

THE GERMAN COOKBOOK –

A JOURNEY THROUGH CULINARY CORNERS OF GERMANY

INTRODUCTION

Dear readers of the cookbook,

November 2020

We are five Erasmus students from Germany studying for one semester at the Keleti Faculty of Óbuda University in Budapest. The idea for “The German cookbook” came during the course “International Project” given by our lecturer Mária Dudás.

We all come from different regions within Germany and these regions also differ in terms of the cuisine. Because like the country, so is the cuisine: colourful, varied and diverse. “The German cookbook” takes you on an exciting journey through some of the culinary corners of Germany from the Rhineland to the Black Forest.

No matter whether Swabian raviolis, Hessian onion tart, Potato pancake or Black Forest cake - this book is filled with recipes from our different regions and bundled into a unified German cookbook.

We wish you a lot of fun cooking the German specialities!

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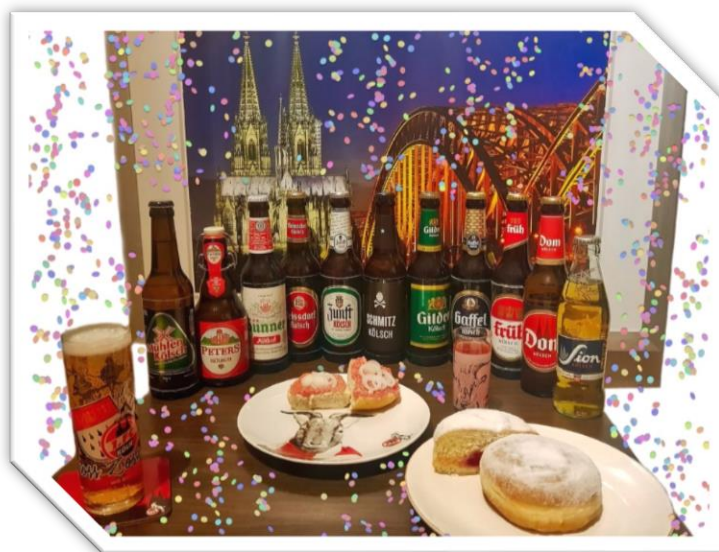
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RECIPES FROM THE RHINELAND, GERMANY

The following recipes come mainly from the Rhineland, which is geographically located in West-Germany and near the Rhine in the federal states of North Rhine-Westphalia and Rhineland-Pfalz. Well-known cities in the region are Cologne, Düsseldorf and Bonn.

Although the Rhineland cuisine is very different in many parts, it can be said that the people in the 20th century, who were often self-sufficient, have shaped it. Especially self-cultivated ingredients such as potatoes, cabbage, carrots, leeks, celery, spinach, cucumbers and apples are very often represented in recipes due to their preservability. Characteristic are mostly very hearty dishes. Very simple recipes such as stews and soups as well as difficult and time-consuming dishes like "Rheinischer Sauerbraten" (page 10) are typical for the Rhineland.

Among other things, cultural traditions such as the "Carnival" of the Rhineland have also influenced the Rhineland cuisine. Especially simple dishes like the "Halver Hahn", "Mettbrötchen" (page 7) or "Frikadellen" are popular during this time. Sweet dishes like "Krapfen" (page 13) or "Berliner" are also very popular during this season. A cool "Kölsch", a Cologne beer, should not be missing from a classic carnival meal.





“HALVER HAHN“ (ENGL.: “HALF A COCK“)

DIFFICULTY:

TIME: CA. 5 MIN.

INGREDIENTS FOR 1 PORTIONS:

1 rye bread roll, 2 slices of Gouda cheese, some butter



PREPARATION:

Cut the rye bread roll in half, spread butter on one half and cover each side of the bread with two thick slices of Gouda.



“METTBRÖTCHEN“ (ENGL.: “BREAD ROLLS WITH GROUND PORK“)

DIFFICULTY:

TIME: CA. 5 MIN.

INGREDIENTS FOR 1 PORTIONS:

1 rye bread roll, 100g ground pork, some butter, 1 small onion, salt and pepper



PREPARATION:

Cut the rye bread roll in half, spread butter on the two half's and put 50g of ground pork on each side and press it firmly. Cut the onion and put them on the ground pork. Season the ground pork with salt and pepper.



“KÖLSCHE KAVIAR“ (ENGL.: “KÖLSCHE CAVIAR“)

DIFFICULTY:

TIME: CA. 5 MIN.

INGREDIENTS FOR 1 PORTIONS:

1 rye bread roll, 100g blood sausage, some butter, 1 small onion, some mustard



PREPARATION:

Cut the rye bread roll in half and spread butter on it. Cut the blood sausage into slices and cover the rye bread with it. Cut the onion also in slices and put them together with mustard on the blood sausage.



“HIMMEL UND ÄÄD“ (ENGL.: “SKY AND EARTH“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

750g potato, 750g apples, 100g diced bacon, 1 ring blood sausage, 200ml apple juice, 3 onions, 50g butter, 100ml cream, salt, pepper, nutmeg, sugar, lemon, flour

PREPARATION:

Peel and dice the potatoes and cook them in salted water. Peel the apples, remove the core and dice them. Boil up the apple juice and add the apple dices as well as sugar and lemon according to your taste.

Cut the onions into slices and fry them together with the diced bacon until they are golden brown. After that, divide the ring blood sausage into four pieces and cut them in half again. Roll them in a bit flour and put them into the pan and fry it until it is crispy. The flour keeps the blood sausage in shape.

Remove the potatoes from the heat and let them drain. After that mash them with the cream and butter. Season the mashed potatoes with salt, pepper and nutmeg.



“RHEINISCHER SAUERBRATEN“ (ENGL.: “RHENISH SOUR ROAST“)

DIFFICULTY: 

TIME: 1 ½ HOURS (+7-8DAYS)



INGREDIENTS FOR 4 PORTIONS:

1kg horse meat, some butter and salt, 2 big onions, potato dumplings, 750g red cabbage

For the marinade:

1l water, 1/2l white wine vinegar, 2 big onions, soup greens, 1 teaspoon peppercorns, 1 teaspoon mustard seeds, 6 pimento seeds, 1 bay leaf, 2 juniper berries, some salt

For the sauce:

Rest of the marinade, 100ml red wine, 50g raisins, 50g apple marmalade, some black pepper and flour

PREPARATION:

For the marinade cut the onions and the soup green into slices. Fill up a pot with water, vinegar and the spices and boil it up. When the marinade is cold again put the horse meat in it and put the marinade together with the meat in the fridge for 7-8 days.

Pour the red wine and the raisins together. Take out the meat from the marinade and rub it with salt and roast it in a big pan. Peel the onions and stew them together

with the meat. Extinguish the meat with the left-over marinade and cook it with a closed lid for 2 ½ hours at medium heat in the oven.-----

For the sauce strain the left-over from the marinade and put it together with the apple marmalade and the red wine-raisins mixture. Let it cook for 10 minutes. Get your wished thickness with some flour and season to taste it with some pepper.-----

Serve it together with potato dumplings and warm red cabbage.-----



“RIEVKOOCHÉ“ (ENGL.: “POTATO PANCAKE“)

DIFFICULTY: 

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

1kg potatoes, 1 big onion, 2 eggs, salt and nutmeg, 100ml oil.

PREPARATION:

Place a line towel over a bowl. Peel the potatoes and the onion and rub them through a large grater into the line towel. Squeeze the line towel until the unnecessary liquid from the potatoes and the onion is drained. Mix the potatoes, the onion and the eggs together with salt and nutmeg.

Heat the oil in a pan and put small piles of the mixture into the pan and press it until it is flat. Fry it until it is crispy and gold brown.



“KRAPPEN“ (ENGL. “FRIED DOUGH“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

3 eggs, 120g sugar, 10g vanilla sugar, 1 teaspoon rum, 250ml milk, 500g flour, 1l fat, some salt

PREPARATION:

Separate the eggs. Beat the egg yolks with sugar, vanilla sugar and rum until foamy. Put the milk and flour into the egg mixture. Beat the egg whites with a pinch of salt until it is stiff and fold it into the dough.

Heat the fat in the deep fryer or in a high pot to 180 degrees. Remove some of the dough with a tablespoon and let it slide into the hot fat. Fry the dough for about 4-5 minutes until they are golden brown.

Let the finished “Krapfen“ rest on a piece of kitchen roll so that unnecessary fat will get soaked into the paper.

RECIPES FROM HESSE, GERMANY

Hessen is a federal state in Germany. It is located in the middle of Germany. The capital is Wiesbaden, but Frankfurt am Main is the largest city in Hessen.

The Hessian cuisine is very versatile, as each region has its own dishes. For example, northern Hesse's cuisine is similar to Thuringian cuisine, and in southern Hesse the influence of Rhine-Hessian and Franconian cuisine can be found. In Central Hessen, too, heavy and equally tasty dishes (“Hausmannskost”) are often on the menu. Like all regional German cuisines, Hessian cuisine is also seasonally dependent.

In Frankfurt am Main, a highly developed gastronomy and hotel culture developed as early as the 17th and 18th centuries as a result of the numerous wealthy guests who flocked to the city during the imperial coronations and trade fairs. In the 19th century, Frankfurt's cuisine was regarded as the leading cuisine in Germany alongside that of Hamburg and Vienna.

Very typical for Hesse are dishes based on potatoes and bread. Similar to the Italian pizza, there are sandwiches and yeast cake variations (“Ploatz”, bacon cake, onion cake), which used to be baked along with the bread.





“GRÜNE SOÛE” (ENGL.: “GREEN SAUCE“)

DIFFICULTY:  

TIME: CA. 20 MIN.



INGREDIENTS FOR 4 PORTIONS:

5 eggs, salt and pepper, 1-2 tablespoons spicy mustard, 100ml neutral oil (e.g. sunflower oil), 200g sour cream, 1 large bunch of mixed herbs for Frankfurt Green Sauce or 150g herbs

PREPARATION:

Boil 5 eggs for the Green Sauce hard for about 10 minutes. Rinse the eggs cold, peel and halve. Remove the yolks from each egg and pass them through a fine sieve into a bowl with a small ladle or tablespoon.

Season the egg yolks with salt, pepper and 1-2 teaspoons mustard and mix it until smooth. First add 100ml oil, then 200g sour cream bit by bit.

Wash and dry the herbs for the Frankfurt Green Sauce. Remove the coarse stalks. Chop the herbs very finely with a kitchen knife. Cut the egg white into small cubes. Stir the herbs and add about 2/3 of the egg white into the Green Sauce. Season the Green Sauce again, fill it into a bowl and garnish with the remaining egg whites.



“HANDKÄSE MIT MUSIK” (ENGL.: “HAND CHEESE WITH MUSIC“)

DIFFICULTY:

TIME: CA. 5 MIN.



INGREDIENTS FOR 4 PORTIONS:

3 onions, 8 tablespoons apple vinegar, 4 tablespoons oil, 5 tablespoons
cider, 1 pinch of pepper (from the mill), 0,5 teaspoon caraway seeds, 8
pieces Hand cheese (or Harz cheese, approx. 400g)

PREPARATION:

Peel the onions, cut it into small pieces, mix them with a marinade of vinegar, oil,
cider, 2 tablespoons of water and season it with pepper and caraway seeds.

Put the cheese in a small bowl, pour the marinade over it, cover and let it stand
for at least 2-3 hours. Tip: You can also use apple juice instead of cider.



“FRANKFURTER ERBSENSUPPE“ (ENGL.: “FRANKFURT PEA SOUP“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

500g peas (deep-frozen), 1 onion, 3 tablespoons of oil, 0.75l vegetable broth, 0.5 cup of whipped cream, 4 Frankfurter sausages, 1 pinch of salt and pepper

PREPARATION:

Peel the onion and cut it into small cubes. Cut the Frankfurter sausages into small slices.

Heat the oil in a pot and fry the onion in it until they are light yellow.

Add the frozen peas to the pot. Add the vegetable broth and cook everything for 10 minutes.

Puree with a hand blender and season everything. Stir in the whipped cream. Bring the soup to boil again, add the Frankfurter sausages and leave it to stand for about 5 minutes.



“HESSISCHER ZWIEBELKUCHEN” (ENGL.: “HESSIAN ONION TART“)

DIFFICULTY: 

TIME: CA. 30 MIN.



INGREDIENTS FOR 6 PORTIONS:

For the dough:

500g flour, 250g butter, 1 egg, 1 tablespoon water, 1 tablespoon salt, 1
tablespoon sugar, 2 tablespoons oil

For the coating:

650g finely chopped onions, 300g pork belly bacon, 2 pairs Frankfurter
sausages/ham sausages, 200g grated Emmentaler cheese, 6 Eggs, ½ l milk,
2 tablespoons corn starch, 1 teaspoon paprika powder sweet, 2 pinches
nutmeg freshly grated, some salt and pepper

PREPARATION:

Sift the flour, put small cubes of cold butter on top and grate with your fingers
like a crumble cake. Knead egg, water, salt and sugar vigorously into the dough.
Keep cool overnight in cling film.

Cover the baking tray with baking paper and coat it with oil. Roll out the dough
on a floured work surface, line the baking tray with it and pull it up at the edge.

Cut the pork belly bacon into small pieces. Heat butter in a pan. Fry the pork belly
bacon until it is crispy, fry the onions until they are light yellow and put them
aside to cool down.

Mix the milk with the eggs, corn starch and grated cheese, season it with salt, pepper, nutmeg and paprika. Add the onion mixture and the Frankfurter sausages and mix them well. Spread the mixture evenly on the baking tray.

Bake in a preheated oven at 175 degrees for about 45 minutes until golden brown.



“HESSISCHES SCHMANDSCHNITZEL” (ENGL.: “HESSIAN SOUR CREAM SCHNITZEL“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

4 cutlets, 2 eggs, some breadcrumbs, some salt and pepper, fat for frying the cutlets, 1 small onion, 2 leeks, 150g diced raw ham, 30g butter, 400g sour cream, some pepper and chives

PREPARATION:

Mix the eggs, season the breadcrumbs with salt and pepper. Wash the cutlets and dry it with kitchen paper. Heat the fat in a pan. First, put the cutlets into the egg mixture, then into the breadcrumbs. Fry the cutlets in hot fat.

Peel and finely dice the onion. Wash the leeks and cut them into fine rings. Melt butter in a pot. Fry the onion cubes in it until they are light yellow. Add the diced ham and fry it a little bit. Add the leek slices and fry them covered.

Add the sour cream into the pot. Mix with some milk if necessary. Season it with pepper and just warm it up, don't let it boil. Wash the chives and cut it into fine rings. Put the cutlets on plates, put the sauce on top of the cutlets and sprinkle with the chives.

RECIPES FROM SWABIA, GERMANY

In contrast to the French-influenced Baden cuisine, Swabian cooking is rather simple.

The Swabian region includes large parts of Württemberg, the Bavarian Swabia region and the Allgäu, which extends into Austria.

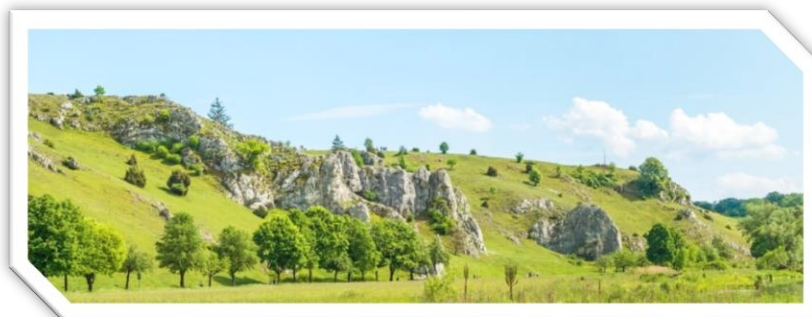
The large role of the Swabian cuisine takes egg pasta in a wide variety of variations, for example Spätzle or Maultaschen. But also, rich soups and stews are typical for the Swabian cuisine.

The Swabian region was marked by a rough environment. Many people were poor therefore they were not able to afford meat; it was considered as a "gentlemen's meal". Common meals were mainly simple pastries. As not too many different resources were available, they needed to be creative to create a meal.

As Swabia is a big region with many differences in the environment, the way of the cuisine varies strongly. Whereas the southern part allowed to have milk and meat due to wide pastures, the northern part made food with the inner parts of the animals.

When the potato (different Swabian ways to say potato: "Grombir", "Grombiera", "Aidepfl", "Herdepfl", "Ebiera" or "Bodabirre") was introduced in the middle of the 17th century, it also gained popularity and was integrated into the kitchen (for example as potato noodles, potato salad or even fried potatoes).

The traditional Swabian cuisine is still based to a large extent on the simple, hearty and uncomplicated "poor people's food" of that time.





“SCHWÄBISCHE FLÄDLESUPPE“ (ENGL.: “SWABIAN PANCAKE SOUP“)

DIFFICULTY:  

TIME: CA. 20 MIN.



INGREDIENTS FOR 4 PORTIONS:

1,5l meat or vegetable broth, 1 bunch chives/parsley, 3 eggs, 270g flour, salt, ¼ l milk, ¼ l water, 4 tablespoons oil

PREPARATION:

Mix flour, eggs, salt, milk and water with a whisk or hand mixer to a smooth pancake dough. Let it stand for about 30 minutes.

Then heat the oil in a pan (it is best to use a coated pan) and add one or two small ladles of dough. When the edge of the pancake is a little light brown, carefully turn it over and bake it ready. Repeat this until the whole dough is used up.

In the meantime, let the meat broth or vegetable broth get very hot. Then cut thin slices from the slightly cooled, rolled pancakes with a sharp knife (long, thin pancake strips are formed) and put them into a large soup bowl or directly into a soup plate.

Add the hot meat broth or vegetable broth and sprinkle with plenty of chopped parsley and/or chives. Serve immediately.



“SCHWÄBISCHER WURSTSALAT“ (ENGL.: “SWABIAN MEAT SALAD“)

DIFFICULTY: 

TIME: CA. 15 MIN.



INGREDIENTS FOR 4 PORTIONS:

500g meat sausage, 1 ring blood sausage, 1 onion, 3 cloves garlic, 4
tablespoons vinegar, 4 tablespoons oil, 100ml meat broth, ½ bunch parsley,
salt, pepper

PREPARATION:

Cut the meat sausage and black sausage into fine strips. After that chop the onions
and garlic and mix everything.

Make a dressing from vinegar, oil, meat broth, salt, pepper and parsley. Pour it
over the sausage. Afterwards let everything stand for another hour. Then the
Swabian sausage salad tastes the best.



“MAULTASCHEN“ („ENGL.: “SWABIAN RAVIOLIS“)

DIFFICULTY: 

TIME: CA. 40 MIN.



INGREDIENTS FOR 6 PORTIONS:

300g pasta flour, 3 eggs, 700g fresh spinach, 100g smoked bacon, 300g fine minced beef or sausage meat, 4 large onions, 1 bunch of parsley, freshly grated nutmeg, 1 tablespoon cooking oil, 2 tablespoons butter

PREPARATION:

Mix the flour, a pinch of salt and the eggs for about 5 minutes to a smooth dough. Afterwards the dough must rest for about 30 minutes wrapped in a foil.

Now wash the spinach and cook it in a pot with salted water until it is done. Then drain the spinach and quench briefly. So that there is no useless liquid in the dough later, the spinach is pressed out and then finely chopped. Finally, cut the bacon into small cubes, peel and finely dice the onions. Wash and finely chop the parsley.

Heat up the diced bacon and onions with a little oil in a pan. Let the whole thing stew for about 5 minutes at low heat and then stir in the parsley and spinach. Finally season everything well with salt and nutmeg. Remove the finished filling from the stove and let it cool down.

In the last step dust the pasta dough and the work surface with flour. Roll out the dough in long strips with a dough roller. Carefully spread the filling on the dough with a spoon, leaving a rim on the side. Finally, fold the dough over the filling and seal it with water.

Now you made your own Maultaschen. With them you can make various different dishes. You can through them in hot water with herbs to get a soup. Or you cut them in slices, fry them in the pan with onions, eggs and ham.



“KÄSESPÄTZLE“ (ENGL.: “CHEESE NOODLES“)

DIFFICULTY: 

TIME: CA. 40 MIN.



INGREDIENTS FOR 6 PORTIONS:

750g flour, 1 ½ tablespoon oil, 375ml water, 6 teaspoons salt, 9 eggs, 4 ½ onions, 450g cheese

PREPARATION:

Mix the eggs, flour, oil and salt (about 4 teaspoons) with the dough hook. Depending on the size of the eggs, add the water so that a thick dough is formed.

In the meantime, bring salted water to the boil. Then put the dough by the spoonful into a spaetzle or button press and press it into the boiling water.

After a very short dwell time in the water, the spaetzle will come up to the surface, "fish" them out of the water and put them into a waiting bowl.

Add a little bit of the cheese to each portion of the finished spaetzle, so that there is always an equal mixing. Add the next portion of spaetzle to the water, then the cheese on top, and so on. Make sure that the cooking water contains enough salt, because the spaetzle will "soak it up" with the water.

Peel and cut the onions into rings and fry them until they are brown. Then spread them on the cheese spaetzle.

Serve them with a green salad.



“KRAUTKUCHEN“ (ENGL.: “CABBAGE CAKE“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

For the dough:

250g flour, 120g butter, 1 egg yolk, ½ tablespoon salt, 75ml water

For the filling:

1kg pointed cabbage, 2 tablespoons oil or 200g bacon, 1 tablespoon flour, 300g sour cream, 3 eggs, 1 egg yolk, caraway seeds, salt and pepper, grease for the cake pan

PREPARATION:

Quickly knead flour, butter, egg yolk, salt and water to a short pastry, then wrap the dough in foil and let it rest in the fridge for about 45 minutes.

Slice the cabbage finely and fry it either in oil or in previously diced and fried bacon. Add the flour and fry for about 15 minutes at low heat. Preheat the oven to 200 degrees top/bottom heat.

Mix the sour cream with the eggs and an extra egg yolk. Season with caraway seeds, salt and pepper. Mix with the lukewarm cabbage.

Roll out the dough on a floured surface - either for a baking tray or a 28 cm cake pan. Put it into the greased baking tray and form a nice rim. Pour in the cabbage mixture and bake the cabbage cake for about 45 - 55 minutes until golden brown.



“JÄGERSCHNITZEL“ (ENGL.: “HUNTER CUTLET“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 4 PORTIONS:

10g dried porcini mushrooms, 1 onion, 1 jar (212 ml) of chanterelles, 400g mushrooms, 4 pork cutlets (each approx. 140g), 4 tablespoons oil, some salt, pepper and sugar, 250ml vegetable broth (instant), 100g whipped cream, 1-2 tablespoons light sauce thickener, 250g fresh egg spaetzle, 1/2 bunch parsley

PREPARATION:

Scald porcini with 250ml boiling water. Peel the onion and chop finely. Pour chanterelles into a sieve and drain well. Clean and slice the mushrooms.

Wash the meat and dab dry. Pour porcini mushrooms into a sieve, drain and collect the mushroom water. Heat 2 tablespoons of oil in a pan. Roast the mushrooms in it while turning.

Add chanterelles, onion and porcini mushrooms, fry them while turning. Season with salt, pepper and sugar, deglaze with mushroom water, broth and cream, bring to the boil and stir in the sauce thickener. Bring to the boil again and season with salt and pepper. In the meantime, put the spaetzle in plenty of boiling salted water and prepare according to package instructions. Heat 2 tablespoons of oil in a second pan, add the meat and fry for about 3 minutes on both sides.

Wash the parsley, shake dry and chop finely. Pour spaetzle into a sieve. Arrange schnitzel with mushroom sauce and spaetzle on plates.



“LINSEN MIT SPÄTZLE, SAITENWÜRSTCHEN UND SPECK“ (ENGL.:

“LENTILS WITH SPAETZLE, STRING SAUSAGE AND BACON“)

DIFFICULTY:  

TIME: CA. 1 ½ HOURS



INGREDIENTS FOR 4 PORTIONS:

For the lentil soup:

400g lentils, 70g carrots cut into small cubes, 70g celery diced, ½ leek cut into small cubes, ½ onion cut into small cubes, 30g tomato paste, vinegar, sugar, 80g butter, 50g flour, 4 slices of 100g pork belly, 4 string sausages (Wiener), 700ml vegetable broth, salt, pepper

For the spaetzle:

500g flour, 6 eggs, water, salt, optional chives/fried breadcrumbs

PREPARATION:

In a larger pot with about 30 grams of butter, fry the onion cubes. Then add the tomato paste and fry well. Be careful not to burn the tomato paste, it should have a nice dark brown color. Then immediately add the vegetable broth, stir in the lentils and add the pork belly. Let it simmer slightly with the lid on the pot.

In the meantime, prepare the spaetzle. Mix the flour with the eggs, salt and very little water to a dough. Stir the dough until it is completely smooth, and bubbles are formed.

Bring a larger pot of salted water to boil. Then scrape the spaetzle by hand into the salted water or if you have, use a spaetzle machine to do this. As soon as the spaetzle swim at the top of the salted water lift them with a skimmer out. Keep the finished spaetzle warm in a bowl until further use. If desired, the spaetzle can be garnished with chives or fried breadcrumbs.

Additionally, make a dark roux in a hot pan with about 50 grams of clarified butter and about 50 grams of flour. Put the finished roux aside until further use.

When the pork belly is cooked soft in the boiling lentils, remove them and keep them warm. Stir the celery and carrot cubes into the lentils and let them simmer. If there is not enough liquid add some vegetable broth. When the lentils are cooked soft (approximately after 45 - 60 min) and the carrot and celery cubes are cooked soft, add the leek cubes and cook everything for another 2 minutes. Finally, thicken the lentils to the desired thickness with the dark roux. Caution: Do not use too much roux at the beginning. Pulses such as lentils thicken after a certain time due to their high starch content! Season the finished lentils with salt, pepper from the mill, a pinch of sugar and a good shot of vinegar.

Put the sausages in a pot with lightly salted hot water and heat them. After that, both the sausages and the warm pork belly slices can be put into the hot lentils.

To serve, first place a portion of spaetzle in a large plate. Then scoop the lentils onto them.



“SCHWÄBISCHER HEFEZOPF“ (ENGL.: “SWABIAN YEAST BRAID“)

DIFFICULTY:  

TIME: CA. 40 MIN.



INGREDIENTS FOR 1 PORTIONS:

600g flour, 1 cube fresh yeast, ½ tablespoon salt, 350ml milk lukewarm, 125g butter liquid and lukewarm, 60g sugar, 1 egg, 1 egg yolk, optional sugar crystals/flaked almonds or almond sticks/raisins

PREPARATION:

Put all ingredients (except the egg yolk; with or without raisins, depending on taste) in a large plastic bowl. Knead with the kneading hooks of the hand mixer until the dough is nice and smooth and comes off the bowl rim (the longer, the better the dough). The dough should not have the consistency of conventional yeast dough that you can knead with your hands, it should rather be a more liquid dough. After baking, you can see that this is what makes the tasty braid. Then close the bowl with a lid and let the dough rise.

When the volume of the dough has at least doubled, put it on the lightly floured work surface and, without kneading it again, divide it into 3 equal sized pieces. Make 3 similar roles out of the them. If possible, do not use additional flour, otherwise the braid will become too dry later. Then twist a braid out of the three pieces, put it diagonally on the baking tray and let it rise again.

When the braid has gone well, brush it with the egg yolk and sprinkle it with sugar and/or flaked almonds and/or almond sticks as desired. Bake at 180°C (circulating air) for approx. 20 - 25 minutes. Test with a wooden skewer after 20 minutes whether the dough is still sticky on the inside. If not remove it from the oven. The Swabian yeast braid is now ready to serve.



“NONNENFÜRZLE“ (ENGL.: “FRIED DOUGH“)

DIFFICULTY:  

TIME: CA. 40 MIN.



INGREDIENTS FOR 30 PORTIONS:

250ml milk, 214g flour, 12g fresh yeast, 60g sugar, 1 pinch of salt, grated peel of 1/2 organic lemon, 25g soft butter or margarine, 2 eggs, 42g raisins, 125ml vegetable oil or 1.25kg frying fat, 1 tablespoon powdered sugar for dusting

PREPARATION:

Warm up approx. 75ml milk slightly. Put flour into a bowl, press a hole in the middle and crumble the yeast into the hole. Add 1 tablespoon (15g) sugar and lukewarm milk and mix it with some flour from the edge to a thick dough. Cover and leave to rise in a warm place for 15-20 minutes.

Gently warm 175ml milk. Add milk, 45g sugar, salt, lemon peel, butter, eggs and raisins to the pre-dough. Knead with the dough hooks of the hand mixer for 4-5 minutes to a loose yeast dough. Cover and leave to rise for 30-40 minutes in a warm place.

Heat oil or fat in a medium high pot. Cut off some of the dough with a teaspoon and add it to the hot fat/oil with a second teaspoon. Bake about 8 pieces per portion in the hot fat/oil for about 3 minutes until golden brown. Lift out with a skimmer and drain on kitchen paper. Dust with powdered sugar as desired.



“SCHWÄBISCHER TEQUILA“ (ENGL.: “SWABIAN TEQUILA“)

DIFFICULTY: 

TIME: CA. 2 MIN.



INGREDIENTS FOR 1 PORTIONS:

2cl Obstler (=fruit Schnapps), 1 slice blood sausage, a little bit mustard

PREPARATION:

Fill in the Obstler into a shot glass. Place the slice of black sausage with a little mustard on the glass.

RECIPES FROM THE BLACK FOREST, GERMANY

Cuckoo clock, Bollenhut, Black Forest cake and Black Forest house are world-famous symbols of the Black Forest. The region is located in the southwest of Baden-Württemberg. It is the highest and largest low mountain range and the largest forest area in Germany.

The culinary highlights make the Black Forest something special. Due to the climatic advantages, winegrowing is typical for Baden. Cherry cake and ham are also world-famous. The numerous beers, fine brandies and mineral waters are also known far beyond the region. The cuisine is characterized by the combination, modification and refinement of various dishes from the neighbouring kitchens in Swabia, Alsace, Switzerland and French cuisine.

The Black Forest is a pleasure destination for gourmets from all over the world. Numerous cuisines in the holiday region have received awards from gourmet guides. Nowhere else you will find so many star chefs as in the Black Forest. The following recipes give you an insight into "Germany's most beautiful gourmet corner".





“BADISCHER WURSTSALAT“ (ENGL.: “BADEN SAUSAGE SALAD“)

DIFFICULTY:

TIME: CA. 15 MIN.



INGREDIENTS FOR 4 PORTIONS:

400g meat sausage, 200g cheese (Emmentaler), 4 pickles, 1 red onion

For the dressing:

Salt and pepper, 5 tablespoons oil, 3 tablespoons white wine vinegar, 4
tablespoons cucumber liquid

PREPARATION:

First cut the meat sausage into pieces approx. 5 cm long, peel off the skin, then
cut the sausage lengthways into thin slices and then into fine strips. Also cut the
cheese first into thin slices, then into fine strips. Cut the pickles lengthways into
fine strips. Peel and dice the onion. Put all the prepared ingredients in a salad bowl
and mix them together.

Then make a dressing from the ingredients mentioned above. Pour the dressing
over the salad, mix it well again and let it steep for at least 60 minutes. The sausage
salad can also be prepared a day earlier and left to steep overnight.



“SCHUPFNUDELN MIT SAUERKRAUT UND SPECK“ (ENGL.:

“SCHUPFNUDELN WITH SAUERKRAUT AND DICED BACON“)

DIFFICULTY:  

TIME: CA. 30 MIN.



INGREDIENTS FOR 2 PORTIONS:

1 package Schupfnudeln (you can get it at Lidl), 300g sauerkraut, 1 onion,
1 package of bacon cubes, 2 tablespoons oil, salt and pepper

PREPARATION:

Heat the oil in a pan and put in the bacon cubes. Cut the onion into small pieces
and roast them.

Add the sauerkraut to the bacon and onions and fry it briefly. Season with salt and
pepper and cook everything covered with a lid for about 15 minutes.

In the meanwhile, fry the Schupfnudeln in another pan.

Add the Schupfnudeln to the sauerkraut and bacon and mix well everything
together.



“SCHÄUFELE MIT SAUERKRAUT UND KARTOFFELSALAT“ (ENGL.:

“SCHÄUFELE WITH SAUERKRAUT AND POTATO SALAD“)

DIFFICULTY:  

TIME: CA. 1 ½ HOURS

INGREDIENTS FOR 4 PORTIONS:

For the Schäumele with sauerkraut:

500g Schäumele (smoked pork from the rib or shoulder) 500g sauerkraut, 11 vegetable broth, 1 white onion, 1 bay leaf, 3 peppercorns, 1 clove

For the potato salad:

750g waxy potatoes, 2 large chopped onions, 150ml vegetable broth, 2 tablespoons vinegar, 2 tablespoons oil, salt, pepper, chives



PREPARATION:

For the Schäumele with sauerkraut, put the sauerkraut with the spices and the chopped onions in a large pot, place the Schäumele on top and pour the vegetable broth over everything. Close the pot with a lid and let everything simmer for 1.5 hours over low heat.

For the potato salad, cook the potatoes in their skins until they are al dente and then peel them. Chop the onions. Cut the potatoes into very thin slices while they are still warm and mix them with the onions. Add vinegar to the vegetable broth and stir it. This mixture is now poured over the warm potatoes. Mix it carefully

and let it steep for at least an hour. Then season the potato salad with oil, salt and pepper. Finally, cut the chives into rings and mix everything together again.-----

Take the meat out of the pot, cut it into thin slices and serve it with the sauerkraut and potato salad.-----

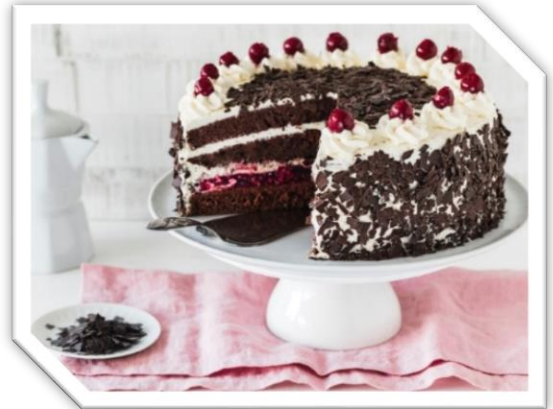


“SCHWARZWÄLDER KIRSCHTORTE“ (ENGL.: “BLACK FOREST CAKE“)

DIFFICULTY: 

TIME: CA. 1 HOUR

INGREDIENTS FOR 1 PORTIONS:



For the sponge cake:

6 eggs, 200g sugar, 200g flour, 50g corn starch, 50g cocoa powder, 2 teaspoons baking powder, Some butter for the cake pan

For the filling:

1 glass of cherries, 2 tablespoons corn starch, 1 liter of cream, 2 packs of cream stabilizer, 1 tablespoon sugar, 9 tablespoons cherry schnapps, 100g chocolate flakes

PREPARATION:

For the sponge cake, put the eggs with sugar and 6 tablespoons of water in a bowl and beat with the mixer on the highest setting for about 5 minutes. In the meanwhile, mix the flour, corn starch, cocoa powder and baking powder in another bowl. Gradually sift the flour mixture into the egg mixture with a sieve and fold in carefully. Preheat the oven to 180 degrees (circulating air: 160 degrees).

Grease the bottom of a cake pan (Ø 26 cm) and lightly flour it. Pour in the cake dough and smooth it. Bake in the preheated oven for about 20 minutes. Let the sponge cake cool down completely.

For the filling, drain the cherries over a sieve while catching the juice. Mix the starch with 2 tablespoons of the juice. Bring the rest of the cherry juice to the boil and stir in the corn starch. Bring to the boil briefly while stirring, then remove

directly from the stove. Set aside 16 cherries for the decoration. Fold the remaining cherries into the corn starch and cherry mixture.-----

Cut the sponge cake twice to create three bases. Drizzle 3 tablespoons of cherry schnapps on the first base. Spread the cherry mixture on top and smooth it out. Let everything cool down.-----

Use a mixer to whip the cream with the cream stabilizer and sugar until it is stiff. Spread about 3 tablespoons of cream thinly on the cherry mixture with a spoon. Put about 4 tablespoons of the cream in a piping bag with a star nozzle and set it aside. Place the second base on top, press down gently. Drizzle again 3 tablespoons of cherry schnapps on the base, spread less than half of the remaining cream on the base. Put the last sponge cake on top, drizzle it with the remaining cherry schnapps, then cover the cake all around with the remaining cream.-----

Sprinkle the chocolate flakes all around the cake. Use the piping bag to squirt 16 cream tufts onto the cake. Now place the cherries on the cream and sprinkle the surface with the chocolate flakes. Chill the Black Forest cake until you want to serve it.-----



“DONAUWELLE” (ENGL.: “DANUBE WAVE”)

DIFFICULTY:  

TIME: CA. 1 HOUR



INGREDIENTS FOR 1 PORTIONS:

For the cake batter:

700g cherries from the glass, 250g soft butter, 200g sugar, 1 packet of vanilla sugar, 1 pinch of salt, 5 eggs, 375g flour, 3 teaspoons baking powder, 20g cocoa powder, 1 tablespoon milk, some butter for the baking tray

For the buttercream:

1 packet vanilla custard powder, 100g sugar, 500ml milk, 250g soft butter

For the chocolate topping:

200g dark chocolate, 2 tablespoons oil

PREPARATION:

Drain the cherries well in a sieve. Grease the baking tray with some butter and preheat the oven to 180 degrees (circulating air: 160 degrees).

Mix the soft butter in a bowl with a mixer until it is smooth. Add step by step sugar, vanilla sugar and salt while stirring, until a thickened mass is formed. Stir in each egg for about 30 seconds on the highest setting. Mix flour with baking powder and stir briefly into the mixture. Spread almost 2/3 of the cake batter on the baking tray.

Sieve the cocoa powder and stir it with the milk into the rest of the cake batter. Spread the dark cake batter on the light one. Spread the cherries on the dark cake batter and press them lightly into the cake batter. Bake the cake in the oven for about 40 minutes and then let it cool down completely.-----

Prepare a pudding for the buttercream from the vanilla custard powder, sugar and milk according to the package instructions. Place cling film directly on the surface of the hot pudding so that no skin forms. Let the pudding cool.-----

Mix the soft butter with the mixer until it is smooth. Stir the cold pudding and then stir the pudding into the butter in portions. Make sure that the butter and pudding are at room temperature, otherwise the buttercream will curdle. Put the buttercream on the cake and put the Donauwelle in the fridge for about an hour.---

Roughly chop the dark chocolate and melt it with the oil in a water bath over low heat. Spread the chocolate topping on the hardened buttercream and use a fork to pull waves into the chocolate topping. Put the Donauwelle in the fridge until you want to serve it.-----

