



Schmeckfest
Réceptes

SOUPS

Noodle Soup

1 cut up stewing hen. Simmer slowly about 3 hours or until tender in 3 quarts water to which 2 teaspoons salt has been added. Add a few whole peppercorns and a few whole allspice (about 6 to 10 of each). (Note - flavor can be varied by adding a small stick of cinnamon 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.

-Hutter

Noodles

3 whole eggs Beat eggs and egg yolks together and
3 egg yolks 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.

-Hutter

Green String Bean Soup

Cook until tender a smoked ham bone or 1/3 to 1/2 pound smoked ham cut in small pieces. The last half hour before serving add 2 1/2 to 3 cups potatoes cut in 1/2 inch cubes and 3 or 4 sprigs summer savory, known as "pepper weed" in Low German. About 1/2 cup of very finely diced or ground carrots may be added if desired. Add 2 cans string beans or when season permits about a pound of fresh cut green beans. When vegetables and meat are tender, add about 2 tablespoons 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.

-Low German

Stewed Beef
(Dampfffleisch)

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Bring to boil and simmer slowly:

 $\frac{1}{2}$ cup lard

3 lbs. stewing beef, cut into pieces

1 cup water

1 onion cut into quarters

Salt and pepper to taste

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

--Hutter

German Fried Potatoes
(Gebratene Kartofflen)

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

--German

Sauerkraut

1 qt. can sauerkraut

2 tblsp. lard

1 cup water

2 tblsp. flour

 $\frac{1}{4}$ cup sugar (approximately)

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

--Hutter

Pork Sausage
(Bratwurst)

Grind fresh pork. Season with salt and pepper,
a dash of ground allspice and a dash of garlic pow-
der or fresh garlic put through blender with a lit-
tle water, strained and added to seasonings. A lit-
tle 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 $\frac{1}{8}$ tsp. pepper is used for each
pound of meat.

--German

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Navy Beans with Ham
(Dicke Bohnen)

Soak 2 cups navy beans in 4 cups water overnight, or bring to a boil and let stand covered for 2 hours. Drain liquid. Add fresh water to cover. Boil 1 1/2 hr. Add 1 small onion.
1 teaspoon salt
Dash of pepper

1 cup cubed smoked ham and ham bone if available
Cook until tender, about 1 hour. Drain juice and add about 1/2 cup ham juice if available or leave 1/2 cup of cooking liquid with beans. Then brown 1 level tbsp flour in 1 level tbsp lard. Add to beans and juice, and bring to boiling point. Serve. --Swiss

Cheese Buttons
(Käse mit Knöpf)

3 cups flour
2 tsp. salt
1 tsp. baking powder
Mix together and add:
2/3 cup cold water with
2 beaten eggs
Mix into dough and roll out fairly thin. Cut with noodle cutter or cut into strips about 1" x 1/2". Crop 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 1 cup browned bread crumbs. --Swiss

Lettuce Salad
(Salat)

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

Sour Cream Dressing

1/2 cup sour cream
1 tbsp. sugar
1 tbsp. vinegar
1 tsp. grated onion
Mix together and add to lettuce which has been salted and peppered to taste. Serve.

Twin Buns
(Zwieback)

Dissolve 2 cakes compressed yeast in

1 cup lukewarm water with

1 tablespoon sugar

Sift into bowl 3 cups flour

Add 1/2 cup melted, cooled lard

1/2 cup melted, cooled butter

2 tablespoons salt

2 cups scalded milk, cooled to lukewarm and

Dissolved yeast mixture

Mix well and add enough flour (about 5 to 6 cups) to make a soft dough. Knead well. The dough should be slightly softer than bread dough. 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 400 degree oven 20 to 25 minutes.

When day old, break apart leftover zwieback, and toast in a slow oven until light brown and dry. Use as a snack for children, or have as an afternoon lunch with friends. Gather around table, dunk toasted zwieback in coffee, put in sauce dishes, sprinkle with sugar. A true tradition.

-Low German

Rye Bread
(Roggenbrot)

Dissolve 2 packages yeast in

3 cups lukewarm water

Sift in

2 cups sifted rye flour

Add: 2 tablespoons sugar

3 teaspoons salt

3 tablespoons melted shortening

Let stand 5 minutes. Knead in

5-6 cups sifted white flour

Let rise until double in bulk. Then with greased hands form into 4 to 6 small balls. (I usually make 6 and place 2 into one bread pan.) Let rise, Bake in 375 degree oven 30 to 40 minutes depending on size of loaves.

-Swiss

Poppy Seed Roll (Mack Kuchen)

Use your favorite sweet yeast dough recipe, or make "Mother's Dough": 1 cup milk, 1 cup water, 1 pkg. yeast dissolved in liquid. Add 2 tsp. salt, 1/2 cup sugar, 1/2 cup melted shortening and 5 to 6 cups flour for soft dough. Knead and let rise to double in bulk. Punch down and let rise again. Take enough dough to roll in rectangle 12"x15"x1/4" thick. Spread with filling. Let rise 10 minutes and roll like jelly roll. Seal ends and edges carefully so filling won't leak out. Put in greased pans (ice cube trays work well) and bake at 350 degrees about 30 minutes or until the top is light brown. Top of roll may be brushed with beaten egg or cream and sprinkled with sugar before baking for a glazed top.

Poppy Seed Filling

Grind poppy seed in poppy seed mill or blender. (In blender grind 3/4 cup seed at a time for 12 seconds at highest speed or until seed is finely ground.)

Mix: 1 1/2 cups poppy seed, finely ground with
1 1/4 cups sugar (or 1/4 cup honey and 1 cup
1 heaping tblsp. flour sugar)
1/4 tsp. salt

Add: 1 egg and 3/4 cup milk or half and half.

Bring to a boil, stirring constantly. If too thick, add a little more cream until it is of spreading consistency. This is enough filling for two rolls. The rest of the dough may be used as other sweet roll dough--or double filling recipe. These rolls keep well in freezer, wrapped in foil.

Refrigerator Dough for Poppy Seed Rolls

2 packages dry yeast 3/4 cup sugar
2 1/2 cups luke warm water 2 1/2 tsp. salt
3/4 cup soft or melted shortening 2 eggs, well beaten
8 to 8 1/2 cups flour

Soften yeast in warm water. Add sugar, salt and eggs. Add 4 cups flour, stir well, and add the shortening. Beat well until very smooth. Stir in remaining flour gradually; you may use your hands for the last two cups. This will be a very soft dough. Sprinkle a little flour over top and cover tightly. Store overnight or up to 5 days. One-third of dough will make 2 poppy seed rolls.

Coffee Cake
(Hankelich)

Use a basic sweet dough. Spread a very thin layer of dough in a pan 12 x 16 x 2 inches. Sprinkle $\frac{1}{2}$ cup chopped nuts on top of dough. Mix together well:

2/3 cup brown sugar

1/3 cup white sugar

1/3 cup shortening

1 cup flour

$\frac{1}{4}$ tsp. cinnamon

Pinch of salt

Pinch of nutmeg

Spread mixture over nuts and dough. Sprinkle canned milk or cream over top to moisten. Let rise about an hour or until double in bulk. Bake in moderate oven.

Or

Make a sweet dough with 2 packages yeast softened in $\frac{1}{2}$ cup water, 2 cups milk, $\frac{1}{2}$ cup sugar, 3 eggs and $\frac{1}{2}$ cup oil. Mix with flour to make a soft dough and let raise. Roll out until about $\frac{1}{2}$ inch thick and put in greased pan. Spread dough with heavy cream (use about $\frac{1}{2}$ cup thick cream on 9 x 13 inch pan) and sprinkle with sugar (about 1 cup) and sprinkle lightly with cinnamon. Let raise and bake at 350 degrees for about 20 minutes.

--Hutter

New Year's Cookies
(Portzilke)

Dissolve 1 package dry yeast and 1 teaspoon sugar in $\frac{1}{3}$ cup warm water.

Add 2 cups warm water and 2 cups flour and mix.

Add 2 well beaten eggs and mix well.

Add $\frac{1}{2}$ cup sugar, $\frac{1}{2}$ tsp. salt, and 2 tblsp.

melted butter, oil or shortening and mix.

Add 2 cups raisins plumped by washing in warm water;

Add 2 cups flour or enough to make a stiff sponge.

Beat well. Cover and let rise until doubled in bulk.

Fry in deep fat (at least 3 " deep) at 350 to 400 degrees.

Dip side of spoon into hot fat, then dip a

spoonful of dough and drop into hot fat. Fry until

golden brown on all sides. The name means "tumbling

over" since they usually turn themselves. These

raisin fritters were made especially for New Year's

Day.

--Low German

Dried Fruit Sauce
(Pluma Moos)

Cook together:

1½ cups raisins

2½ cups prunes

Mix together:

1½ cups water

4 cups milk

3 cups cream

Pinch of cinnamon or small stick cinnamon

6 whole cloves

Heat to boiling point.

Mix together:

¾ cups sugar

½ cup flour

½ tsp. salt

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.

--Low German

Dried Fruit Sauce
(Pflaumen Schmaus)

3 cups dried prunes

3 cups raisins

2 cups dried apricots or mixed fruits

2 cups sugar

4 quarts water

Cook together until fruit is softened.

--Swiss

Coffee Cake (Russischer Kuchen)

Put into mixing bowl: 1/2 cup shortening
3/4 cup sugar
1 tsp. salt

Add: 2 cups scalded milk and cool.

Add: 1 package yeast softened in 1/4 warm water with
1/2 tsp. sugar.

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 inch or
thinner, place in greased pie tins. Let rise only a
short time. Fill with various fillings. Part of the
dough may be used for sweet rolls.

Cream Filling

1/3 cups sugar
1 rounded tablespoon flour
1/2 cup cream or half and half

Mix together and pour in unbaked kuchen shell.
Sprinkle with nutmeg and bake in moderate oven about
half an hour. This is filling for one kuchen shell.

Kuchen Topping

1 cup sweet cream 1 heaping teaspoon 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.

Filling for Kuchen

Kuchen may be filled with any of your favorite fruits,
canned, fresh or frozen. Mix egg and cream with sugar
the amount depending on how sweet the fruit is. Pour
the egg, sugar and cream mixture over fruit which has
been placed in the kuchen shell. Sprinkle with spices
if you desire and bake.

Poppy Seed Filling

1 cup milk and 1/2 cup cream (or whole milk may be
used) 1/2 cup poppy seed, ground. Cook in double
boiler for 5 minutes. Mix together and add: 2 Tblsp.
cornstarch, 1/2 cup milk, 1/2 cup sugar and 2 egg
yolks. Pour into kuchen shell. Or cook until thick
and pour into unbaked pastry shell and cover with mer-
ingue made from egg whites.

--Swiss

Fruit Pockets

(Kröfflen)

Filling:

8 oz. pkg. dried apricots
2 cups water
1 1/2 cups sugar
2 tablespoons flour
10 crackers (soda or graham)

Method:

Cook dried apricots in water until very soft. Add sugar and flour. Cook 5 minutes, stir to prevent scorching. Remove from heat and beat with beater. Add finely crushed crackers. Cool.

Note: Dried peaches or any dried mixed fruit may be used in place of apricots. May be made the day before.

Dough:

Dissolve 1 pkg. yeast in 1/2 cup lukewarm water. Place 3/4 cup sugar and 1 tablespoon salt in bowl. Scald 1 cup milk and 1 cup water. Pour over sugar and salt mixture and stir until dissolved. Cool to lukewarm. Add yeast, 2 beaten eggs, and 1/2 cup melted oleo or butter. Add 3 cups flour and beat with mixer or egg beater until very smooth. Add enough flour (3 cups), one cup at a time, to make a soft dough.

Turn onto floured board, knead lightly. Place in greased bowl and cover. Let rise in warm place until double in size, about 1 hour. Punch down; let rise again until almost double, about 3/4 hour.

Pockets or Kröfflen:

Cut off small pieces and shape into 3 1/2 inch rounds, thinner around the edge. Place a rounded teaspoon of filling on the round; fold up the edge and seal firmly. Place on cookie sheet; let rise 10 to 15 minutes. Bake in 350 degree oven, 20 minutes until golden brown.

-Hutter

Rosettes
(Nothings)

2 eggs Beat eggs slightly. If beaten too
2 tablespoons sugar much, rosettes will blister. Add
1/4 teaspoon salt sugar, salt, and vanilla. (Lemon
1 tsp. vanilla extract may be substituted.) Add
1 cup flour flour and enough milk to make a
1 cup milk 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 set at 400
degrees. Dip molding iron in hot oil for about 1/2
minute. Then drain and dip into the 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 to 25 seconds). Place upside
down on rack or absorbent paper. Dip top in sugar
while warm. ---Scandinavian

Streusel Roll
(Stritzel)

Roll out sweet roll dough in an oblong 10 x 12 and 1/4
inch thick. Spread with filling and roll like jelly
roll. Seal edges well.

Filling: 2 cups sugar 1 tsp. vanilla
1/2 cup mild molasses 1 tsp. soda
1/2 tsp. salt 1 cup sour cream
1/2 tsp. nutmeg 3 eggs
1 tsp. cinnamon

Add 4 to 5 cups flour to make batter the consistency
of a thick cake batter. Place roll on greased pans
and bake at 350 degrees about 50 minutes or until
golden brown. If rolled yeast dough is allowed to
raise about 5 to 10 minutes before spreading with
filling and rolling, the roll will be light when baked.

Dark Filling: 2 eggs 3/4 cup black molasses
1 cup sugar 1 tsp. soda
1 cup sour cream 1/4 tsp. salt
1 cup flour (or more)

Beat eggs, add sugar, mix well, add cream, molasses,
and sifted flour, soda and salt. Don't make it too
soft or it will run out. Spread on sweet roll dough
rolled out thin, and roll up. Bake at 350 for 50 min.

Seaside Taffy

2 cups sugar	1½ teaspoons salt
1 cup light corn syrup	2 teaspoons glycerine
1 cup water	1 tablespoon butter

Put all ingredients except butter into a saucepan and cook, stirring until sugar is dissolved.

If sugar crystals form on the sides of the pan during cooking, wash down with a wet cloth wrapped around the tine of a fork.

Cook to 262 degrees. Remove from fire, add butter, and when melted pour into a well-greased shallow pan. Cool until mixture can be handled. Divide the candy into several portions for pulling. Flavor and color each part. Use thumbs and index fingers for pulling rather than the whole hand; the candy is less apt to stick to the hands and will be more fluffy. Pull taffy until cold so the pieces will hold their shape. Stretch taffy into a rope about 1 inch in diameter and cut off pieces about 1 inch long with scissors. Lay pieces on a greased cookie sheet, well separated. Wrap pieces in waxed paper, cutting the papers long enough so the ends can be twisted.

Getrokene Bohene
(Dried Beans)

The bean that is suitable for drying and cooking in this method is the red and white bean called "Paris" (Parischen) or "Swiss" or "checkichy". The time for planting these is the same as for other beans and they should be picked after a bean is well developed in the pod but while the pod is still green. Wash only if necessary since this will prolong the drying period; then remove stems and strings. For drying, they should be spread out in a thin layer on newspaper or cloth and put in a warm, dry place. If you have a hot, dry attic, this is an ideal place. When sufficiently dry, store in paper or cloth sacks.

When you get ready to cook them, soak beans (both pod and bean) overnight. Next morning pour off water, add fresh water and cook two hours. Pour off water and add fresh again. Add a piece of pork, either fresh or smoked ham. Cook until tender. If ham or salt pork has been used, it may not need any more salt. Brown 1 tablespoon flour in 1 tablespoon lard and add to the beans.