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Recipes taken from *German Cookery* by Elizabeth Schuler.



Oklahoma State University

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WIENER SCHNITZEL

1 1/2 lb. veal cutlet,
1/2" thick

Salt & Pepper

2 eggs

1/2 cup bread crumbs

Vegetable oil

Lemon

Parsley

Pound cutlet, rub in seasoning. Beat eggs and dip cutlet in eggs and in bread crumbs. Brown in minimum amount of vegetable oil over low heat, 15 minutes on each side. Schnitzel must be served dry and crisp. Garnish with lemon sections and parsley. Bundles of parsley may be fried in vegetable oil until crisp to garnish. Serve on hot platter. Serve with mixed vegetable, peas, or a mixed salad.

Serves 4.

POTATO SALAD (KARTOFFELSALAT)

2 lbs. potatoes

4 tblsp. Olive oil

2 tblsp. Vinegar

1 cup beef stock

1 small onion, chopped

Salt & pepper

Select good firm potatoes. Cook until tender. Peel and slice. When cool, sprinkle with oil and vinegar; add beef stock, onion and seasoning. Mix carefully and let stand overnight or for several hours. Before serving add a dash of pepper and a few drops of olive oil or beef stock.

Serves 4.



Cream Strudel (Rahmstrudel)

2 cups flour
2 eggs
1tblsp. Butter
1/2 cup lukewarm water
1/2 tsp. vinegar
Pinch of salt
2tblsp. Butter
2 eggs, separated
4tblsp. Sugar
1 cup sour cream
Peel of 1/2 lemon, grated
1/2 lb. cottage cheese
1/4 lb. almonds, chopped
1/4 lb. raisins
Cinnamon
4tblsp. Butter, melted

Put flour in a bowl and make depression in the center. Into this break the eggs. Add butter, water, vinegar and salt and work until tender. Dough must be firm and have air holes in it when cut. Brush with lukewarm water. Heat a large pot and place over dough for 30 minutes. For the filling, cream butter, stir in egg yolks and sugar, add sour cream, grated lemon peel and smooth cottage cheese. Beat egg whites and fold in. Sprinkle baking cloth with flour. Roll out dough as thin as possible; then stretch it by hand to paper thinness. Brush with melted butter. Heap on filling generously; top with chopped almonds, raisins and cinnamon. Lift baking cloth by one edge so that dough starts to roll up. Brush each turn with melted butter until dough is completely rolled up. Butter a baking sheet and carefully transfer roll to it. Press ends of roll flat. Brush entire strudel with melted butter. Bake in a hot (425°) oven 40 to 50 minutes.

Note: Strudel dough is, traditionally, pulled out by hand, by putting both hands, palm-side up under the dough and stretching as thin as possible. This is a perilous procedure for the uninitiated, so an alternate suggestion has been given: roll it out paper-thin.



Scrambled Pancakes (Kaiserschmarren)

2 tbsp. Butter
2 tbsp. Sugar
4 eggs, separated
1 pinch of salt
2 cups flour
2 cups milk or cream
2 tbsp. butter

Cream butter until frothy. Then add, one after another, sugar, egg yolks, salt, flour and milk. Beat egg whites until stiff and carefully fold in. Melt butter in a pan and in it fry batter golden brown on each side. With two forks, chop up the resulting pancake. Serve on a hot platter, sprinkled with cinnamon and sugar and garnished with pieces of apple, cherries or other fruits, sautéed in butter, or with seedless raisins.
Serves 4.

Apple Strudel (Apfelstrudel)

2 cups flour
2 eggs, beaten
1/4 cup water,
lukewarm
Pinch of salt
1/2 tsp. vinegar
4-5 lbs, apples, tart
1/3 cup sugar
3 tblsp. Cinnamon
6 tblsp. Butter, melted
4 tblsp. Bread crumbs
1 cup almonds or other
nuts, chopped
1 1/2 cups raisins

Heap flour on bread board and make a depression in the center large enough to hold the beaten egg, water, salt and vinegar. Knead this to a firm dough which when cut, will reveal air pockets. Set dough, covered, in a warm place. Peel and grate apples and sprinkle with sugar and cinnamon. Dust a cloth with flour and on it roll out dough, the thinner the better. Melt butter, mix in bread crumbs, and coat dough. Spread out apples about 1 inch high on dough, sprinkle with almonds or other nuts, as desired, and raisins. Roll dough over, in the cloth, several times to form a loaf (strudel) of several alternating layers of dough and filling. Brush finished loaf with more melted butter, put on greased baking sheet and bake in a hot (400°) oven until crust is crisp and well browned.



Sauerkraut Salad (Sauerkrautsalat)

1/2 lb. prepared sauer-
kraut
3 tbsp. Olive oil
2 apples, grated
1 onion, chopped
1 tsp. sugar
Salt & pepper

Drain sauerkraut. Make marinade of other ingredients and add. Let stand 15 minutes before serving. This salad goes particularly well with fish.
Serves 4

SAUERKRAUT

2 lbs. cabbage
3 tbsp. Butter
1 onion, chopped
Apple, sliced
Salt & pepper
1 potato, raw
1/2 cup white wine

Pluck apart cabbage and wash well. Shred. Melt butter in a fairly large pot and turn cabbage in it thoroughly. Add onion, apple and seasoning to taste. Fill pot with water. Cook until tender, about 10 minutes. Grate into this raw potato, to give a nice texture. Add wine before serving.

Variation: Instead of wine, paprika, sugar and cream may be used to season. Or champagne may be substituted for white wine. This last is particularly good when served with venison or pheasant.



Sauerbraten

1/2 cup vinegar
1/2 cup water
1 onion, sliced
Salt & pepper
1 bay leaf
1 clove
1 1/2 lbs. beef
(shoulder)
2 tblsp. Vegetable oil
1 onion
1 tomato

Sauce:
1 tblsp. Flour
Vinegar or lemon juice
Pinch of sugar
Salt butter
Cream or wine

Cook vinegar, water, sliced onion and seasoning together for 10 minutes. Steep bee in this marinade 2 to 3 days. Drain (save liquid). Brown meat in hot oil. Add the onion, tomato and 1/2 cup of the marinade, cover and simmer on top of range for 1 hour. Turn the meat in remaining pan liquid so that it is coated on all sides. Carve and put on a warm platter.

For sauce, mix flour with pan liquid smoothly. Add the rest of the marinade and stir until smooth and thickened. Sauerbraten sauce calls for more ample ingredients than other sauces. Add, to taste, a little vinegar or lemon juice, a pinch of sugar, salt, a little fresh butter and a tablespoon of cream or wine. Strain and pour over meat or serve as a separate sauce. Serve with potatoes, dumplings or Spatzle.
Serves 3-4.



Pancakes (Pfannkuchen)

4 cups flour
3-4 eggs
Salt
3 cups milk
Vegetable oil

Pancakes should be prepared about an hour in advance. Pour flour into bowl, make a depression in the center into which put eggs, some salt and lukewarm milk (or half water and half milk). Stir until well blended. If thin pancakes (Fladle) are desired, batter should be thin; for heartier cakes, batter should be thicker. This can be controlled by adding more or less liquid. Drop a little batter on a greased skillet; let it spread out, and fry to a golden brown on both sides. Serve immediately, or keep warm on a hot platter, preferable in the oven.

There are countless variations to serving pancakes: sprinkled with lemon juice and sugar; as an accompaniment to stewed fruits, berries, or salads; with jelly or marmalade. Thin pancakes may be filled with spinach, mushrooms, chopped ham, beef or sausages and rolled up. Or they may be rolled, cut in finger-length pieces, sprinkled with grated cheese, dotted with butter and baked firefly in a moderate oven. The batter itself may be varied by the addition of intriguing ingredients such as cubed ham, crumbled bacon, cubed swiss cheese, spicy herbs or chopped fruits. These variations are then prepared in the usual manner.

Serves 4-6.

BAKED ASPARAGUS

(SPARGELERICHT, UBERBACKEN)

1 1/2 lbs. asparagus,
cooked
2 lbs. potatoes, cooked
and sliced
1/2 lb. ham, thinly
sliced
1 tbbsp. Parsley,
chopped
4 tbbsp. Cheese, grated
2 cups Butter Sauce
Salt, nutmeg, pepper
1 egg yolk
2 tbbsp. butter

In a well-greased baking dish, place alternate layers of asparagus (halved), potatoes, and ham. Sprinkle with parsley and half the cheese. Prepare Butter Sauce, using asparagus water as liquid. Season well and stir in egg yolk. Blend and pour over casserole. Sprinkle with remaining cheese, dot with butter and brown in moderate (375°) oven.

Serves 4.

Butter Sauce (Buttersauce)

3 tbbsp. Flour
4 tbbsp. Butter
2 cups water
Salt & pepper
2 egg yolks, beaten or
1/2 cup cream

Brown flour in butter over medium heat. Add water gradually, stirring constantly to form a smooth sauce. Season and continue stirring until sauce thickens. The sauce may be enriched by adding egg yolks or cream which should be well blended.

4 cups flour
3 eggs
1 cup water
1 tbbsp. salt

SPATZLE

Prepare a firm dough from the flour, eggs, water and salt. Beat until it comes easily away from the sides of the bowl. Form dumplings and cook in boiling salted water. Skim them out, dip in cold water and serve on a hot platter. Spatzle may also be browned lightly in butter before serving. A favorite accompaniment to meat and vegetables.

Serves 4.

Cheese Spatzle (Kasespatzle)

4 cups flour
3 eggs
1 cup water
1 tbbsp. Salt
Grated cheese

Prepare Spatzle as above. Tumble in grated cheese and serve on a hot platter with Onion Butter.

Onion Butter (Zwiebelbutter)

4 tbbsp. Butter
1 onion

Chop onion finely and sauté in butter until golden.



SIMPLE SPICE CAKE (EINFACHE LEBKUCHEN)

1 1/2 cups honey
5 cups flour
1/2 cup almonds,
chopped
1 tsp. cinnamon
Pinch of cloves, ground
3/4 cup candied orange
or lemon peel,
chopped
1/4 tsp. baking powder
Egg-white icing

Warm but do not cook the honey.
Add all other ingredients and knead
to a smooth dough. Roll dough out
evenly 1/2 inch thick and bake on a
buttered baking sheet in a moderate
oven (350°) until brown, about 20
minutes. While still hot, spread on
Egg-white icing and cut into squares.

EGG-WHITE ICING (EIWEISSGLASUR)

1 cup confectioner's
sugar
2 egg whites
1 tsp. lemon juice or
vanilla sugar

Sift sugar into the other ingredients
and stir for 15 minutes, or 5 minutes
in electric beater. This icing is whiter
and spreads better than a sugar icing.



Peppernuts (Pfeffernusse)

3 eggs
1 generous cup sugar
1/3 cup almonds
1/3 cup candied orange
and lemon peel
1 tsp. cinnamon
Dash of cloves, ground
Dash of pepper
Dash of baking powder
3 cups flour
Sugar, vanilla-sugar or
egg-white icing

Stir eggs and sugar until frothy.
Blanch and grind almonds. Chop
lemon and orange peel finely. Mix
these and all other ingredients
through flour together and knead into
a dough. Roll out 1/2 inch thick on a
floured board and cut with biscuit cutter
to about size and shape of a 50
cent piece. Butter a baking sheet and
set cookies on it overnight to dry.
Next day bake in slow (300°) oven un-
til brown, about 20-30 minutes. Frost
with plain or vanilla-flavored white
sugar or with icing.

Asparagus (Spargel)

2 lbs. asparagus
Salt
2tblsp. Bread crumbs
in 4tblsp.
Butter

Clean fresh asparagus and remove
hard end of stems. Bundle together
and cut to assure even length. Set in
lightly salted billing water and cook
until done, about 20-25 minutes. As-
paragus is done if it bends when lifted
out of water. Drain well (saving liq-
uid) and serve on a hot platter. Cover
with bread crumbs browned in butter.
The cooking water may be used as a
soup base or, cool, as a wholesome
vegetable juice drink. In the latter
case, do not salt too heavily.
Serves 2-4.