
1 teaspoon cornstarch
1 1/2 tablespoon vegetable oil

Directions

Season pork chops with salt and pepper; coat with flour. Heat oil in a heavy frypan. Add pork chops; fry for 3 minutes on each side.

Add onions; cook for another 5 minutes, turning chops once. Pour in beer and beef broth; cover and simmer 15 minutes. Remove pork chops to a preheated platter.
Season sauce to taste. Blend cornstarch with a small amount of cold water. Stir into sauce and cook until thick and bubbly. Pour over pork chops. Blend cornstarch with a small amount of cold water. Stir into sauce and cook until thick and bubbly. Pour over pork chops.
Serve with Brussel sprouts and boiled potatoes.

Schweinekotelett in Saurer Sahnesosse (Baked Pork Chops)

Serving Size : 6

Ingredients

6 pork chops
1 garlic clove -- minced
1 teaspoon caraway seeds -- crushed
2 teaspoon Hungarian paprika -- mild
1/2 teaspoon salt
pepper -- as desired
1 cup white wine -- dry
1 cup sour cream (optional)

Directions

Place the pork chops in an ovenproof casserole. Mix the remaining ingredients, except sour cream, and pour over the chops. Marinate the chops 2 to 3 hours in the refrigerator. Bake the chops, uncovered, in the marinade in a preheated 325 degree F. oven for 1 hour or until tender.
Add more wine if necessary. Stir sour cream into pan juices and heat through but DO NOT boil. Serve chops with sour-cream gravy and buttered noodles or dumplings.

Rostbraten mit Pilzfuellung (Beef Roast With Mushroom Stuffing)

Serving Size : 6

Ingredients

Roast

1/2 teaspoon salt
1/4 teaspoon white pepper
2 pound flank steak
1 teaspoon mustard -- dijon style
-----mushroom stuffing-----
2 tb vegetable oil
1 onion; small -- chopped
4 ounce mushroom pieces -- *
1/2 cup parsley -- chopped
2 tb chives -- chopped
1 tb tomato paste
1/2 cup bread crumbs -- dried
1/4 teaspoon salt

1/4 teaspoon pepper
1 teaspoon paprika

Gravy

3 bacon; strips -- cubed
2 onions; small -- fine chopped
1 cup beef broth -- hot
1 teaspoon mustard -- dijon style
2 tb tomato catsup

* Mushrooms should be 1 4 oz can of mushroom pieces drained and chopped.

Directions

Lightly salt and pepper flank steak. Spread one side with mustard. To prepare stuffing, heat vegetable oil in a frypan, add onion and cook for 3 minutes, until lightly browned. Add mushroom pieces; cook for 5 minutes.

Stir in parsley, chives, tomato paste, and bread crumbs. Season with salt and pepper and paprika. Spread stuffing on mustard side of the flank steak, roll up jelly-roll fashion and tie with thread or string.

To prepare gravy, cook bacon in a Dutch oven until partially done. Add the meat roll and brown on all sides, approximately 10 minutes. Add onions and saute for 5 minutes. Pour in the beef broth, cover Dutch oven, and simmer for 1 hour. Remove meat to a preheated platter. Season pan juices with mustard. Salt and pepper to taste; stir in catsup. Serve the gravy separately.

Kapernschnitzel (Veal Cutlets With Capers)

Serving Size : 4

Ingredients

24 ounce veal cutlets (4 @ 6oz each)
2 tb lemon juice
1/2 teaspoon salt
1/8 teaspoon pepper
1/2 teaspoon paprika
1 tb vegetable oil
2 ounce capers -- drained(1/2 sm. jar)
1/4 cup white wine -- dry
1 bay leaf
3 tb evaporated milk

Garnish

pickled beets -- sliced
4 lettuce leaves

Directions

Sprinkle cutlets with lemon juice and season with salt, pepper and paprika.

Heat oil in a frypan and fry cutlets for 3 minutes on the first side. Turn cutlets over and add drained capers to pan. Fry again for 3 minutes; remove cutlets and arrange on a preheated platter.

Pour wine into pan, scraping loose any brown particles from bottom of frypan. Add bay leaf, simmer liquid 3 minutes. Remove bay leaf.

Blend in evaporated milk and adjust seasonings. Pour over cutlets. Cut beets into strips and arrange on lettuce leaves as a garnish.



Schwalbennester (Bavarian Veal) Specialty

Serving Size : 4

Ingredients

1 pound veal -- cut in 4 thin slices
1/2 teaspoon salt
1/8 teaspoon sugar
1/2 teaspoon pepper -- white
1 tb mustard -- dijon style
4 bacon -- slices
4 eggs; large -- hard cooked
2 tb vegetable oil
1 onion; medium -- diced
3/4 cup beef bouillon -- heated
1 tb tomato paste
2 tb unbleached flour
1/4 cup red wine

Directions

Dry veal on paper towels. Roll in a mixture of salt, sugar, white pepper, and mustard. Place a bacon slice on top of each piece of veal. Place an unsliced egg on top of the bacon. Rollup each slice of veal (jelly-roll

fashion) and tie together with string.

Heat oil in frypan and brown veal rolls well on all sides. Add onion; saute for 3 minutes.

Add the hot bouillon; cover and simmer gently 25 minutes. Remove the veal from the pan. Remove the strings from the veal and keep veal warm on a serving platter. Add tomato paste to the pan drippings; stir.

Thoroughly mix flour and red wine to remove all lumps.

Add to sauce and cook until mixture thickens.

Add warm veal rolls and heat through. Before serving, place veal rolls on a platter, pour sauce over the rolls and serve with carrots and potatoes (mashed or fried).

Side Dishes

Apfelpfannkuchen (Apple pancakes)
Bauernfruehstueck (Farmers Breakfast)
Eier in Gruener Sosse (Eggs In Green Sauce)
Erbsenpuree (Mashed Peas)
Ueberbackene Flaedle (Swabian Pancake Gratin)
Weisskraut (skillet Cabbage)
Gruene Bohnen mit Dill (Green Beans with Dill)
Westfaelischer Kohl (Westphalian Cabbage)
Kartoffelpuree mit Meerrettich (Mashed Potatoes with Horseradish)
Karotten in Bier (Carrots in beer)
Marinierte Tomaten (Marinated Tomatoes)
Kaesepaetzle (Cheese Spaetzle)
Pilze in cremiger Sosse (Mushrooms in Cream Sauce)
Reibekuchen, Kartoffelpuffer (Potato Pancakes)
Ueberbackener Spinat mit Kase (Spinach-Cheese Gratin)
Rotkraut (Red Cabbage)
Kartoffeln Suess-Sauer (Sweet-And-Sour Potatoes)
Spaetzle (Swabian Pasta)
Rosenkohl in Bier (Brussels Sprouts In Beer)
Spargel mit Weisser Sosse (White Asparagus in White Sauce)

Side Dishes



Apfelfannkuchen (Apple Pancakes)

Serving Size: 4

Ingredients

2/3 cup flour; unbleached -- unsifted
2 cup apple -- slices
2 teaspoon sugar
3/4 cup butter or margarine
1/4 teaspoon salt
2 tablespoon sugar
4 eggs; large -- beaten
1/4 teaspoon cinnamon
1/2 cup milk

Directions

Sift together the flour, 2 t sugar, and the salt. Beat eggs and milk together. Gradually add flour mixture; beat until smooth.

Saute apples in 1/4 c of butter until tender. Mix 2 T sugar and the cinnamon together; toss with apples. Melt 2 T butter in a 6-inch diameter, deep frypan. Pour in the batter to a depth of about 1/4-inch.

When set, place 1/4 of the apples on top; cover with more batter. Fry pancake until lightly browned on both sides.

Keep warm. Repeat the procedure 3 times, until all batter and apples are used. Serve immediately.

Bauernfruehstueck (Farmers Breakfast)

Serving Size : 4

Ingredients

4 potatoes -- medium
4 bacon; strips -- cubed
3 eggs -- large
3 tb milk
1/2 teaspoon salt
1 cup ham; cooked -- small cubes
2 tomatoes; medium -- peeled
1 tb chives -- chopped

Directions

Boil unpeeled potatoes 30 minutes. Rinse under cold water, peel and set aside to cool. Slice potatoes. In a large frypan cook bacon until transparent. Add the potato slices; cook until lightly browned. Meanwhile blend eggs with milk and salt. Stir in the cubed ham. Cut the tomatoes into thin wedges; add to the egg mixture. Pour the egg mixture over the potatoes in the frypan. Cook until the eggs are set. Sprinkle with chopped chives and serve at once.



Eier in Gruener Sosse (Eggs In Green Sauce)

Serving Size : 4

Ingredients

2 tablespoons mayonnaise
1 cup sour cream; or partly yoghurt
1 lemon; med, juiced
9 eggs; large, hard cooked
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sugar
1 1/2 cups fresh herbs; chopped (tarragon, parsley, chives, sorrel, chervil, borage, dill)

Directions

Blend mayonnaise, sour cream and lemon juice. Finely chop 1 hard-cooked egg and stir into mayonnaise mixture. Season with salt, pepper, and sugar. Thoroughly rinse herbs, pat dry, and chop. Blend with the sauce. Slice rest of the hard-cooked eggs in half and arrange in the sauce and serve.

Erbsenpuree (Mashed Peas)

Serving Size : 6

Ingredients

2 cup yellow split-peas -- dry
6 cup stock, broth -- or water
1 onion; large -- whole
1 carrot -- large
1 turnip or parsnip -- large
1/8 teaspoon marjoram -- dried
1/8 teaspoon thyme -- dried
1 teaspoon salt
1 onion; small -- minced
2 tb butter -- melted
2 tb unbleached flour

Directions

Pre-soak peas, if necessary, according to package directions. Drain well, if pre-soaked. In a large pot, add water or stock, whole onion, carrot, turnip or parsnip, marjoram, thyme, and salt. Cook until peas and vegetables are tender, about 1 1/2 to 2 hours.

Drain well. Mash peas and vegetables in blender or press through a sieve.

In a small frying pan, saute the minced onion in butter until lightly browned; blend in flour and cook about 2 minutes. Add to blended peas and vegetables. Beat until fluffy and serve hot.

Ueberbackene Flaedle (Swabian Pancake Gratin)

Serving Size : 6

Ingredients

1 1/4 cup flour -- unbleached
4 ounce raisins
3 eggs -- large
1 teaspoon oil or butter -- to grease dish
1/2 teaspoon salt
2 tablespoon sugar
2 cup milk
3 tablespoon almonds -- sliced and blanched
1 teaspoon vegetable oil
1 tablespoon butter
16 ounce applesauce -- (1 can)

Directions

Prepare pancake batter by blending flour, 2 eggs, 1/4 t salt and 1 cup of milk. Lightly oil a large frypan and cook 6 to 8 pancakes (2 or 3 at a time).

Heat the applesauce and stir in the raisins. Divide the sauce between the pancakes and spread over each top. Roll up the pancakes like jelly rolls and cut each in half with a sharp knife.

Grease an ovenproof dish with oil or butter; place pancakes in the dish, setting them up on the cut edges. Blend 1 egg with sugar, 1/4 t salt, 1 cup milk, and sliced almonds. Pour over the pancakes. Dot with butter. Place in a pre-heated 375 degree F oven and bake for 40 minutes. Serve immediately.

Weisskraut (Skillet Cabbage)

Serving Size : 4

Ingredients

2 tablespoon vegetable oil
1 onion; small -- chopped
3 cup cabbage -- finely shredded
1/2 teaspoon salt
1 cup celery -- chopped
1/4 teaspoon pepper
1 green pepper; small -- chopped

Directions

Heat the oil in a large frypan about 20 minutes before serving time. Add ingredients and cook over medium to low heat about 15 minutes. Stir often.
Cover pan during the last 5 minutes of cooking time. Stir once or twice. Serve immediately. (Vegetables will be crisp.)

Gruene Bohnen mit Dill (Green Beans with Dill)

Serving Size : 4

Ingredients

9 ounce cut green beans -- frozen (1package)
1/3 cup water -- boiling
1 beef bouillon cube
1 teaspoon dill weed or dill seed
2 tbsp butter

Directions

Place frozen green beans in saucepan with boiling water, bouillon cube, and dill. Cover; bring to a boil. Separate beans with a fork, reduce heat and simmer for 10 minutes or until tender. Drain. Stir in butter and serve.

Westfaelischer Kohl (Westphalian Cabbage)

Serving Size : 4

Ingredients

2 pound cabbage -- (1 head) approx wt.
3 tb vegetable oil
1 teaspoon salt
1 teaspoon caraway seeds
1 cup beef broth
3 apples; small -- tart
1 tb cornstarch
2 tb ;water -- cold
3 tb red wine vinegar
1/4 teaspoon sugar

Directions

Shred Cabbage. Heat vegetable oil in a Dutch oven, add cabbage, and saute for 5 minutes. Season with salt and caraway seeds. Pour in the beef broth and cover, simmer over low heat for about 15 minutes. Meanwhile peel, quarter, core and cut apples into thin wedges. Add to cabbage and simmer for another 30 minutes. Blend cornstarch with cold water, add to cabbage, and stir until thickened and bubbly. Season with vinegar and sugar just before serving.

Kartoffelpuree mit Meerrettich (Mashed Potatoes with Horseradish)

Serving Size : 4

Ingredients

5 potatoes -- medium
boiling water
1/2 teaspoon salt
2 tb butter
pepper -- freshly ground
1/2 cup sour cream
1 tb horseradish
2 teaspoon parsley -- minced

Directions

Peel and quarter potatoes. Cook in boiling salted water in medium-size saucepan until tender, drain. Mash, adding 1 T butter and the pepper. Add sour cream, horseradish, and minced parsley. Whip as for mashed potatoes. Place in serving bowl; top with 1 T melted butter and serve.

Karotten in Bier (Carrots In Beer)

Serving Size : 4

Ingredients

4 carrots -- large
1 tb butter
1 cup dark beer -- any brand
1/4 teaspoon salt
1 teaspoon sugar

Directions

Peel and slice carrots into long, thin slices. Melt butter in medium-size frypan; add beer and carrots. Cook slowly until tender, stirring frequently. Stir in salt and sugar. Cook for another 2 minutes and serve hot.

Marinierte Tomaten (Marinated Tomatoes)

Serving Size : 4

Ingredients

4 tomatoes -- large, peeled and sliced
1 cup vegetable oil
1/4 cup wine vinegar
1/4 teaspoon mustard -- dry
1 teaspoon salt
1/4 teaspoon black pepper
1 garlic; clove, large -- minced
1 tb basil; fresh -- chopped
2 thyme; sprigs, fresh -- chopped
1 marjoram; fresh, sprig -- chop
1 tb scallion -- minced

Directions

Place tomato slices in serving bowl. Combine remaining ingredients and pour over tomatoes. Toss lightly. Chill for 1 hour or longer before serving.

Pilze in cremiger Sosse (Mushrooms In Cream Sauce)

Serving Size : 4

Ingredient

2 pounds mushrooms; fresh
1/4 pound bacon; diced
1/4 cup butter
2 onions; large, diced
1 cup white wine
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
nutmeg; pinch of
mace; pinch of
1 cup cream; heavy
lemon juice; 1/2 med lemon
2 parsley; sprigs

Directions

Clean mushrooms and slice in half if large. Pat dry. Fry bacon in a large pan until lightly browned. Remove from pan and reserve. Add the butter to the pan drippings. Add onions; saute until lightly browned. Add mushrooms; cook until tender, stirring often. Stir in wine, salt, pepper, paprika, nutmeg, and mace. Cover frypan and cook over low heat 15 minutes. Off the heat, add the cooked bacon, cream and lemon juice. Reheat until just warm. Do NOT let the mixture boil!!! Garnish with parsley and serve with noodles or dumplings.



Reibekuchen or Kartoffelpuffer (Potato Pancakes)

Serving Size : 4

Ingredient

2 1/2 cup potatoes -- (2 large), grated on medium grater, 2.5 cups app.
1 egg; large -- beaten
3 cup -- water
2 tablespoon milk
1 teaspoon lemon juice
1/2 teaspoon salt
1 potato; boiled -- mashed
vegetable oil -- as needed

Directions

Grate raw potatoes into water to which lemon juice has been added.
Place potatoes in a strainer or cheese cloth and drain off liquid. Drain well.
Beat raw and cooked potatoes with egg, milk, and salt to form a batter.
Using 3 T oil for each batch, drop batter for 3 or 4 pancakes at a time in hot oil in a large frypan. When firm on the bottom side, loosen edges and turn. Brown on other side. Remove, drain on paper towel, and keep warm.
Continue until all batter is used. Serve immediately.
Serve with apple sauce.

Ueberbackener Spinat mit Kaese (Spinach-Cheese Gratin)

Serving Size : 4

Ingredients

1 pound spinach -- fresh, washed and clean, dry
1/4 pound butter
1 onion; large -- diced
2 garlic; cloves -- minced
1/2 teaspoon salt
1/2 pound Emmenthaler cheese -- grated
1 teaspoon paprika
1/8 teaspoon nutmeg
1/4 teaspoon pepper

Directions

Cut spinach into strips. In a large Dutch oven, heat butter until bubbly.
Add onion and garlic, saute for 2 to 3 minutes. Add spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat. Grease an ovenproof casserole. Sprinkle half the cheese over the bottom of the casserole. Add the spinach.
Sprinkle with paprika, nutmeg, and pepper.
Top with remaining cheese. Bake at 360 degrees F about 20 minutes or until cheese bubbles.



Rotkraut (Red Cabbage)

Serving Size : 6

Ingredients

1/4 cup butter
4 apples; med., peel -- slice
1/2 onion; red -- chopped
1 red cabbage; head -- fine shred
1 cup red wine
4 cloves -- whole
1/3 cup brown sugar
2 bay leaves
1/4 cup vinegar
1/4 cup butter

Directions

Melt butter in 4-quart Dutch oven. Add apples and onions, saute slightly.
Add finely shredded cabbage, red wine, cloves, sugar, and bay leaves. Keep cloves in a linen pouch or you will not find them anymore.
Simmer, covered, for 1-1.5 hours. Remove bay leaves and cloves/

Kartoffeln Suess-Sauer (Sweet-And-Sour Potatoes)

Serving Size : 4

Ingredients

8 new potatoes -- boiled in skin
1 onion; medium -- diced
1/4 teaspoon salt
1/4 teaspoon pepper
3/4 cup sugar
4 bacon; slices -- cut up
3/4 cup vinegar

Directions

Peel and cube potatoes. Add diced onion, salt, pepper, and sugar. Reserve in a covered bowl. In a small frypan, fry the bacon until crisp. Add the vinegar to the hot bacon and bring to a boil. Pour immediately over potato mixture, mix well.

If too tart, add a little more sugar before serving. Cut endive or leaf lettuce add to this is very good.

Spatzle (Spaetzle Noodles)

Serving Size : 4

Ingredients

3 cup flour -- unbleached
1 teaspoon salt
1/4 teaspoon nutmeg
4 eggs; large -- beaten
1/4 cup butter

Directions

Sift flour, salt and nutmeg together in a bowl. Pour eggs and 1/4 cup water into middle of flour mixture, beat with a wooden spoon. Add enough water to make the dough slightly sticky, yet keeping it elastic and stiff.

Using a spaetzle machine or a colander with medium holes, press the noodles into a large pot full of boiling salted water. Cook noodles in the water about 5 minutes or until they rise to the surface. Lift noodles out and drain on paper towels. Brown noodles slightly in melted butter over low heat.



Kaesepaetzle (Swabian Cheese Pasta)

Serving Size : 4

Ingredients

3 tablespoon butter or margarine
3 onions -- sliced in small ring
3 ounce Emmenthaler cheese -- grated
1 teaspoon dry mustard
2 cup spaetzle noodles like from Bechtle or home made
2 tablespoon chives -- chopped

Directions

Heat butter in frypan, add onions, and brown lightly. Toss cheese with dry mustard. Add cooked noodles to cooked onions and cheese; mix well. Place mixture in an ovenproof casserole. Bake at 300 degrees F. for 20 to 30 minutes or until hot and bubbly. Sprinkle top with chopped chives before serving.

Rosenkohl in Bier (Brussels Sprouts In Beer)

Serving Size : 4

Ingredients

1 pound brussels sprouts -- fresh
beer; any brand -- to cover
1/2 teaspoon salt
2 tb butter

Directions

Trim and wash sprouts. Place in a medium-size saucepan and pour enough beer over them to cover. Bring to a boil, reduce heat and simmer for 20 minutes or until tender. Add more beer if needed, as liquid evaporates.
Drain; add salt and butter. Serve hot.

Spargel In Weisser Sosse (White Asparagus In White Sauce)

Serving Size : 4

Ingredients

white asparagus fresh
2 tb butter
2 tb unbleached flour
1/2 cup asparagus liquid
1/2 cup milk
4 ounce ham -- cut into julienne st
1/8 teaspoon nutmeg -- freshly grated
1/4 teaspoon salt

Directions

Wash and clean asparagus, remove hard parts.
Boil it for 5-8 minutes until it is al dente, keep some of the cooking water.
Heat butter in a saucepan. Add flour; blend.
Gradually pour in asparagus liquid and milk. Stir constantly over low heat until sauce thickens and bubbles. Add cooked ham and seasonings. Gently stir in asparagus spears; heat through but do NOT boil. Serve in preheated serving dish.

Desserts

Quark (Curd Cheese)

Bayerische Vanillecreme

Bayerische Erdbeercreme

Fruchtsalat mit Nuessen (Fruit Salad With Nuts)

Meersburger Kirschen Dessert (Cherry Dessert from Meersburg)

Weincreme (Wine Cream)

Desserts

Curd Cheese (German Quark)

Ingredients

4 tbsp yogurt, or wine vinegar, or
5 tbsp lemon juice
2 qt milk

Directions

You will need a saucepan, a bowl, and a sieve. If using yogurt, bring the milk to a boil and then leave it to cool to finger temperature (100 F). Mix with milk with the yogurt in a basin. Put in a warm place for 4 to 5 hours to set as solid as yogurt.

If using vinegar or lemon juice, stir into the milk and bring it to a near boil (200 F) in a bowl set in a saucepan of water. Remove and keep in a warm place for 4 to 5 hours.

Pour the mixture into a sieve lined with a scalded clean cloth. After an hour put a plate on top to weight and encourage the whey to drip through. The curds in the cloth are the cheese. Cover and store in a cool pantry, and it will keep for about a week. Drink the whey, flavored with fruit juice, for your health - or use to to make scones. Keep in refrigerator and eat within 2 days.

Quark can be used for many cakes and desserts. Mix it with fruit or jam it is a great and healthy snack.



Bayerische Erdbeercreme (Bavarian Strawberry Cream)

Serving Size : 6

Ingredients

1 quart strawberries -- fresh
1/2 cup water -- cold
3/4 cup sugar
2 teaspoon lemon juice
1 tablespoon gelatin; unflavored -- (1 env.)
1 cup cream; heavy -- whipped

Directions

Slice strawberries and mix with the sugar. Let stand until sugar dissolves. Sprinkle gelatin over cold water. Set stand 5 minutes, then heat gently until gelatin dissolves completely. Add gelatin and lemon juice to sliced berries. Fold in whipped cream. Pour into a 1-quart mold or serving dish. Chill until set. Carefully un-mold and serve. Decorate with a fresh strawberry.

[photo credit](#)

Bayerische Vanillecreme (Bavarian Vanilla Cream)

Serving Size : 6

Ingredients

2 package gelatin -- unflavored
1 1/2 cup milk -- scalded
1/2 cup ;water -- cold
1 cup ice cream -- vanilla
9 tablespoon sugar
1 teaspoon vanilla
1 tablespoon cornstarch
1 cup cream; heavy -- whipped
2 eggs; large -- beaten

Directions

Sprinkle gelatin over cold water to soften. Heat to dissolve gelatin completely. Mix together sugar and cornstarch.

Add eggs; beat for 2 minutes. Slowly add warm milk, beating constantly. Pour into a 1-quart saucepan. Cook over medium heat until custard coats a spoon. Add gelatin and ice cream while custard is hot. Cool until slightly thickened.

Add vanilla. Fold in whipped cream. Pour into a 1-quart mold. Chill until set. Unmold carefully and serve with a garnish of fresh fruits.

Fruchtsalat mit Nuessen (Fruit Salad With Nuts)

Serving Size : 4

Ingredients

1 honeydew melon -- small
lettuce leaves
2 oranges
12 walnut halves
1 cup blue grapes

Dressing

8 ounce yogurt -- (1 container)
2 tablespoon evaporated milk
1 tablespoon lemon juice
salt -1 dash
1 tablespoon orange juice
white pepper - 1 dash
1 tablespoon tomato catsup

Directions

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise. Cut grapes in half and remove seeds.

Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings.

Pour dressing over fruit. Let salad ingredients marinate for 30 minutes. Toss salad just before serving.

Meersburger Kirschen Dessert (Cherry Dessert from Meersburg)

Serving Size : 4

Ingredients

1 pound cherries; tart -- fresh
8 ounce cream cheese, soften to room temperature
3 tablespoon kirsch
1/2 teaspoon vanilla extract
6 tablespoon sugar
2 ounce almonds -- ground **
2 tablespoon -- water
1 cup cream -- heavy
12 ladyfingers

GARNISH

Pistachio Nuts; Chopped

Directions

Grind Almonds in the blender, if ground almonds are not available.
Wash and drain cherries. Remove stones and reserve 8 whole cherries for garnish.
Place cherries in a bowl; add kirsch. In a small pan boil 3 T sugar and the water for a minute to make a thin sugar syrup. Add syrup to cherries; stir to blend. Cover and let soak for 20 minutes.
Cut the ladyfingers in half, divide into 4 portions, and place in individual glass dishes.
Arrange cherries on top. Thoroughly blend cream cheese, 3 T sugar, vanilla extract, and ground almonds.
Whip the cream and carefully fold it into the cream-cheese mixture. Spoon over the cherries.
Garnish with the chopped pistachio nuts and whole cherries.



Weincreme (Wine Cream)

Ingredients

2 cup dry white wine like a dry Riesling
1/2 cup sugar
4 eggs
1 tsp grated lemon rind
1 tsp grated orange rind

Directions

Combine all of the ingredients in top of a double boiler.
Cook, beating with a whisk or fork until frothy and thickened.
Pour into serving dishes and chill.
Before serving sprinkle with grated chocolate.

Bavarian Dishes

Bayerische Vanillecreme (Bavarian Vanilla Cream)
Bayerische Erdbeercreme (Bavarian Strawberry Cream)
Bayerischer Kartoffelsalat (Bavarian Potato Salad)
Bayerischer Wurstsalat (Bavarian Sausage Salad)
Bamberger Krautfleisch (Cabbage Roast from Bamberg)
Bayerisches Kalbfleisch mit Spargel (Bavarian Veal with Asparagus)
Bayerische Kalbsrouladen (Bavarian Veal rolls)
Schwalbennester (Bavarian Veal Specialty)

German Traditional Specialties

Eier Likoer (Egg Cognac)
Feuerzangenbowle
Ueberbackene Flaedle (Swabian Pancake Gratin)
Eier in Gruener Sosse (Eggs in green sauce)
Heringstopf mit Saurer Sahne (Herring Salad With Sour Cream)
Reibekuchen, Kartoffelpuffer (Potato Pancakes)
Kaesepaetzle (Cheese Spaetzle)
Zwiebelkuchen (Onion Tart)

Bavarian Dishes



Bayerische Erdbeercreme (Bavarian Strawberry Cream)

Serving Size : 6

Ingredients

1 quart strawberries -- fresh
1/2 cup water -- cold
3/4 cup sugar
2 teaspoon lemon juice
1 tablespoon gelatin; unflavored -- (1 env.)
1 cup cream; heavy -- whipped

Directions

Slice strawberries and mix with the sugar. Let stand until sugar dissolves. Sprinkle gelatin over cold water. Set stand 5 minutes, then heat gently until gelatin dissolves completely. Add gelatin and lemon juice to sliced berries. Fold in whipped cream. Pour into a 1-quart mold or serving dish. Chill until set. Carefully unmold and serve.

Bayerische Vanillecreme (Bavarian Vanilla Cream)

Serving Size : 6

Ingredients

2 package gelatin -- unflavored
1 1/2 cup milk -- scalded
1/2 cup water -- cold
1 cup ice cream -- vanilla
9 tablespoon sugar
1 teaspoon vanilla
1 tablespoon cornstarch
1 cup cream; heavy -- whipped
2 eggs; large -- beaten

Directions

Sprinkle gelatin over cold water to soften. Heat to dissolve gelatin completely. Mix together sugar and cornstarch.

Add eggs; beat for 2 minutes. Slowly add warm milk, beating constantly. Pour into a 1-quart saucepan. Cook over medium heat until custard coats a spoon. Add gelatin and ice cream while custard is hot. Cool until slightly thickened.

Add vanilla. Fold in whipped cream. Pour into a 1-quart mold. Chill until set. Unmold carefully and serve with a garnish of fresh fruits.

Bayerischer Kartoffelsalat (Bavarian Potato Salad)

Serving Size : 4

Ingredients

4 cup potatoes, peeled, slices 1/4 inch thick
2 cup chicken broth, home made, or instant (cubes)
1/2 teaspoon salt
1/4 cup vegetable oil
1/3 cup onion -- chopped
1/2 teaspoon sugar
2 tablespoon lemon juice
pepper -- as desired

Directions

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

Bayerischer Wurstsalat (Bavarian Sausage Salad)

Serving Size : 4

Ingredients

1/2 pound knockwurst -- cooked / cooled
2 pickles -- small
1 onion -- medium
3 tablespoon vinegar
1 tablespoon mustard, Dijon type or German
2 tablespoon vegetable oil
1/2 teaspoon salt
1/4 teaspoon pepper
1/4 teaspoon paprika
1/4 teaspoon sugar
1 tablespoon capers
1 tablespoon parsley -- chopped

Directions

Cut the knockwurst into small cubes. Mince the pickles and onion.
Mix together the vinegar, mustard and oil. Add salt, pepper, paprika and sugar. Adjust seasonings if desired. Add the capers; mix well. Stir in the chopped knockwurst, pickles, and onions. Just before serving, garnish with chopped parsley.



Bamberger Krautfleisch (Bamberger Meat & Cabbage)

Serving Size : 4

Ingredients

1 pound cabbage; head, small
1 tablespoon vegetable oil
2 onions; medium, chopped
1/2 pound pork; lean, cubed
1 pound ground beef; lean
1 teaspoon caraway seeds
1/2 teaspoon salt
1/2 teaspoon pepper
1/2 cup white wine; dry
1 teaspoon vegetable oil
3 bacon; strips, thick sliced

Directions

Remove outer, wilted cabbage leaves and core. Place cabbage in a large pot of boiling water and simmer gently for 10 minutes. Remove and drain gently pull off 12 leaves and set aside. Finely chop the rest of the cabbage.

Heat 1 T vegetable oil; add onions, pork, and ground beef. Cook until lightly browned. Drain off excess fat. Add the chopped cabbage, caraway seeds, salt, and pepper.

Pour in the white wine. Cover and simmer the mixture for 10 minutes, stirring often. Grease an ovenproof dish with 1 t of vegetable oil; line the dish with half the cabbage leaves. Spoon in the meat mixture, cover with the rest of the cabbage leaves.

Cut bacon strips in half and arrange on top. Place in preheated 350 degree F. oven; bake for approximately 45 minutes.

Bayerisches Kalbfleisch mit Spargel (Bavarian Veal With Asparagus)

Serving Size : 6

Ingredients

2 pound veal -- cubed
2 tb vegetable oil
1 onion; large -- chopped
1 cup carrots -- chopped
1 tb parsley -- chopped
1/4 cup lemon juice -- fresh
2 cup beef broth
3 tb unbleached flour
1/2 teaspoon salt
pepper;fresh ground -- to taste
20 ounce frozen asparagus (tips and pieces) or
2 pound asparagus fresh (2 boxes 10 oz each)

Directions

Fresh Asparagus should be cleaned and cut into 1-inch pieces.
In a Dutch oven brown the veal in hot oil. Add onion and carrots. Cook until onion is transparent. Stir in parsley. Mix lemon juice, broth, flour and seasonings until well-blended.
Pour over meat. Cover and bake in preheated 325 degree F oven 1 1/2 hours or until meat is tender.
Add more broth if needed. Cook asparagus until tender-crisp. Stir into veal and serve immediately.

Bayerisches Kalbsrouladen (Bavarian Veal Rolls)

Serving Size : 4

Ingredients

1 pound veal; cut in 4 thin slices
1/2 teaspoon salt
1/8 teaspoon sugar
1/2 teaspoon pepper,white
1 tablespoon mustard; dijon style
4 bacon; slices
4 eggs; large, hard cooked
2 tablespoons vegetable oil
1 onion; medium, diced
3/4 cup beef bouillon; heated
1 tablespoon tomato paste
2 tablespoons unbleached flour
1/4 cup red wine

Directions

Dry veal on paper towels. Roll in a mixture of salt, sugar, white pepper, and mustard. Place a bacon slice on top of each piece of veal. Place an unsliced egg on top of the bacon.

Rollup each slice of veal (jelly-roll fashion) and tie together with string.

Heat oil in frypan and brown veal rolls well on all sides.

Add onion; saute for 3 minutes.

Add the hot bouillon; cover and simmer gently 25 minutes.

Remove the veal from the pan.

Remove the strings from the veal and keep veal warm on a serving platter.

Add tomato paste to the pan drippings; stir. Thoroughly mix flour and red wine to remove all lumps. Add to sauce and cook until mixture thickens.

Add warm veal rolls and heat through. Before serving, place veal rolls on a platter, pour sauce over the rolls and serve with mashed potatoes.



Schwalbennester (Bavarian Veal) Specialty

Serving Size : 4

Ingredients

1 pound veal -- cut in 4 thin slices
1/2 teaspoon salt
1/8 teaspoon sugar
1/2 teaspoon pepper -- white
1 tb mustard -- dijon style
4 bacon -- slices
4 eggs; large -- hard cooked
2 tb vegetable oil
1 onion; medium -- diced
3/4 cup beef bouillon -- heated
1 tb tomato paste
2 tb unbleached flour
1/4 cup red wine

Directions

Dry veal on paper towels. Roll in a mixture of salt, sugar, white pepper, and mustard. Place a bacon slice on top of each piece of veal. Place an unsliced egg on top of the bacon. Rollup each slice of veal (jelly-roll fashion) and tie together with string.

Heat oil in frypan and brown veal rolls well on all sides. Add onion; saute for 3 minutes.

Add the hot bouillon; cover and simmer gently 25 minutes. Remove the veal from the pan. Remove the

strings from the veal and keep veal warm on a serving platter. Add tomato paste to the pan drippings; stir. Thoroughly mix flour and red wine to remove all lumps. Add to sauce and cook until mixture thickens. Add warm veal rolls and heat through. Before serving, place veal rolls on a platter, pour sauce over the rolls and serve with mashed potatoes.

German Traditional Specialties



Feuerzangenbowle (German Party Punch with Sugar hat)

Serving Size : 8

Ingredients

3 bottles red wine
1 small sugar hat
1 piece orange peel
1 bottle golden rum
1 piece lemon peel
at least 108 proof
5 cloves

Directions

Put orange peel, lemon peel and cloves into a tea filter bag, tie shut with white yarn. Hang into a copper kettle, pour in wine.

Heat up close to boiling point, but make sure it

never gets to boil. Put the kettle in the middle of your table so all your guests can watch the ceremony. You normally use a "Feuerzange", but as I suspect this might be hard to get, you can also use a grid from your barbecue set - especially the ones you normally use to barbecue herrings in should work pretty well. The point is that you should be able to put the sugar hat on it (lying on its side) and place the whole thing safely over the kettle.

Once you've got that far, you're ready for the ceremony. First, dim your lights. Then pour some rum onto the sugar hat, best using a ladle, and light it (this is why the rum has to be at least 108 proof). Keep the flames burning by ladling more rum on the sugar hat, until the sugar has completely melted and dripped into the wine.

Remove the "Feuerzange" and the bag with the spices. Serve in heat-proof glasses.

Variation: Many people like to add sugar and/or a little orange juice (preferably freshly pressed).

Ueberbackene Flaedle (Swabian Pancake Gratin)

Serving Size : 6

Ingredients

1 1/4 cup flour -- unbleached
4 ounce raisins
3 eggs -- large
1 teaspoon oil or butter -- to grease dish
1/2 teaspoon salt
2 tablespoon sugar
2 cup milk
3 tablespoon almonds -- sliced and blanched
1 teaspoon vegetable oil
1 tablespoon butter
16 ounce applesauce -- (1 can)

Directions

Prepare pancake batter by blending flour, 2 eggs, 1/4 t salt and 1 cup of milk. Lightly oil a large frypan and cook 6 to 8 pancakes (2 or 3 at a time).

Heat the applesauce and stir in the raisins. Divide the sauce between the pancakes and spread over each top. Roll up the pancakes like jelly rolls and cut each in half with a sharp knife.

Grease an ovenproof dish with oil or butter; place pancakes in the dish, setting them up on the cut edges. Blend 1 egg with sugar, 1/4 t salt, 1 cup milk, and sliced almonds. Pour over the pancakes. Dot with butter.

Place in a pre-heated 375 degree F oven and bake for 40 minutes. Serve immediately.



Eier in Gruener Sosse (Eggs In Green Sauce)

Serving Size : 4

Ingredients

2 tablespoons mayonnaise
1 cup sour cream; or partly yoghurt
1 lemon; med, juiced
9 eggs; large, hard cooked
1/2 teaspoon salt
1/4 teaspoon pepper
1/2 teaspoon sugar
1 1/2 cups fresh herbs; chopped (tarragon, parsley, chives, sorrel, chervil, borage, dill)

Directions

Blend mayonnaise, sour cream and lemon juice. Finely chop 1 hard-cooked egg and stir into mayonnaise mixture. Season with salt, pepper, and sugar. Thoroughly rinse herbs, pat dry, and chop. Blend with the sauce. Slice rest of the hard-cooked eggs in half and arrange in the sauce and serve.

Heringstopf mit Saurer Sahne (Herring Salad With Sour Cream)

Serving Size : 4

Ingredients

For sour-cream sauce

1 cup sour cream
lemon -- juice only
1/2 cup yogurt
1/4 teaspoon sugar

For the salad

2 onions -- small
2 teaspoon dill -- fresh or
2 apples; medium -- tart
1/2 teaspoon dill -- dried
8 herring fillets -- marinated

Directions

Sauce: Blend thoroughly sour cream, yogurt, lemon juice and sugar.

Salad: Peel onions and cut into thin slices.

Peel and quarter apples, remove cores and cut into thin wedges.

Blend onions and apples with sauce. In a dish arrange herring and apple-onion mixture in layers. Cover tightly and marinate in refrigerator for 5 hours.

Sprinkle with dill before serving.



Reibekuchen or Kartoffelpuffer (Potato Pancakes)

Serving Size : 4

Ingredient

2 1/2 cup potatoes -- (2 large), grated on medium grater, 2.5 cups app.
1 egg; large -- beaten
3 cup -- water
2 tablespoon milk
1 teaspoon lemon juice
1/2 teaspoon salt
1 potato; boiled -- mashed
vegetable oil -- as needed

Directions

Grate raw potatoes into water to which lemon juice has been added.
Place potatoes in a strainer or cheese cloth and drain off liquid. Drain well.
Beat raw and cooked potatoes with egg, milk, and salt to form a batter.
Using 3 T oil for each batch, drop batter for 3 or 4 pancakes at a time in hot oil in a large frypan. When firm on the bottom side, loosen edges and turn. Brown on other side. Remove, drain on paper towel, and keep warm.
Continue until all batter is used. Serve immediately.
Serve with apple sauce.



Kaesepaetzle (Swabian Cheese Pasta)

Serving Size : 4

Ingredients

3 tablespoon butter or margarine
3 onions -- sliced in small ring
3 ounce Emmenthaler cheese -- grated
1 teaspoon dry mustard
2 cup spaetzle noodles like from Bechtle or home made
2 tablespoon chives -- chopped

Directions

Heat butter in frypan, add onions, and brown lightly. Toss cheese with dry mustard. Add cooked noodles to cooked onions and cheese; mix well. Place mixture in an ovenproof casserole. Bake at 300 degrees F. for 20 to 30 minutes or until hot and bubbly. Sprinkle top with chopped chives before serving.

Zwiebelkuchen (Onion Tart)

Ingredients

1 package yeast -- active dry
2 onions; medium -- sliced
1 teaspoon sugar
1/4 teaspoon cumin
1 1/2 teaspoon salt
1/2 teaspoon salt
3 cup unbleached flour
pepper -- as desired
1 tablespoon shortening
1 egg yolk

1 cup water -- 120 to 130 degrees f
1 cup sour cream
6 bacon; slices -- cut up

Directions

Mix yeast, sugar, 1 t salt, and 1/2 cup flour. Blend in shortening and warm water. Beat for 2 minutes. Add enough flour to make a soft dough.

Knead dough until smooth and elastic, about 5 minutes. Place dough in a lightly greased bowl. Cover and let dough rise in a warm place 1/2 hour.

Pat dough into a lightly greased 12-inch pizza pan or onto a lightly greased baking sheet. Press up edges to make a slight rim.

Fry bacon until crisp. Remove from grease and drain on absorbent paper. Add onions to bacon grease; cook slowly until tender but not brown. Sprinkle onion, bacon, cumin, 1/2 t salt and pepper over dough.

Bake at 400 Degrees F. for 20 minutes. Blend egg yolk and sour cream. Pour over onions. Bake for 10 to 15 minutes longer or until golden brown and sour cream is set.

Serve warm or at room temperature.



Eier Likoer (Egg Cognac)

Ingredients

1 egg yolk
1 tbsp sugar
1 tsp vanilla
2 1/4 cup cognac

Directions

Mix egg yolks and sugar and vanilla until light colored creamy.
Add Cognac and stir until all is well blended.
Keeps for 1 month.