

# SCHMECKFEST RECIPES



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### Noodle Soup

Simmer slowly one cut-up stewing hen about 3 hours or until tender, in 3 quarts water to which 2 tsp salt has been added. Add a few whole peppercorns and a few whole allspice or a small chopped onion instead of allspice. Strain broth and bring to boil again. Add noodles (about one pound or as made from the noodle recipe below) and cook about 5 minutes or until noodles are tender. Serve. Chicken may be served with the soup if desired. Other traditions leave the chicken pieces in the soup and skim off the fat. This may also be made with ready-to-use canned chicken broth. A bit of instant chicken bouillon may be added to enhance the flavor.

### Noodles

Beat 3 whole eggs and 3 egg yolks together and add about 2 3/4 cups flour or as much as can be worked into the eggs to make a stiff dough. Knead well and roll very thin on a lightly floured board. Dry partially. Roll up and cut in fine strips with a knife or noodle cutter. Spread out loosely and dry thoroughly. Note: they will mold when stored if not thoroughly dried.

### Green Bean Soup

Cook until tender a smoked ham bone or 1/3 to 1/2 lb smoked ham cut in small pieces. The last half hour before serving add 2 1/2 to 3 cups potatoes cut in 1/2" cubes, finely chopped onions, and 3 or 4 sprigs summer savory, known as "pepper weed" in Low German. About 1/2 cup of finely diced or ground carrots may be added if desired. Add 2 cans green beans, or when season permits about a pound of fresh cut green beans. When vegetables and meat are tender, add about 2 Tbsp sour cream and salt to taste if ham was not sufficiently salty. Use of cream is optional; a bit of butter may be substituted if you wish.

### Stewed Beef (Dampffleisch)

Bring to boil and simmer slowly:

- ½ cup lard
- 3 lbs stewing beef, cut into pieces
- 1 cup water
- 1 onion, chopped
- salt and pepper to taste

Simmer slowly for 2 hours or until tender. Serves 6 depending on how much bone is with the meat.

### Fried Potatoes (Gebratene Kartoffeln)

Cook potatoes with skins on. Cool and peel. Slice thinly with slicer and fry in lard or cooking oil until lightly browned. Season with salt and pepper.

### Bratwurst (Pork Sausage)

Grind fresh pork. Season with salt, pepper, a dash of ground allspice and a dash of garlic powder or fresh garlic put through blender with a little water, strained and added to seasonings. A little saltpeter may be added to preserve color and flavor. Mix well and stuff in casings. Heat in skillet until well done and nicely browned. About 1 tsp salt and 1/8 tsp pepper is used for each pound of meat.

### Sauerkraut

- |                      |              |
|----------------------|--------------|
| 1 quart sauerkraut   | 2 Tbsp lard  |
| 1 cup water          | 2 Tbsp flour |
| ¼ cup sugar (approx) |              |

If kraut is very sour, pour on hot water and drain well. Put into saucepan, add water and sugar. Boil until tender. Make a sauce by heating lard until very hot, adding flour and browning. Add to kraut. Mix well.

### Cheese Buttons (Kase mit Knopfe)

3 cups flour  
1 tsp baking powder  
2 tsp salt

Mix together and add:

½-2/3 cup cold water with 2 beaten eggs

Mix into dough, knead, and roll out fairly thin. Cut with noodle cutter or cut into strips about 1" x ½". Drop into 10 cups boiling water to which 1 Tbsp salt has been added. Cook 7 minutes. Drain and add 1 Tbsp melted lard. (They may be frozen at this stage for later use if desired.) Before serving, heat, mix with 2 cups of cottage cheese, and top with browned bread crumbs. Makes about ½ gallon.

### Lettuce Salad (Salat)

Tear or shred (not too fine) lettuce into a bowl. Mix with sour cream dressing and garnish with boiled egg slices.

Sour Cream Dressing:

½ cup sour cream	½ Tbsp sugar
1 Tbsp vinegar	salt & pepper to taste
1 tsp grated onion	minced green pepper, opt

### Pluma Moos (Dried Fruit Sauce)

Cook together until soft, covered with about 1½ cups water:

1½ cups raisins  
1½ cups prunes

Mix together and heat to boiling point:

5 cups milk  
1 cup cream  
6 whole cloves, optional

Combine:

½ cup sugar	1/3 cup flour
¼ tsp cinnamon	1/4 tsp salt

(continued)

## Pluma Moos (continued)

Add a small amount of boiling liquid and mix to a smooth paste. Then stir into the milk mixture. Let come to a full boil. Cool at once in a pan of cold water, stirring often. When cool, add the cooked fruit mixture.

### Zwieback (Twin Buns)

Dissolve 2 pkgs yeast in  $\frac{3}{4}$  cup water and 1 Tbsp sugar.

Sift 3 cups flour into bowl. Add:

1 cup lard, melted	2 cups scalded milk, cooled
4 tsp salt	4 Tbsp sugar
dissolved yeast mixture	

Mix well. Add 5 or 6 cups flour to make a soft dough. Knead well. Let rise until doubled. Pinch off dough into small balls, the size of a walnut and slightly larger. Place larger balls on greased pan and push smaller ball down into larger one. Let rise about 1 hour. Bake in  $375^{\circ}$  oven about 20 minutes.

### Whole Wheat Buns

Dissolve 2 pkgs yeast in  $\frac{1}{2}$  cup warm water.

Scald 2 cups milk. Pour over:

$\frac{1}{2}$ cup sugar
$\frac{1}{2}$ cup shortening or lard
2 tsp salt

Let cool to lukewarm. Add:

1 egg, beaten
yeast mixture
2 cups whole wheat flour

Mix until well blended. Add about 4 cups white flour and knead. Let rise until doubled. Punch down and let rise again. Shape into buns, let rise. Bake in  $375^{\circ}$  oven for 20 minutes.

## Verenike or Shooten Kropflen (Cheese Pockets)

Sift into medium-sized bowl:

- 3 cups flour
- 1 tsp baking powder
- 1 tsp salt

Make a well and add:

- $\frac{1}{2}$  stick oleo, melted
- 1 cup milk
- 1 beaten egg

Knead dough until smooth. Roll into two long rolls. Let dough rest. Cut off little pieces; roll out a shell. Spoon on filling and seal edges well using a finger-pinch method. Drop into boiling water. Boil slowly 7-8 minutes. Drain and pan fry until lightly browned. Serve with a plain white sauce, a white sauce with bacon, sweet or sour cream, or syrup.

Filling:

- 2 cups dry cottage cheese (squeeze out excess water)
- 2 eggs, beaten
- $\frac{1}{2}$  cup bread crumbs
- 1 Tbsp browned onion
- salt to taste

## Portzilke (New Year's Cookies)

Soften: 1 pkg yeast in  $\frac{1}{4}$  cup water  
1 tsp sugar

Add: 2 cups lukewarm milk  
 $\frac{1}{2}$  cup sugar  
1 tsp salt  
2 cups raisins (may be plumped in hot water)  
3 eggs  
5 cups flour

Mix well. Let rise until doubled in bulk. Fry in deep fat at 380-400°. Dip spoon into hot fat, then dip a spoonful of dough and drop into hot fat. Fry until golden brown on all sides.

## Obstkräpfchen (Fruit Pockets)

Cook 6 oz pkg dried apricots in 1 cup water until very soft. Combine and add to fruit:

½ cup sugar

2 Tbsp flour

Cook 5 minutes, stirring constantly. Remove from heat. (Beat with electric mixer if mixture appears stringy.) Cool. Any dried fruit may be used in place of apricots.

Use your favorite sweet yeast dough. Shape the pockets using one of these methods. Cut off small pieces and shape into 3½" rounds. Place a rounded teaspoon of filling on the round, fold up the edge and seal firmly. Place on cookie sheet with sealed edge downward. Or roll dough about 1/8" thick into rounds 3" in diameter. Cut slit on two sides. Place filling in the center and bring sides to the center pulling one cut edge through the other, thus exposing the filling. Let rise for 15 minutes. Bake at 350° until light brown, 15-20 minutes.

## Rosettes

2 eggs

¼ tsp salt

1 cup flour

2 Tbsp sugar

1 tsp vanilla

1 cup milk

Beat eggs slightly. If beaten much, rosettes will blister. Add sugar, salt, and vanilla. (Lemon extract may be substituted.) Add flour and enough milk to make a smooth batter.

Gradually add the rest of the milk and stir until smooth. The batter should be the consistency of cream. Fry in vegetable oil in an electric skillet or deep fat fryer at 375-400°. Dip molding iron in hot oil for about ½ minute. Then drain and dip into batter, being careful not to let any of the batter come over the top of the iron. Then immerse in hot oil and fry until light brown in color (20-25 seconds). Place upside down on rack or absorbent paper. Dip top in sugar while warm.

## Kuchen

Combine in mixing bowl:

1/2 cup shortening

3/4 cup sugar

1 tsp salt

Add: 2 cups scalded milk, cooled

1 pkg yeast softened in 1/4 cup warm water with  
1/2 tsp sugar

2 eggs, beaten

Add a little at a time 7 cups flour (approximately). Set in a warm place to rise. Knead down several times. Divide into 7 parts. Roll out dough to 1/4" or thinner; place in greased pie tins. Let rise only a short time. Fill with your favorite canned, frozen, or fresh fruit. Add any of the following cream toppings.

### Kuchen Topping

1 cup sweet cream

1 heaping tsp flour

1/2 cup sugar

1 egg, beaten

Cook until thick, like custard. Remove from stove. Add 1 tsp vanilla. Use with any fruit for kuchen filling and bake in moderate oven.

### Kuchen Topping

2 eggs, beaten

3/4 cup half and half

1 cup sugar

3 Tbsp flour

1/2 tsp vanilla

Mix together and heat until hot. Pour over fruit in kuchen shell and bake in moderate oven. Filling for 2-3 kuchen.

### Poppy Seed Filling for Kuchen

Mix 1 cup milk and 1/2 cup cream (or whole milk may be used) and 1/2 cup poppy seed, ground. Cook in double boiler for 5 minutes. Mix together and add:

2 Tbsp cornstarch

1/2 cup milk

1/2 cup sugar

2 egg yolks

Cook until thick. Pour into kuchen shell and bake.



## Mach Kuchen (Poppyseed Roll)

Scald 1 cup milk. Pour over:  
½ cup shortening (part lard)  
½ cup sugar  
1 tsp salt

Cool to lukewarm and add:  
1 egg, beaten  
1 cup mashed potatoes  
1 pkg yeast dissolved in ¼ cup water  
enough flour to make a soft dough

Let rise, punch down, and let rise again. Roll dough in rectangle ½" thick. Spread with filling and roll like jelly roll. Seal ends and edges carefully so filling won't leak out. Put in greased pan (or ice cube trays) with sealed edge down and bake at 350° for 30-40 minutes, depending on size. This recipe makes 3 large or 4 smaller rolls.

Optional: After spreading filling on dough, let rise for 10 minutes before rolling it like jelly roll. Others prefer to let rise about 30 minutes after placing in pans.

### Poppyseed Roll Filling

Grind poppy seed in poppy seed mill or blender. (In blender grind ¾ cup seed at a time at highest speed until seed is finely ground.)

Mix: 1½ cups ground poppy seed  
1¼ cups sugar (or ½ cup honey and 1 cup sugar)  
¼ tsp salt  
1 heaping Tbsp flour

Add: 1 egg  
¾ cup cream or half & half or milk

Bring to boil, stirring constantly. Cool. If too thick, add a little more cream. This is enough filling for two rolls.