

Germany



Spaetzle Basic Dough Recipe

Yield: 4 servings

Ingredients:

2 Eggs; slightly beaten
1 1/2 c Flour; sifted
1/2 c Milk
1 ts Salt
1/4 ts Baking powder

Directions:

Bring a saucepan of salted water to a boil, reduce the heat, and maintain a simmer. In a bowl, stir all the ingredients together. Place a colander over the pan, pour about 1/4 of the batter into the colander, and press through the holes with a plastic spatula into the hot water. When the spaetzle starts to float to the surface, cover the pan and keep covered until the spaetzle appears to swell and is fluffy. Remove the dumplings and repeat the procedure with the remaining batter.

Schweinebraten (German Pork Roast)

Ingredients:

1 1/2 teaspoons salt
Pinch of marjoram
Pinch of basil
1 teaspoon pepper
1/2 teaspoon garlic powder
1 boneless loin pork roast (4 to 5 pounds)
2 to 3 medium onions, coarsely chopped
1 1/2 cups water or light beer

Directions:

Combine salt, marjoram, basil, pepper and garlic powder.
Rub all over roast.
Place roast in roasting pan and surround with onions.
Pour water or beer into pan.
Cover and roast at 350 degrees F for 30 minutes.
Turn roast over in pan.
Roast uncovered another 2 hours, checking about every 30 minutes,
adding more liquid when needed.
Roast is done when internal temperature reaches 180 degrees F.
Make gravy with pan juices, if desired.

Makes about 8 servings

Sauerbraten (Sour Roasted Beef)

Use for 4-6 servings:

Ingredients:

2 pounds (1 kg) piece of beef (e.g. from the upper back hip, no usual roast beef!)
1 cup (1/4 l) vinegar from red wine or a mixture 50:50 red wine and vinegar
2 bay leaves
2 tblsp whole black pepper
2 big onions
1 big carrot
1/2 pound (200g) potatoes
1 cup (1/4 l) bouillon
2 tblsp creme fraiche (or sour cream)
salt, pepper, oil

Directions:

1. Place meat in a high dish, fill with vinegar (or mixture) until covered.
Add bay leaves and pepper grains and place dish in the refrigerator.
Leave there for 2-3 days, turn meat around at least once.
2. Get meat out of marinade and dry. Spice meat with pepper all around.
3. Cut onions, carrots and potatoes in little cubes.
Heat oil, place meat in it and roast until brown from all sides.
Add onions until brown, too.
4. Salt the meat, add potatoes and carrots, then the bouillon, and, optionally, some more red wine (esp. if you used only vinegar before).
Add also a little of the marinade (without leaves and pepper).
5. Simmer for at least 1 1/2 hours on low heat in a closed pot, turn once.
6. Get meat out of the pot and keep warm.
Puree the sauce, let reduce a little. Add creme fraiche or sour cream, add salt and pepper to your taste.
7. Cut meat into slices, serve.

Traditional side dishes are potatoes or Kloesse (dumplings), and some vegetable like Rotkraut (that is hot red cabbage).

In some areas of Germany, they add raisins and sliced apples to the sauce so that it gets a more sweet-and-sour taste.

German Style Pork Spareribs

Ingredients:

3 lb Spareribs, cut into ribs
2 tb Butter
1/4 c Finely chopped onion
2 tb Dark brown sugar
1/8 ts Pepper
1/2 ts Salt
2 tb Prepared mustard
1/2 c Catsup
3 c Sauerkraut, drained
1 lg Apple, pared, cored & choppd
2 ts Caraway seeds

Directions:

In a medium-sized, heat-resistant, non-metallic bowl, heat butter in Microwave Oven 30 seconds. Add onion, brown sugar, pepper, salt, mustard, and catsup. Heat, uncovered, in Microwave Oven 3 minutes.

In a 3-quart, heat-resistant, non-metallic casserole, place sauerkraut, apple and caraway seeds. Stir to combine thoroughly. Dip each sparerib into sauce and place on top of sauerkraut. Pour remaining barbecue sauce over the top. Heat, covered in Microwave Oven 15 to 18 minutes. Pork should always be cooked to well-done.

German Red Cabbage

Ingredients:

1 Red cabbage
1/4 lb Bacon; sliced
1 Onion
20 Cloves garlic
2 Apples
1 ts Lemon juice

Directions:

Cut up the bacon into little pieces and fry slowly in the bottom of a large pot while you...
Peel the onion and stab the cloves into it (15-30 cloves).
Put the onion into the pot and let it warm with the bacon while you...
Cut up the cabbage into roughly bite-sized chunks – somewhat thicker slices than for slaw.
Put the cabbage in the pot and add enough water to about half-cover the cabbage; then turn the heat up high.

Quarter, core and peel the apples.
Toss them in on top of the cabbage with a small handful (about a 1/2 teaspoon) of salt.
Sprinkle the lemon juice over it all.
By this time the water should be boiling.
Turn down the heat and put a lid on the pot.
Let it cook for 10 minutes.
Stir 'n sniff.
Cover and let it cook another 10 minutes.
Now you can serve it "as is", or you can ladle out part of the liquid, thicken it with cornstarch or arrow-root, and stir it back in.

Sauerkraut Soup

8 servings

1 hour 10 minutes

10 mins prep

Ingredients:

- 1 lb smoked **Polish sausage**, cut into chunks
- 5 medium **potatoes**, peeled and cubed
- 2 medium **onions**, chopped
- 2 **carrots**, chopped
- 6 cups **chicken broth** or **vegetable broth**
- 2 cans **sauerkraut**
- 1 (6 ounce) can **tomato paste**
- ¼ tsp **pepper**

Directions:

1. In a large saucepan, add sausage, potatoes, onions, carrots and chicken broth.
2. Bring to a boil, reduce heat and simmer for around 30 minutes, until potatoes are cooked.
3. Add sauerkraut and tomato paste, mixing well.
4. Return to a boil, reduce heat, cover and simmer another 30 minutes.

Blaukraut (German braised red cabbage)

Yield: 4-6 servings

Ingredients:

Lard or oil 2 T
Onion chopped finely 1 each
Red cabbage cored, shredded 1 head
Red wine vinegar 2 T
Stock or water 1 to 1 1/2 cups
Sugar 1 T
Cloves, whole 3 each
Bay leaves 2 each
Salt & pepper to taste

Directions:

Heat the lard or oil over medium flame in a large pot.
Add onions and sauté till translucent.
Add the cabbage in batches and stir in till wilted.
Stir in vinegar.
Add the rest of the ingredients and simmer, covered, over low heat for 30-35 minutes.
Adjust seasoning and serve.