



*Recipes From*  
**Around The World**

**VOLUME 1**

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False Hare (German Meatloaf)  
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County Cork Irish Stew  
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Dnepro Chicken Stew  
Eggplant Pkhali  
Forshmak  
Fruited Rice W/ Mushrooms & Almonds  
Georgian Cheese Pastries  
Georgian Chicken [adam's Iga Circular, March 1998]  
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Georgian Spitted Chicken With Plum Sauce

Givech / Mixed Vegetable Caviar  
Golubtsi  
Gozinaki (Walnut & Honey Crunch)  
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Grzyby W Smietanie (Mushrooms With Sour Cream)  
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Halvah  
Hearty Russian Beet Soup  
Homemade Sausage With Onions  
Hot Cranberry Kissel  
Kalduni (Russian Dumplings)  
Kalduni A La Hongroise (Russian Dumplings In Sauce)  
Kalduni With Stroganoff-Style Sauce (Russian Dumplings)  
Kartofli Kazmag / Potato Crust  
Kartoplina Nachynka (Potato-Cheese Filling For Varenyky)  
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Kazakh Chai  
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Khachapuri (Cheese Pie)  
Khachapuri (Georgian Cheese Pie)  
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Khrustiki  
Khvorost (Filhozes)  
Kievian Bosrcht  
Kirghiz Baked Beef  
Kirsov's Pudding  
Kishke (Stuffed Derma)  
Kishmish Vashli Tolma  
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Kotlety Pozharskie <ground Chicken Cutlets>  
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Kvasivka Selians'ka - Tart Village Soup  
Kwerstkhi Nigozee Satsabelly (Egg Salad In Walnut Sauce)  
Lamb Soup With Chestnuts, Quince, And Prunes /Parcha Bozb  
Lamb Stew W/ Chestnuts & Pomegranates  
Lamb Stewed W/Beans

Lamb, Raisin, & Bean Polov <pilaf>  
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Pirohy (Porusynykovi) "Russian-Style."  
Piroshki  
Pisni Holubts (Meatless Cabbage Rolls)  
Pisnyi Borsch (Meatless Beet Soup)  
Pisznyi Borscht  
Plov S Mindalyom, Izyumom I Apelsinovoy Tsedroy/ Pilaf  
Pokhlyobka Mushroom & Barley Soup  
Pokhlyobka-Barley & Mushroom Soup  
Polish Babka  
Pork And Mushroom Stroganoff

Potato Kugel  
Potted Beef With Mushrooms  
Pressed Cheese  
Pumpkin, Rice And Apricots  
Pyrizhky (Baked Turnovers)  
Radishes With Sour Cream  
Ramen Chicken Salad  
Rasputin's Codfish Soup  
Recipe For Pierogies  
Ribnoye Kharcho (Salmon & Walnut Soup)  
Romee (Cornmeal Mush)  
Rozha Z Tsukrom (Rose Preserve)  
Ruby Red Borscht - Sl 7/83  
Sabzi Piez <braised Onions & Carrots>  
Samarkand Lamb  
Satsabeli Bazha (Poultry In Walnut Sauce)  
Schchi (Russian Sauerkraut Soup)  
Selyodka Pod Ukropnym Sousom  
Selyodka S Gorchichnoi Pripavoi  
Selyodska V Smetane  
Setsamandi (Kharcho) (Lamb, Rice & Herb Gruel)  
Shashlyk:  
Shchi (Cabbage Soup)  
Shilaplavi (Rice Pilaf)  
Shredded Chicken Salad With Cilantro  
Siberian Huskies (Russian Dumplings With Cabbage)  
Siberian Pelmeni (Meat-Filled Noodles)  
Soko (Mushroom Barbecue)  
Soko Kwerstkhi (Mushroom And Eggs)  
Solyanka (Beef, Herbs, & Pickles In Tomato Sauce)  
Sous Proven'cal  
Stewed Lamb/Mutton - Tushenaya Barinina  
Studynyna Rybiacha (Fish In Aspic)  
Svyokla V Tomatnom Souse  
Sweet Onion Salad  
Syr I Chesnok Pod Mayonem  
Syrniki With Potato  
Tabaka (Cinnamon-Orange Marinade)  
Tart Kebab Sauce  
Tblisi Beef & Mushrooms  
Tolma (Stuffed Cabbage With Lamb)  
Tomatnyi Sous - Russian Tomato Sauce  
Tourlu  
Turkey Kiev

Ukha (Clear Salmon Soup)  
Varenikas  
Vareniki (Ukrainian Filled Dumplings)  
Varya Tabaka (Crisp-Fried Cornish Game Hen)  
Veal Stew W/ Cherries  
Veprove S Krenem (Piquant Pork With Horseradi  
Veranecki (Pillows)  
Vereshchaka - Pork And Beetroot Casserole  
Village Soup <kvasivska Selianska>  
Vospapur (Armenian Lentil And Spinach Soup)  
Vryonoye Miaso Po-Ruski (Boiled Beef Russian  
Vushka (Little Ear Dumplings)  
Vushka Or Pilminy <little Ear Dumplings>  
White Bean Salad  
Yutangza (Steamed Cilantro Buns)  
Zaphulis Tolma (Summer Vegetables, Stuffed)  
Zaporozhste Yogurt Chicken  
Zesty Eggplant Slices (Skhtorats)  
Zhul'yen Kurinyi V Kokotnitsakh  
Zyleone

## French Recipes

### Baked Tomatoes With Provençale Stuffing

4 Servings

- 4 md tomatoes - unpeeled,cored,  
-pulp removed
- 1 T olive oil
- 3/4 c onions,Chopped
- 2 cloves garlic,minced
- 2 1/2 T fresh parsley,Chopped
- 2 t fresh basil,Chopped
- 1 1/2 t fresh thyme,Chopped
- 1/2 t salt
- 1/4 t black pepper
- 3/4 c bread crumbs
- 1/4 c plus 2 tablespoons Parmesan  
-cheese

Heat the oven to 375F. Core tomatoes and scoop the insides out to leave whole shells.

Heat skillet with oil to medium heat and saut onion and garlic for about 3 minutes. Stir in tomato, herbs and seasonings. Saut for about 4 minutes or until wetness evaporates. Remove from heat and stir in breadcrumbs and cup measure of the Parmesan cheese. Reserve the rest of the cheese for later.

Stuff the tomatoes with the mixture and sprinkle evenly with the remaining measure of Parmesan cheese.

Bake for about 15 minutes.

## Blender Hollandaise

10 Servings

- 4 egg yolks
- 1 1/2 T lemon juice
- 1/4 t salt
- ds cayenne pepper (or white)  
    -pepper
- 1 T water,boiling
- 1/2 c butter,hot but not brown

Put yolks, lemon juice and seasonings in blender. Heat butter and water separately, taking great care not to burn the butter. Blend egg mixture on high for about half a minute, then with blender still on high, add boiling water and half of the butter, very slowly and in a steady stream, then the rest of the butter can be added more quickly. The heat from the boiling water and the hot butter should cook the yolks and create a satin- smooth mixture. Serve immediately or keep warm in a bowl set in another bowl of hot water.

Yields: 1 1/4 cups

## Brioches

12 Servings

- 2 1/4 c flour,Sifted
- 1/2 c milk
  - to lukewarm (or 105 to)
  - Heated
  - 115 de
- 1 pk active dry yeast
- 1 T sugar
- 3 egg yolks
- 1 whole egg
- 6 T butter,melted and cooled

In a large mixing bowl, place flour. Make a well in the center and pour in the 1/2 cup milk. Sprinkle yeast and sugar over milk, stir, and let stand until foamy (about 5 minutes). With 2 spoons stir together liquid and dry ingredients. Cover with a tea towel and let stand in a warm place until mixture bubbles and rises slightly (about 25 minutes).

Mix in egg yolks and butter. Add lukewarm milk, a little at a time, until a workable dough is formed. With a wooden spoon, work dough until smooth and shiny, (5-10 minutes). Cover with a tea towel and set in a warm place to rise until doubled in bulk (1 to 1 1/2 hours). Preheat oven to 400 degrees. Punch down dough.

With a teaspoon scoop out pieces of dough about the size of an egg and form them into balls. Place balls well spaced on an ungreased baking sheet. Crack the whole egg into a small bowl and beat well; brush tops of balls. Let stand in a warm place 15 to 20 minutes, then brush with egg again. Place in oven and immediately reduce oven temperature to 375 degrees. Bake until golden (20 to 25 minutes). Let cool on a wire rack.

## Cabbage Stuffed With Provençale Stuffing

4 Servings

- 2 c Provençale Stuffing,(see  
-recipe)
- 8 lg green cabbage leaves
- 1/2 c smoked Provolone,Grated  
-cheese
- 1/2 c dry white wine,water or  
-broth
- 1 lg tomato,peeled and chopped
- 1/4 t caraway seeds
- Salt
- Black pepper

Heat oven to 350F. Prepare Provenale Stuffing. Steam cabbage leaves for about 4 minutes. If you have trouble removing them from the head without cracking them, remove the core from the cabbage head and place the entire head in the steamer for 5 to 6 minutes. The leaves should come off easily now. Put about 3 1/2 tablespoons of stuffing at the base of each leaf and roll up the leaf. Pour wine or broth into a buttered baking dish, sprinkle tomato, caraway seeds into it and place the rolled cabbage leaves into the liquid so they can't roll open. Sprinkle the cabbages with a little salt and black pepper. Cover and bake for 15 minutes, uncover and bake for 10 minutes, sprinkle with Provolone cheese and bake another 5 minutes. Serve warm.

## Cervelles En Matelote

6 Servings

- 2 c macon (or burgundy)
- 1 c brown stock,or canned  
-bouillon
- 1/4 t thyme
- 4 sprigs parsley
- 1 bay leaf
- 1 cl garlic,mashed
- 1 1/2 lb calve's brains,soaked and  
-peeled
- 1/2 T tomato paste
- 2 T flour,mashed to a paste w/  
2 T butter,softened
- 1 salt and pepper
- 24 sm onions,brown-braised
- 1/2 lb fresh mushrooms,sauteed in  
-butter
- 2 T butter,Softened
- 12 lg croutons
- 2 T parsley,minced

Bring the wine and stock to the simmer with the herbs and garlic. Add the brains, bring to the simmer, and cook uncovered at just below the simmer for 20 min. allow the brains to cool in the soaking liquid for 20 min so they absorb flavor and firm up. Drain them, slice into 1/2" slices and arrange in a serving dish.

Beat the tomato paste into the cooking stock and boil down rapidly until the liquid is reduced to 1 1/2 cups. Off heat, beat in the flour-butter mixture; boil, stirring, for 1 min. Correct seasoning. Arrange the brown braised onions and sauteed mushrooms around the brains and strain the sauce over them. If not served right away, film the sauce with a spoonful of stock or melted butter.

Just before serving, set over low heat to warm throughout for 3-4 min without simmering. Off heat, tip dish, add butter and baste brains and vegetables with the sauce until the butter is absorbed. Decorate with croutons [shaped white bread sauteed in clarified butter] and parsley.

Serve over rice or with parsley potatoes and green beans with a light red Burgundy or Macon.

## Chicken Marengo

4 Servings

- 1 whole frying chicken, cut  
-into pieces
- 4 cloves garlic, crushed
- 2 T olive oil
- 1/2 sm onion, thinly sliced
- 1/4 t thyme, Dried  
or 1/2 tsp. fresh thyme
- 1 t salt
- 1/8 t black pepper
- 1/2 c dry white wine
- 1 c Italian plum tomatoes  
-peeled, core, chopped
- 1 T tomato paste
- 1/2 sm onion, thinly sliced
- 1 T butter
- 1/2 lb mushrooms, sliced
- 3/4 c black olives, pitted
- 1/2 lemon, juiced

Saut onions and crushed garlic cloves in a kettle or deep iron skillet in olive oil until lightly browned; remove and brown chicken pieces well on all sides. Mix together tomato paste and chopped tomatoes, stir in wine, browned onions and garlic, and seasonings (except parsley). Top chicken pieces with liquids mixture. Cover tightly and simmer for 45 minutes. As the chicken is simmering, in a separate skillet saute the remaining onions and mushrooms in butter until golden. Add olives and lemon juice to the mixture. Add this to the top of the chicken in the kettle, cover and cook another 15 - 20 minutes. Sprinkle with parsley and serve. Or, even better, prepare this a day ahead and the flavors will be further enhanced.

## Chocolate Mint Mousse

6 Servings

8 oz semisweet chocolate  
4 egg yolks  
1/3 c granulated sugar  
1/3 c white crème de menthe  
1 1/2 t unflavored gelatin (1/2  
-package)  
2 c heavy cream  
Fresh mint sprigs for  
-garnish (opti

### PREPARATION:

Chop the chocolate into small pieces and put into a bowl. In a medium saucepan, bring 2 inches of water to a simmer. Remove pan from heat. Set the bowl of chocolate over the hot water, stirring frequently until just melted. Remove bowl from hot water. Cool.

Bring the water in the saucepan back to a simmer. In a large bowl or in the bowl of a standing mixer, combine the egg yolks, sugar, and creme de menthe. Set bowl over simmering water and whisk constantly until egg mixture is slightly thickened, about 3 minutes. Remove bowl from hot water. With mixer on medium speed, whisk the egg mixture until light and cool, about 4 minutes.

In a small saucepan, bring about 1 inch of water to a simmer. Put 1/4 cup of water in a small bowl, sprinkle with gelatin, and let stand until softened, about 2 minutes. Remove pan of simmering water from heat and set bowl of softened gelatin in hot water until gelatin has melted, about 2 minutes.

Whip cream to soft peaks. Whisk gelatin into cool egg mixture, and then divide egg-gelatin mixture evenly between two bowls. Fold 1/2 of the whipped cream into one of the bowls. Stir melted chocolate into second bowl and then fold in remaining whipped cream.

To layer the mousse, divide 1/2 of the Chocolate Mint Mousse between six individual goblets. Spoon all of the mint mousse on top. Make a final layer using the remaining Chocolate Mint Mousse. Refrigerate until set, at least 2 hours.

Recipe can be prepared and refrigerated 1 day ahead.

## Choucroute Garnie

8 Servings

- 1 1/2 lb pork shoulder
- 1 lb knackwurst
- 1 lb italian sausage
- 1 lb bacon
- 3 lb sauerkraut
- 8 juniper berries
- 2 T gin
- 1/2 c wine,white

Polish sausage may be substituted for Italian sausage.

Cover bacon strips with boiling water; set aside. Cut pork into 1" chunks. Slice knackwurst and Italian sausages in half. Combine pork, knackwurst, and sausages and set aside. Drain sauerkraut, rinse in cold water and squeeze dry. Drain bacon and pat dry. Chop bacon. Mix into sauerkraut and add crushed juniper berries and gin. Add half of sauerkraut mixture to crockpot, then add mixed meats and remaining sauerkraut, sprinkling with pepper as you go. Pour wine over all and cover. Cook about 2 hours on High.

Turn into warmed serving bowl. Sprinkle with parsley. Serve with boiled potatoes. Pass around mustard or horseradish, if you wish.

## Cooked Meat Croquettes

4 Servings

### MEAT MIXTURE

- 1/4 c onions, Chopped
- 1 T oil
- 2 c diced meat, ham, chicken,  
-beef (or f), cooked
- 3 T celery, Minced
- 1 T green bell pepper, Minced
- 1 T fresh parsley, Minced  
-(optional)  
or 1 teaspoon oregano, Dried
- 1 t paprika
- 1/2 t salt
- 1/4 t black pepper  
or pinch cayenne pepper  
-(optional)
- 2 t lemon juice
- 2 T cracker meal, breadcrumbs or  
- white
- 1 egg

### ROLLING MIXTURE

- 2 c fresh bread crumbs
- 2 eggs
- Oil -for frying
- White Sauce - Medium or  
-Thin, (see recipe)

Saut onions in oil until light golden and translucent. Combine all ingredients except rolling mixture. Chill meat mixture. Beat the eggs from the rolling mixture and roll croquettes in egg and then breadcrumbs. Fry, turning so all sides brown. Serve with White Sauce Or make White Sauce into Cheese Sauce or Brown Sauce.

## Country Terrine

18 Servings

- 1 1/2 lb beef livers (or pork livers)
- 1/2 c heavy cream
- 1/2 lb pork fat
- 1 1/2 lb pork, boneless
- 1 lg onion, chopped
- 1 T butter
- 2 cloves garlic, crushed
- 1 T basil, Dried
- 1 T thyme, Dried
- 2 eggs
- 1 T salt
- 1 1/2 t black pepper
- 1 T white flour
- 1/3 c brandy
- 3 sl barding fat
- 3 bay leaves

1. Grind liver, add cream, and let stand for 1 hour. Grind pork fat with pork.
2. In a frying pan, saut onion in butter for 5 minutes. Add garlic, parsley, basil, and thyme. Remove from heat.
3. Heat oven to 350F.
4. In a large mixing bowl, combine liver mixture, pork, herb mixture, eggs, salt, pepper, flour, and brandy. Mix well. Fry a patty and adjust seasoning.
5. Put barding fat in the bottom of a 9- by 5-inch loaf pan. Pour in meat mixture. Put bay leaves on top. Seal tightly with foil, put loaf pan in a larger pan, and add water to come halfway up the terrine.
6. Bring to a simmer and then put into oven and bake until a skewer inserted into the center for 1/2 minute is very hot when withdrawn, 1 1/2 to 1 3/4 hours.
7. Cool 1 hour; weight down evenly. Chill. Serve at room temperature.

## Creamy Chestnut Soup

8 Servings

- 4 lb chestnuts (8 cups) fresh
  - whole,peeled
- 1 md onion
- 12 md shallots
- 4 stalks celery
- 5 oz prosciutto,Sliced
- 3 T butter
- 2 1/2 qt chicken stock,unsalted
- 1 t fennel seeds
- 1 bay leaf
- 1/2 t salt
- 1/2 c heavy cream
- 1/2 t white pepper,Fresh Ground
- 1/4 c cèpes (or porcini),Dried
  - mushrooms

**PREPARATION:** Adjust oven rack to middle position and heat oven to 400F. With a small, sharp knife, slit the outer shell of each chestnut, put them in a shallow baking pan, and roast until tender, 15 to 20 minutes. Peel off the outer shells and inner skins while still warm. Reheat if the chestnuts cool and become difficult to peel. Peel and thinly slice the onion and the shallots. Thinly slice the celery tops and leaves (reserve ribs for another use). Julienne the prosciutto. Wrap and refrigerate 2 tablespoons prosciutto for garnish.

**COOKING:** Heat 2 tablespoons of the butter in an 8-quart soup kettle and saute the onion, shallots and remaining prosciutto over medium heat until softened, about 5 minutes. In a large saucepan, bring 6 cups of the chicken stock to a boil. Stir the hot chicken stock into the shallot mixture along with the chestnuts, celery, fennel seeds, bay leaf, and 1/2 teaspoon salt. Bring the mixture to a boil and skim. Reduce the heat and simmer, covered, for 45 minutes. Remove and set aside 16 chestnuts for garnish. Continue simmering until remaining chestnuts are very tender, about 45 minutes longer.

Remove soup from heat, discard the bay leaf, and set aside to cool 15 minutes. Pour the soup into the workbowl of a food processor fitted with a metal blade, or into a blender. Puree, then strain through a fine sieve or tamis. (Can cover and refrigerate up to 3 days, or freeze up to 1 month.)

## Croutons

8 Servings

- 1/3 c butter
- 3 cloves garlic, finely minced
- 2 c bread cubes
- Salt
- Black pepper

Heat oven to 400F. Lightly brown the diced garlic in the butter. Add cubed bread. (It works better if it is a little old, but if you only have fresh, just be more gentle). Toss well, but gently to coat the bread with the butter. Set in oven and roast for about 7 minutes, then stir well and roast again for about 7 minutes more. When bread has taken on a golden color, remove and salt and pepper to taste. Spread out on a large platter to cool. Bread will become crunchy as it sits.

Yields: 2 cups

## Franconia Root Vegetables

6 Servings

- 6 lg boiling potatoes,peeled
- 1 1/2 lb small carrots,trimmed and
  - scraped
  - (or large carrots,cut
  - carefully in
  - ovals)
- 1 lb small turnips,peeled,
  - sprout end
  - (or large turnips,Trimmed
  - trimmed
  - carefully into ovals)
- 12 small white onions,Boiling
  - peeled
  - Drippings rendered from
  - roast beef
- 1 t dried thyme leaves,crumbled
- Salt and,Freshly Ground
  - pepper,to taste
- 1/4 c parsley,Minced

Drop potatoes into a saucepan of cold, salted water. Over high heat bring water to a boil, lower heat to medium, and cook potatoes 12 minutes. Drain, let cool for a few minutes, pat dry, and cut into quarters (or halve horizontally and trim each half into ovals). Meanwhile, drop carrots, turnips, and onions into boiling salted water to cover. Lower heat to medium, cover, and cook until barely tender (10 to 15 minutes, depending on size). Drain, instantly cool under running water, and set vegetables aside.

About one hour before beef will be served, place potato quarters in drippings (at least 1/2 cup) rendered by roasting beef and turn them to coat. (If beef hasn't rendered enough drippings, supplement with cooking oil and a little unsalted butter.) Place in oven (wherever there's room, including the bottom shelf) and roast for 45 minutes, turning every 10 minutes or so to brown all sides evenly. Add carrots, turnips, and onions and sprinkle with thyme, salt, and pepper. Continue roasting and turning frequently until vegetables are tender and evenly browned (about 15 minutes longer). Using tongs (or a slotted spoon) and draining off excess fat, remove to serving dish; sprinkle with parsley.

## Fresh Fruit Compote

14 Servings

- 1 c fresh blueberries
- 1 c fresh strawberries, Halved
- 1 c sliced fresh peaches, peeled
- 1 c fresh blackberries or  
-raspberries
- 1 c watermelon balls
- 1 c cantaloupe balls
- 1 c Thompson seedless grapes
- 1/2 c sparkling wine (or sweet)  
-wine, chilled
- 2 T thawed orange juice, Frozen  
-concentr, undiluted

Mix together all of the fruit in a large glass or ceramic bowl and gently toss to mix. Add the orange juice and wine and gently toss again. Chill with a cover on it for at least 20 minutes. Toss again gently before serving.

Yields: 7 cups

## Galantine Of Chicken

8 Servings

- 1 chicken, boned
- 1 1/4 lb chicken (or turkey), Ground
- 2 sweet Italian sausages
- 2 T parsley, Chopped
- 1 c stuffing, Crushed
- 2 T currants, optional
- 1 c walnuts, Chopped
- Oil, for roasting

### Boning the Chicken:

Using a sharp knife, cut off wing tips at the second joint. Cut through skin of the chicken down the center back. Separate flesh from backbone on one side with the tip of the knife. Then, following the shape of the bones, gradually ease flesh away from the bones, disjuncting leg and wing bones from the carcass. Repeat process with the other side of the chicken. Holding the rib cage away from the chicken, cut breastbone from the flesh. Hold up the thigh with one hand, cut around the top of the bone to remove flesh, scrape down the bone to the next joint, cut around flesh again, scrape down to the end and remove bone. Repeat with other leg bone and both wings. Turn flesh of legs and wings inside the chicken.

### Stuffing:

Preheat oven to 350F. In a large bowl combine ground meat, parsley, stuffing, currants and walnuts; mix well. Place chicken skin side down and remove excess neck skin and any large fat pockets. Place meat-stuffing mixture on the flesh side of the chicken. Fold one side of the chicken over the stuffing mixture, then bring the other side to match. Sew the chicken flesh together using a needle and dark thread. Tie the chicken with string at about 1-1/2 inch intervals to keep galantine in shape during cooking.

Rub chicken all over with cooking oil. Place galantine on a rack in a roasting pan. Bake for 1 to 1-1/4 hours or until chicken is tender and golden. Let stand for 15 minutes, remove string and thread and slice for serving.

## Ginger Beurre Blanc

4 Servings

1/4 c fresh ginger root, Minced  
3 T white wine vinegar  
1/4 c heavy cream  
1/4 lb butter  
Salt  
black pepper, Fresh Ground

Mince the ginger. Combine the ginger, vinegar and 2 tablespoons of water in a saucepan. Bring to a boil and cook over high heat until liquid has almost evaporated, about 2 minutes. Add the heavy cream and continue cooking over high heat until mixture is reduced by half, about 1 minute.

Over the lowest heat possible whisk butter into the reduction, about a tablespoon at a time, adding another piece as each is almost incorporated. Butter should not melt completely but should soften to form a creamy sauce. Remove from heat and season to taste with salt and pepper. Strain sauce into a bowl and cover to keep warm.

## Gratin Of Melting Potatoes

8 Servings

- 4 1/2 lb potatoes
- 2 sm cloves garlic
- 2 md scallions
- 2 t fresh thyme,minced
- 1/2 t nutmeg,Fresh Ground
- 1 3/4 t salt
- 1/2 t white pepper,Fresh Ground
- 3 c half and half (or light)  
-cream,or as needed
- 2 T butter

PREPARATION: Peel and cut potatoes into paper-thin slices. Rinse with cold water and drain. Peel and mince garlic. Trim and mince scallions. In a bowl, stir together garlic, scallions, thyme, nutmeg, 1 3/4 teaspoons salt and 1/2 teaspoon pepper.

COOKING: Heat oven to 300F. Butter a 3- to 4-quart heatproof baking-serving dish. Put a layer of potatoes on the bottom of the dish and sprinkle with the scallion-garlic mixture. Repeat 4 times, finishing with a layer of potatoes. Pour in just enough half-and-half to cover the potatoes. Cover the dish and set over very low heat for 20 minutes. Remove cover, dot with butter, and bake until potatoes are tender, about 2 1/2 hours.

## Herb Pâté

- 1 lb pork, with fat
- 1/2 lb boneless veal
- 1 lg onion, chopped
- 3 cloves garlic, Minced
- 1 T butter
- 1 1/2 c spinach, Chopped
- 3 T brandy
- 1 egg
- 1 1/2 T fresh basil
- 1 1/2 T fresh rosemary
- 1 T fresh thyme
- 1 1/2 t salt
- 1 1/2 t fennel seeds
- 3/4 t black pepper
- 6 sl bacon
- 3 eggs, hard boiled

1. Preheat oven to 350F.
2. In a food processor or meat grinder, grind pork and veal fine.
3. In a frying pan, saut onion and garlic in butter. Add spinach; cook 1 minute.
4. Transfer spinach mixture to a large bowl and stir in chopped meat. Add brandy, egg, and all herbs and spices.
5. Fry a patty and adjust seasoning.
6. Arrange bacon across bottom and sides of an 8 1/2- by 4 1/2-inch loaf pan, letting slices hang over edges. Put half the meat mixture into pan. Put hard-cooked eggs, lengthwise, down center of meat. Add remaining meat mixture and wrap bacon across top. Cover pan with foil, set in a baking pan, and add water to come halfway up the pt.
7. Bring to a simmer and then put into oven and bake until a skewer inserted into the center for 1/2 minute is very hot when withdrawn, about 1 1/4 hours.
8. Remove from oven and let stand, uncovered, for 30 minutes. Cover and weight evenly. Refrigerate 24 hours.
9. To serve, remove from pan and trim fat. Bring to room temperature.

## Herb Roasted New Potatoes

4 Servings

20 sm red potatoes (or new  
-potatoes)  
1/2 c oil, clarified butter,  
bacon fat (or animal fat)  
1 T rosemary, basil or oregano  
Salt  
Black pepper

Heat oven to 400F. Scrub potatoes clean, remove any eyes and cut in half. Place potatoes in a baking dish and pour oil or melted fat over them, toss to coat. Bake for 15 minutes, turn, bake for 10 minutes, sprinkle with herb of your choice, toss to coat and bake for another 10 minutes. Test with a fork to make sure it glides through. Season with salt and pepper to your taste.

## Herbed Brown Butter

5 Servings

- 5 T butter (or clarified butter)
- 1 t lemon juice, lime juice or  
-vinegar
- 1 T chopped chives, dill,  
-parsley (or he)  
or any combination
- Black pepper

This is really best if you can take the time to clarify the butter: heat it just to the melting point, let stand a few minutes, skim the whey and drain off the fat to use. Discard the whey. Brown the butter over low heat. Stir and cook until it turns dark brown. Stir in the lemon juice or vinegar and the herbs of choice, then pepper to taste.

Yields: 5 tablespoons

## Home Made French Dressing

1 Servings

1 c oil  
1 c vinegar  
1 t dry mustard  
1 sm onion, chopped finely  
1/2 c ketchup  
1/2 c sugar  
1 t salt (optional)

Mix all together in a glass quart bottle that has a tight fitting lid. Store in the fridge. Keeps for weeks and weeks!!

## Leeks Vinaigrette (Poireaux En Salade)

4 Servings

12 leeks  
1/4 c oil, often olive oil  
4 t vinegar, your choice  
Salt  
black pepper, Fresh Ground  
1 T fresh parsley, chopped  
Mustard, to taste

### PREPARATION:

Clean the leeks; cut off most of the green parts and wash leeks very thoroughly, split if necessary, under cold running water. If they are large, do split them lengthwise; each piece should be about the size of a large stalk of asparagus. Tie them into bundles in two places, put them in boiling salted water just to cover, and cook them slowly for 25 minutes, or until they are tender but not limp. Drain them well (and be sure to save the broth to add to a soup).

The leeks may be presented in a serving dish or arranged on individual plates. Make your vinaigrette in a bowl, adding mustard to taste, and whisk the dressing well until it is almost opaque, or emulsified, and pour it over the leeks.

Serves: 3 to 4

## Madeira Cream Sauce

6 Servings

2 shallots  
1 T butter  
1/4 c dry white wine  
1/4 c Madeira  
1 c heavy cream  
Salt  
black pepper, Fresh Ground

Mince the shallots. Melt the butter in medium saucepan over low heat. Add the shallots and saut until soft, about 2 minutes. Add the white wine, bring to a boil, and cook until reduced to 2 tablespoons, about 3 minutes. Add the Madeira and bring to a boil. Stir in the cream and bring to a boil. Reduce heat to medium and simmer, stirring frequently, until sauce is thick enough to coat the back of a spoon, about 5 minutes. Season to taste with salt and pepper.

Yields: 1 1/2 cups

## Mango Bombe

### SORBET

- 1/2 c granulated white sugar
- 1 1/2 c water
- 3 md mangoes, peeled, chopped fine
- 2 T fresh lime juice
- 1/4 ga French vanilla ice cream softened

### GARNISHES

- 1 md mango, peeled sliced lengthwise
- 1 lime, thinly sliced
- 8 whole Maraschino cherries with stems
- 1 c heavy cream, whipped, lightly sweetened

1. Combine sugar and water in a medium size saucepan. Bring to a boil, stirring constantly until the sugar is dissolved. Allow the syrup to boil for 2 full minutes. Remove from heat.
2. Immediately add mangos to hot syrup and pure with a food processor or a blender. Strain through a fine sieve, pressing the pulp with a rubber spatula to get all the liquid. Discard pulp and add lime juice to the liquid.
3. Chill in the refrigerator for at least 2 hours or set the pan in a bowl of ice water, stirring until chilled.
4. Freeze in an ice cream machine as the manufacturer's instructions recommend.
5. Brush the insides of 8 custard cups with a light coating of vegetable oil, then line them with plastic wrap. Press the plastic up against the oil to hold it in place. Allow the plastic to hang over the edges at least 2 inches all around. Chill in the freezer.
6. Fill the sides of the chilled molds with about 1/2 inch of the softened ice cream, leaving a cavity in the centers.
7. Fill the cavities with the mango sorbet. Fold the plastic over and freeze for at least 4 hours.
8. To serve: Slice the mango and the lime into very thin wedges. Flatten each cherry on one side by slicing off a small piece (this is the side it will lay on). Unmold the bombes by holding the outside of each custard cup under hot running water for 2 seconds (be sure not to let any water get inside). Give the plastic a little tug and let the bombe fall out into your hand. Pull the plastic the rest of the way off and lay the bombe on the serving plate. Arrange 2 slices of mango and one slice of lime, slightly overlapping, on top of the bombe. Lay them so they radiate out from the center and down the right side. (If the ice cream is too soft the slices will not stick but will slip down onto the plate). Place the cherry (flat side down) in the center on top of the three slices.
9. Garnish the bottom edge against the plate by piping flurries of whipped cream with a pastry bag.

## Parfait Torte

8 Servings

- 6 oz ladyfinger cookies
- 1 1/2 c milk
- 1/2 c rum
- 2/3 c sugar
- 4 egg yolks
- 2 T flour
- 1 t vanilla extract
- 1/2 c butter, softened
- 3/4 c almonds (or walnuts)
  - coarsely
  - , Ground
- 1 c whipping cream, for topping
- Candied fruit, for garnish

Line the bottom and sides of a 9-inch springform pan with about half of the ladyfingers. In a small bowl mix together 1/2 cup of the milk and 1/4 cup of the rum; sprinkle over ladyfingers. In the top pan of a double boiler, combine the remaining milk, 1/3 cup of the sugar, egg yolks, flour, and vanilla. Place over gently boiling water and cook, stirring constantly, until mixture is thickened and coats the back of a spoon. Remove from heat and let cool. In a medium bowl cream together butter and the remaining sugar until smooth. Add cooled egg-yolk mixture and nuts; beat until fluffy. Gradually add the remaining rum, beating constantly. Pour creamed mixture over ladyfinger-lined pan, being careful not to dislodge ladyfingers. Arrange remaining ladyfingers over filling. Cover torte and refrigerate overnight. When ready to serve, remove pan sides. Whip cream until stiff peaks form and spoon attractively on top of torte.

## Plain Omelet

1 Servings

2 lg eggs  
1/2 t water  
Salt  
Black pepper  
1 T clarified butter (or oil)

Mix together all ingredients except the butter. Put the butter in a skillet heated to medium and add the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, (if you intend to put a filling in, now is the time), roll the omelet with three folds as you turn it onto the plate.

## Plain Omelet With Cheese

1 Servings

2 lg eggs  
1/2 t water  
Salt  
Black pepper  
1/4 c cheese, Grated  
1 T clarified butter (or oil)

Mix together all ingredients except the butter. Put the butter in a skillet heated to medium and add the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, sprinkle the grated cheese in, roll the omelet with three folds as you turn it onto the plate.

## Plain Omelet With Ham

1 Servings

2 lg eggs  
1/2 t water  
Salt  
Black pepper  
1/2 c ham-cooked, Diced  
1 T clarified butter (or oil)

Mix together all ingredients except the butter. Put the butter in a skillet heated to medium and add the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, sprinkle the ham in, roll the omelet with three folds as you turn it onto the plate. Garnish with a little ham on top.

## Plain Omelet With Onion

1 Servings

- 2 lg eggs
- 1/2 t water
- Salt
- Black pepper
- 3 T chopped onions,sautéed  
or 3 tablespoon.,Chopped  
-scallions,uncooked
- 1 T clarified butter (or oil)

Mix together all ingredients except the butter. Put half of the butter in a skillet heated to medium, brown onions, remove, add remaining butter and the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, sprinkle sauted onions or uncooked scallions on the egg, roll the omelet with three folds as you turn it onto the plate.

## Plain Omelet With Potato And Onion

1 Servings

2 lg eggs  
1/2 t water  
Salt  
Black pepper  
3 T onions-sautéed,Chopped  
1 medium potato,diced  
1 T clarified butter (or oil)  
1 T oil

Mix together all ingredients except the butter and oil. Put half of the butter in half of the oil in a skillet heated to medium, brown onions and potatoes cut in small dice. Cover for five minutes to help the potatoes cook, then uncover to make them crunchy. Add remaining butter and oil to another skillet heated to medium and add the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, sprinkle sauted onions and potatoes on the omelet, roll the omelet with three folds as you turn it onto the plate.

## Plain Omelet With Spinach And Sour Cream

1 Servings

2 lg eggs  
1/2 t water  
Salt  
Black pepper  
1 T clarified butter (or oil)  
1/2 c thawed spinach, Frozen  
2 T sour cream  
1/4 t nutmeg, Ground

Mix together all ingredients except the butter. Put the butter in a skillet heated to medium and add the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, sprinkle the spinach in and top it with sour cream, sprinkle with nutmeg, then roll the omelet with three folds as you turn it onto the plate.

## Potato-Onion Soup With Arugula

4 Servings

1 md onion, roughly chopped  
2 T butter  
1/2 t salt  
4 md potatoes, peeled and cubed  
1 qt chicken stock  
1 c arugula, Chopped  
1/2 c cream  
Extra virgin olive oil  
-(optional)  
black pepper, Fresh Ground

Melt the butter in a soup pot and soften the onion with the salt over medium heat for about five minutes (don't brown). Add the potatoes, stir briefly, then add the chicken stock, bring to a boil and simmer until the potatoes are tender, about 15 minutes. Stir in the arugula, return to a boil, add the cream, then remove from the heat when it just comes back to the boil. Serve with a teaspoon or two of olive oil and a good grinding of pepper in each bowl.

2 cups

## Provençale Stuffing

4 Servings

- 1 T olive oil
- 3/4 c onions, chopped
- 2 lg cloves garlic, minced
- 1 lg peeled tomato, coarsely  
-chopped
- 2 1/2 T fresh parsley, Chopped
- 2 t fresh basil, Chopped
- 1 1/2 t fresh thyme, Chopped
- 1/2 t salt
- 1/4 t black pepper
- 3/4 c bread crumbs
- 1/4 c Parmesan cheese

Peel tomato and coarsely chop. Set aside.

Heat skillet with oil to medium heat and saut onion and garlic for about 2 minutes. Stir in tomato, herbs and seasonings. Saut for about 4 minutes or until wetness evaporates. Remove from heat and stir in breadcrumbs and Parmesan cheese.

Stuff parboiled cabbage leaves, whole tomatoes that have had the pulp scooped out, or zucchini or eggplant that have been half-baked. Top with more Parmesan cheese and bake for 15 to 30 minutes depending on the size and quantity of the stuffed vegetable.

Yields: 1 cup

## Quiche Lorraine

6 Servings

- 1 Pie Crust
  - 12 sl bacon, fried, drained and  
-crumbled, drained and crumbled
  - 1 1/2 c Swiss cheese, Grated
- MIX TOGETHER
- 5 eggs
  - 2 c light cream (or milk)
  - 1/4 t paprika
  - 1/2 t salt
  - 1/8 t white pepper
  - 1/8 t nutmeg

Heat the oven to 400F. Prepare the pie shell, sprinkle half of the Swiss cheese in the shell then crumble the fried bacon over the cheese. Sprinkle remaining cheese evenly over the bacon. Mix together egg mixture until well-blended and pour slowly over the bacon and cheese, taking care not to create bare spots. Cover pie crust edges with a thin strip of foil and bake quiche at 400F for 15 minutes. Reduce heat to 350F and bake for 20 minutes more. Remove foil covering and bake 10 minutes more. Serve like pie.

Yields: 1 9-inch pie

## Rice, Mushroom And Cheese Croquettes

4 Servings

### RICE MIXTURE

- 1/4 c onions,Chopped
  - 1 T oil
  - 1 c mushrooms,Minced
  - 2 c rice,Cooked
  - 3 T celery,Minced
  - 2 T green bell pepper,Minced
  - 1 T carrots,Grated
  - 1/2 c cheddar cheese (or other)  
-cheese
  - 1 T fresh parsley,Minced  
or 1 teaspoon thyme,Dried  
-(optional)
  - 1 t paprika
  - 1/2 t salt
  - 1/4 t black pepper  
or pinch cayenne pepper  
-(optional)
  - 2 t lemon juice
  - 1 egg
- ### ROLLING MIXTURE
- 2 c fresh bread crumbs
  - 2 eggs
  - oil for frying
  - White Sauce,(see recipe)

Saut onions and mushrooms in oil until onions are light golden and translucent. Combine all ingredients except rolling mixture. Chill rice mixture. Beat the eggs from the rolling mixture and roll croquettes in beaten egg and then breadcrumbs. Fry, turning so all sides brown. Serve with White Sauce . Or make White Sauce into Brown Sauce, or use recipe for Roasted Tomato Sauce.

## Roasted Eggplant, Tomato And Olive Quiche

6 Servings

- 1 Pie Crust
- 1 globe eggplant
- 3 T olive oil
- 1/4 c onions, Chopped
- 1 lg clove garlic, finely minced
- 3 fresh Italian plum  
-tomatoes-peeled, diced, drained
- 1/4 c black olives, Sliced
- 1/4 t dried oregano, crumbled
- 2 T fresh basil, Julienned
- EGG MIXTURE
- 4 eggs
- 1 1/2 c light cream (or milk)
- 1/2 c Parmesan cheese, Grated
- 1/4 t paprika
- 1/2 t salt
- 1/8 t white pepper

Heat the oven to 350F. Cut eggplant into 1/2-inch slices and rub with two-thirds of the oil and place on non-stick baking sheet. Roast eggplant in oven for about 20 minutes, turning once at 10 minutes. Eggplant should be tender when pierced with a fork. When done, turn oven up to 425F. While the eggplant is roasting, prepare the pie shell. Saute onion and garlic in the remaining third of the oil until golden. Peel tomatoes, dice and drain and add to the onion. Remove from heat and add chopped eggplant, basil, oregano and olives. Spread eggplant mixture in bottom of pie crust.

Mix together egg mixture until well-blended and pour slowly over the eggplant mixture, taking care not to create bare spots. Cover pie crust edges with a thin strip of foil and bake quiche at 425F for 15 minutes. Reduce heat to 325F and bake for 20 minutes more. Remove foil covering and bake 10 minutes more. Serve like pie.

Yields: 1 9-inch pie

## Sauce Bearnaise

1 Servings

- 1/2 c white wine
- 2 T tarragon vinegar
- 1 T shallots, finely chopped
- 2 peppercorns, crushed
- 2 sprigs of tarragon, chopped
- 1 sprigs of chervil, chopped
- 3 egg yolks
- 3/4 c butter, melted

Combine the wine, vinegar, shallots, pepper and herbs in the top of a double boiler. Cook over direct heat until the liquid is reduced by half. Allow it to cool. Beating briskly while over hot water, add a third at a time the eggs and butter. Beat steadily as the sauce thickens.

## Sautéed Lamb Medallions With Red Wine And Fresh Mint

- 1 1/2 lb saddle of lamb boned,split, with loins barded and(1 1/2 to 2 lbs.)  
and aprons
- 1 md onion
- 1 md carrot
- 2 cloves garlic
- 1 leek
- 3 T vegetable oil
- 1/2 c loosely fresh mint,Packed leaves
- 1/2 t thyme,Dried
- 1 bay leaf
- 2 c fresh lamb (or beef stock) or beef broth,Canned
- 1 1/2 c red Bordeaux wine such as Merlot (or Cabernet)
- 2 T butter,chilled

### PREPARATION:

Trim the apron meat of all fat and set aside. Peel the onion, carrot, and garlic. Coarsely chop the onion and carrot, and set aside with the garlic in a small bowl. Trim, clean, and coarsely chop the leek (using all of the white section and about 2 inches of the green tops), and add it to the bowl. In a heavy, medium, non-reactive skillet, heat 1 tablespoon of the oil. Quarter each apron and saut over medium heat until very brown, about 7 minutes. Measure 2 tablespoons mint leaves (wrap and refrigerate the remaining mint and add to the skillet along with the chopped vegetables, thyme, and bay leaf. Cover the skillet, lower the heat, and cook, stirring occasionally, until the vegetables are lightly colored and tender, about 20 minutes. Stir in the lamb stock and red wine and bring to a boil. Lower the heat and simmer, partially covered, skimming frequently, until strained liquid reduces to 1 1/4 cups, about 50-60 minutes. Discard solids and set strained liquid aside. (Can cover and refrigerate up to 2 days.)

### COOKING:

Mince the remaining mint leaves. Cut the butter into small pieces and set aside. Slice loins into six to eight 1-1/4-inch thick medallions and sprinkle with salt and pepper. In a large, heavy, non-reactive skillet, heat the remaining 2 tablespoons oil until very hot, but not smoking. Saute medallions 2 minutes on each side until medium rare. Transfer medallions to a plate and cover loosely with foil to keep warm. Increase heat to high, pour the strained stock into the skillet and bring to a boil, scraping the bottom of the skillet with a wooden spoon to deglaze. Boil until stock reduces to 1 cup, 2-3 minutes. Remove skillet from heat and whisk in butter, one piece at a time. Stir in the mint and season to taste with salt and pepper. Cover and keep sauce warm.

### SERVING:

Transfer medallions to a cutting board and stir accumulated juices into the sauce. Remove string (and barding, if used) and put medallions onto individual plates. Spoon sauce around medallions; serve immediately.

## Savory Butter

12 Servings

2 T summer savory leaves, stems  
-removed  
6 T butter, softened

### TO PREPARE:

Mince the summer savory, then cream the butter, and beat in the savory. Shape the herb butter into a 1-inch-thick cylinder, wrap in plastic, and refrigerate.

Yields: 3/4 cup

## Scalloped Potatoes

6 Servings

- 1 1/2 lb potatoes-sliced thinly
  - lengthwise a
  - wiped dry
- 2 cloves garlic
- Butter
- Salt
- Milk
- Cream

Rub a large gratin dish with garlic (earthenware will take the garlic better) or put the peeled cloves through a garlic press, rubbing the pure and juices all over the sides and bottom of the dish and discarding any solid debris that remains. Let it sit for a few minutes until the garlic has dried and is no longer tacky to the touch.

Butter the dish liberally and pack the potatoes in lightly salted layers. Barely cover the potatoes in milk and bring to a simmer on the top of the stove (if using an earthenware dish, protect it with an asbestos pad underneath). Dribble a thin layer of cream over the surface, dot with thin shavings of butter, and bake at 375-400 for about 45 or 50 minutes, until the liquid has been absorbed.

Serves 4 to 6

## Shirred Eggs

1 Servings

- 1 t butter (or 2), Melted  
-tablespoons cream
- 1 egg  
Salt  
Black pepper
- VARIATIONS-CHOOSE ONE OR  
HALF EACH OF TWO
- 1 T chopped sausages, ham, fish,  
- shrimp  
crab, or cooked bacon
- 1 T mushroom, onions, green bell  
- pepper  
whole artichokes (or  
-spinach)  
- sautéed, chopped
- 1 T cheese (or Parmesan), Grated  
-cheese

Heat the oven to 350F. Use a small baking dish just large enough for one egg (or two at the most).

If using butter, melt it in the oven, right in the egg dish, remove it and turn the dish to coat the entire inside. Place egg in the dish and cover with foil and without seasoning. Place dish in the oven and bake for about 10 minutes, or until the whites are solid and the yolk is soft.

If you are using cream, place half of the amount in the bottom of the dish, then the egg, then the rest of the cream, then cover without seasoning and bake for about 10 minutes.

Season to taste with salt and pepper.

## Smoked-Fish Pâté Canapés

scallions  
3/4 lb smoked fish— cod (or trout)  
-boneless & skinless  
1/4 lb butter,softened  
1/4 lb cream cheese,softened  
3 T fresh dill  
1 T horseradish  
2 T sour cream  
Salt  
black pepper,Fresh Ground  
1 T lemon juice  
2 cucumbers  
1/2 loaf rye bread  
12 radishes dill,for garnish

### PREPARATION:

For the pt, chop scallions. Combine the trout, butter, and cream cheese in the bowl of a food processor and process for a few seconds. Add the scallions, dill, and horseradish and process until just smooth with bits of herbs still visible. Briefly pulse in sour cream. Season with salt, pepper, and 1 tablespoon lemon juice. Refrigerate for at least 4 hours.

Pt can be made a few days ahead. Slice cucumbers into 3/16-inch-thick rounds. Cut radishes into paper-thin slices. Fill a pastry bag fitted with a 1/2-inch star tip with pt. Pipe generous rosettes on top of each cucumber slice. Garnish with radish slices and dill.

As an alternative, toast bread and cut into ovals with a pastry cutter or into rectangles or squares with a knife. Pipe pt onto bread and garnish with radishes and fresh dill. Put in jelly roll pans or baking pans, cover well, and refrigerate.

Canaps can be made a few hours ahead.

## Sole And Salmon Rolls With Ginger Beurre Blanc

4 Servings

- 1 salmon fillet, 1 inch thick
- 4 sole fillets
- 1/4 c white wine
- Ginger Beurre Blanc, (see  
-recipe)

### PREPARATION:

Cut the salmon fillet into 4 strips. Lay a salmon strip across the width of each sole fillet. Roll the sole fillets around the salmon and secure with a toothpick. Mince the ginger.

### COOKING AND SERVING:

Heat oven to 400F. Put sole and salmon rolls in a baking dish, pour wine over the fish, and cover with foil. Bake in preheated oven until done, about 20 minutes.

Meanwhile, prepare the Ginger Beurre Blanc.

Remove sole and salmon rolls from oven. Using a slotted spatula, put a sole and salmon roll on each plate and surround with sauce.

Serve immediately.

## Spanish Omelet

1 Servings

### OMELET

2 lg eggs  
1/2 t water  
Salt  
Black pepper  
1 T butter

### SPANISH FILLING

1/2 T butter  
1 clove garlic,minced  
1 T onions,Chopped  
1/2 stalk celery,chopped  
1/4 t oregano  
1 T green bell pepper,Chopped  
1 t chopped olives,(optional)  
1 T chopped parsley,(optional)  
1 sm tomato,, peeled,Chopped  
-drained

Prepare filling first by sauting the onions and garlic in the second measure of butter until clear and light golden, add parsley, celery, peppers, herbs and tomatoes. Add the olives last.

Prepare omelet: Mix together all ingredients except the first measure of butter. Melt the butter in a skillet heated to medium and add the egg mixture. Using a small spatula run around the edges of the skillet, tipping the skillet so the uncooked egg from the center of the pan can run under the bottom of the cooked egg. Continue to do this until the egg in the center is still just a little moist, fill with Spanish mixture, roll the omelet with three folds as you turn it onto the plate.

## Spinach And Parmesan Croquettes

4 Servings

- 1/4 c onions, Chopped
- 1 T oil
- 1 c thawed spinach or, Frozen  
cooked, drained, fresh  
-spinach
- 1 1/2 c rice, Cooked
- 3/4 c Parmesan cheese
- 1 t paprika
- 1/2 t salt
- 1/2 t nutmeg, Ground
- 1/4 t black pepper  
or pinch cayenne pepper  
-(optional)
- 2 t lemon juice
- 1 egg
- ROLLING MIXTURE
- 2 c fresh bread crumbs
- 2 eggs
- Oil - for frying
- Roasted Tomato Sauce

Saut onions in oil until light golden and translucent. Combine all ingredients except rolling mixture. Chill spinach mixture. Beat the eggs from the rolling mixture and roll croquettes in egg and then breadcrumbs. Fry, turning so all sides brown to a golden color. Serve with Roasted Tomato Sauce or Spaghetti Sauce

## Split Pea Soup

7 Servings

- 2 c split peas
- 7 c water (or broth)
- 1/4 c butter
- 1 lg onion, chopped
- 3 cloves garlic, minced
- 2 carrots, diced
- 2 stalks celery, chopped
- 2 bay leaves
- 1 t dried basil, crumbled
- 1 ham bone (optional)  
or 2 tablespoon. nutritional  
- yeast  
and 2 teaspoon. tamari soy  
-sauce (o
- 1 t honey (or brown sugar)
- Salt
- Black pepper
- 1/4 c fresh parsley, chopped  
-(optional)

Cover split peas with water or broth, bring to a boil for 2 minutes, remove from heat and let stand for one hour. In a large soup pot, saut onion and garlic in butter until light golden. Add carrots and celery and saute for 2 minutes more. Stir in peas, after their hour is up, and the herbs. If using a ham bone, add it now. If using the vegetarian version, do not put in the yeast and tamari. For both versions, only add salt, honey and pepper when soup is finished cooking. Simmer for about 1 1/2 hours, or until the peas are cooked and mushy. Stir occasionally to keep it from sticking to the bottom of the pan. When peas are done, remove the ham bone, or for vegetarian version, add the yeast and tamari, then for both add honey and salt and pepper to taste. Stir in fresh parsley. Serve plain or with garnishes of onion, grated cheese or sour cream.

Yields: 7 cups

## Spring Vegetable Blanquette

- 12 pearl onions, about 3 oz.
- 8 asparagus spears, about 1/2 -lb.
- Salt
- 12 baby carrots, about 1/4 lb.
- 3 oz mushrooms, chopped small, about 3/4 cup
- 3/4 lb fresh peas, shelled or 3/4 cup peas, Frozen -thawed
- 1 c chicken stock
- 1/2 c heavy cream
- 1 T fresh tarragon leaves, Minced
- 1 T fresh chives, Minced
- 1 T fresh parsley, Minced
- 1 t lemon juice
- black pepper, Fresh Ground

### PREPARATION:

Put unpeeled onions in a small saucepan with enough water to cover, bring to a boil, and cook for 1 minute. Drain, rinse under cold water, and drain again. Peel onions.

Trim and peel asparagus stalks, cut off tips, and cut stalks into 1-inch lengths. Cook asparagus in 2 quarts of boiling, salted water for 2 minutes. Drain and refresh under cold water.

Trim carrots, cutting any large ones in half crosswise. Quarter the mushrooms. Shell the peas.

Bring stock and 1/2 cup water to a boil in a medium saucepan. Add the carrots, cover, and simmer over medium heat until just tender, about 12 minutes. With a slotted spoon, remove carrots from the pan and put in a large bowl. Add mushrooms and onions to pan, cover, and simmer until onions are just tender, about 10 minutes. Transfer mushrooms and onions to the bowl. Add the peas to the saucepan, bring to a boil, and cook, uncovered, just until tender, about 4 minutes. (Cook 1 minute if using frozen peas.) Transfer peas to the bowl, and drain any liquid from the bowl into the saucepan.

Bring vegetable cooking liquid to a boil and cook until reduced to 1/4 cup, about 5 minutes. Whisk cream into cooking liquid, bring to a boil and cook, whisking often, until sauce is thick enough to coat the back of a spoon, about 4 minutes. Remove pan from heat.

Recipe can be made to this point a few hours ahead. Cool and cover sauce with plastic wrap touching its surface; set sauce aside at room temperature.

### SERVING:

Bring sauce to a simmer in a large saucepan. Add vegetables to pan and simmer over medium heat, stirring gently, until just warmed through, about 2 minutes. Remove pan from heat. Add the tarragon, chives, parsley, and lemon juice. Toss gently, season to taste with salt and pepper.

## Timbales Of Glazed Carrots

1 1/4 lb carrots  
1 t granulated sugar  
2 T butter  
Salt  
black pepper, Fresh Ground  
Madeira Cream Sauce  
1 T butter, softened  
3 eggs  
1/2 c milk

### PREPARATION:

For glazed carrot garnish, cut 1/4 pound of carrots into twelve 1 1/2- inch lengths. Using a paring knife, shape carrots for garnish into twelve ovals by rounding the corners. Cut the remaining 1 pound of the carrots into chunks.

Put all the carrots, including those for garnish, into a large saucepan with enough water to cover. Add the sugar, butter, and 1/2 teaspoon salt and bring to a boil. Reduce heat to medium and simmer, uncovered, until carrots are tender and coated with a light glaze and all liquid has evaporated, about 35 minutes.

Remove the 12-oval-shaped carrots from the pan and set aside. Transfer remaining carrots to the work bowl of a food processor. Add the glaze remaining in the pan, and pure until smooth. If pure is very liquid, return it to the pan and cook over low heat, stirring frequently, until all excess moisture has evaporated, about 3 minutes. Season with salt and pepper. Prepare the Madeira Cream Sauce. Recipe can be made to this point several hours ahead. Cover sauce with plastic wrap touching its surface and set aside at room temperature.

### COOKING AND SERVING:

Adjust rack to lower third of the oven. Heat oven to 400F. Generously butter four 2/3-cup timbales, porcelain ramekins, or custard cups. In a bowl, whisk eggs with milk. Gradually whisk in carrot pure, 1/2 teaspoon salt, and 1/8 teaspoon pepper.

Divide carrot mixture evenly between buttered ramekins. Tap each dish against a work surface to pack mixture down and transfer to a shallow baking dish or roasting pan. Add enough hot tap water to come halfway up the outside of timbales. Bake until timbales are firm to the touch and a toothpick inserted in the center comes out clean, about 35 minutes. Add hot water to the pan as necessary to prevent evaporation. Meanwhile, reheat the glazed carrot ovals and the cream sauce separately over very low heat.

Remove molds from water bath and let cool 2 to 3 minutes. Carefully run a thin-bladed knife along the inside edge of each dish to loosen timbales.

Unmold onto salad plates. Spoon sauce around each timbale and garnish with the glazed carrots.

## Trish's Simplified Coq Au Vin

4 Servings

- 1 cut up chicken,dredged in  
-flour
- 1/4 lb bacon,minced
- 1 md onion,chopped
- 1 md carrot,sliced thinly
- 1 clove garlic,peeled and  
-minced
- 1/2 lb mushrooms,sliced
- 1 bay leaf
- 1/2 t thyme
- Salt,to taste
- Pepper,to taste
- 1 T marjoram
- 1 1/2 c dry red wine,(or to taste)
- ds Kitchen Bouquet

In a heavy, deep skillet or dutch oven, cook bacon until firm. Retaining bacon fat, add all vegetables except mushrooms and cook until browned. Add mushrooms and cook until limp. Remove vegetables, set aside, and brown chicken pieces in remaining fat. Add red wine and herbs and reserved vegetables. Simmer, covered for 45 minutes to an hour, turning once. Just before serving add Kitchen Bouquet.

## Ungodly Chocolate Truffles

30 Servings

- 1 c heavy cream
- 10 oz bittersweet chocolate
  - chopped
- 3 T sweet butter
- 1 lb (to 1 1/2 pounds)
  - bittersweet choco
- 6 oz almonds (optional)-blanched
  - by boil
  - cooled and the skins slipped
  - off

In a heavy pan, bring the cream to a simmer (a microwave and a glass bowl is just as good for this). Remove from the heat and whisk in the chocolate and butter. (The smaller they are cut up, the easier this will be.) Refrigerate until firmly set, stirring now and then. In the refrigerator compartment this will take about 4 hours. Use the freezer and you can cut that down to under an hour, but with much more frequent stirring.

Using a melon baller or spoon, scoop out a tablespoon or so of chocolate and use your hands to form balls about 3/4" to 1" in diameter. Spread them on a cookie sheet and freeze for an hour.

While the balls are freezing, chop and carefully heat, in a double boiler or heavy pot, the remaining chocolate. Stir until melted. Allow to slowly cool until it feels just warm to your skin. The object is to have it just above the melting point so that when the frozen chocolate balls are dipped in it, they gather and congeal a thickish coating around them.

When the centers are frozen and the chocolate is ready, take each one and drop it into the coating, roll it quickly about, then remove it with the tines of two forks and drop it onto a sheet of wax paper. If the coating thickens too much, reheat it a little, perhaps using a microwave.

When all the truffles are dipped, you can serve them right away. If they will be stored or transported, refrigerate them awhile longer first.

## Veal Chops In Cream (Côte De Veau Flambées À La Crème)

4 Servings

4 veal loin chops  
1 1/2 T butter  
1 T oil  
2 T brandy, warmed  
2 T white wine  
1 t potato starch (or  
-cornstarch)  
1 T cold water  
1 c heavy cream

### PREPARATION AND COOKING:

In a heavy skillet heat together 1 1/2 tablespoons of butter and 1 tablespoon of oil. Wipe the chops dry and brown them in the fat, over a brisk fire, for about 3 minutes on each side; be careful not to burn the fat.

Season the chops with salt and pepper, cover the skillet, lower the heat, and continue cooking for 15 to 20 minutes, or until tender. Then pour 2 tablespoons of warmed brandy over the chops, set it ablaze, and shake the pan back and forth until the flame dies. Remove the chops to a hot serving dish and keep them warm.

Add 1 or 2 tablespoons of white wine to the pan and stir in all the brown juices. Blend 1 teaspoon of potato starch with 1 tablespoon of cold water and stir in 1 cup of heavy cream. Add this to the pan, season the sauce, simmer it, stirring, until it is slightly thickened, and pour it over the chops.

## Vegetable Cassoulet

### STOCK

- 1 c white haricot beans, Dried-soaked overnight
- 3 c water
- 1 stalk celery, 3" pieces
- 2 sprigs fresh thyme
- 2 sprigs fresh rosemary
- 2 sprigs fresh sage
- 1 bay leaf
- 6 black peppercorns

### STEW

- 5 T olive oil
- 1 clove garlic, crushed
- 1 c pearl onions, Peeled
- 2 c carrots, Chopped
- 1 fennel bulb-trimmed and-finely chop
- 3 c fresh mushrooms, Chopped
- 1 md globe eggplant, coarsely chopped
- 2 ripe tomatoes,, Peeled -seeded and, Chopped
- 1 T fresh thyme, Chopped
- 1 T fresh rosemary, Chopped
- 1/2 c dry white wine
- 1/2 c tomato juice
- 1/3 c red lentils

### TOPPING

- 1 c Parmesan, Freshly Grated cheese
- 1 c fresh whole wheat bread crumbs

Drain the soaked beans, place in a 3-quart saucepan, and pour in the water. Tie the celery, thyme, rosemary, sage, bay leaf, and peppercorns in a small piece of cheesecloth and add to the pan. Bring to a boil and cook over high heat for 10 minutes, then reduce the heat, cover, and simmer gently for 45 to 50 minutes, until the beans are tender. Discard the cheesecloth rag, reserve the beans, and strain the stock into a clean saucepan. Bring to a boil and reduce to 1 1/2 cups. Reserve. Preheat the oven to 375F. Lightly oil a shallow ovenproof dish with a 2-quart capacity.

For the stew, heat 2 tablespoons of the oil in a large skillet and saute the garlic, onions, carrots, and fennel for 10 minutes, or until lightly browned. Remove with a slotted spoon and drain on paper towels. Add the remaining oil to the pan and stir-fry the mushrooms, eggplant, tomatoes, thyme, and rosemary for 5 minutes. Return the onion mixture to the pan, add the wine, and cook over high heat until most of the juice is evaporated.

Stir in the tomato juice, lentils, and reserved stock and simmer, uncovered, over a low heat for 15 minutes. Add the reserved beans, cover, and simmer gently for 10 minutes more. Spoon the stew into the prepared dish, sprinkle the cheese and bread crumbs on top, and bake for 30 minutes, until bubbling and golden. Serve hot.

Serves 6 to 8

## Venison Stew

- 4 lb venison, cut in 2" chunks
- 1 carrot, sliced
- 1 sm onion, quartered
- 1/2 stalk celery, sliced
- 1/4 t thyme, Dried or 3/4 teaspoon. fresh thyme
- Salt (or black pepper)
- 1/8 t cayenne pepper
- 4 c California Petite Syrah or full-bodied red wine
- 1 1/2 t wine vinegar
- 2 1/2 T corn oil, or more if needed
- 2 T white flour
- 1 c water
- Caramelized Pears (optional)

1. Two to 4 days ahead, in a mixing bowl just large enough to hold meat and vegetables, toss venison, carrot, onion, and celery together. Add thyme, salt, cayenne, wine, and vinegar. Cover and marinate in a cool place (50 to 55F) or in warmest part of refrigerator for 2 to 4 days, turning meat and vegetables every day.
2. Drain meat and vegetables in a colander for about 30 minutes, reserving marinade. Sort out vegetables from meat and set vegetables aside. Dry meat on towels.
3. In a large, heavy frying pan, heat a thin coat of corn oil over medium heat. Add meat in several batches, being careful not to overcrowd, and saut until brown, about 5 minutes. Transfer meat to a stew pot.
4. In the same frying pan, saut vegetables for about 5 minutes. Add more corn oil if necessary. Add sauted vegetables to meat and season with salt and pepper.
5. Heat oven to 300F.
6. For the brown roux, add flour to fat in frying pan. Add more corn oil if necessary to make 2 tablespoons. Stir with a wooden spoon and cook until roux is nut brown, 3 to 5 minutes.
7. Strain reserved marinade over roux and quickly whisk it together. Add water and bring to a boil. Strain liquid into the pot with the meat.
8. Cover pot tightly and bake on middle shelf of oven for 3 1/2 hours, until meat is very tender.
9. Transfer meat and vegetables with a slotted spoon to a heated serving dish, cover, and keep warm.
10. To degrease and thicken sauce, put pot half on burner and let surface that is over the burner come to a boil. Surface of pot off the burner should stand still. Lower heat if it's moving. Occasionally, skim and degrease the non-heated surface. Cook in this manner until sauce thickens and becomes shiny, about 30 minutes. Serve stew and pass sauce and pears separately.

## Vinaigrette

2 Servings

3 T olive oil  
1 T balsamic vinegar  
1 lg garlic, crushed  
1/8 t Dijon mustard

Put in small jar, close lid tightly and shake vigorously. Let sit as long as possible to develop the flavor of the garlic.

## Vinaigrette Marinade

1 Servings

1 c olive oil  
1/4 c red wine vinegar  
1 T lemon juice  
1/4 t mustard  
2 cloves garlic,minced  
4 T parsley,minced  
1/2 t oregano,Crumbled  
1/2 t marjoram,Crumbled  
1 t thyme,Crumbled  
1 t fresh-ground black pepper  
1 t salt

Whip vinegar into oil and add the rest of the ingredients. Mix well and marinate meat in refrigerator for at least 3 hours.

Yields: 2 cups

## Wild Mushroom Sauce

2 Servings

1 T butter  
2 md shallots, chopped  
1/2 t black pepper, Cracked  
1 c wild mushrooms, Sliced  
1 c domestic mushrooms, Sliced  
-your choice  
1 t fresh sage, Chopped  
1/4 c marsala  
1 T butter  
Salt, to taste  
Pepper, to taste  
1 1/2 T fresh sage, Chopped

Heat pan. Add butter and shallots. Saut 1 minute then add cracked black pepper and fresh mushrooms. saut about 5 to 7 minutes at a high heat. Add fresh sage and saut 30 seconds more. Deglaze pan with marsala wine. Reduce to a syrup then add demi-glaze. This demi-glaze will thicken quickly, it has been already reduced. When the sauce is ready it will be thick enough to coat the back of a spoon. Before service, bring the sauce to a boil then swirl in the remaining butter, salt and pepper to taste. ENJOY!

Yields 1 1/2 cups.

## German Recipes

### A Different Sauerbraten

- 1 bacon,4-6 slices
- 1 beef roast
- 1 flour
- 4 carrots
- 4 celery stalks
- 3 onions
- 8 oz sour cream
- 3 bay leaves
- 1 salt and pepper,To Taste

Cook bacon in a large dutch oven and add cleaned veggies (carrots and celery cut into two to three pieces per stick and onions cut in half and torn apart). Brown veggies thoroughly. Roll roast in flour,salt, and pepper mixture. Add roast to pot and brown. (remove veggies) Return veggies to pot and add water to cover. Add bay leaves and simmer 3 to 5 hours. Remove roast and bay leaves. Mix remainder (liquid and veggies) in blender with sour cream to desired taste. Pour gravy over roast and serve with knodel and rotkohl. Panni brand Knodel (potato dumplings) mix can be found in the specialty food aisle and is easy to prepare. Enjoy! I'm sure you'll be a great success!!! Subj: A Different Sauerbraten

## Aepfelkratzet (Apple Scramble)

4 Servings

250 g flour (2 cups plus 3 1/2-tbsp)  
3 to 4 eggs  
3/8 l milk (1 1/2 cups plus 1 1/2 -tbsp)  
1 ds salt  
1 sugar, To Taste  
3 apples, peeled, cored, and -sliced  
100 g butter (7 tbsp)  
1 sugar for dusting

Combine the flour, eggs, milk, and a bit of sugar and salt, and stir into a smooth dough. In a skillet, melt the butter and lightly saute the apples. Pour the dough over the apples. Constantly stirring the whole with an egg turner, cook until the 'Kratzet' has browned all around. Dust with sugar, and serve.

Serves 4.

## Alkovendressing

1 Servings

40 g salt  
50 g sugar  
1 l oil  
1/2 l stock  
3 eggs  
3 shallots  
3 garlic cloves  
4 cl soy sauce  
1 T sweet mustard  
100 g chilli sauce -or-  
100 ml spicy ketchup  
1 raspberry vinegar

Put the eggs, mustard, garlic and shallots in a blender or liquidiser. Start blending, and add the oil, stock and other flavourings a bit at a time turn and turn about. Whirl in sufficient raspberry vinegar to taste.

## Almond Crescent Cookies

1 Servings

500 g marzipan  
200 g sugar  
1 pin salt  
3 egg whites  
100 g almonds, Sliced  
100 g dark chocolate

Mix marzipan, sugar, salt and egg whites with an electric mixer until they are a soft mixture. Preheat oven to 175 degrees (Celsius temperature). Fill the mixture into a bag with a medium sized hole. Sprinkle the almonds onto a sheet of paper and press threads of the mixture out of the bag onto the almonds. Then roll the threads in the almonds, form them into little crescents and transfer to a baking sheet lined with paper. Bake them in the middle of the oven for 10 to 15 minutes. Let cool completely. Melt the chocolate and dip one or both ends of the crescents into it. Store in a container that is NOT completely airtight. Makes about 50.

## Altdeutsche Brotchen (Quickbread)

18 Servings

3/4 c butter (or margarine)  
1/2 c sugar  
2 lg eggs  
1 T rum  
1 t vanilla extract  
3 T milk  
1/2 t cinnamon  
2 t baking powder  
2 1/4 c flour unbleached  
1/4 c almonds, Ground  
1 T orange rind, grated  
OPTIONAL =====  
1/4 c raisins

Muffins: Cream butter and sugar. Beat in eggs, rum, vanilla, and milk. Mix cinnamon, baking powder, and flour. Add flour mixture to butter mixture. Gently mix in almonds, orange rind, and raisins. Pour batter into greased muffin tins, filling half full. Bake at 375 degrees F. for 25 to 30 minutes, or until browned.

## Anise Seed Cookies

1 Servings

1 c sugar  
2 c flour  
4 eggs  
1 T anise seed or  
1 few drops anise oil

Beat the eggs thoroughly for 15 minutes. Add sugar slowly, a little at a time and continue beating. Add anise seed or a few drops of anise oil and the flour. Drop on well-greased cookie sheets and bake in moderate oven, 350, for about 12 minutes.

## Apfelkraut (German Homade Apple Syrup)

1 Servings

10 Kg apples, sweet ones, ripe

1 vanilla stick

15 g pectin

Wash, quarter, core the apples, cut into coarse slices. Boil the apples in nearly no water until they are cooked. Put the apples on a suitable cloth and squeeze the juice out. Boil the juice with the sliced vanilla stick and the pectin.

## Apfelpfannkuchen (Apple Pancakes)

4 Servings

2/3 c flour -- unbleached  
1 unsifted  
2 t sugar  
1/4 t salt  
4 eggs -- large, beaten  
1/2 c milk  
2 c apple --, Slices  
3/4 c butter (or margarine)  
2 T sugar  
1/4 t cinnamon

Sift together the flour, 2 t sugar, and the salt. Beat eggs and milk together. Gradually add flour mixture; beat until smooth. Saute apples in 1/4 c of butter until tender. Mix 2 T sugar and the cinnamon together; toss with apples. Melt 2 T butter in a 6-inch diameter, deep frypan. Pour in the batter to a depth of about 1/4-inch. When set, place 1/4 of the apples on top; cover with more batter. Fry pancake until lightly browned on both sides. Keep warm. Repeat the procedure 3 times, until all batter and apples are used. Serve immediately.

## Apfelschaum (Apple Mousse)

4 Servings

3 lg tart apples, peeled, cored  
-and sliced  
3 egg whites  
1 peel of 2 lemons, Grated  
6 T sugar  
1/4 l white wine (1 cup plus 1  
-tbsp)  
1 for baking  
30 g butter (2 tbsp)  
2 T sugar

In the wine, stew the apples until tender and mushy. Force through a sieve. Add the sugar and lemon peel. Meanwhile, beat the egg whites to stiff peaks and then carefully fold into the apple mixture. Fill the whole into a buttered ovenproof dish (Jena Glass\*), dust with 2 tablespoons sugar, and slowly bake at 250 degrees F for about half an hour.

Serves 4.

## Apfelstrudel (Apple Strudel)

6 Servings

6 c apples, tart, sliced  
3/4 c raisins  
1 T lemon rind, grated  
3/4 c sugar  
2 t cinnamon  
3/4 c almonds, ground  
8 oz fillo leaves, 1/2 box, thawed  
1 3/4 c butter, (no  
-margarine), melted  
1 c bread crumbs, finely crushed

Mix apples with raisins, lemon rind, sugar, cinnamon, and almonds. Set aside. Place 1 fillo leaf on a kitchen towel and brush with melted butter. Place a second leaf on top and brush with butter again. Repeat until 5 leaves have been used, using about 1/2 c of butter. Cook and stir bread crumbs with 1/4 c of butter until lightly browned. Sprinkle 3/4 cup crumbs on the layered fillo leaves. Mound 1/2 of the filling in a 3-inch strip along the narrow end of the fillo, leaving a 2-inch border. Lift towel, using it to roll leaves over apples, jelly roll fashion. Brush top of the strudel with butter and sprinkle with 2 T crumbs. Repeat the entire procedure for the second strudel. Bake the strudels at 400 degrees F. for 20 to 25 minutes, until browned. Makes 2 strudels, 6 to 8 servings each.

## Apple And Cream Kuchen

4 Servings

1/2 t salt  
2 c flour,unbleached, unsifted  
Milk filling =====  
1 T lemon juice  
3/4 c sugar  
8 oz cream cheese,softened  
1 pk yeast,dry, active  
4 T sugar  
1/4 c butter (or margarine)  
1 egg,large  
3 c apples,tart, sliced  
1 t cinnamon  
2 T flour,unbleached  
1 egg,large

CAKE: Mix yeast, salt, 4 T sugar, and 3/4 cup flour. Add butter to milk. Heat until very warm (120-130 degrees F.). Gradually add milk to flour mixture. Beat for 2 minutes. Add egg and 1/2 cup flour. Beat with an electric mixer on high speed for 2 minutes. Mix in enough flour to form a soft dough. Knead for 5 to 10 minutes, until dough is shiny and elastic. Place in greased bowl and let rise for 1 hour or until doubled in bulk. Pat dough into well-greased 10-inch springform pan pressing the dough 1 1/2 inches up the sides of the pan. FILLING: Toss apples with lemon juice, cinnamon, 1/4 cup sugar, and 2 T of flour. Arrange in rows on top of the dough. Beat together cream cheese, 1/2 cup sugar, and egg. Spread over apples. Let rise in warm place for 1 hour. Bake at 350 degrees F. for 30 minutes. Best when served warm.

## Apple And Rum Custard Cake

8 Servings

5 T sugar  
2/3 c butter (or margarine)  
1 T milk  
1/2 c soft bread crumbs  
4 c apples,tart, sliced  
1/4 c sugar  
1/4 c rum  
1/3 c sugar  
1 1/2 c flour,unbleached, unsifted  
1 T lemon rind,grated  
1 egg yolk,large  
filling =====  
2 T butter (or margarine),melted  
1 T lemon juice  
1/4 c raisins,\*  
3 eggs,large, beaten  
1 3/4 c milk

Soak raisins in 1/4 cup rum for 1/2 hour before using.

**CRUST:** To make crust, mix flour, sugar, and lemon rind. Cut in butter or margarine until mixture resembles coarse crumbs. Add egg yolk and 1 T of milk; mix gently to form a dough. Pat into bottom of a 10-inch Springform pan that has sides only greased. Press dough up sides of pan for 1 inch.

**FILLING:** Toss together bread crumbs and melted butter. Spread evenly over pastry crust. Toss apple slices, lemon juice, and 1/4 c of sugar. Spread apples over crumbs. Drain raisins, reserving rum, and sprinkle raisins over apples. Bake in a preheated 350 degree F. oven for 15 minutes. Beat eggs and sugar until thick and lemon-colored. Stir in milk and reserved rum. Pour custard over apples and bake for 45 to 60 minutes at 350 degrees F. until custard is set. Cool completely before serving. Do NOT remove springform pan until cool.

## Apple Lokshen (Noodle) Kugel (Sweet)

1 Servings

8 oz medium egg noodles  
1/4 c margarine (or oil), Melted  
4 eggs, beaten  
3 md apples  
1/4 c dark seedless raisins  
1/4 c sugar  
1 1/2 t salt  
2 t cinnamon  
1/2 t vanilla

Cook and drain noodles and put in a large bowl. Stir in margarine and eggs. Peel and chop apples. If using raisins, rinse in hot water and drain. Combine all ingredients together, add seasoning and mix well. Preheat oven to 350 deg F. Pour kugel mixture into a greased 9" x 13" baking pan. Bake for 40-60 minutes or until lightly browned. Makes 12 servings. Note: for extra softness, add another 2 eggs.

## Aunt Hannah's Lebkuchen

1 Servings

4 egg  
1 1/2 c flour  
1 t cinnamon  
3/4 c raisins  
3/4 c wine  
3/4 c coffee  
1 lb brown sugar  
1 t baking powder  
1/2 t cloves  
3/4 c nuts, chopped  
1 \*or

Beat the eggs well. Add sugar, cloves and cinnamon. Sift flour three times, add the baking powder and sift into the egg mixture alternately with the wine (or substituted coffee). Mix nuts and raisins together and sprinkle with 2 Tbsp of flour. Add to mixture and beat thoroughly. Pour batter in flat, greased pans and bake at 400-F about 15 minutes. Source: Pennsylvania Dutch Cook Book - Fine Old Recipes, Culinary Arts Press, 1936.

## Ausgezogenes Mehlmus

4 Servings

- 80 g flour (3/4 cup)
- 1 l milk (approx. 1 qt)
- 120 g sugar (1/2 cup plus 1/2  
-tbsp)
- 8 egg yolks, whisked to a  
-froth
- 8 egg whites, beaten to stiff  
-peaks
- 1 peel of 3 lemons, Grated
- 1 pn salt
- 50 g butter (3 1/2 tbsp)

Combine the flour and a little milk, and stir until smooth. Gradually add the remainder of the milk, the sugar and salt. Bring to a boil. Remove the pot from the heat, add the grated lemon peel. Carefully fold in the egg yolk froth and beaten egg whites. Pour the mixture into a buttered casserole dish and bake at medium heat for 20 minutes.

Serves 4.

## Austrian Apricot Balls (Marillenknoedel)

14 Servings

250 g white cheese (?) (austrian  
-topfen,,german: quark)  
30 g butter  
2 egg yolks  
1 pn salt  
80 g flour  
80 g butter  
100 g breadcrumbs  
2 T sugar  
1/4 t cinnamon  
14 apricots  
14 pieces of sugar  
1 powdered sugar

Mix white cheese, butter (soft, not directly from the refrigerator), egg yolks and salt. Add the flour and make a soft mass. Form a roll with a diameter of about 5 cm. Cut slices of about 1 cm, press flat on your hand. Put an apricot (remove the kernel and put in a piece of sugar) on top of it and form a ball. Put into a pot of simmering, slightly salted water. Let simmer for about 10 minutes. Put breadcrumbs, sugar and cinnamon into a pan where you melted the butter and roast it until it takes a golden colour (you can also smell, when it is finished, but be careful it soon may be too late). Roll the balls in the roasted breadcrumbs, put powdered sugar above and eat very hot.

## Baeckeofe - Alsace

1 Servings

- 1 lb lamb's shoulder, deboned and  
-, Cubed
- 1 lb beef for stew
- 1 lb pork, deboned and cubed
- 1 lg onion
- 3 to 4 leeks
- 1 thyme, bay leaves, salt &  
-pepper (t, o taste)
- 2 cl garlic, minced (or more)
- 2 c dry white wine (preferably  
-from als, ace)
- 3 lb potatoes
- 1 flour & water

THE NIGHT BEFORE: Marinade the meats with the diced onion and the leeks, sliced and in rings. Add the spices and the garlic. Then add the white wine and keep in refrigerator over night (be sure to seal it tightly, or your refrigerator will smell like spices in the morning).

THE NEXT DAY: Remove the meat, draining it, but keeping the juices. Grease the roasting dish and cover the bottom with half of the potatoes, peeled and sliced. Place the marinated meat on top of the potatoes, along with the onions and leeks. Salt and pepper lightly (I have found that after baking, there isn't much flavor of salt or pepper, so don't be afraid to add more, especially pepper). Place the rest of the potatoes (also peeled and sliced) on top of meat, covering thoroughly. Pour the marinade over the whole thing, and add water, enough to reach the top layer of potatoes.

Mix together some flour and water, in order to get a rather soft and sticky dough. Place the lid on the dish and seal it with this dough. Be sure to press the dough firmly, to be sure it is sealed and not just resting on top of the lid.

Bake in a 275-300 degree oven for 2 1/2 to 3 hours. Serve right from the dish, hot.

## Baked Spinach With Cheese - Uberbackener Spinat Mit Kase

1 Servings

1 lb fresh spinach, washed and  
1   dried  
1/4 lb butter  
1 lg onion, diced  
2   cloves garlic, minced  
1/2 t salt  
1/2 lb emmenthaler cheese, grated  
1 t paprika  
1/8 t nutmeg  
1/4 t pepper

Cut spinach into strips. In a large Dutch oven heat butter until bubbly. Add onion and garlic. Saute for 2-3 minutes. Add the spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat. Grease an ovenproof casserole. Sprinkle half the cheese over the bottom of the casserole. Add the spinach. Sprinkle with paprika, nutmeg and pepper. Top with remaining cheese. Bake at 350 degF about 20 minutes or until cheese bubbles. Makes 4 servings.

## Baltic German Beet Relish

1 Servings

1 qt raw cabbage  
1 qt beets,Cooked  
2 c plus 2 tbsp. sugar  
1 T salt  
1 t black pepper  
1/2 t red pepper  
2/3 c prepared horseradish,Grated  
1 white vinegar

Chop cabbage and beets. Add seasonings and horseradish. Mix thoroughly. Cover with cold vinegar. Put into quart jars. Cover and refrigerate. Will keep up to one year in refrigerator.

## Bamberger Krautbraten (Bramberger Meat & Cabbage Casserol)

4 Servings

- 1 lb cabbage, head, small
- 1 T vegetable oil
- 2 onions, medium, chopped
- 1/2 lb pork, lean, cubed
- 1 lb ground beef, lean
- 1 t caraway seeds
- 1/2 t salt
- 1/2 t pepper
- 1/2 c white wine, dry
- 1 t vegetable oil
- 3 bacon, strips, thick sliced

Remove outer, wilted cabbage leaves and core. Place cabbage in a large pot of boiling water and simmer gently for 10 minutes. Remove and drain. Gently pull off 12 leaves and set aside. Finely chop the rest of the cabbage. Heat 1 T vegetable oil; add onions, pork, and ground beef. Cook until lightly browned. Drain off excess fat. Add the chopped cabbage, caraway seeds, salt, and pepper. Pour in the white wine. Cover and simmer the mixture for 10 minutes, stirring often. Grease an ovenproof dish with 1 t of vegetable oil; line the dish with half the cabbage leaves. Spoon in the meat mixture, cover with the rest of the cabbage leaves. Cut bacon strips in half and arrange on top. Place in preheated 350 degree F. oven; bake for approximately 45 minutes.

## Baptismal Pot (German)

4 Servings

- 4 lb veal neck
- 1 1/2 oz crisco
- 2 beef marrow bones
- 1 bn soupgreens
- 2 bay leaves
- 1 T peppercorns, white
- 1 salt, To Taste
- 2 1/2 oz butter
- 2 oz flour
- 3 1/2 oz raisins
- 2 oz capers
- 1 lemon, juice and rind
- 3 T red wine
- 1/2 c whipcream
- 2 1/2 qt water

Cut the veal meat into big cubes and brown in crisco until brown all the way around.

Pour in the water, bones, the cleaned soupgreen and on mild heat, simmer, covered for 1 1/2 hour. Take off the foam once in a while and cook uncovered the last 30 minutes.

Take out meat and vegetables and pour broth through a sieve. Heat butter until foamy, brown the flour in it and fill up with 1 liter broth and stir good. Add raisins and simmer 15 minutes on low heat.

Add the meatcubes and the capers and heat through Add lemon juice and finely ground rind. Mix wine with the whipcream, whip until half stiff and fold into veal mix right before serving. Serve with parsley potatoes or rice.

## Barische Leberknoedelsuppe (Bavarian Liver Dumplings)

4 Servings

6 stale crusty rolls,thinly  
1 \_sliced  
50 g beef suet  
1 small onion,coarsely  
1 chopped  
1/2 t salt  
3 dl milk,lukewarm  
250 g liver  
2 eggs,lightly beaten  
1 t marjoram,Dried  
600 ml beef stock,well flavoured

Put the sliced rolls in a large bowl. Sprinkle them with salt and pour over the lukewarm milk. Leave them to soak until required. Trim the liver and put it through a meat mincer together with the suet and onion. Add the soaked bread, the eggs and marjoram, and mix with a wooden spoon until well blended. The mixture will be very soft. Bring the stock to the boil in a large saucepan. Reduce the heat to low and simmer the stock. Divide the dumpling mixture into 8 portions. With wet hands, shape a portion at a time into a ball and drop it into the stock. Simmer gently for 25 to 30 minutes, or until the dumplings are cooked through. Serve 2 dumplings per person in soup plates, together with some of the stock.

## Barvarian Potato Salad

4 Servings

4 c potatoes,\*  
1/2 t salt  
1/3 c onion,chopped  
2 T lemon juice  
2 c chicken broth,\*\*  
1/4 c vegetable oil  
1/2 t sugar  
1 pepper,as desired

\* Potatoes should be peeled and sliced 1/4-inch thick. \*\*

Chicken broth may be either home made or commercial.

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

## Barvarian Sausage Salad

4 Servings

1/2 lb knockwurst,cooked / cooled  
1 onion,medium  
1 T mustard,prepared \*  
1/2 t salt  
1/4 t paprika  
1 T capers  
2 pickles,small  
3 T vinegar  
2 T vegetable oil  
1/4 t pepper  
1/4 t sugar  
1 T parsley,chopped

\* Mustard must be the strong Djon or Gulden Type.

Cut the knockwurst into small cubes. Mince the pickles and onion. Mix together the vinegar, mustard and oil. Add salt, pepper, paprika and sugar. Adjust seasonings if desired. Add the capers; mix well. Stir in the chopped knockwurst, pickles, and onions. Just before serving, garnish with chopped parsley.

## Barvarian Veal

4 Servings

1 lb veal, cut in 4 thin slices  
1/8 t sugar  
1 T mustard, dijon style  
4 eggs, large, hard cooked  
1 onion, medium, diced  
1 T tomato paste  
1/4 c red wine  
1/2 t salt  
1/2 t pepper, white  
4 bacon, slices  
2 T vegetable oil  
3/4 c beef bouillon, heated  
2 T unbleached flour

Dry veal on paper towels. Roll in a mixture of salt, sugar, white pepper, and mustard. Place a bacon slice on top of each piece of veal. Place an unsliced egg on top of the bacon. Roll up each slice of veal (jelly-roll fashion) and tie together with string. Heat oil in frypan and brown veal rolls well on all sides. Add onion; saute for 3 minutes. Add the hot bouillon; cover and simmer gently 25 minutes. Remove the veal from the pan. Remove the strings from the veal and keep veal warm on a serving platter. Add tomato paste to the pan drippings; stir. Thoroughly mix flour and red wine to remove all lumps. Add to sauce and cook until mixture thickens. Add warm veal rolls and heat through. Before serving, place veal rolls on a platter, pour sauce over the rolls and serve with pureed potatoes.

## Baslerleckerli

1 Servings

3 oz orange peel  
3 oz lemon peel  
6 oz almonds  
1 lemon rind and juice, Grated  
1/4 oz nutmeg  
1/4 oz cloves  
3/4 oz cinnamon  
1 pn baking soda  
2 T brandy  
2 lb flour  
1 little water

Bake at 375 about 20 minutes.

## Batter Fried Sage Leaves (Salbey Zu Backen)

8 Servings

- 1 c (scant) flour
- 3 T cold water
- 1 egg, beaten
- 1 a few tablespoons white wine  
- (or hard cider)
- 1 egg white
- 1 T butter that has been, Melted  
- allowed, to cool
- 1 pn salt
- 1 pn (small) sugar

This recipe is taken almost verbatim from a cookbook originally published in 1709; the language has been slightly modernized, but only 2 ingredients have been added (sugar and salt). Plenty of nice fresh sage leaves oil or shortening for deep frying

Take the flour and mix with the cold water into a thick batter that must be smooth. Then mix in the beaten egg and stir well; pour in a little sour wine, yet not too much. Beat the egg white into soft peaks and fold into the batter. Finally, add the butter as well as a very little salt and sugar and stir the batter once more. Wash and dry off the sage leaves, dredge them in the batter, and fry them on both sides in hot lard (see Note) until crispy.

Makes 8 servings.

## Bauernfrühstück (Farmers Breakfast)

4 Servings

- 4 potatoes, medium
- 4 bacon, strips, cubed
- 3 eggs, large
- 3 T milk
- 1/2 t salt
- 1 c ham, cooked, small cubes
- 2 tomatoes, medium, peeled
- 1 T chives, chopped

Boil unpeeled potatoes 30 minutes. Rinse under cold water, peel and set aside to cool. Slice potatoes. In a large frypan cook bacon until transparent. Add the potato slices; cook until lightly browned. Meanwhile blend eggs with milk and salt. Stir in the cubed ham. Cut the tomatoes into thin wedges; add to the egg mixture. Pour the egg mixture over the potatoes in the frypan. Cook until the eggs are set. Sprinkle with chopped chives and serve at once.

## Bavarian Herb Soup (Krautlsuppe)

4 Servings

1 lb herbs \*  
4 T butter  
1 lg onion, chopped  
1 qt water (or vegetable stock)  
1 lg potato, peeled and chopped  
-into small cubes

Serves 4.

salt and pepper bread cubes for croutons

\* at least 3 of these: chervil, watercress, spinach, sorrel (dandelion and pimpinell for brave souls) Bitter herbs are traditionally eaten at Easter in Christian countries as a sign of penitence. This Bavarian soup is served on Easter Thursday, known as Maundy Thursday. Fresh chervil, easily available in any German market, is usually the dominating flavor. This is a delicate fresh-tasting soup for any time of the year.

You will need a large saucepan. Pick over and wash the herbs, stripping the leaves from those stalks which are too woody. Chop the rest.

Melt the butter in a deep pan and fry the onion gently until transparent. Add the herbs and sweat them for a moment before you pour in the water or broth. Add the potato to the soup. Bring the soup to a boil, and then turn down the heat. Simmer for 20 minutes. Mash the potato in the soup to thicken it a little. Taste, and add salt and freshly milled pepper.

Serve with bread croutons fried in butter or bacon fat (goose fat is even better). They should be so hot that they sizzle when they are added to the hot soup at the table.

## Bavarian Pork Chops

4 Servings

16 oz sauerkraut, drained  
1 t vinegar  
1 t sugar  
1/4 t cinnamon  
1 ds nutmeg  
1 ds salt (optional)  
1 ds black pepper  
1/4 t caraway seed  
1 md apple, diced  
4 lean pork chops, 1/2-inch  
-thick  
2 t worcestershire sauce

In an 8" x 8" baking dish, combine sauerkraut, vinegar, sugar, cinnamon, nutmeg, salt, pepper, caraway and apple. Top with pork chops. Brush each chop with Worcestershire sauce. Cover with waxed paper.

Microwave at High 5 minutes. Rearrange chops; reduce power to 50% (Medium). Microwave 5 to 15 minutes, or until meat near bone is no longer pink.

## Bavarian Potato Salad

4 Servings

4 c potatoes,\*  
1/2 t salt  
1/3 c onion,chopped  
2 T lemon juice  
2 c chicken broth,\*\*  
1/4 c vegetable oil  
1/2 t sugar  
1 pepper,as desired

\* Potatoes should be peeled and sliced 1/4-inch thick. \*\* Chicken broth may be either home made or commercial.

Boil potatoes in broth with 1/4 ts salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 ts salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

## Bavarian Roast Suckling Pig

- 1 suckling pig [11-14 lb]
- 1 salt, marjoram and
- 1 caraway seeds
- 1 c butter/bacon fat, melted or
- 1/2 lb bacon, Sliced
- 1 bottle of dark beer
- 1 stock, or water as necc'y
- 1 T flour, in a little water
- 1/2 c sour cream [optional]

Eviserate, clean, wash and pat the pig dry. Rub inside of pig with salt, marjoram and caraway seeds. Stuff the cavity with crumpled aluminum foil to prevent the meat sinking. Place the front legs forward with the feet under the head, position the rear legs and tie with string. Rub the outside with the seasonings. Cover ears and tail with foil to prevent burning. Prop the mouth open with a stick or raw potato so that you can stuff it with apple later. Pierce the skin all over with a fork so that the fat will drain off.

Lay pig on a rack in an open roasting pan; pour in enough water to cover the bottom of the pan. To keep pig well greased as it cooks, either brush it with butter or bacon fat every 15 min or lay strips of bacon across its back, replacing them with more as they become crisp. Add more water as needed and pierce the skin with a fork at each basting.

Sear the piglet in a hot oven, then roast in a moderate oven as follows: preheat oven to 450, put piglet in oven for 20 min and then reduce heat to 350. Alternatively start in a 350 oven for a moister pig with a less crispy skin. Allow 25-30 min per pound; the meat should be white with no pink juices but not dried out.

If the meat browns too quickly cover with foil except when basting. For the last half hour remove the foil from the ears and tail. Towards the end baste frequently with beer for a browned crispy skin.

To serve, cut trussing from the legs and place the pig on a large platter. Remove the wood block or potato and insert an apple or an unpeeled lemon. You can further garnish by cutting a circle around the neck and covering it with a wreath of leaves or [at Christmas] holly.

Make a simple gravy by skimming the excess fat from the pan juices and adding stock or water as required. Bring the gravy to a boil and scrape the coagulated pan juices with a wooden spoon. Thicken with flour and optionally add sour cream.

## Bavarian Vanilla Cream

6 Servings

2 pk gelatin, unflavored  
9 T sugar  
2 eggs, large, beaten  
1 c ice cream, vanilla  
1 c cream, heavy, whipped  
1/2 c water, cold  
1 T cornstarch  
1 1/2 c milk, scalded  
1 t vanilla

Sprinkle gelatin over cold water to soften. Heat to dissolve gelatin completely. Mix together sugar and cornstarch. Add eggs; beat for 2 minutes. Slowly add warm milk, beating constantly. Pour into a 1-quart saucepan. Cook over medium heat until custard coats a spoon.

Add gelatin and ice cream while custard is hot. Cool until slightly thickened. Add vanilla. Fold in whipped cream. Pour into a 1-quart mold. Chill until set. Unmold carefully and serve with a garnish of fresh fruits.

## Bayerisch Kraut

1 Servings

1 white cabbage  
40 g drippings  
1 T sugar  
1 onion  
2 apples  
1/2 T salt  
1 caraway,Ground  
1/2 l broth  
2 potatoes  
2 T vinegar  
1/8 l whitewine

Remove the outer leafs of the cabbage, quarter cabbage and trim off the stem and the thick ribs. Shred very finely.

Wash in cold, salted water and leave some minutes in this water to make sure that all insects come out. Drain.

Wash, core and slice but do not peel the apples. Put aside.

Heat the drippings, add sugar and the finely cut onion. When brown, add cabbage, apples, seasonings and broth. Boil for about 30 minutes.

Meanwhile grate the raw potatoes and add them after the 30 minutes. Boil all for another 30 minutes until the cabbage is cooked.

Season with vinegar and whitewine.

Serve with Bratwurst (fried brown from all sides or grilled) and a slice of brown bread.

## Bayerische Erdbeercreme (Strawberry Barvarian)

6 Servings

1 qt strawberries, fresh  
3/4 c sugar  
1 T gelatin, unflavored, (1 env.)  
1/2 c ,water, cold  
2 t lemon juice  
1 c cream, heavy, whipped

Slice strawberries and mix with the sugar. Let stand until sugar dissolves. Sprinkle gelatin over cold water. Set stand 5 minutes, then heat gently until gelatin dissolves completely. Add gelatin and lemon juice to sliced berries. Fold in whipped cream. Pour into a 1-quart mold or serving dish. Chill until set. Carefully unmold and serve.

## Bayerische Vanillecreme (Bavarian Vanilla Cream)

6 Servings

2 pk gelatin, unflavored  
1/2 c ,water, cold  
9 T sugar  
1 T cornstarch  
2 eggs, large, beaten  
1 1/2 c milk, scalded  
1 c ice cream, vanilla  
1 t vanilla  
1 c cream, heavy, whipped

Sprinkle gelatin over cold water to soften. Heat to dissolve gelatin completely. Mix together sugar and cornstarch. Add eggs; beat for 2 minutes. Slowly add warm milk, beating constantly. Pour into a 1-quart saucepan. Cook over medium heat until custard coats a spoon. Add gelatin and ice cream while custard is hot. Cool until slightly thickened. Add vanilla. Fold in whipped cream. Pour into a 1-quart mold. Chill until set. Unmold carefully and serve with a garnish of fresh fruits.

## Bayerischer Mit Spargel (Barvarian Veal With Asparagus)

6 Servings

2 lb veal,cubed  
2 T vegetable oil  
1 onion,large, chopped  
1 c carrots,chopped  
1 T parsley,chopped  
1/4 c lemon juice,fresh  
2 c beef broth  
3 T unbleached flour  
1/2 t salt  
1 pepper,fresh ground,to  
-taste  
20 oz frozen asparagus,\* or  
2 lb asparagus,fresh \*\*

\* Frozen Asparagus should be tips and pieces. (2 boxes (10 Oz Each)) \*\* Fresh Asparagus should be cleaned and cut into 1-inch pieces.

In a Dutch oven brown the veal in hot oil. Add onion and carrots. Cook until onion is transparent. Stir in parsley. Mix lemon juice, broth, flour and seasonings until well-blended. Pour over meat. Cover and bake in preheated 325 degree F oven 1 1/2 hours or until meat is tender. Add more broth if needed. Cook asparagus until tender-crisp. Stir into veal and serve immediately.

## Bayerischer Wurstsalat (Barvarian Sausage Salad)

4 Servings

1/2 lb knockwurst,cooked / cooled  
2 pickles,small  
1 onion,medium  
3 T vinegar  
1 T mustard,prepared \*  
2 T vegetable oil  
1/2 t salt  
1/4 t pepper  
1/4 t paprika  
1/4 t sugar  
1 T capers  
1 T parsley,chopped

\* Mustard must be the strong Djon or Gulden Type.

Cut the knockwurst into small cubes. Mince the pickles and onion. Mix together the vinegar, mustard and oil. Add salt, pepper, paprika and sugar. Adjust seasonings if desired. Add the capers; mix well. Stir in the chopped knockwurst, pickles, and onions. Just before serving, garnish with chopped parsley.

## Bayrischer Kartoffelsalat (Barvarian Potato Salad)

4 Servings

4 c potatoes,\*  
2 c chicken broth,\*\*  
1/2 t salt  
1/4 c vegetable oil  
1/3 c onion,chopped  
1/2 t sugar  
2 T lemon juice  
1 pepper,as desired

\* Potatoes should be peeled and sliced 1/4-inch thick. \*\* Chicken broth may be either home made or commercial.

Boil potatoes in broth with 1/4 t salt for 5 to 8 minutes, until tender. Drain. Toss warm potatoes with vegetable oil and onions. Dissolve remaining 1/4 t salt and the sugar in lemon juice. Pour over potatoes. Marinate salad 1 to 2 hours before serving. Serve at room temperature.

## Bee Sting (Bienenstich)

1 Servings

### CAKE =====

3 c flour  
1 pk active dry yeast  
2/3 c milk  
1/3 c sugar  
6 T butter (or margarine)  
1 egg

### TOPPING =====

1 c sugar  
9 T butter (or margarine)  
1 1/4 c almonds,(sliced)  
2 T milk

### FILLING =====

1 1/2 c milk  
1 pk vanilla pudding,(3 5/8 oz)

Place flour in a large bowl. Add yeast and sugar. Scald milk, stir in butter or margarine and cool to lukewarm. Pour over flour, add the egg and beat until smooth. Cover and let it rise in a warm place until it doubles in size. Punch down dough and roll into a 10" round. Place in a 10" X 3" springform pan. Cover and let it rise again in a warm place until it doubles in size. Once the cake has doubled, place sugar, butter or margarine and almonds in a saucepan. Cook over medium heat approximately five minutes until butter and sugar have melted. Take it off the heat, add two tablespoons milk and cool to lukewarm. Spread over the top of the cake and bake in a preheated oven at 375°F for 30 minutes. Loosen the edge with a knife, take the cake out of the pan and cool. Prepare pudding according to the package's directions using 1 1/2 cup milk. Set aside to cool. Once the cake is cold, cut it into two layers. Spread the cold pudding in the middle and replace the top layer. Serve. Makes one 10" X 3" cake.

## Beef Rolls

4 Servings

4 sandwich (or roll steaks \*)  
2 t mustard,dijon-style  
1/2 t salt  
1/4 t pepper  
2 pickles,\*\*  
2 oz salt pork,\*\* or  
2 bacon,strips \*\*  
1 onion,large, chopped  
1/4 c vegetable oil  
1 1/2 c beef broth,hot  
4 peppercorns  
1/2 bay leaf  
1 T cornstarch

\* Sandwich or roll steaks should weigh about 6 oz each. \*\* Pickles, Salt Pork or Bacon should be cut into long thin strips.

## Beef Soup With Liver Balls

4 Servings

### SOUP =====

2 lb short ribs (or chuck with)  
-bone in 1,- 4 pieces  
2 lg onions,sliced  
3 to 4 stalks celery,sliced  
4 t salt  
3/4 t pepper  
2 qt water  
2 carrots,halved, pared  
3 tomatoes,chopped  
4 sprigs parsley

### LIVER BALLS =====

1 c liver (1/2 lb),Ground  
1 c bread crumbs,Dried  
3 T flour,all-purpose  
2 eggs  
1/4 parsley,snipped  
1 t salt  
1/8 t marjoram,Dried  
1/8 t mace  
1 cl garlic,minced

SOUP: Wash meat; place in large kettle; add onions and celery (include tops), salt, pepper and water. Cover; bring to a boil; then skim off scum. Reduce heat so meat just simmers; then cook 1 1/2 hours. Add carrots, tomatoes, and parsley; cook 1 hour or until meat is tender.

Meanwhile, make liver balls. LIVER BALLS: Combine liver with bread crumbs, flour, eggs, parsley, salt, pepper, marjoram, mace and garlic. Let stand until soup is done; then shape into balls about the size of golf balls. Remove tender meat, bone, and carrots from soup; cut meat and carrots into bite-sized pieces; return to soup. Then bring soup to a boil; drop in liver balls, cover; cook 10 minutes. Serve.

## Beef Strips And Carrots

4 Servings

1 lb carrots  
1 c white wine  
1/4 t sugar  
2 T vegetable oil  
1/4 t white pepper  
1 T parsley, chopped  
2/3 c carbonated soda water  
1 t salt  
1 lb sirloin steak  
2 onions, small, diced  
1/2 c heavy cream

Peel carrots and cut into thin slices (crosswise at a slant). Place in a saucepan with the soda water, wine, 1/2 t salt and sugar. Cover and simmer for 25 minutes or until tender. Meanwhile cut the meat into very thin slices. Heat the vegetable oil and saute the onions about 5 minutes. Add the beef slices; cook for 5 minutes, stirring often. Season with 1/2 t salt and 1/4 t pepper. Add the meat and onions to the carrots. Mix carefully. Stir in the cream. Heat through but DO NOT boil. Correct seasonings if necessary. Sprinkle with chopped parsley and serve.

## Berghoff Ragout (Ragout A La Berghof)

8 Servings

- 3/4 c butter
- 3 1/2 lb round steak, bonless \*
- 1 c onion, chopped
- 1 1/2 c green bell pepper, chopped
- 1 lb mushrooms, sliced
- 1/2 c unbleached flour
- 2 c beef broth, canned/homemade
- 1 c white wine, dry
- 1 t salt
- 1 t worcestershire sauce
- 1 tabasco sauce, to taste

\* Round steak should be cut into thin strips.

Melt 1/2 cup butter in a large frypan. Brown meat over medium-high heat. Remove browned meat. In remaining butter, saute onion for 2 minutes. Add green bell pepper and mushrooms. Cook an additional 3 minutes. Melt 1/4 cup butter and add flour. Slowly add beef broth; cook until thickened. Stir in wine and seasonings. Add meat and mushroom mixture. Cover and simmer 45 minutes to 1 hour, until meat is tender. Serve with buttered noodles or dumplings.

## Berliner Ballen (Berlin Bales)

1 Servings

250 g butter  
3 eggs  
125 g sugar  
200 g flour  
1/2 lemon, the grated rind  
1 c milk, lukewarm  
35 g (or 1/7 more) yeast

Crumble the yeast into the lukewarm milk, add sugar and wait a few minutes.

Melt the butter, beat the eggs. Add butter and eggs to the yeasty milk, stir well. Gradually add the flour on beating the dough. Beat the dough until it does not stick to the spoon. Let the dough slowly rise. Roll it out to a little less than finger-thickness. Cut into circles with a turned glass or cup. Give a little heap of jam in the middle of every second circle, moisten the rims with a little water, top the jam-circles with those without jam and press all flat parts firmly together. Do not press where the jam is.

Place the Berliner Ballen one beside the other in a warm place to rise, cover them with a kitchen cloth.

Heat the fat and bake 3-4 Berliner at one time. Do not forget to turn them on baking. They are done when top and bottom are light-brown and the sides yellow. Drain well.

Dust each Berliner with granulated sugar or with powdered sugar.

Or glaze each top but not the sides or the bottom.

## Bienenstich

12 Servings

- 1 pastry
- 3 1/2 oz (100g) cottage cheese, well  
1 out, Pressed
- 4 T milk
- 4 T oil
- 2 T heaping of sugar
- 1 pinch salt
- 7 oz (200g) flour
- 4 t baking powder
- 1 topping
- 1 3/4 oz to 2 1/2 (50-75g) butter
- 3 1/2 oz (100g) sugar
- 1 packet vanillin sugar
- 1 T milk
- 3 1/2 oz (100g) almonds (blanched and  
1 thinly), Sliced

For the Pastry: rub the cottage cheese, if desired, through a fine sieve and mix with the milk, oil, sugar and salt. Mix and sieve together the flour and the baking powder and add to the mixed ingredients, a little at a time until slightly more than half has been used. Knead in the rest of the flour. Grease a round cake tin with a removable rim, 10 in. (26cm) in diameter and roll out the pastry to fit the base.

For the Topping: melt together the butter, sugar and vanillin sugar and add the milk; stir in the almonds and set aside to cool. If it should be too firm when cold, add a little milk. Spread evenly over the pastry.

OVEN: moderately hot Baking time: about 20 minutes

Alternatively the cake may be filled with buttercream, made from 1/2 packet Oetker Pudding Powder, Vanilla Flavour, 2 well heaped tbs. sugar, 1/2 pint cold milk and 3 1/2 oz. (100g) butter. When the cake is quite cold, cut it horizontally into two halves, spread the filling on the bottom half and lay the other on top.

## Biersuppe (Beer Soup)

4 Servings

- 1 1/2 T (heaping) flour
- 50 g butter (3 1/2 tbsp)
- 1 l beer
- 1 sm piece of cinnamon
- 1 sugar, To Taste
- 2 egg yolk
- 1/8 l milk (1/2 cup plus 1/2 tbsp)
- 1 white [french] bread, Toasted

Brown the flour in the butter, then add beer. Add cinnamon and sugar and bring to a boil. Whisk together the egg yolk and milk and stir into the hot (but no longer boiling) beer. Strain, and serve with toasted slices of bread.

Serves 4.

## Birnensuppe (Pear Soup)

2 Servings

- 2 T raisins
- 1 T dry sherry
- 2 sm pears, cored, pared, and  
-sliced
- 1 1/2 c water
- 1 inch cinnamon stick
- 1 ds crush aniseed
- 2 teaspoons. granulated sugar
- 1/2 teaspoons. lemon juice

In small bowl combine raisins and sherry; set aside.

In 1-quart saucepan combine pears, water, cinnamon stick, and aniseed; bring to a boil and cook until pears are very soft, about 15 minutes. Remove cinnamon stick and let mixture cool. Transfer to blender container and process until smooth; pour into bowl or container and stir in raisin mixture, sugar, and lemon juice. Cover and refrigerate until well chilled. Makes 2 servings.

## Biskuitstreifle

4 Servings

- 60 g butter (1/4 cup)
- 2 eggs, separated
- 100 g flour (3/4 cup plus 2 tbsp)
- 1 a bit of milk
- 1 salt, To Taste
- 1 a bit of baking powder

Cream the butter and 2 egg yolks, then add milk, flour, salt, and baking powder. Meanwhile, beat the 2 egg whites into stiff peaks. Carefully fold into batter. Line a jellyroll sheet with baking parchment, and cover with 1/3 inch layer of the dough. Bake at medium heat. After the pastry has cooled, cut into small strips, about 3/4 inch x 1 1/2 inches big. Add to soup just before serving.

Serves 4.

## Bitter Ballen

1 Servings

- 2 T butter
- 1 T onion, Minced
- 3 T flour
- 1 c milk (or stock)
- 1 T parsley, Minced
- 1 t salt
- 1 t worcestershire sauce
- 1/8 t curry powder
- 2 c ground cooked beef, veal
- 1 chicken (or a mixture of  
-the)
- 1 1/2 c mild gouda (or edam)  
-Shredded
- 1 cheese
- 1 c fine dry bread/rusk crumbs
- 2 eggs, beaten with
- 2 T water
- 1 vegetable oil for
- 1 deep-frying

Melt butter in a large saucepan and saute onion until it becomes transparent. Blend in flour and stir until smooth. Gradually add the milk or stock. Heat, stirring constantly, until thickened. Add the parsley, salt, Worcestershire sauce, curry, meat and cheese. Simmer for about 5 minutes.

Cool the mixture for several hours in the fridge. Shape the cooled mixture into bite-sized balls with teaspoons. Roll the balls into the crumbs, dip each ball into the eggs, then roll in crumbs again. Place in a shallow pan to dry and refrigerate for 1 hour.

Heat the oil in a deep fryer to 375F (190C). Fry the bitter balls, a few at a time, until golden -- about 2 minutes. Drain on paper towels and serve hot on cocktail picks with Dutch mustard for dipping.

## Black Bread

1 Servings

- 1 1/2 lb rye flour
- 1 pt milk, Warm
- 1 t salt
- 1 oz baker's yeast

Dissolve the yeast in a little of the warm milk, add a little of the flour and leave to rise. Add the other ingredients and once more leave to rise until it has doubled its bulk. Bake for two hours in a slow oven.

## Blitz Kuchen

1 Servings

2 T butter  
1 c sugar  
2 egg yolks,creamed  
1/2 c milk  
1 c flour,all purpose  
1 t baking powder  
1 t flavoring  
1/4 t salt  
2 egg whites,beaten

Combine ingredients adding beaten egg whites last. Place in greased, shallow pan. Dot with butter. Sprinkle with sugar, cinnamon and chopped nuts. Bake in moderate oven, 350 F. until done. If baked too fast, nuts will sink to bottom.

## Blueberry Kuchen

1 Servings

### FOR THE PASTRY =====

1 c flour  
2 T sugar  
1/8 t salt  
1/2 c butter, chilled  
1 T white vinegar

### FOR THE FILLING =====

3 c blueberries  
2/3 c sugar  
1 t cinnamon  
1 T flour

### FOR THE TOPPING =====

2 c blueberries  
2 t confectioners' sugar

Preheat oven to 350F.

**PASTRY:** Place flour, sugar and salt in a medium size mixing bowl. Cut in the chilled butter, then rub mixture with your finger tips until it resembles coarse crumbs. Sprinkle with the vinegar and shape gently into dough. Press dough into an ungreased 9-inch round cake pan to a thickness of about 1/4 inch. The crust should be worked to 1 inch up the sides of the pan.

**FILLING:** Place the 3 cups of blueberries on the crust. Mix the sugar and cinnamon into the flour and sprinkle evenly over the berries. Place in the oven on the lowest rack and bake for 50 minutes or until the crust is golden and the filling bubbles.

Remove from the oven and immediately sprinkle with the remaining 2 cups of blueberries. Let the kuchen rest at room temperature for about an hour. Then sprinkle with the powdered sugar and serve.

## Bobbie's Original German Stollen

1 Servings

- 2 1/2 lb butter, Melted
- 2 1/2 pt hot milk
- 10 yeast cakes
- 2 t salt
- 11 eggs
- 2 1/2 c sugar
- 5 lemon, Grated
- 6 lb mixed fruit
- 2 1/2 lb golden raisins
- 1 1/2 lb almonds, soaked, drained
- 8 lb flour for stiff dough

\*(stiff dough is underlined)

Boil sugar, water and butter for 5 min. Add 3/4 cup rum, stipple and pour on top.

Bake at 350

## Bodebiremus - Kartoffelmus (Potato Mash)

4 Servings

- 6 to 8 potatoes
- 1/2 l milk (1 cup plus 1 tbsp)
- 1 T flour
- 1 cracklings (or breadcrumbs)

Boil the peeled potatoes, and then mash them. Put them into a 'Mus' pan, add milk, and - stirring constantly - bring to a boil. Stir in a smooth mixture of flour and a bit of milk. Should be served in the copper pan, with cracklings or roasted breadcrumbs on top.

Serves 4.

## Boiled Red Cabbage

6 Servings

2 oz butter  
1 red cabbage  
2 T simple syrup  
2 apples, peeled and sliced  
1 onion, chopped  
1/4 pt red wine  
1 juice of one lemon  
1 salt

1>. Melt the butter in a pan and add the shredded cabbage and syrup; brown over a low flame, stirring constantly. Add the remaining ingredients, cover the pan and simmer gently for 1 1/2 to 2 hours, stirring occasionally. Season to taste

## Braetknoedel (Ground Meat Dumplings)

4 Servings

- 125 g meat [mixture of,Ground  
-ground beef,and pork]
- 1 (4.5 oz)
- 1 egg
- 1 salt
- 1 pepper
- 1 nutmeg,Ground
- 1 lemon [juice?]
- 1 1 [small] bunch  
-parsley
- 1 plain breadcrumbs
- 1 a little cream (or milk)

In a bowl, stir a little milk or cream into the ground meat. Then add the egg, seasonings, and as much breadcrumbs as is needed to make the mixture firm but still pliable. Form into small dumplings and cook in simmering salted water. The dumplings must not boil. Serve in hot beef broth.

Serves 4.

## Braised Knuckles Of Pork With Apples

1 Servings

- 4 sm pork knuckles
- 4 onions,sliced
- 3 carrots,sliced
- 315 ml spoon (3 tb.) vinegar
- 1 bay leaf
- 1 clove
- 25 g (1 oz.) german butter
  - melted
- 3 cooking apples,peeled,
  - cored & cut,into thick sli
- 150 ml (1/4 pint) german apple
  - juice
- 15 ml (1 tb.) cranberry jelly
  - (optional)

Place the pork knuckles in a large saucepan w/ the onions, carrots, vinegar, bay leaf & clove. Cover w/ water & bring to the boil. Cover & simmer very gently for 45 minutes. Drain the meat , retaining the vegetables, bay leaf & clove. Brush the meat w/ butter & place in a large braising dish. Add the vegetables, herbs, apple slices & apple juice. Cover & bake at 180 celcius/ 350 F degrees/ Gas mark 4 for about 2 hours until the pork is very tender. Serve w/ the vegetables & a little of the cooking liquor ( which may mixed w/ cranberry jelly, reheated & poured over the meat), & potatoes dumplings & red cabbage

## Braised Red Cabbage

4 Servings

- 1 red cabbage, julienned
- 2 T vegetable oil (or corn oil)
- 2 T cider vinegar, red wine  
-vinegar, or rice vinegar
- 1/2 c onions, Chopped
- 1 apple, peeled, cored, cut  
-into thin, Slices
- 2 T honey (or brown sugar)
- 1/2 c chicken stock (or vegetable)  
-broth
- 2 whole cloves
- 2 T butter
- Pepper
- Salt

Examine and clean the cabbage. Discard any tough or wilted leaves, cut away and discard the core. Cut the remaining leaves into thin julienne. Heat the oil in a heavy skillet and add the onion and cabbage and saute, stirring, until wilted. Add the apple slices, broth, vinegar, honey, cloves, salt and pepper. Blend well. Cover and cook 15 minutes, stirring often. Uncover and simmer until liquid reduces by half. Add butter, stir and blend well.

## Bramberger Meat And Cabbage

4 Servings

- 1 lb cabbage, head, small
- 1 T vegetable oil
- 2 onions, medium, chopped
- 1/2 lb pork, lean, cubed
- 1 lb ground beef, lean
- 1 t caraway seeds
- 1/2 t salt
- 1/2 t pepper
- 1/2 c white wine, dry
- 1 t vegetable oil
- 3 bacon, strips, thick sliced

Remove outer, wilted cabbage leaves and core. Place cabbage in a large pot of boiling water and simmer gently for 10 minutes. Remove and drain. Gently pull off 12 leaves and set aside. Finely chop the rest of the cabbage. Heat 1 T vegetable oil; add onions, pork, and ground beef. Cook until lightly browned. Drain off excess fat. Add the chopped cabbage, caraway seeds, salt, and pepper. Pour in the white wine. Cover and simmer the mixture for 10 minutes, stirring often. Grease an ovenproof dish with 1 t of vegetable oil; line the dish with half the cabbage leaves. Spoon in the meat mixture, cover with the rest of the cabbage leaves. Cut bacon strips in half and arrange on top. Place in preheated 350F oven; bake for approximately 45 minutes.

## Bratwurst In Beer, Berlin Style

4 Servings

- 12 bratwurst (or pork sausage)
- 2 T butter (or margarine)
- 1 1/4 c beer
- 1 salt and pepper, to taste
- 1 T flour
- 2 md onions, peeled and sliced
- 2 bay leaves
- 3 T parsley, chopped

Place Bratwurst in a saucepan and cover with boiling water. Cook 3 mins; drain. Melt butter in a skillet; add Bratwurst to brown. Remove to a warm plate. Pour off all except 2 Tbs fat. Add onions; saute until tender. Return sausages to skillet. Add bay leaves, beer, salt and pepper. Cook slowly for 15 mins. Add more beer during cooking, if needed. Remove Bratwurst to a warm platter. Mix flour with a little cold water; stir into hot liquid. Cook, stirring, until liquid is a thick sauce; remove bay leaves. Add parsley; pour over sausage. Serve with mashed potatoes and red cabbage. Serves 4.

## Braune Bohnen (Green Beans In Gravy)

4 Servings

500 g cut green beans, sliced on  
-the diagonal (a generous

1 salt

2 T flour

50 g fat (3 1/2 tbsp)

1 a bit water

1 onion studded with 2 cloves

1 bay leaf

1 vinegar, To Taste

1 a bit of sugar

In a wide saucepan, melt the fat, and then slowly stir in the flour, until you have a dark brown roux. Add enough water or meat broth to obtain a thick gravy. Add salt, the onion with the two cloves, the bay leaf, and sugar, and slowly simmer for about 20 minutes. Meanwhile cook the green beans in salted water until al dente. Drain water. Stir green beans into gravy and let steep for a few minutes before serving.

## Braune Einbrenne (Brown Gravy)

4 Servings

60 g fat (1/4 cup)

2 T flour

1/2 l water (or broth (2), Instant  
-cups plus, 2 tbsp)

1 bay leaf

Make a dark roux of the flour and fat, then add liquid and bring to a boil. Only then add 'inlays' (cooked spaetzle, pasta, dumplings, vegetables, etc.)

Serves 4.

## Braune Zucker Platzchen (Brown Sugar Cookies)

6 Servings

- 1 1/2 c brown sugar, firmly packed
- 2/3 c shortening
- 2 eggs, large
- 2 T milk
- 1 T orange rind, grated
- 2 t baking powder
- 1 t cinnamon
- 1/2 t cloves
- 1/4 t salt
- 2 c unbleached flour
- 1 c raisins
- 1/2 c nuts, chopped, if desired

Cream sugar and shortening until light and fluffy. Beat in eggs, milk and orange rind. Stir together baking powder, spices, salt and flour. Mix into sugar mixture. Stir in raisins and nuts, if used. Drop dough by teaspoonfuls onto greased cookie sheets. Bake at 350 degrees F. about 10 to 12 minutes, or until done. Remove from baking sheets and cool cookies on rack. Store in airtight tins. Makes about 4 to 5 dozen cookies.

## Brennsuppe (Flour Soup)

4 Servings

- 50 g fat (a generous 3 tbsp)
- 4 T flour
- 1 1/2 qt water
- 1 salt
- 1 pepper
- 1 onion, chopped
- 1 caraway seeds
- 1 seasoning herbs

Heat the fat, add flour, and make a roux. Add the chopped onion. Add the water, and season to taste with salt, caraway seeds and other seasoning herbs (e.g. thyme, savory, marjoram).

Serves 4.

## Brotknoedel (Bread Dumplings)

4 Servings

- 4 kaiser rolls, cut into thin  
-sliced
- 1 breadcrumbs as required
- 2 eggs
- 1 very small bunch [a few  
-stems] parsley, finely ch
- 1/8 l milk (1/2 cup plus 1/2 tbsp)
- 30 g butter (2 tbsp)

pepper and salt to taste marjoram (optional in some areas)

Soak the rolls in lukewarm milk for 1/2 hour. Add the remainder of the ingredients and mix well. If mixture is too wet, add some breadcrumbs. Shape into dumplings. Carefully put dumplings into barely salted, simmering water and cook for 25 minutes. Serve as accompaniment to sauces, mushrooms, or in soups.

Serves 4.

## Brussels Sprouts In Beer

4 Servings

1 lb brussels sprouts, fresh  
1/2 t salt  
1 beer, any brand, to cover  
2 T butter

Trim and wash sprouts. Place in a medium-size saucepan and pour enough beer over them to cover. Bring to a boil, reduce heat and simmer for 20 minutes or until tender. Add more beer if needed, as liquid evaporates. Drain; add salt and butter. Serve hot.

## Butter Or Sugar Cake On A Baking Sheet

8 Servings

- 1 cake dough
- 3/4 oz (20g) yeast
- 1 t sugar
- 1/2 pt (285ccm) lukewarm milk
- 1 1/8 lb (500g) flour
- 2 1/2 oz 3 1/2 (75-100g) sugar
- 3 drops baking essence
- 1 bitter almond flavor
- 1 pinch salt
- 1 3/4 oz (50g) butter, margarine,  
1 or lard, or 3 tb oil
- 1 topping
- 1 3/4 oz 4 1/2 (50-125g) butter
- 2 1/2 oz (75g) sugar
- 1 packet vanillin sugar
- 1 3/4 oz (50g) almonds (blanched and  
1 chopped) (or hazelnuts)
- 1 (blanched and), Chopped

FOR THE CAKE DOUGH: cream the yeast with 1 tsp of the sugar and 5 tbs of the milk. Sieve 2/3 of the flour into a large mixing bowl, make a well in the center and pour in the yeast; cover with 1/4 in (1/2 cm) layer of flour. Distribute the sugar, flavoring, and melted lukewarm fat on the flour around the well; take care that they do NOT come in contact with the yeast. As soon as the yeast shows large cracks, begin to stir all the ingredients together, starting from the middle, and gradually adding the rest of the milk. Beat the dough with a strong wooden spoon until it shows bubbles. Knead in the rest of the flour; if the dough should be sticky add a little more flour, but not too much the dough should remain soft. Leave in a warm place until the dough has doubled in size. Knead thoroughly again and roll out on a greased baking sheet. Place a folded piece of greaseproof paper against the dough at the open end of the baking sheet. FOR THE TOPPING: Either flake the fat evenly over the cake or melt it and brush it over. Mix the sugar with the vanillin sugar and nuts and sprinkle evenly over the cake. Leave in a warm place until the cake has doubled in size and then bake. OVEN: preheat for 5 minutes at very hot, bake at moderately hot. BAKING TIME: about 15 minutes

## Butterkuchen (Butter Cake)

12 Servings

2 env active dry yeast  
1/2 c water, warm  
3/4 c milk  
1/2 c sugar  
1 t salt  
1/2 c butter  
4 c all-purpose flour, sifted  
1 rind of 1 lemon, Grated  
Eggs Butter Topping =====  
1/2 c butter (1 stick)  
1 c sugar  
1/2 t cinnamon  
1/3 c almonds, blanched, slivered

Sprinkle the yeast over warm water. Heat milk, sugar, salt and the 1/2 cup butter together until sugar is dissolved and butter melted. Cool to lukewarm. Add dissolved yeast. Place the flour blended with lemon rind in large mixing bowl; form a well in the center. Add yeast-milk mixture and the eggs. Stir until blended and smooth. Pour into a buttered 9x13-inch baking pan, spreading dough evenly. Let rise in warm place about 45 minutes.

Chop the butter into the mixed sugar and cinnamon to form fine particles. Sprinkle over top of risen batter. Add the almonds. Bake in oven preheated to 375 F. for 30 minutes, or until top is golden and syrupy. Makes about 12 servings.

Variations: Streuselkuchen: This is much the same as Butterkuchen except that the lemon rind is omitted from the butter and a crumb topping of 1 1/2 cups flour, 3/4 cup sugar, 1/4 cup ground almonds and 8 Tbsp (1 stick) butter are sprinkled over batter. If desired, 1/4 tsp cinnamon may also be added to the topping mixture.

Apfebutterkuchen (a Bremen specialty). Prepare as for Butterkuchen, place sliced peeled apples over top of dough before placing in oven. Cover apples with same Butter Topping. Almonds are an optional addition (and very good!).

## Cassibowle

10 Servings

9 oz red raspberries  
9 oz black raspberries  
1/2 c cassis  
2 bottles white wine  
2 limes, sliced  
2 bottles champagne

1. Wash berries and strip from stem, put into a punchbowl and pour the Cassis and 1/2 a bottle of the wine over all.
2. Let stand, covered, for 1 hour.
3. Shortly before serving add the lime slices and the cooled wine and the champagne. Stir and serve cold.

## Celery Root Salad (Selleriesalat)

2 Servings

- 1 md celery root (3-inch  
-diameter), peel, ed,
- 1 washed, and thinly sliced
- 1 c beef stock
- 2 T to 3 tb salad oil
- 1 wine vinegar
- 1 salt
- 1 pn sugar
- 1 sm onion, finely chopped

Put the freshly sliced celery root immediately into the stock which should be flavored with 1 tablespoon each oil and vinegar, 1/2 teaspoon salt, the sugar, and the chopped onion. Cook for about 20 minutes - until the celery root is quite tender and the liquid has almost boiled away. Season the celery root and beef stock with the remaining oil and a dash or two of wine vinegar, as well as with salt if you wish.

Note: If the salad is to be served as an appetizer, mix in some coarsely chopped walnut and garnish with a few walnut halves.

Makes 2 - 3 cups.

## Cheese Strata

4 Servings

10 sl bread  
1/2 lb sharp cheddar cheese,grated  
2 c milk  
1 t salt  
3 eggs  
5 T butter  
2 T parsley for garnish,Chopped  
- (optional)

Butter bread and cut into cubes (or leave whole). Layer in baking dish, alternating with grated cheese. Mix milk, salt and eggs. Beat and pour over bread and cheese. Let stand several hours or overnight.

Bake at 275F for 45 minutes.

## Cheesecake Germania

6 Servings

BASE =====

1 c chocolate wafer crumbs  
2 T sugar  
3 T margarine, melted

BODY =====

3 pk 8-ounce cream cheese, soften  
3/4 c sugar  
1/4 c cocoa  
2 t vanilla  
3 eggs

TOPPING =====

1/3 c evaporated milk  
1/3 c sugar  
1/4 c margarine  
1 egg, beaten  
1/2 t vanilla  
1/2 c pecans, Chopped  
1/2 c flaked coconut

**BASE:** Combine crumbs, sugar and margarine; press onto bottom of 9-inch springform pan. Bake at 325, 10 minutes.

**BODY:** Combine cream cheese, sugar, cocoa and vanilla, mixing at medium speed on electric mixer until well blended. Add eggs, one at a time, mixing well after each addition. Pour over crust. Bake at 350, 35 minutes. Loosen cake from rim of pan; cool before removing rim of pan. Chill.

**TOPPING:** In small saucepan, combine milk, sugar, margarine, egg and vanilla; cook, stirring constantly, until thickened. Stir in pecans and coconut; cool. Spread on cheesecake.

## Cherry Desert Meeresburg

4 Servings

1 lb cherries,tart, fresh

3 T kirsch

6 T sugar

2 T water

12 ladyfingers

8 oz cream cheese \*

1/2 t vailla extract

2 oz almonds,ground \*\*

1 c cream,heavy

GARNISH =====

1 pistachio nuts,chopped

\* Soften Cream Cheese to room temperature. \*\* Grind Almonds in the blender, if ground almonds are not available.

## Chestnut Torte

2 lb chestnuts  
Milk, to cover  
Butter, for baking pan  
1/2 c butter, softened  
Flour, for baking pan  
6 eggs, separated  
1 whole egg  
1 c sugar  
2 T sugar  
1 T fine bread crumbs, Dried  
2 T rum  
Chocolate Frosting  
1 c whipping cream, for topping

Place chestnuts in a large saucepan with water to cover. Bring to a boil and boil 10 minutes. Remove from heat but do not drain. Remove chestnuts, a few at a time, and peel off hard outer shell and soft inner membrane. When all chestnuts are peeled, drain water and return chestnuts to saucepan. Add milk just to cover and simmer, uncovered, until chestnuts are very tender and milk is absorbed (15 to 30 minutes). Press chestnuts through a sieve and set aside. Preheat oven to 350 degrees. Butter and flour an 8 or 9-inch-round pan. In a large bowl beat egg whites until soft peaks form. Gradually add 1/3 cup of the sugar, beating constantly until stiff peaks form. In another large bowl cream together egg yolks and 2/3 cup of the sugar until fluffy and lemon colored. Gently fold in egg- white mixture alternately with bread crumbs and half of the reserved chestnuts.

Pour batter into prepared pan. Bake until a cake tester inserted in center comes out clean (30 to 35 minutes). Transfer pan to a wire rack to cool completely. Turn cake out of pan and split cooled cake in half crosswise to form 2 layers. Crack the whole egg into a mixing bowl and add the 1/2 cup butter, the 2 tablespoons sugar, and rum. Cream until thick and smooth.

Beat in the remaining chestnuts until well blended. Prepare Chocolate Frosting as directed and keep warm. Spread chestnut mixture over 1 layer of cake and top with second layer. Pour warm frosting over top. Whip cream until stiff peaks form, then pack into a pastry bag fitted with a star tip. Pipe whipped cream decoratively on sides of torte.

## Chicken And Country Ham Deep Dish Pie (Moravian)

8 Servings

### FILLING =====

- 2 2-1/2 to 3 pound broiler-fryers
- 1 T salt
- 1 t pepper
- 1 t thyme,Ground
- 1 t rubbed sage
- 1 pastry (see below)
- 1/4 c butter (or margarine)  
-divided
- 2 T all-purpose flour
- 1 sl country ham,cut into 1-inch  
- pieces

### PASTRY =====

- 3 c all-purpose flour
- 1 t salt
- 1 c shortening
- 5 T to 6 tb ice water

#### Pie Filling:

Place chicken, salt, pepper, thyme, and sage in a large Dutch oven; add water to cover. Bring to a boil; cover and simmer 1 hour or until tender. Remove chicken, reserving 1 cup broth; cool chicken. Remove chicken from bone, and cut into bite-sized pieces. Line a 2-quart baking dish with 2/3 of pastry. Place chicken in pastry shell. Melt 2 tablespoons butter in a medium saucepan; add flour, stirring until smooth. Cook 1 minute, stirring constantly. Gradually stir in broth; cook over medium heat, stirring constantly, until thickened and bubbly. Pour sauce evenly over chicken. Place ham pieces over chicken mixture, and dot with remaining butter. Top with remaining pastry. Trim edges of pastry; seal and crimp edges. Cut slits to allow steam to escape. Decorate with pastry cutouts, if desired. Bake at 400F for 40 minutes or until crust is golden brown.

Pastry Directions: Combine flour and salt in a bowl; cut in shortening with pastry blender until mixture resembles coarse meal. Sprinkle cold water evenly over surface; stir with a fork until all dry ingredients are moistened. Roll dough to 1/8-inch thickness on a lightly floured surface. pastry for one 2-quart casserole.

## Chicken And German Noodle Soup

- 1 2/12 to 3 lb broiler-fryer  
-chicken,,cut up
- 6 c water
- 2 sprigs parsley
- 2 stalks celery,cut up
- 1 carrot,sliced
- 1 small onion,cut up
- 2 t salt
- 1/4 t pepper
- 1 bay leaf
- SPATZLE =====
- 1 c plus 2 t flour
- 1/4 t salt
- 1 egg
- 1/2 c milk

### Broth:

In large kettle or Dutch oven combine all ingredients. Cover and simmer until chicken is tender, about 1 hour. Remove chicken from broth. Strain broth; discard vegetables. Skim off excess fat Return broth to pan. Remove chicken meat from bones; chop chicken. Add meat to broth; simmer. Prepare spatzle; add to simmering soup as directed.

### Spatzle:

Stir together flour and salt in a small bowl. Blend egg and milk; stir into the flour mixture. Place half the dough in a strainer. Hold over soup kettle. With rubber spatula press dough through the strainer to form spatzel. Repeat with remaining dough. Cook and stir 5 minutes. Ladle into bowls.

## Chicken Fricassee (Huhnerfrikassee)

4 Servings

- 1 stewing chicken
- 1 cold water
- 1 salt
- 1 leek
- 1 celery stalk
- 1 carrot
- 1 whole clove
- 1 bay leaf
- 1 sm onion, cut in half
- 1 sm can button mushrooms, drained
- 1/3 c butter
- 1/4 c all purpose flour
- 1 pn nutmeg, Ground
- 1 t worcestershire sauce
- 1 dry white wine, german
- 1 t lemon juice
- 1 sm can of peas, drained
- 1 egg yolk
- 6 T whipping cream

Cut chicken into pieces. Place chicken in a deep saucepan; cover with cold water. Add salt, leek, celery, carrot, whole clove, bay leaf and onion. Bring to boil; reduce heat. Simmer 1 to 2 hours, depending on size and tenderness of chicken. When joints linking thigh portions to main body move easily and seem flexible, chicken will be done

Remove chicken from cooking liquid; cool slightly. Remove skin and fat; cut flesh from bones in large pieces. Strain liquid. Cut mushrooms into thin slices. Sauté in a small amount of butter in a medium skillet. Melt butter in a large skillet. Stir in flour. Cook, stirring constantly, until light golden brown, about 3 minutes. Add a small amount of hot cooking liquid and season with salt, nutmeg, Worcestershire sauce, wine and lemon juice. Place chicken pieces, sautéed mushrooms and peas in sauce; warm gently over low heat. When all ingredients are hot, turn off heat. Let stand 3 to 4 minutes. Before serving, blend egg yolk and whipping cream in a small bowl. Stir egg yolk mixture into sauce to make it smooth and rich. Serve hot with rice.

## Chocolate Amazons (Schokoladen Amazonen)

1 Servings

- 2 egg whites
- 1/2 c sugar (scant)
- 1 3/4 c finely ground, unblanched almonds
- 1 bar (or square semisweet) chocolate, grated
- 1 blanched almonds, split in half (for garnish)

Beat egg whites until very stiff. Fold in sugar. Combine. Add ground almonds and grated chocolate and blend gently but thoroughly.

Drop a teaspoon of mixture onto a well-buttered 10 x 16 x 2 inch baking pan, forming a small mound with the help of a second spoon. It is essential to keep mound high. Decorate by placing one blanched almond half on top of each dome.

Place in preheated oven, 300 degrees, reduce to 250 degrees, and bake for about 25 minutes until firm on surface. Leave on baking pan until slightly cool. Remove. Cookies may be slightly soft, but they will harden during cooling time. 18 to 20 cookies.

## Chocolate Filled Kuchen

1 Servings

- 1 pk active dry yeast
- 1/4 c water (105-115 deg f), Warm
- 3/4 c milk, scalded
- 1/3 c butter, softened
- 1/4 c sugar
- 1 teaspoon salt
- 2 eggs
- 1/2 t vanilla extract
- 3 1/2 c all-purpose flour
- 6 oz pkg nestle toll house
- 1 semi-sweet chocolate
- 1 morsels
- 1/2 c walnuts, Chopped
- 1 egg, Beaten

In small bowl, dissolve yeast in water; set aside. In large bowl, combine scalded milk, butter, sugar and salt; stir until butter melts. Beat in eggs and vanilla extract. Stir in yeast. Gradually add flour, beating well after each addition. Turn dough out onto lightly floured board; knead 8 minutes. Place dough in large greased bowl; turn once. Cover bowl with plastic wrap; let rise in warm place until doubled in bulk (about 1 1/2 hours). Turn dough out onto lightly floured board; knead 1 minute. Roll into 22x14 inch rectangle. Sprinkle Nestle Toll House semi-sweet chocolate morsels and nuts over dough. Roll up jelly roll style starting with long side; seal seam. Form into ring; seal ends. Place seam side down on cookie sheet. Cut 2/3 way through ring at 1 inch intervals, leaving center intact. Gently twist each section. Cover with plastic wrap; let rise in warm place until doubled in bulk (about 1 hour). Preheat oven to 350 degrees. Brush break with beaten egg. Bake at 350 degrees for 25-30 minutes. Serve warm or at room temperature. Garnish as desired.

## Choucroute Garnie

8 Servings

- 1 1/2 lb pork shoulder
- 1 lb knackwurst
- 1 lb italian sausage
- 1 lb bacon
- 3 lb sauerkraut
- 8 juniper berries
- 2 T gin
- 1/2 c wine, white

Polish sausage may be substituted for Italian sausage.

Cover bacon strips with boiling water; set aside. Cut pork into 1" chunks. Slice knackwurst and Italian sausages in half. Combine pork, knackwurst, and sausages and set aside. Drain sauerkraut, rinse in cold water and squeeze dry. Drain bacon and pat dry. Chop bacon. Mix into sauerkraut and add crushed juniper berries and gin. Add half of sauerkraut mixture to crockpot, then add mixed meats and remaining sauerkraut, sprinkling with pepper as you go. Pour wine over all and cover. Cook about 2 hours on High.

Turn into warmed serving bowl. Sprinkle with parsley. Serve with boiled potatoes. Pass around mustard or horseradish, if you wish.

## Christmas Borscht

8 Servings

32 oz beets,diced canned  
3 c water  
1 celery stalk  
1 carrot,quartered  
1 bay leaf  
1 garlic clove,peeled  
1/4 t peppercorns,whole  
1/4 t salt  
1 T lemon juice  
1 t sugar  
1 dairy sour cream (or dill)  
-sprigs

Drain beets reserving liquid. Set beets aside. In a large saucepan combine beet liquid, water, celery, carrot, bay leaf, garlic, peppercorns and salt. Bring to a boil. Cover, reduce heat and simmer 15 minutes. Remove vegetables and seasonings with a slotted spoon. Stir in reserved diced beets, lemon juice and sugar. Continue cooking 10 minutes or until heated through. Serve topped with sour cream and/or dill sprigs. Makes 8 servings.

## Cinnamon Kuchen

1 Servings

- 1 egg,beaten in cup - milk t
- 0
- 3 T sugar
- 1 1/2 c flour
- 2 1/2 t baking powder
- 2 apples,sliced
- 1 topping,-----
- 
- 1 T butter
- 1 1/2 T flour
- 1/2 T cinnamon

Mix together, pour into greased pan, top with topping. (Apples may be omitted.)

## Classic German Burgers

6 Servings

### BURGERS =====

- 2 lb lean beef,Ground
- 1 md onion,minced
- 3 T fresh parsley,Minced
- 2 eggs,beaten
- 1/2 t salt
- 1/8 t pepper
- 1/8 t nutmeg,Ground
- 2 T flour
- 1 butter for frying
- 2 lg onions,thinly sliced in
- 1 rings

Combine burger ingredients and shape into 6 patties. Fry in melted butter until desired doneness. Remove and keep warm. Fry onions in pan drippings until golden.

## Coffee Cake (Kaffee Kuchen)

1 Servings

1/2 c butter  
1 c sugar  
6 1/2 c flour  
1 \*dissolved in  
1 butter,melted  
1 egg,separated  
2 c milk  
1 c yeast  
1/3 c water,lukewarm  
1 brown sugar

Scald the milk and set aside to cool. Cream the sugar, butter and egg yolk. Add to this the lukewarm milk, alternately with the flour and the dissolved yeast cake. Beat lightly and add the stiffly beaten egg white. Allow this mixture to rise over night. Flour a bake-board and take out large spoonfuls of the dough to which just enough flour has been added to permit it to be rolled into flat cakes. Spread on well-greased pie tins and when light (about 1-1/2 hours) brush melted butter over the top and strew thickly with brown sugar. If preferred, spread "rivels" on top by combining 1/2 cup sugar, 1/2 cup flour, and 2 Tbsp butter. Crumble together and sprinkle on top of cakes. Bake at 400-F about 20 minutes.

## Crisp German Meatballs

1 Servings

1/2 lb grd pork sausage  
1/4 c onion, chopped  
1 cn 16 Oz saurkraut, drain &  
-chopped  
2 T breadcrumbs, dry & fine  
1 pk cream cheese, soften  
2 T parsley  
1 t prepared mustard  
1/4 t garlic salt  
1/8 t pepper  
1 c mayo  
1/4 c prepared mustard  
2 eggs  
1/4 c milk  
1/2 c flour  
1 c breadcrumbs, fine  
1 veg. oil

Combine sausage & onion in a lg pan; cook til sausage is browned, stirring for it to crumble. Drain well. Stir in kraut & 2 T breadcrumbs. Combine c. cheese & next 4 ingredients in lg bowl; add sausage mixture, stirring well. Cover & let stand for 2 hrs. Combine mayo & mustard; set aside. Combine eggs & milk in sm bowl; set aside.

Shape sausage mixture into 3/4" balls; roll in flour. Dip each ball in reserved egg mixture; roll balls in 1 c breadcrumbs. Pour oil to a depth of 2" into d, oven; heat to 375 deg. Fry, a few at a time, 2 min or til golden brown. Drain on paper towel. Serve with mayo mixture. Yields 5 doz

## Crispy Porkroast With Basilsauce

3 lb porkroast, boneless  
1 salt, pepper  
3 onions  
3 cloves garlic  
1 bn soupgreens  
13 oz peas  
1 bn parsley  
1 bn basil  
1 t lemonpeel  
3 T oil  
1/2 c vegetablebroth  
6 T wine vinegar  
1 t cornstarch  
1 sweet paprika  
1 T soysauce

1. Season the meat, rub in good.
  2. Clean onions and chop finely. Clean soupgreens and cut into small cubes.
  3. Clean garlic and chop finely. Put the meat in a dish and add the onions, soupgreen and garlic and bake all in a 200C oven for 30 min. Add the vegetablebroth and cook 30 more minutes.
  4. Strip basil from stems, leave a little for garnish and chop the rest finely.
  5. Mix lemonpeel, herbs with 1 tablespoon oil together.
  6. Saute the peas for 5 minutes.
  7. Heat the leftover oil in a skillet and saute the tomatoes, cut into slices, in it for a couple minutes. drain the peas and add to it.
  8. Take the meat out and keep warm. Put the balsam, herb mix in the leftover meatjuices and let come to a boil once. Put all through a sieve and thicken with cornstarch.
  9. Slice meat, arrange on platter and pour the vegetables all around it.
- Garnish with Basil and serve with the sauce and rice and wine.

## Croatian Or Bavarian Cabbage Salad

Grate the cabbage and put it in a big dish in layers which have been salted before putting the next layer on. Salt the last layer, then put some clingfilm directly on top of the cabbage and put kitchen towel on top of that. Next put a heavy pot or something on top of the kitchen towel and let it marinate for at least 3 hours, but better over night.

Wash the cabbage when it has been marinated long enough, drain it and add lemon juice and cumin. Marinate again for at least an hour (cabbage usually takes a while to take the taste of the spices you add).

For Bavarian Cabbage Salad:

Marinate with salt as described above, then wash and drain. Add caraway seeds and thin stripes of crispy, fried bacon, sugar, more salt (if necessary), red wine vinegar and vegetable oil. Mix and marinate for at least an hour.

## Crumb Cake

6 Servings

### TOPPING =====

1/4 c sugar  
1/4 c brown sugar  
2 t cinnamon  
1 c flour, unbleached, unsifted  
1/2 c butter (or margarine)

### CAKE =====

2 1/4 c flour, unbleached, unsifted  
1/4 c sugar  
1/4 t salt  
1 pk yeast, dry  
3/4 c milk  
1/2 c butter (or margarine)  
1 lg egg

TOPPING: For topping, mix sugars, cinnamon and flour. Cut in butter until mixture is crumbly. CAKE: To make cake, mix 1 cup flour, sugar, salt and yeast in a large bowl. Place milk and butter in a sauce pan and heat until very warm (120F to 130F). Gradually add to dry ingredients; beat 2 minutes. Beat in egg and 1 cup flour. Beat on high speed for 2 minutes. Stir in enough flour to make a soft but stiff batter. Spread batter into a well-greased 9-inch square cake pan. Sprinkle with topping. Let rise in a warm place until double in bulk, about 1-1/2 hours. Bake at 350F for about 45 minutes or until done. Makes one 9-inch square cake.

## Cucumber And Potato Soup

4 Servings

1 cucumber,medium  
1 t salt  
1/4 t pepper,white  
1/2 c milk  
1 t dillweed,dried or  
4 potatoes,med, peel and dice  
2 c water,cold  
1 c cream,heavy  
1 green onion,grated  
1 T fresh dill,chopped

Peel the cucumber and slice it lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber. In a heavy 2 1/2-quart saucepan boil potatoes in salted water until the potatoes are very soft. Pour potatoes and cooking liquid into a sieve or food mill set over a large bowl. Force potatoes through. Return to the saucepan. Stir in pepper, cream, milk, grated onion and the cucumber. Simmer gently about 5 minutes or until the cucumber is tender. Add dill and season to taste. Serve hot.

## Cucumber Relish Salad

4 Servings

2 cucumbers, medium  
1 1/2 T cider vinegar  
1/8 t pepper  
1 T parsley, fresh, minced  
1 1/2 T sugar  
1/2 t salt  
1/2 c sour cream

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.

## Curd Cheese (German Quark, Austrian Topfen)

4 T yogurt, or wine vinegar, or  
5 T lemon juice  
2 qt milk

You will need a saucepan, a bowl, and a sieve. If using yogurt, bring the milk to a boil and then leave it to cool to finger temperature (100 F). Mix with milk with the yogurt in a basin. Put in a warm place for 4 to 5 hours to set as solid as yogurt.

If using vinegar or lemon juice, stir into the milk and bring it to a near boil (200 F) in a bowl set in a saucepan of water. Remove and keep in a warm place for 4 to 5 hours.

Pour the mixture into a sieve lined with a scalded clean cloth. After an hour put a plate on top to weight and encourage the whey to drip through. The curds in the cloth are the cheese. Cover and store in a cool pantry, and it will keep for about a week. Drink the whey, flavored with fruit juice, for your health - or use to make scones. Keep in refrigerator and eat within 2 days.

## Czech Kolachke

1 Servings

8 oz pkg cream cheese at room  
1 temp  
1 c butter, at room temp.  
2 c all-purpose flour (do not  
1 sift)  
1/8 t salt  
1/4 t granulated sugar  
3/4 c peach (or strawberry jam)  
1 powdered sugar

Beat cream cheese and butter until creamy, then beat in flour, salt and sugar until well combined.

Using a well floured surface, roll out a small portion of the dough at a time until very thin (1/8" or less)

Cut out dough with cookie cutter about 2" in diameter and transfer to an ungreased baking sheet. In the center of each, place about 1/4 tsp jam - Bake in 350F oven 10-12 min. or until edges begin to brown.

Remove from baking sheet and cool completely on wire racks; dust with confec. sugar.

Makes about 5 doz.

## Daetscher

1 Servings

- 15 g yeast
- 500 g flour
- 125 g butter- (or lard-schmaltz)
- 200 g potatoes,boiled, skinned
- 50 g butter
- 5 T dairy sour cream
- 1 salt,To Taste
- 1 caraway seeds,To Taste
- 1 milk (a little)

Crumble the yeast and mix with the luke warm milk and a little flour to form a preliminary dough. Let it rest for 30 minutes. In the meantime, grind the potatoes. Combine with the preliminary dough, the schmaltz and the rest of the flour. Roll out this dough to thin, plate sized rounds. Place on a greased baking sheet, spread butter and sour cream on top, sprinkle with salt and caraway seeds. Bake at 225 degrees Celsius until golden brown. Serve at once.

## Dampfnudle (Yeast Dumplings)

1 Servings

500 g flour (4 1/2 cups less 1  
1 tbsp)  
1/4 l milk (1 cup plus 1 tbsp)  
40 g [fresh] yeast (1.4 oz)  
1 ds salt  
150 g butter or, better yet,  
1 clarified butter (2/3 cup)  
1 2 eggs

Heat the milk a bit and then dissolve the yeast in it. Make a well in the flour, and pour the yeast mixture into it. Let rest for 1/2 hour. Then, add the remaining milk and the salt, and knead well. Vigorously beat the dough until it forms bubbles, then cover, and in a warm spot, let rest for 1 hour. Cut off fist size pieces, and - on a floured pastry board - let these pieces rise one more time, for another 15 minutes.

In a wide pot, melt the fat, and then add warm, salted water to a depth of about 3/4 inch. Add the dumplings, arranged in one layer, touching each other. Put a lid on the pot, and additionally seal the edges - where the lid rests on the pot - with damp cloths in order to keep the steam inside. Bake at low heat. The dumplings should be done in about 20 minutes, and have the highly desirable 'Schuepet' (hard, brown crust) on the bottom.

## Damson Cheese (Zwetschgenmus)

6 Servings

5 lb plums

1 c water

Pit the damsons and mince them (or put them through the meat grinder or puree in the blender or food processor), retaining as much of the juice as possible. Add a little water to the minced damsons and the juice and slowly bring to a boil' reduce the fruit pulp over low heat for several hours, but do not stir or the damson pulp is quite likely to scorch on the bottom.

When the pulp has thickened somewhat, it will have to be stirred - continuously - for several hours, until it is literally thick enough that a spoon will stand up in it. It may sputter and bubble during this stage. (In former days, it was usual for several families to convene in the village washhouse for a cooperative 'Zwetschgenmus' cooking session, with story-telling and other impromptu entertainments to give encouragement to the stirrers.)

When the damson cheese has sufficiently thickened, transfer it to stoneware crocks and bake in the oven until a dry crust has formed on top. The damson cheese will keep better if a piece of parchment paper that has been soaked in rum is placed on top of this crust before the crock is sealed with plastic wrap (formerly a piece of linen or parchment was used).

## Der Gefuellte Schweinebauch (Stuffed Pork Belly)

4 Servings

- 1 Kg pork belly (raw,not too -fatty) ( a,generous 2 lbs)
- 1 salt and pepper,To Taste
- 1 yellow turnip [substitute -carrot]
- 1 onion
- 5 cloves garlic
- 1 stuffing
- 100 g plain breadcrumbs (3 1/2 oz)
- 1 bn parsley
- 100 g smoked ham,diced (3 1/2 oz)
- 100 g meat (3 1/2 oz),Ground
- 1 pn sugar
- 1 T marjoram
- 1 onion,finely chopped, and -sauteed,till transparent
- 1 salt and pepper,To Taste

Cut a pocket into the pork belly, and lightly season the inside. Combine the stuffing ingredients and mix well. Stuff the pork belly with this mixture, then sew the opening shut with cooking twine. Score the fatty rind with a knife. Rub the pork belly all around with seasonings. Roast, along with the sliced turnip, until crispy. The meat will have to be turned and basted several times.

Serves 4.

## Deutsches Beefsteak (German Beefsteaks)

4 Servings

- 1 hard roll, large, dry
- 1/2 c water
- 4 T vegetable oil
- 1 onion, medium, chopped
- 1 lb ground beef, lean
- 1/2 t salt
- 1/4 t pepper
- 4 onion, medium, sliced

In a small bowl soak roll in water. Heat 2 T vegetable oil in a frypan; cook chopped onion until lightly browned. Transfer onion to a bowl. Squeeze roll as dry as possible and mix roll with onion. Add ground beef; blend well. Season with salt and pepper. Shape meat into 4 patties; cook about 5 minutes on each side or to desired doneness. Remove and keep warm. Add sliced onions to pan drippings; cook until lightly browned. Arrange beefsteaks on a platter and top with onion rings.

## Dodd's Lebkuchen

3 Servings

3 c all-purpose flour,Sifted  
1/4 t baking soda  
1 t cinnamon,Ground  
1/2 t allspice,Ground  
1/2 t cloves,Ground  
1/2 t nutmeg,Ground  
2 eggs  
1 c sugar  
1/2 c honey  
3/4 c unblanched almonds,finely  
-chopped  
2 oz candied orange peel,finely  
-chopped  
2 oz candied lemon peel,finely  
-chopped  
1 glaze  
1/3 c confectioners' sugar  
1 T water  
1 t lemon juice

Sift flour, baking soda, and spices together; set aside Beat eggs with sugar until very thick. Add honey gradually, beating well Add dry ingredients in fourths, folding until blended after each addition. Mix in almonds and candied peels. Turn into a greased 15x10x1 jelly-roll pan and spread evenly. Bake at 350F for 25 to 30 min. Remove pan to wire rack and cool slightly. Spread glaze evenly over warm surface. Cut into bars

GLAZE: Blend thoroughly 1/3 cup confectioners' sugar, 1 Tbs water, and 1 tsp lemon juice

## Dortmund-Lindenhorst Pfefferpotthast

1 Servings

1 lb tender beef goulash  
10 little onions,sliced  
4 cloves  
3 bay leaves  
1 salt  
1 pepper  
1 mondamin binding agent  
10 g pfefferposthast spice\*

\*(contains: pimento, pepper, coriander, bay leaves, cinnamon, lemon peel, celery, cloves, cayenne pepper)

Fry meat in margarine. Add onions, cloves, bay leaves, salt and pepper. Cover with boiling water. Cook until done. Then add Pfefferpotthast Spice. Thicken with binding agent.

## Dr. Oetker's Rouladen

4 Servings

- 8 beef, thin slices
- 1 t cornstarch
- 1 mustard, prepared
- 1 t paprika
- 4 oz bacon, uncooked, diced
- 1 c tomato puree
- 1/2 c onion, diced
- 1 T lemon juice
- 8 T oil
- 1 sour cream, (optional)
- 1 c ,water, boiling
- 1 creme fraiche, (optional)

Cut thin slices of roasting beef to around 4 x 6 inches off a roast. It is best to cut the meat WITH the grain of the meat, so the slices will hold together. Pound the slices lightly to flatten and tenderize them. Brush lightly with prepared mustard. Then sprinkle the slices with salt and freshly ground black pepper to taste. In a small bowl mix together the diced bacon and diced onions. Spread the mixture on the meat slices. Then, starting at the narrow end, roll up the meat slices and secure them with skewers, toothpicks, or string.

Heat the oil in a heavy pot. Brown the rolls well in the oil. Add about 1 cup of boiling water to the pot VERY CAREFULLY! Cover the meat and braise gently until done, about 2 to 2-1/2 hours. Add water as needed to keep level fairly constant. When the meat is cooked, remove the rolls to a hot plate and thicken the gravy with corn starch and season to taste. The sauce may be seasoned with paprika, tomato puree, lemon juice, sour cream, and/or creme fraiche.

## Dr. Oetker's Sauerbraten

6 Servings

- 2 lb beef,roasting
- 1 onion
- 4 peppercorns
- 2 cloves
- 1 bay leaf,small
- 1 c vinegar
- 2 1/3 c ,water
- 4 T shortening
- 1 salt
- 1 gingersnaps,crumbled
- 1 cornstarch

Peel the onion and slice into thin rings. Wash beef, drain it well, and put in an earthenware bowl with the onion, peppercorns, cloves, bay leaf, vinegar, and 1-1/3 cups water. Cover the bowl and allow the meat to marinate in a cool place for 4 to 6 days. Turn the meat twice daily, adding additional vinegar and water as needed to keep the meat covered. Once the marinating is complete, remove the meat and dry it.

In a pot, heat the shortening. Brown the meat on all sides and salt it to taste. Carefully add 1 cup hot water from the side of the pot and crumbled ginger snaps. Leave the pot to simmer gently with the lid on. Turn the meat from time to time, adding water if necessary. The will be about 1 1/2 hours. When the meat is ready, serve it with the gravy in which it has been cooked thickened with a bit of corn starch if necessary.

## Dutch Bloemen Sprits (Chocolate And Cinnamon Flowers)

1 Servings

- 2 sticks (1 cup), Unsalted
- 1 butter, softened
- 1/2 c sugar
- 1 1/2 T egg, Beaten
- 1/8 t salt
- 2 c all purpose flour
- 2 t cinnamon, Ground
- 2 t unsweetened cocoa powder

In a bowl with an electric mixer cream the butter with the sugar until the mixture is light and fluffy, add the egg and the salt, and beat the mixture until it is combined well. Sift the flour into the bowl and beat the dough until it is just combined. Transfer half the dough to a small bowl, stir the cinnamon into 1 of the dough halves, and stir the cocoa powder into the other half. Transfer each dough to a large pastry bag fitted with a 1/2 inch plain tip. On lightly buttered baking sheets pipe 5 dots of either the cinnamon or the cocoa dough in circles, 1 inch apart, and pipe a dot of the contrasting dough into the centers, forming flower shapes. Bake the cookies in batches in the middle of a preheated 350 F. oven for 15 to 18 minutes, or until they are pale golden, transfer them to racks, and let them cool. Makes about 60 cookies.

## Dutch Boterkoeken [butter Cake]

1 Servings

200 g flour  
125 g butter  
150 g sugar  
1 egg  
1 rind from one lemon, or  
1/2 t almond extract

Mix thoroughly butter and sugar. Add flour. Beat egg and mix half of it into the flour mixture. Add the lemon rind or almond extract. Press the mixture into an 8" square pan.

Bake at 350 F for 25 minutes. After 12 minutes, brush cake with remaining egg. When done, cool 10 minutes then cut squares and take out of the pan.

## Eiergerstensusuppe (Egg-Dough Drop Soup)

4 Servings

100 g plain breadcrumbs (approx. 3  
- 1/2 oz,)  
2 eggs  
50 g butter (3 1/2 tbsp)  
1 a bit of salt  
1 T (level) nutmeg, Ground  
1 meat broth

Melt the butter in a soup pot, then add the breadcrumbs, eggs, salt, and nutmeg. Stir well. Slowly add the required amount of warm (but not hot) broth, and keep stirring until the mixture comes to a boil.

Adjust seasoning and serve immediately.

Serves 4.

## Eierschwaemme (Mushrooms With Scrambled Eggs)

4 Servings

4 eggs  
1 salt, To Taste  
1 pepper, To Taste  
100 g butter (1/3 cup plus 2 tbsp)  
1 mushrooms  
500 g king boletes (or  
-chanterelles)  
- (a generous lb)  
1/2 onion, very finely diced  
50 g butter (not quite 1/4 cup)  
1 salt, To Taste  
1 pepper, To Taste  
1 sm bunch parsley, finely  
-chopped

Clean the mushrooms. On large king boletes, remove the spongy greenish pores. Cut large mushrooms into slices. Melt 50 grams butter in a saucepan, and fry the onion until transparent. Add the mushrooms, and briefly saute. Add the chopped parsley.

Meanwhile fix the scrambled eggs. When done, add the sauted mushrooms, stir and serve. Serve with salad.

Serves 4.

## Eing'saets Mus (Saebrei)

4 Servings

- 500 g flour (a generous lb)
- 1/2 l water (a pint)
- 1 salt, To Taste
- 3 T to 4 tb clarified butter for  
- baking
- 2 T clarified butter for topping
- 1 onion, chopped

In a skillet, melt the clarified butter, then add the flour. Gradually add enough water to obtain a viscous batter. Cook the batter in the skillet until the top is done. The bottom will form a crust, the so-called 'Schuepet'. In a separate skillet, brown the onion in the remaining clarified butter. Pour the onion and fat over the 'Saebrei'. This used to be served with a glass of milk.

Serves 4.

## Eingemachtes Kalbsfleisch (Veal In Gravy)

4 Servings

- 500 g veal (haunch is best) (a  
-generous l,b)
- 1 onion
- 1 bay leaf
- 1 lemon
- 1 yellow turnip [substitute  
-carrot]
- 1/2 leek
- 1 a bit of celeriac (optional)
- 2 cloves
- 1 a bit of flour
- 100 g butter (7 tbsp)
- 1 T vinegar
- 1 salt, To Taste
- 1 sugar, To Taste
- 1 pepper, To Taste
- 1 egg yolk (or a bit of  
-saffron)

Cut the meat into large cubes, and put into a pot with along with 1 1/2 quarts water, the onion, bay leaf, as well as the other vegetables. Simmer, covered, until done. Remove the meat. Strain the broth and set aside. In a saucepan, melt the butter, add the flour and make a [light] roux. Add a bit of the broth [and stir until smooth]. In order to thicken the gravy, briefly bring it to a boil, and then stir in the egg yolk or saffron. Adjust seasonings with salt, pepper, a bit of vinegar, sugar, and lemon juice. Let the meat steep in the gravy a few minutes.

## Erbsenpuree (Yellow Split-Pea Puree)

6 Servings

2 c yellow split-peas,dry  
6 c stock,broth,or water  
1 onion,large, whole  
1 carrot,large  
1 turnip (or parsnip),large  
1/8 t marjoram,dried  
1/8 t thyme,dried  
1 t salt  
1 onion,small, minced  
2 T butter,melted  
2 T unbleached flour

Presoak peas, if necessary, according to package directions. Drain well, if presoaked. In a large pot, add water or stock, whole onion, carrot, turnip or parsnip, marjoram, thyme, and salt. Cook until peas and vegetables are tender, about 1 1/2 to 2 hours. Drain well. Mash peas and vegetables in blender or press through a sieve. In a small frying pan, saute the minced onion in butter until lightly browned; blend in flour and cook about 2 minutes. Add to blended peas and vegetables. Beat until fluffy and serve hot.

## Erdbeer Bowle (Strawberry Wine Punch)

1 Servings

1/2 pt strawberries, stemless,  
1    rinsed, cut in half  
1 T granulated sugar  
1/2 bottle german riesling, well  
1    chilled  
1 T brandy (preferably alsbach  
1    uralt)  
1/2 bottle german sekt well  
1    chilled

Bowle is a classic German party wine punch. During the month of May throughout Germany, bowle is served flavored with fresh woodruff (Waldmeister), a sweet scented herb with white flowers, which grows especially well in wooded and shady areas away from hot climates and sunshine. Later, during strawberry season, bowle is made with strawberries which grow abundantly everywhere. As German summer season progresses, bowle is prepared with other fruits like sweet imported peaches, chunks of juicy watermelon, pieces of bright orange cantaloupe, or plump raspberries.

Place the strawberries in a large covered glass jar (a sun tea jar will be fine), sprinkle them with sugar and drizzle them with the brandy. Set them aside to marinate for two hours to allow the sugar to draw out the juice from the berries. Add white wine, stir, and set aside for two additional hours. When ready to serve, pour in serving punch bowl. Add Sekt and serve chilled in wide champagne type glasses, making sure to distribute strawberries with the wine.

serves 4

## Essig Krautersauce

1 Servings

1 T shallots, chopped  
1 T capers, chopped  
1 T parsley, chopped  
1 T chervil, chopped  
1 T chives, chopped  
1 c olive oil  
1/2 c tarragon vinegar  
1 t salt  
1/2 t pepper

Mix the first five ingredients with the oil and let stand for at least 1 hour. Add the vinegar, salt and pepper. This dressing may be used with meat, fish, vegetables or salad. Rice one hard-cooked egg over the dish if desired, or egg may be added to the dressing. 2 Tb. green onion, chopped may be substituted for the shallots. Great over fresh chopped tomato! It may be served hot or cold. Gourmet's Old Vienna Cookbook (And almost exactly like my grandmother did it...she was so stubborn, if she had seen this in print, she would have sworn they had stolen it from her!!!!)

## Esterhazy Rostbraten (Beef Sirloin A La Esterhazy)

6 Servings

- 10 white peppercorns
- 1 bay leaf
- 1 md carrot,peeled and julienned into thin strips
- 1 yellow turnip,peeled and julienned,(about 2 cups)
- 1 md celery root (celeriac) julienned
- 1 c clarified butter for sauteing
- 7 oz of sirloin,Slices
- 1 md white onion,peeled and finely chopped
- 1/3 c cognac
- 1/2 c heavy cream
- 1 c brown beef stock
- 1 juice of 1 lemon
- 1 T butter

1. Bring 4 cups of water to a boil. Add the peppercorns and bay leaf. Briefly and separately blanch the carrot, turnip, and celery root. Refresh the vegetables in ice water and set aside. Reserve the vegetable stock resulting from the blanching and reduce to 1/3 cup. Remove the bay leaf and peppercorns.
2. Heat 2/3 cup clarified butter in a skillet and saute the sirloin over medium-high heat until brown outside and medium-rare inside. Keep warm on a covered plate.
3. Degrease the pan. Heat 1/3 cup clarified butter and saute the onion over medium heat until golden. Add the cognac and reduce 3 to 5 minutes. Add the vegetable stock and again reduce 4 to 5 minutes over medium-high heat. Add the cream, lower the heat to medium, and reduce by half.
4. Add the beef stock and once more reduce by half. Add the lemon juice and any meat juices from the covered plate. Drain the vegetables and stir them into the sauce. Swirl in the butter and season with salt and pepper to taste.
5. Place the meat on plates, topped with the sauce. The sirloin may be garnished with a swirled piping of sour cream, pressed through a pastry bag.

Serves 6.

## Falscher Hase (False Hare (German Meatloaf))

4 Servings

1/2 lb ground beef,lean  
1/2 lb ground pork,lean  
1 onion,medium, chopped  
3 T bread crumbs  
3 T water,cold  
2 eggs,large  
1/2 t salt  
1 t paprika  
1 t mustard,prepared  
2 T parsley,chopped  
3 hard cooked eggs,peeled  
4 bacon,strips  
4 T vegetable oil  
1 c beef broth

SAUCE =====

1/4 c water,hot  
1 t cornstarch  
1/4 c water  
1/2 c sour cream

Thoroughly mix ground meats, onion, bread crumbs, 3 T cold water, and eggs. Flavor with salt, paprika, mustard, and parsley. Blend ingredients thoroughly. Flatten out meat mixture in the shape of a square, (8 X 8-inches). Arrange whole hard-boiled eggs in a row along the middle of the meat. Fold sides of meat pattie over the eggs. Shape meat carefully into a loaf resembling a flat bread loaf. Occasionally rinse hands in cold water to prevent sticking. Cube 2 strips bacon; cook in a Dutch oven about 2 minutes. Carefully add the vegetable oil; heat. Place meatloaf in the Dutch oven and cook until browned on all sides. Cut remaining bacon strips in half and arrange over the top of the meatloaf. Place uncovered Dutch oven in a preheated oven for about 45 minutes. While meat is baking, gradually pour hot beef broth over the top of the meatloaf; brush occasionally with pan drippings. When done remove meat to a preheated platter and keep it warm. Add 1/4 cup of hot water to pan and scrape all particles from the bottom. Bring to a gentle boil and add cornstarch that has been mixed with 1/4 cup water. Cook until bubbly and thick. Remove from heat and stir in sour cream. Reheat to warm. Season with salt and pepper if desired. Serve the sauce separately.

## False Hare (German Meatloaf)

4 Servings

1/2 lb ground beef,lean  
1 onion,medium, chopped  
3 T water,cold  
1/2 t salt  
1 t mustard,prepared  
3 hard cooked eggs,peeled  
Vegetable oil sauce =====  
1 t cornstarch  
1/2 c sour cream  
1/2 lb ground pork,lean  
3 T bread crumbs  
2 eggs,large  
1 t paprika  
2 T parsley,chopped  
4 bacon,strips  
1 c beef broth  
1/4 c water,hot  
1/4 c water

Thoroughly mix ground meats, onion, bread crumbs, 3 T cold water, and eggs. Flavor with salt, paprika, mustard, and parsley. Blend ingredients thoroughly. Flatten out meat mixture in the shape of a square, (8 X 8-inches). Arrange whole hard-boiled eggs in a row along the middle of the meat. Fold sides of meat pattie over the eggs. Shape meat carefully into a loaf resembling a flat bread loaf. Occasionally rinse hands in cold water to prevent sticking. Cube 2 strips bacon; cook in a Dutch oven about 2 minutes. Carefully add the vegetable oil; heat. Place meatloaf in the Dutch oven and cook until browned on all sides. Cut remaining bacon strips in half and arrange over the top of the meatloaf. Place uncovered Dutch oven in a preheated oven for about 45 minutes. While meat is baking, gradually pour hot beef broth over the top of the meatloaf; brush occasionally with pan drippings. When done remove meat to a preheated platter and keep it warm. Add 1/4 cup of hot water to pan and scrape all particles from the bottom. Bring to a gentle boil and add cornstarch that has been mixed with 1/4 cup water. Cook until bubbly and thick. Remove from heat and stir in sour cream. Reheat to warm. Season with salt and pepper if desired. Serve the sauce separately.

## Feines Buttergebäck (Fancy Butter Cookies)

6 Servings

- 3/4 lb\* butter (probably 1 2/3  
-cups)
- 190 g sugar (1 cup less 3 tbsp)
- 1 egg (or 2)
- 1 lb\* flour (probably 4 1/2  
-cups less, 1 tbsp)
- 1 peel of 1 lemon, Grated
- 1 salt
- 1 glaze
- 1 egg

Dough:

Sift flour onto pastry board, add all other ingredients and knead well. Chill dough in a cool place. Roll out to approx. 3/4 inch thick (or slightly thicker), and cut out [with a cookie cutter].  
Paint with glaze.

## Fennel Au Gratin With Citrus Crust

4 Servings

- 2 1/2 lb tomatoes,ripe
- 2 cloves garlic
- 1 branch thyme
- 1 branch rosemary
- 1 bayleaf
- 1/2 c vegetable broth
- 1 salt,pepper
- 2 1/16 lb fennel (ca.4 )
- 2 oz bread crumbs
- 2 T parmesan cheese,grated
- 1/2 peel of orange
- 1/2 peel of lemon
- 5 leaves lemonmelisse
- 5 T oliveoil

1. Dip the tomatoes shortly in boiling water and than peel and cut into quarters.
2. Peel garlic and cut into cubes and saute in 4 tablespoons oil; add tomatoes and the herbs; fill up with the broth and season with salt and pepper.Cover and simmer 15 minutes.
3. In the meantime bring a lot of saltwater to a boil, clean the fennels take off the green part and chop it finely. Cut the fennels lenghtwise in 1 cm thick slices and cook in the saltwater 5 minutes; remove with spoon and put into the tomato mix and cook all 15-20 minutes more.
4. Heat oven to 220 degrees Celsius.
5. Arrange the fennel slices in a gratin form, fish scale-like and pour over the tomatoe sauce.
6. Mix the breadcrumbs with cheese, orange and lemon peel.
7. Mix fennel green with the lemon melisse and sprinkle that and the crumbs evenly over the vegetables.
8. Pour reminding oil overall and bake 10 -15 minutes until golden brown.

## Feuerzangenbowle

8 Servings

- 3 bottles of red wine
- 1 piece of orange peel
- 1 piece of lemon peel
- 5 cloves
- 1 small sugar hat
- 1 bottle of golden rum at  
-least 108 p,roof

Put orange peel, lemon peel and cloves into a tea filter bag, tie shut with white yarn. Hang into a copper kettle, pour in wine. Heat up close to boiling point, but make sure it never gets to boil. Put the kettle in the middle of your table so all your guests can watch the ceremony :-). You normally use a "Feuerzange", but as I suspect this might be hard to get outside Europe I guess you can also use a grid from your barbecue set - especially the ones you normally use to barbecue herrings in should work pretty well. The point is that you should be able to put the sugar hat on it (lying on its side) and place the whole thing safely over the kettle. Once you've got that far, you're ready for the ceremony. First, dim your lights. Then pour some rum onto the sugar hat, best using a ladle, and light it (this is why the rum has to be at least 108 proof). Keep the flames burning by ladeling more rum on the sugar hat, until the sugar has completely melted and dripped into the wine. Remove the "Feuerzange" and the bag with the spices. Serve in heat-proof glasses.

## Filled Berlin Doughnuts - Bismarks

12 Servings

1 pk active dry yeast, or  
1 T active dry yeast, bulk  
1/4 c warm water, (110ø-115øf)  
1/2 c sugar  
1 t salt  
1/3 c butter (or regular  
-margarine)  
1 T orange juice  
2 t rum extract  
1 c milk, scalded  
1 unbleached flour \*  
2 lg eggs, well beaten  
1 fat for deep frying \*\*  
1 jam (or jelly)

\* Use up to 4 cups of unbleached flour in this recipe. \*\* Heat the fat to 375F for frying the doughnuts.

## Filled Mini Cucumbers

4 Servings

- 3 1/2 oz corn, fresh
- 1 t broth, Instant
- 5 oz bacon
- 2 onions
- 8 mini cucumbers
- 6 oz edamer cheese
- 1 T parsley, chopped finely
- 1 egg
- 1 salt, pepper
- 2 T sweet cream

1. Cook the fresh corn in the broth until done, take off the cobs. 2. Cube the bacon and with the onion saute until glassy, cool. 3. Wash mini cucumbers and cut off the ends, cut off a small lid and with a teaspoon scoop out the insides. Cube the lid and the insides small. 4. Drain the corn, save the broth, and mix together with the cheese, herbs, egg and seasons. 5. Fill the cucumbers and put into an ovenproof form; arrange what does not fit into cucumbers between them in the form. 6. Mix the broth with the cream and pour over cucumbers. 7. Cover and bake in 200C for 30 minutes. 8. Serve with parsley potatoes.

## Fladle Uberbacken (Swabian Pancakes)

6 Servings

- 1 1/4 c flour,unbleached
- 3 eggs,large
- 1/2 t salt
- 2 c milk
- 1 t vegetable oil
- 16 oz applesauce,(1 can)
- 4 oz raisins
- 1 t oil (or butter),to grease  
-dish
- 2 T sugar
- 3 T almonds,sliced and blanched
- 1 T butter

Prepare pancake batter by blending flour, 2 eggs, 1/4 t salt and 1 cup of milk. Lightly oil a large frypan and cook 6 to 8 pancakes (2 or 3 at a time). Heat the applesauce and stir in the raisins. Divide the sauce between the pancakes and spread over each top. Roll up the pancakes like jelly rolls and cut each in half with a sharp knife. Grease an ovenproof dish with oil or butter; place pancakes in the dish, setting them up on the cut edges. Blend 1 egg with sugar, 1/4 t salt, 1 cup milk, and sliced almonds. Pour over the pancakes. Dot with butter. Place in a preheated 375 degree F oven and bake for 40 minutes. Serve immediately.

## Flaedle

4 Servings

200 g flour (1 3/4 cups)  
2 eggs  
1/4 l milk (1 cup plus 1 tbsp)  
1 pin salt  
1 fat for frying

Mix the flour and milk, then add the eggs, and season with salt. In a skillet, melt a little fat over medium heat. As soon as the fat is hot, hold the skillet at a slight angle and pour in the batter in such a manner that the whole bottom of the skillet is covered with a thin layer. As soon as the bottom of the pancake develops yellow spots, carefully loosen the edges with an eggturner, then flip the pancake to cook the other side. Once the 'Flaedle' is done, set it aside for cooling.

Serves 4.

## Franfurter Kranz (Frankfurt Crown Cake)

### CAKE

1 c butter, no margarine  
1 1/2 c sugar  
6 eggs, large \*  
1 1/2 t lemon rind, Grated  
8 T rum  
4 t baking powder  
3 1/2 c flour, unbleached, sifted

### PRALINE TOPPING

2 T butter  
1 c sugar  
1/2 c water  
1 c almonds, blanched, sliced

### APRICOT GLAZE

1/2 c apricot jam

### BUTTERCREAM FILLING

1 c sugar  
3/4 c water  
6 egg yolks, large  
1 T rum  
1 c butter, no margarine, unsalted

\* Egg yolks must be beaten into the cake one at a time so keep the yolks separated from each other

**CAKE:** To prepare cake, cream butter and sugar until very light and fluffy, about 5 minutes. Beat in egg yolks, one at a time. Mix in lemon rind and 2 T rum. Sift baking powder and flour together. Gently mix into the butter mixture. Beat egg whites until stiff but not dry. Gently fold the egg whites into the batter. Pour into a well-greased 10-inch tube pan. Bake in a preheated 325 degree F. oven for about 60 minutes or until the cake tests done. Cool cake in pan for 10 minutes and then turn out on wire rack to cool completely. Slice cake crosswise into 3 layers. Pour about 2 T of rum over each layer. **Butter-Cream Filling:** For butter-cream filling, boil sugar and water to 238 degrees F. (soft ball stage). Beat egg yolks until very light and fluffy, 5 to 10 minutes. While still beating the egg yolks, add the sugar syrup in a thin stream. Beat 5 minutes more, until very thick and doubled in bulk. Slowly beat in the rum. Beat the butter in a small bowl until soft and light. Beat butter into the egg mixture a little at a time. Continue beating until thick. Chill until mixture can be spread. If mixture is too soft, beat in additional butter.

**PRALINE TOPPING:** While butter-cream is cooking, spread 2 T butter thickly in a 9 X 13-inch baking pan for praline topping. Then in a 1-quart saucepan, boil sugar and water to 238 degrees F. (soft ball stage). Stir in almonds; cook until mixture reaches 310 degrees F. or until syrup caramelizes. Pour syrup into prepared baking pan. When cool, break up praline and grind it in a blender for a few seconds.

**APRICOT GLAZE:** Finally heat jam and press through a strainer or sieve to make apricot glaze. **CAKE ASSEMBLY:** To assemble cake, place bottom layer of cake on cake plate and spread with half of the butter cream. Repeat with second layer. Place third layer on top. Spread top and sides of cake with apricot glaze. Press praline powder onto glaze. Any remaining butter cream can be used to decorate the top of the cake.

## Frankfurter Bohnensuppe (Bean Soup With Frank

4 Servings

1 lb navy beans,dried  
8 c water  
3 c beef broth  
1 carrot,chopped  
1 celery stalk,chopped  
4 bacon,strips, cubed  
2 onions,small, chopped  
1 t salt  
1/4 t pepper,white  
6 frankfurters,sliced \*  
2 T parsley,chopped

Soak beans overnight. In a 3-quart saucepan bring beans, water and beef froth to a boil. Cook for about 1 hour. Add carrot and celery and continue cooking for 30 minutes. In a separate fry pan cook the bacon until transparent. Add the onions; cook until golden. Set aside. Mash soup through a sieve or food mill. Return to pan and add the bacon onion mixture, salt and pepper. Add frankfurters; reheat about 5 minutes. Sprinkle soup with chopped parsley and serve.

## Frankfurter Gruene Soesse (Frankfurt Green Sauce)

2 Servings

- 3 c mixed herbs (parsley
  - chives, chervil, borage,
- 1 c spinach greens, watercress,
  - tarragon, basil,
- 1 c pimpernel)
- 1 c sour cream (or plain yogurt)
- 2 sm onions. coarsely, Chopped
- 2 T cream
- 2 T mayonnaise
- 3/4 c low-fat cottage cheese
  - (pressed through a fine s
  - 1 in order to smooth curds)
- 1 white pepper, Ground
- 1 small pinch of sugar
- 1 to 2 eggs, hardboiled and
  - coarsely, chopped

Choose all or merely a selection of the herbs and greens mentioned in the list of ingredients (using the tarragon more sparingly than the others.) Wash them thoroughly and drain on paper towels. Coarsely chop the greens; loosely packed, they should amount to about 3 cups altogether. Take 2 cups of the greens, combine with the sour cream or yogurt and the onions, and puree in the blender or processor; add a few tablespoons of cream if it doesn't seem to be fluid enough. The rest of the greens should just be finely chopped and stirred in a mixing bowl with the puree in order to give the sauce a little bite. Stir in as much mayonnaise and low-fat cottage cheese as it takes to produce a smooth, creamy sauce.

Season with salt, pepper, and a very little sugar. The hardboiled eggs can either be mixed in with the sauce or strewn over it as a garnish.

Makes 2 - 3 cups.

## Frankfurter Sausage

2 Servings

- 3 feet sheep (or small hog)  
-casings
- 1 lb lean pork,cubed
- 3/4 lb lean beef,cubed
- 1/4 lb pork fat,cubed
- 1/4 c very onion,Finely Minced
- 1 cl garlic,finely chopped
- 1 t finely coriander,Ground
- 1/4 t marjoram,Dried
- 1/4 t mace,Ground
- 1/2 t mustard seed,Ground
- 1 t sweet paprika
- 1 t freshly fine white,Ground  
-pepper
- 1 egg white
- 1 1/2 t sugar
- 1 t salt,or to taste
- 1/4 c milk

Make a puree of the onion, garlic, coriander, marjoram, mace, mustard seed, and paprika. Add the pepper, egg white, sugar, salt and milk and mix thoroughly. Grind the pork, beef and fat cubes through the fine blade separately. Mix together and grind again. Mix the seasonings into the meat mixture with your hands. Chill the mixture for half an hour, then run thru the fine blade once more. Prepare casings, stuff and twist off into 6" links. Parboil, without separating, in gently simmering water, for 20 minutes. Place in a bowl of ice water and chill thoroughly. Remove, pat dry, and refrigerate. Because they are precooked, they can be refrigerated up to a week or they can be frozen.

## Fruchtsalat Mit Nussen (Fruit Salad With Nuts)

4 Servings

- 1 honeydew melon,small
- 2 oranges
- 1 c blue grapes
- 1 lettuce leaves
- 12 walnut halves

### DRESSING =====

- 8 oz yogurt,(1 container)
- 1 T lemon juice
- 1 T orange juice
- 1 T tomato catsup
- 2 T evaporated milk
- 1 salt,dash
- 1 white pepper,dash

Scoop out melon with melon baller. Cut peel from oranges, remove white membrane, and slice crosswise. Cut grapes in half and remove seeds. Line a glass bowl with lettuce leaves; arrange melon balls, orange slices, grapes, and walnuts in layers on top of lettuce. Mix and blend well all ingredients for the dressing. Adjust seasonings. Pour dressing over fruit. Let salad ingredients marinate for 30 minutes. Toss salad just before serving.

## Fruechte Brot

20 Servings

- 2 2/3 oz pears,dried
- 3 1/2 oz apricots
- 3 1/2 oz plums,dried, pitted
- 2 2/3 oz oranges,dried, cubed
- 3 1/2 oz dates,dried
- 6 oz walnutmeat
- 1 1/16 oz yeast
- 3 1/2 oz sugar
- 2 T butter
- 2 3/16 lb flour
- 1 t salt
- 3 1/2 oz raisins
- 1/2 t orangepeel,grated
- 1 t cinnamon
- 2 T cherry liquor(kirschwasser)
- 1/2 t cloves,Ground
- 1/2 t ingwer powder
- 1 t kardamom powder
- 1/2 c water,Warm
- 1 powdered sugar

Cube the pears, apricots, oranges and figs. Chop the walnuts. Break up the yeast and mix with one teaspoon sugar and the lukewarm water and cover it and let stand on a warm place for 10 minutes. Melt the butter and mix with salt and flour; add the yeastmix and knead, cover and let it rise on a warm place until doubled in size. Mix raisins, sugar, grated lemonpeel, cinnamon, cloves, ingwer, cardamom and the dried fruits and the nuts; knead them into dough. Form a loaf and put onto a waxpaper covered cookiesheet.

Preheat oven to 200 C and bake for 75 minutes. When cool sprinkle with a little powdered sugar.

## Fruit Cake (An Old German Recipe)

2 c of sugar  
1 c butter (or shortening\*)  
2 eggs, slightly beaten  
1 1/2 c applesauce (unsweetened and  
-unseasoned)  
1 t vanilla  
4 c flour  
1 t soda  
1 t cinnamon  
1/4 t nutmeg  
1/4 t cloves  
1/4 t salt  
1 lb fairly coarse nut meats  
1 lb raisins \*\*  
2 lb gumdrops \*\*\*

\* Reserve 1 Tbsp butter for frying nut meats \*\* Bleached small white raisins are better than puffed, seeded. \*\*\* Gum drops cut more evenly if scissors are first dipped into hot water. Use only a few green as their flavor is so strong, and NO BLACK.

Cream sugar and butter. Add slightly beaten eggs. Add applesauce and vanilla. Sift next 6 dry ingredients and reserve 1 cup. Add dry ingredients (except for the 1 cup) and mix well. Fry nut meats, heat well but do not brown, stir constantly.

Flour nut meats, chopped gum drops and raisins in the reserved flour mixture. This is best done by placing all ingredients into a strong paper bag and shaking vigorously. Mix with batter.

Line cake pans\* with waxed paper. Do not fill pans more than 2/3 full.

Bake in SLOW oven (275 degrees) until done. Baking time depends upon size of cake. 8 1/2 X 4 inch load requires about 2 hrs. DO NOT OVERBAKE. Cake should be fairly moist when done.

Remove waxed paper immediately after removing cake from oven after baking.

Immediately rewrap COMPLETELY in fresh waxed paper or cellophane. This will seal in moisture. (Paper in which cake is baked will become set on cake and difficult to remove later when cold.)

## Fruit Kuchen

6 Servings

1/3 c butter (or margarine)  
-softene  
1/3 c sugar  
1/2 t vanilla  
2 eggs  
1 t baking powder  
1 c all-purpose flour, sifted  
2 T milk  
2 c fruit (peaches, apricots, st  
1 whipped cream

Cream butter in a large bowl and mix in sugar. Beat until light and fluffy. Add vanilla and eggs, one at a time, beating well after each addition. Sift baking powder with flour. Add, alternately with milk, to creamed mixture. Mix well. Spoon into a 9 X 1 1/4 inch round cake pan lined with wax paper; spread evenly. Bake in a preheated moderate oven (350°F.) for 30 mins, or until done. Cool for 5 mins. Turn out on a rack and take off paper. Cool. Arrange fruit slices, sweetened with sugar if desired, over cake. Serve decorated with whipped cream.

Serves 6.

# Fruit Torte

8 Servings

## PASTRY =====

2 c flour,unbleached  
1/4 c sugar  
1 c butter,no margarine, unsalt  
2 egg yolks

## FILLING =====

4 c fruit,fresh, canned, frozen  
1/2 c sugar,if fresh fruit is used  
1/4 c water,if needed  
2 T cornstarch

## ALMOND COATING =====

1 egg white  
1 T sugar  
1/2 c almonds,toasted, sliced

## TOPPING =====

2 T sugar  
1 t vanilla extract  
1 c cream,heavy, whipped

**CAKE:** Mix flour and sugar. Cut in butter until mixture resembles coarse crumbs. Add egg yolks; mix to form dough. Press dough into bottom and sides of a 10-inch springform pan. Dough should come 1 1/2 inches up the sides. Bake in a preheated 375 degree F. oven for 20 to 25 minutes, until pastry is firm and light brown. **FILLING:** Drain canned or frozen fruit, reserving juice. Crush 1 cup of fresh fruit to make juice. Add sugar to fresh fruit and let stand 1/2 hour. Drain juice and add water to make 1 cup. Mix cornstarch and fruit juice. Cook over medium heat until thickened. Place whole fruit in baked pastry shell. Pour thickened fruit juice over top. Chill thoroughly. Carefully remove torte from springform pan. **ALMOND COATING:** Beat egg white until foamy. Gradually beat in the sugar. beat until stiff peakes are formed. Spread the meringue around the outside of the pastry shell. Press in the almonds so that they completly cover the sides. **TOPPING:** Gently fold sugar and vanilla into whipped cream. Spread over the fruit. Garnish with sliced toasted almonds, if desired.

## Fruit Tzimmes

6 Servings

1 1/2 lb mixed fruit \*,Dried  
4 T honey  
1/4 t cinnamon  
1/2 t salt  
1/2 c brown rice  
2 c water,Boiling  
1 einbren,(thickening)  
2 T flour  
1 c water  
2 T butter

\* prunes, peaches, pears, apricots, raisins Wash fruits in hot water;

drain. Combine with rice, honey, seasonings, and water. Bring to the boiling point, then reduce heat and simmer slowly until the rice is tender (20 to 30 minutes). It may be necessary to add a little water.

Heat flour in small skillet until light brown, stirring constantly to prevent burning. Stir in butter. Slowly add water, stirring constantly. When einbren is smooth and thick, add to fruit. Cook until the fruit liquid has thickened. Remove to a casserole and brown lightly under the broiler flame for a few minutes. Serve hot as a dessert. Serves 6 to 8.

## Fruited Icebox Cookies (Fruchtplatzchen)

1 Servings

- 1/3 c butter
- 1/4 c sugar
- 1 c molasses
- 1/4 c buttermilk
- 3 1/2 c all-purpose flour,Sifted
- 1 T baking soda
- 1/2 t salt
- 1/2 t nutmeg
- 1/4 t cloves
- 1 1/2 t powdered cinnamon
- 1 c seedless raisins
- 1 c walnuts,Chopped
- 1 c dates,Chopped
- 1/4 c candied citron,Diced
- 1 candied cherries,Slivered
- 1 optional
- 1 slivered nuts,optional

Cream butter. Add sugar gradually, while continuing to cream butter. Add molasses and buttermilk. Mix well. Mix and sift dry ingredients. Combine well with raisins, nuts, dates and citron. Add dry ingredients to first mixture. Mix well. Shape into 2 rolls. Wrap in waxed paper. chill until firm. Cut into slices. 3/8 inch thick. Decorate with cherries and nuts if desired. Place on greased baking sheet. Bake at 350 deg for 15 minutes. Yield 3 1/2 dozen cookies.

## Gaisburger Marsch (Hot-Pot With Beef, Spaetzle, Potatoes)

### FOR THE SOUP =====

500 g beef bones (with some-marrow bones,)  
1/4 celeriac  
1/2 leek  
2 carrots  
1 parsley  
1 root parsley  
10 peppercorns  
1 laurel leaf  
500 g beef  
1 T salt  
2 l water  
500 g potatoes

### FOR THE SPTZLE =====

250 g flour  
1 pn nutmeg, Grated  
1 pn pepper  
1 onion  
30 g butter  
1 T chives, finely cut

Bring slowly to a boil: Water with bones, cleaned vegetables, spices, meat and salt. Reduce heat, skim, boil for 2 hours, pour off soup. Cube the meat and keep warm. Throw the bones away or use them for a second soup next day.

Peel, wash and cut the potatoes, boil them in the meat broth until soft, about 20 minutes.

Prepare the "Sptzle": Beat flour, eggs, salt and eventually some lukewarm water to a tough dough. The dough is just right if it tears when you pull up the wooden stirring-ladle. Put only a little quantity of the dough on a wet wooden (or plastic) chopping-board and scrape thin dough-stripes into a pot with fast-boiling salted water. Do not boil too many Sptzle at once. The Sptzle are cooked when they swim on the surface. Take them out with a skimming ladle, drain them on a sieve, keep warm in a warmed bowl. Continue until all Sptzle are cooked.

Add all Sptzle at once together with the warm meat cubes to the soup. Add grated nutmeg and pepper to taste. Serve the soup in a soup-tureen with both, the the roasted onion rings and the finely cut chives, on top of the soup.

## Galatorboureko

6 Servings

1/4 lb apollo strudel leaves(cut in  
- 1/2)  
8 c milk  
2 c sugar  
1 1/2 c farina  
6 to 7 eggs  
1 c.sweet butter(melted)

vanilla flavoring or grated orange rind

Heat milk.Beat eggs well in a bowl.Add farina,sugar,vanilla & pinch of salt.Pour 2 cupps of h ot milk little by little to mixture.Pour all the above into saucepan with the hot milk, stirring constantly until thick.In a buttered 9x13 in.pan lay half the number of leaves, buttering each as it is stacked.Spread the above mixture over all.Add the balance of the fillo,buttering each as it is added.Score with sharp knife to desired size and shape.Bake in 375 deg.oven for 45 min.or until golden brown.While it is baking,prepare the syrup so it can be poured on as soon as pie is removed from oven.Allow pie to absorb syrup a little at a time.Let cool and cut before serving.

### SYRUP

1 lb. Sugar(3 cups) 3 cups of water

Bring the ingredients to a boil and keep boiling for 20 minutes.

## Gebackenes Euter (Fried Cow's Udder)

4 Servings

- 500 g cow's udder (a generous lb)
- 1 egg, beaten
- 1 plain breadcrumbs
- 100 g butter (7 tbsp)
- 1 salt
- 1 pepper

In order to remove all traces of milk, put the udder into lukewarm water and let soak for 2 to 4 hours, permitting the water to cool off. Then cook the udder in a 2-percent to 3- percent salt water solution until tender. Remove from the cooking liquid and cut into 1/2-inch thick slices. Let the slices dry a bit. Season on both sides, dip into whisked egg, and then into breadcrumbs. Fry in butter, turning once, until golden brown on both sides.

Serve with lettuce.

Serves 4.

## Gedunstetes Weisskraut (Skillet Cabbage)

4 Servings

2 T vegetable oil  
3 c cabbage, finely shredded  
1 c celery, chopped  
1 green pepper, small, chopped  
1 onion, small, chopped  
1/2 t salt  
1/4 t pepper

Heat the oil in a large frypan about 20 minutes before serving time. Add ingredients and cook over medium to low heat about 15 minutes. Stir often. Cover pan during the last 5 minutes of cooking time. Stir once or twice. Serve immediately. (Vegetables will be crisp.)

## Gefuellte Flaedle - Pfannkuchen (Filled Crepe)

4 Servings

2 eggs  
1 c milk  
3 T flour  
1 ds salt  
1 sugar, To Taste  
1 fat to grease skillet  
4 T preserves

Combine the eggs, milk, flour, salt, and sugar to a smooth batter. Pour into greased skillet, and over low heat, cook until golden brown. While still hot, fill with preserves and roll up. Dust with sugar, and serve as hot as possible.

Sugarless 'Flaedle' can also be filled with chopped, seasoned leftover meat or with ground meat, arranged in a greased ovenproof dish, and briefly baked.

Serves 4.

## Gefuellte Maultaschen

4 Servings

- 250 g flour (2 cups plus 3 1/2  
-tbsp)
- 2 eggs
- 1 salt
- 4 T to 5 tb water
- 1 stuffing
- 500 g smoked meat,cooked and  
-diced (a generous lb)
- 1 kaiser-type roll,cubed and  
-sauteed
- 1 finely onion greens,Chopped
- 1 pancake,diced
- 1 salt and pepper,To Taste
- 1 egg white (for sealing  
-edges)

### Dough:

The liquid the smoked meat has been cooked in makes a suitable broth.

Combine the flour, eggs, salt, and water into a pasta dough. Knead well, and immediately roll out thin on a floured pastry board. Cut the dough into 5-inch squares.

Make the stuffing by mixing the smoked meat, sauteed cubed roll, onion greens, and diced pancake. Add salt and pepper to taste. Put one heaping tablespoon of this stuffing on each square of dough. Brush the edges of the dough with egg white, and fold each square over, into a triangle. With your fingers, press the edges of the dough which should seal immediately. Put the 'Maultaschen' into barely cooking salted water, and let them simmer for 5 minutes, turning over the pasta once.

Carefully remove 'Maultaschen' from water, as they are very fragile. Immediately transfer them to the hot broth, and serve.

Serves 4.

## Gefuellte Tauben (Stuffed Pigeons)

4 Servings

- 4 pigeons
- 100 g butter (7 tbsp)
- 1 c plain breadcrumbs
- 1 T (level) onion, Minced
- 1 bn parsley, chopped
- 80 g raw bacon (3 oz), diced
- 1 egg
- 1 a bit of lukewarm milk
- 1 t (level) marjoram
- 1 a bit of nutmeg, Ground
- 1 salt and pepper, To Taste
- 1 pn sugar
- 1 yellow turnip [substitute  
-carrot],, scraped

Combine the breadcrumbs, egg, milk, bacon, and sauteed minced onion into a loose stuffing. Season with chopped parsley, marjoram, and the other seasonings, as well as the pigeon giblets (diced heart, liver, and peeled stomach; the liver should be blanched to retain the flavor while keeping the stuffing light in color.)

Stuff the pigeons and sew closed with cooking twine. Season the outside with salt and pepper. Roast in buttered baking dish along with the scraped yellow turnip. Baste frequently, with the pan juices.

Serve with different salads.

Serves 4.

## Gefullt Krautroladen (Stuffed Cabbage Rolls)

- 1 1/2 c brown rice
  - 3 c water
  - 2 t salt
  - 1 t dillseed
  - 1/2 t marjoram
  - 3/4 t pepper
- 2 1/2 c onion, chopped
  - 5 T vegetable oil
  - 1/2 t paprika
  - 2 garlic, cloves, minced
  - 2 eggs, large, slightly beaten
  - 1/4 c bread crumbs
  - 1/2 c parsley, fresh, minced
- 2 1/2 lb cabbage
  - 1 cheesecloth, about 6 ft.
- 2 1/2 c tomatoes, canned, chopped
  - 1/2 c vermouth, dry
  - 1/2 c beef broth
  - 2 T tomato paste
  - 1/2 t sugar

In a medium bowl cover brown rice with hot water and soak for 3 hours. Drain. In a 2-quart saucepan combine rice, 3 cups water, and 1 1/2 t salt. Simmer covered for 40 minutes or until the liquid is absorbed. Add the dillseed, marjoram, and 1/2 t pepper. In a large skillet saute 1 1/2 cups chopped onion in 3 T hot vegetable oil until soft, about 6 to 8 minutes. Add paprika and garlic, continue cooking and stirring for 2 minutes. Stir in the rice mixture, eggs, bread crumbs, and parsley. Adjust seasonings to taste. Core cabbage and, in a large pot, blanch the cabbage cored-side-down in boiling salted water for 5 minutes or until it is softened. Drain. Remove 12 leaves and cut off one fourth of each leaf from the base. Arrange 1 leaf curved-side down on a square of dampened cheesecloth and place 3 T of rice mixture in the center. Wrap the leaf around the filling and twist the corners of the cheesecloth to form the leaf into a roll. Continue making rolls with remaining filling. Chop remaining cabbage to make 3 cups and, in a large frypan, saute with 1 cup chopped onions and 2 T vegetable oil until soft. Add tomatoes, vermouth, broth, tomato paste, sugar, 1/2 t salt and 1/4 t pepper. Simmer the mixture for 5 minutes, stirring occasionally. Adjust seasonings. Transfer cabbage-tomato sauce mixture to a large baking dish. Arrange the cabbage rolls close together in one layer on the sauce. Spoon some of the mixture over the rolls. Bake at 325 degrees F for 1 1/2 hours. Baste rolls 4 to 5 times during cooking. Let the dish cool. Cover and refrigerate overnight. Remove cheesecloth. Heat in preheated 350 degree oven for 30 minutes before serving.

## Gefüllte Kalbsbrust (Stuffed Veal Breast)

4 Servings

1/2 lb ground beef,lean  
1/4 lb pork,Ground  
1 egg,large  
1 c bread crumbs,soft  
1 T lemon juice  
1/8 t nutmeg  
1/2 t salt  
1 pepper,to taste  
4 lb breast of veal,with brisket  
3 T shortening  
2 t paprika  
2 bay leaves  
6 cloves,whole  
1/2 t rosemary  
1/2 t basil  
2 c water

Mix ground meats, egg, bread crumbs, lemon juice, netmeg, salt, and pepper for stuffing. Stuff pocket of veal breast. Sew closed or use toothpicks or skewers. Brown roast in melted shortening in ovenproof casserole. To the drippings add paprika, bay leaves, cloves, rosemary, basil, and 2 cups water. Bake in a covered casserole at 325 degrees F for 2 hours or until veal is tender. Slice veal and serve immediately.

## Gegrillte Bratwurst (Grilled Bratwurst)

6 Servings

- 6 bratwursts
- 12 oz (1 can) beer
- 1 onion, med., chopped
- 6 peppercorns
- 4 cloves
- 6 hard rolls

Place bratwursts, beer, onion, peppercorns, and cloves in a 3-quart saucepan. Simmer for 20 minutes. Drain. Grill bratwursts 2 to 5 inches from charcoal about 10 minutes, until browned. Sprinkle with water to form a crisp skin. Serve in hard rolls with Dusseldorf-style mustard.

## Gekochtes Schweinefleisch - Kesselfleisch

4 Servings

- 1 1/3 Kg pork that has been hung at
  - least 8, days (not
  - 1 quite 3 lbs)
  - 1 yellow turnip [substitute
  - carrot]
- 1/4 celeriac bulb
- 1 parsnip
- 1 leek
- 2 onions studded with 4 cloves
- 15 peppercorns
- 1 T coriander
- 1 bay leaf
- 6 juniper berries
- 1 salt and pepper, To Taste
- 1 ds sugar
- 1 vinegar (to taste) (1/8 -
- 1/4 cup)

In a saucepan, combine the water with the rinsed and chopped herbs and spices and bring to a boil. Add the meat, making sure that it is (barely) covered by the liquid, and cook for 2 to 2 1/2 hours, until tender. Serve hot, with all the seasonings.

May be served with potatoes.

Serves 4.

## Gewurzplatzchen (Spice Cookies)

6 Servings

1/2 c butter (or margarine)  
1/4 c shortening  
1 c brown sugar, firmly packed  
1 egg, large  
1/4 c molasses  
2 1/2 c flour, unbleached, unsifted  
1/4 t salt  
2 t baking soda  
1 t cinnamon  
1/2 t ginger  
1/2 t cloves, ground  
1/2 t allspice, ground

Cream butter, shortening, and brown sugar thoroughly. Blend in egg and molasses. Sift together the remaining ingredients. Stir into sugar mixture. Shape dough into 3/4-inch balls. Place 2 inches apart on greased baking sheets. Flatten each ball with the bottom of a glass that has been greased and dipped into sugar. Bake in preheated 350 degrees F. oven for 12 to 15 minutes. Cool cookies on racks and store in airtight tins. Makes 4 dozen cookies.

## Gewurzte Schweinsrippchen, Braised Spicy Spareribs

4 lb spareibs,cracked in center  
1/3 c flour  
2 t salt  
1/4 t pepper  
3 T cooking oil  
1 1/2 c broth  
1/4 c ketchup  
3 T worcestershire sauce  
2 T vinegar  
1/2 t celery salt  
1/8 t cayenne pepper  
3 whole cloves  
3 whole allspice  
1/2 bay leaf  
1 clove garlic,minced  
1 medium sized onion  
1/4 c water  
2 T flour

Set out a heavy skillet and a roasting pan having a tight fitting cover. Cut the ribs into serving-size pieces. Coat meat evenly with a mixture of the next three ingredients, flour, salt, and pepper.

Pour the cooking oil in the heavy skillet. Add the ribs to the oil and brown slowly on both sides. While the meat is browning, prepare the meat broth. Add the next 10 (from ketchup to the garlic clove), ingredients to the broth mixture. Finely chop the onion.

Put the meat into the roasting pan. Pour the broth mixture over the brownrd ribs. Add the chopped onion. Cover and put in a 350 degree F. oven for about 1-1/2 hours, or until the ribs are tender. With a slotted spoon, remove meat from pan to a warm serving platter. Set aside to keep warm while preparing the sauce.

For Sauce: If necessary, skim excess fat from cooking liquid. Strain the liquid and pour into a small saucepan. Mix the 1/4 cup of water and 2 tablespoons of flour in a screw top jar. Cover jar tightly and shake until mixture is well blended.

Bring liquid in saucepan to boiling; stirring constantly, slowly pour 1/2 of the flour mixture into the cooking liquid. Bring to boiling. Gradually add the remaining flour mixture. Bring sauce to boiling after each addition. Cook 3 to 5 minutes. Spoon or pour about 1/2 of the hot sauce over spareribs on the platter. Serve remaining sauce in a gravy boat if desired.

## Gingersnap Pot Roast

8 Servings

- 3 lb beef roast, chuck
- 1 T oil
- 1 c water
- 8 gingersnaps, crumbled
- 2 T red wine vinegar
- 1 t beef bouillon, granules
- 1/8 t red pepper, ground
- 3 md sweet potatoes, peeled & -quartered
- 3 md carrots, or 2 parsnips, cut -into 1
- 1 bay leaf

Trim fat from roast. Cut if necessary to fit crock pot. In large skillet brown roast on all sides in hot oil. Meanwhile, in a small bowl combine water, gingersnaps, vinegar, bouillon, and red pepper.

In crock pot, place potatoes, carrots or parsnips, and bay leaf. Place meat atop vegetables. Pour gingersnap mixture over meat. Cover; cook on low-heat setting for 10-12 hours or high-heat setting for 5-6 hours.

Glitscher

4 Servings

- 3 md raw potatoes
- 1 3/4 lb potatoes,boiled in their  
-jackets a,day ahead
- 3 T to 4 tb (heaping) flour
- 2 eggs
- 1/4 c water
- 1 salt

Grate the raw potatoes into a bowl full of water, then place in a coarse muslin bag or wrap in a rolled-up dishtowel, and wring out thoroughly. The boiled potatoes should be cooked a day in advance, then peeled and grated on the following day. Combine the two, along with the flour, eggs, and water, and mix thoroughly; season with salt. Shape the dumplings with wet hands. The dumplings should be fairly long and pointed at both ends. Cook in simmering salted water for about 20 minutes.

Makes 4 to 6 servings.

## Gluehwein

4 Servings

60 g sugar  
1/2 cinnamon stick  
4 cloves  
1 peel of 1/2 lemon  
1/8 l water  
1 l red wine  
1 juice of 1/2 - 1 lemon

Put cinnamon, cloves and lemon peel in a paper tea filter; tie it shut with a piece of white yarn. Together with the water and the sugar, bring it to a boil in a pot, let sit for 20 minutes. Take out the tea filter, add the red wine and heat. The art is to heat the wine up as close to its boiling temperature without ever getting it to boil (the most important thing about making gluehwein is that the wine must NEVER boil). Finally, add lemon juice to taste.

Possible variations: leave away the lemon juice or use orange juice instead leave away the lemon peel instead of boiling the tea filter, put it directly into the wine, heat, and let soak for 30 - 45 minutes (you don't need the water this way); if you chop up the ingredients before putting them in the filter, you get a more intensive flavor add a few drops of vanilla add a little cardamom and/or ginger vary the quantities of cinnamon, cloves and sugar to get the possibly most famous type of gluehwein, the Nuernberger Christkindlesmarkt-Gluehwein, use blueberry wine instead of red wine

## Goetta

1 Servings

2 lb pork neck bones  
1/2 qt water,Boiling  
6 peppercorns  
1 sm bay leaf  
1 c oatmeal  
1 salt  
1 onion,diced  
1 cayenne  
1 t allspice

Cook meat in water with peppercorns and bay leaf until meat falls away from bone. (I prefer to put the pot in refrigerator all night and skim off fat in the morning). Grind meat. Cook oatmeal in liquid with rest of ingredients and ground pork (You may have to add more water). Cook to consistency of mush. Pour into loaf pans which have been rinsed in cold water. When ready to serve, remove from pan, slice and fry in a little melted butter or drippings until brown. Good for breakfast served with toast. Since I make a large batch, I remove the goetta from the pans when they are firm enough to hold their shape, wrap in plastic and freeze.

## Gold Cake (Gelb Kuchen)

1 Servings

6 egg white  
3/4 c sugar, fine granulated  
1/2 t cream of tartar  
3 egg yolk  
1/2 c flour, pastry  
1/2 t vanilla

Sift the flour 3 times. Beat the yolks of the eggs until light, add the sugar which has been sifted several times and beat with eggs until mixture is creamy. Beat the whites of eggs until stiff adding the cream of tartar when partly beaten. Combine the egg mixtures and fold in gently the sifted flour, then the vanilla. Do not beat. Pour into a well-buttered loaf pan which has been sprinkled lightly with flour. Bake at 350-F for 20 minutes. Increase heat to 400-F and bake about 40 minutes.

## Goulash Soup [gulyassuppe]

5 Servings

- 1 lb beef, chuck, shin or neck
- 2 T lard, rendered beef fat or  
-bacon fat
- 1 lg onion, chopped
- 1 T [heaping] hungarian sweet  
-paprika
- 1 salt and pepper
- 2 T vinegar
- 1 T tomato paste
- 1 T caraway seeds
- 1/2 t marjoram
- 1 cl garlic
- 2 qt water
- 3 md potatoes, peeled and diced

Cut beef into 3/4" cubes. Heat lard or fat in a 3 qt saucepan and saute onions until golden. Sprinkle with paprika and saute 1 min stirring constantly over low heat. Add beef and stir well until seared and browned. Add salt, pepper, vinegar and tomato paste. Simmer 3 min and then add caraway seeds, marjoram, garlic and water. Bring to a boil, reduce heat, cover and simmer 45 min. Add potatoes and simmer another 20 min. Check seasoning and serve.

## Green-Bean Salad

4 Servings

1 lb green beans, fresh \*  
1/4 c stock, \*\*  
3 T vegetable oil  
1/2 t dillseed, Dried  
1 ,boiling salted water  
3 T vinegar  
2 onions, med., thinly sliced  
1 t sugar

\* Green beans should be sliced lengthwise (French Cut). \*\*

Stock is the water that the green beans were cooked in. (Not regular  
Cook beans in boiling salted water until just tender. Reserve  
1/4 cup of the cooking liquid and drain off the rest. Prepare sauce  
by combining vinegar, oil, reserved vegetable stock, onions, dill,  
and sugar; stir until blended. Pour mixture over beans; marinate  
several hours before serving.

## Grilled Herb Schnitzel

4 Servings

1 bn herbs, mixed  
1 sm red onion  
2 sl white bread  
2 T lemon juice  
2 T wine vinegar  
4 T olive oil  
17 2/3 oz chicken breast filets  
1 salt, pepper

1. Wash the herbs and chop the leaves finely. (parsley, basil, mint, for example) 2. Chop the onion finely and mix with herbs, lemon juice, vinegar and oil together. 3. Slice the filets into thin slices and, between two sheets of waxpaper, pound flat lightly. 4. Salt and pepper to taste. 5. On a preheated grill, grill each side for 1 1/2 minutes. 6. Arrange on plate and pour the herb mix over all. 7. Serve with a good red wine.

## Grilled Turkeylegs

6 Servings

4 turkeylegs  
18 oz peaches  
4 T peanutbutter,soft  
2 T coconut,grated  
1 clove garlic  
1 T honey  
1 ingwer,walnut size  
1 chilipowder

Puree the peaches in blender. Smash the garlic; add to it. Chop the ingwer very fine; add to it and the honey and coconut. Mix all together and marinade the turkey legs in it, let stand in the fridge for, at least, 5 hours. Grill for 60 minutes and spread with the marinade often and turn often.

## Gross-Suppe (Semolina Soup)

4 Servings

- 1 l meat broth (approx. 1 qt)
- 1 c semolina
- 1 egg
- 1 a few sprigs parsley  
-chopped,(or a),bit of chopp
- 1 chives
- 50 g butter (3 1/2 tbsp)
- 1 salt,To Taste
- 1 pepper,To Taste
- 1 nutmeg to taste,Ground

Slowly stir the semolina into the boiling broth and cook for 1 hour. Shortly before serving, stir in a beaten egg, adjust seasoning with salt, pepper, and nutmeg. Add the chopped parsley or chives, and dot with butter.

Serves 4.

## Gruiben (Cracklings)

4 Servings

- 2 1/2 Kg fresh pork bacon [the fatty  
-layer r,ight underneath
- 1 the skin. k.b.] (approx. 5  
-1/2 lbs,)
- 1/8 l milk (or water (1/2 cup  
-plus)  
-1/2 tbs,p)

Cut the bacon into 3/4-inch cubes and put into a tall pot which must not get filled more than halfway up (to prevent the large amount of foam during the rendering process from running over and spilling). Heat up slowly, else the bacon will stick to the bottom and scorch. As soon as there is a little liquid fat covering the bottom of the pot, add milk or water, and heat up more, constantly stirring. Let the cracklings brown a little bit more, then pour off the liquid lard, through a sieve, into an earthenware pot. Warm cracklings are very popular in-between meal.

Serves 4.

## Gruibenknoedel (Cracklings Dumplings)

4 Servings

1 c cracklings  
2 eggs  
2 T flour  
125 g plain breadcrumbs (4.5 oz)

greens [chopped parsley and/or chives] seasonings (pepper, paprika, marjoram)

Mix the cracklings, eggs, seasonings, and greens into a pliable mass. Add flour and breadcrumbs. Let the dough rest for 10 to 15 minutes. Then shape dumplings, and slip into barely boiling water, and let steep. Transfer to hot beef broth and serve.

Serves 4.

## Gruibensalat (Crackling Salad)

4 Servings

1 Kg potatoes,boiled in their  
-jackets a,nd peeled (a  
1 generous 2 lbs)  
1 lg onion,sliced  
125 g lard (1/2 cup plus 1 tbsp)  
100 g cracklings (3 1/2 oz)  
1/2 T pepper  
1 T (level) salt  
1 a few tbsp meat broth or  
-water

This is an old-style recipe from grandma's more thrifty age, and is rarely found today.

Slice the potatoes while still hot, and mix in the sliced onion. Add the liquid and seasoning. Meanwhile, heat the cracklings in the lard, and when very hot, pour over the potato salad, and lightly stir in.

In olden times, this was eaten with a slice of rye bread. Today, one could serve it with something like an endive (escarole) salad.

Serves 4.

## Grundstock Nudelteig (Basic Pasta Dough)

4 Servings

400 g flour (3 1/2 cups)

2 eggs

1/8 l water (1/2 cup plus 1/2  
-tbsp)

Mix flour, eggs (only if pasta is supposed to be more on the firm side), and water, and knead into a firm dough. Continue kneading until dough pulls free off hands and pasta board. Cut into 2 or 3 loaves, and again knead until smooth. Let rest for 20 to 30 minutes, then - on a floured pastry board - roll out. Cut noodles with a knife, or roll with with the palm of your hand.

Serves 4.

## Grüne Bohnen Mit Birnen

4 Servings

8 oz runner beans  
8 oz peeled pears, Sliced  
4 oz butter  
1 oz sugar  
2 oz vinegar  
1 salt & pepper

Clean and trim runner beans and slice thinly. Par boil in salted water for 12 minutes. Drain and toss in butter with pears. Season to taste and add sugar and vinegar. Stir well.

## Grüne Bohnen Mit Dill (Green Beans With Dill)

4 Servings

9 oz cut green beans, frozen (1 pk)  
1/3 c , water, boiling  
1 beef bouillon cube  
1 t dillweed (or dillseed)  
2 T butter

Place frozen green beans in saucepan with boiling water, bouillon cube, and dill. Cover; bring to a boil. Separate beans with a fork, reduce heat and simmer for 10 minutes or until tender. Drain. Stir in butter and serve.

## Grunkohlsuppe (Kale And Potato Soup)

6 Servings

4 potatoes, medium  
2 T vegetable oil  
8 c water  
1 t salt  
1/2 t pepper  
2 lb kale, fresh  
1/2 lb garlic sausage, \*

\* Garlic Sausage should be the smoked kind, cooked and sliced.

Peel and chop potatoes. Combine with vegetable oil and water. Cook for 20 to 30 minutes or until potatoes are tender. Remove potatoes and reserve liquid. Mash potatoes through a sieve and return to potato liquid. Add salt and pepper and simmer for 20 minutes. Wash kale discarding all tough leaves and cut into shreds. Add to potatoes and cook for 25 minutes. Add sausage. Simmer gently for 5 minutes.

## Gugelhupf

8 Servings

1 pk yeast,dry active  
1 c milk,scalded then cooled  
1 c sugar  
1 c butter (or margarine)  
5 eggs,large  
1 t vanilla extract  
1 lemon,rind of, grated  
3/4 c raisins  
1/3 c almonds,ground (2 oz pk)  
1/2 t salt  
4 c flour,unbleached, unsifted

Sprinkle yeast into milk to dissolve. In a large bowl beat sugar and butter until light and fluffy. Beat in eggs, one at a time. Stir in vanilla, lemon rind, raisins, and almonds. Mix salt and flour. Add milk and flour mixtures, alternately, ending with the flour mixture. Grease a gugelhupf mold\*, budt pan, or tube pan. Pour batter into pan. Cover and let rise until doubled in bulk, about 2 hours. Bake in preheated 375 degree F. Oven for 40 minutes or until browned and done. Serve warm with butter. \* The gugelhupf mold is know also as a turban-head pan. If this is not availiable, you can use the others with the same results.

## Gulaschsuppe (Goulash Soup)

6 Servings

2 c onion, chopped  
1/4 c shortening  
3 green bell peppers, chopped  
3 T tomato paste  
1 lb beef cubes, 1-inch cubes  
1 red pepper, dash  
1 t paprika  
2 garlic cloves, minced  
6 c beef broth,\*  
1 T lemon juice  
1/4 t caraway seeds

\* Beef Broth can be either canned or home made (home made is preferred.)

Fry onions in hot fat until transparent. Add green peppers and tomato paste. Cover and simmer 10 minutes. Add lean beef cubes and remaining ingredients. Simmer about 1 1/2 hours, until meat is tender. (Add cubed potatoes if you like and simmer until potatoes are done.) Best when reheated and served the second day.

## Gulyassuppe

6 Servings

1/2 lb onions, chopped  
1/4 lb bacon, diced  
1 t paprika  
1/2 t caraway seed  
1 pn marjoram  
1 garlic clove, crushed  
6 c beef stock  
1 lb soup meat, finely cubed  
1 t salt  
3 tomatoes  
-peeled/seeded/diced  
3/4 lb potatoes, peeled/diced  
1/4 c flour  
3/4 c water  
3 beef franks, cooked/peeled  
1 lemon juice

Saute the onions and bacon, until the onions are golden and puffy. Add the paprika, caraway seeds, marjoram and garlic. Cook just a minute and add the beef stock, soup meat, salt and tomatoes. Simmer for 20 minutes. Add the potatoes, and more beef stock, if needed. Continue to cook until the meat and potatoes are soft. Make a thin cream of the flour and water, and stir it slowly into the soup. Continue to cook until thickened. Slice the cooked franks about 1/4" thick and add to the soup along with a squeeze of lemon juice.

## Gurkensalat (Cucumber Relish Salad)

4 Servings

- 2 cucumbers, medium
- 1 1/2 T sugar
- 1 1/2 T cider vinegar
- 1/2 t salt
- 1/8 t pepper
- 1/2 c sour cream
- 1 T parsley, fresh, minced

Slice cucumbers paper-thin. Sprinkle slices with sugar, vinegar, salt and pepper. Marinate for 20 minutes, drain off liquid, and toss lightly with sour cream. Top with minced parsley.

## Hackbraten (Falscher Has)

4 Servings

- 250 g pork (a generous 1/2,Ground -lb)
- 250 g beef (a generous 1/2,Ground -lb)
- 100 g plain breadcrumbs (3.5 oz)
- 2 eggs
- 1 onion,finely chopped
- 1 clove garlic,mashed or -minced
- 1 bn parsley,finely chopped
- 1 pn sugar
- 2 T lard
- 1 onion,sliced
- 4 to 5 cloves garlic,whole
- 1/2 yellow turnip,sliced  
-[substitute,,carrot]
- 1 water for pan gravy

Mix the ground meat with all the other ingredients [except for the lard, the sliced yellow turnip, sliced onion, and whole garlic cloves] and shape into a rectangular loaf. Put in a casserole dish with the lard, the sliced onion, whole garlic cloves, and sliced yellow turnip. Roast at 390 degrees F until the onions turn brown. Then, add a little bit of water. Continue to roast, basting frequently. Add more water as needed. If the crust is getting too dark, cover the top of the meatloaf with aluminum foil. In the olden days, the cook put a clay tile on top of the meatloaf to achieve the same effect.

At 390 degrees F, the meatloaf will be done after 1 1/2 hours and may be served immediately, sliced, and topped with the reheated pan juices.

Serve with potato salad

## Haebernes Mus (Oatmeal Mush)

4 Servings

500 g oatmeal (or wheat flour) (a  
-generous lb)  
1/4 l water 1 (1 cup plus 1 tbsp)  
3 T lard  
1 ds salt

From grandmother's more thrifty times; rarely encountered today.

In a skillet, brown the oatmeal a bit. Then add water and salt. In a cast iron skillet, pan fry the resulting thick dough in the lard, tearing it into pieces in the process.

Serves 4.

## Ham With Noodles (Schinkennudeln)

4 Servings

3/4 lb fresh egg noodles  
1/2 lb ham, diced  
1 salt  
1 c sour cream  
3 T swiss cheese, Grated  
-(emmentaler)  
1 T to 2 tb butter  
2 T bread crumbs

This is one of the most popular German casseroles, especially south of the Main Line.

Preheat the oven to 350 degrees F.

Cook the noodles in salted water and drain; they can also be left over from the day before. Fill a souffle pan with alternate layers of ham and noodles; salt lightly and put some of the sour cream and some grated cheese over each layer. The top layer should consist of noodles. Dot with little bits of butter and sprinkle with bread crumbs.

Bake in the oven for about 30 minutes.

## Hamburg Sour Soup

9 prunes  
9 apricots, Dried  
1 smoked ham bone and the ham rind or 2 smoked ham hocks  
3 qt water  
2 carrots  
1 sm knob of celery root  
1 leek  
7 T butter  
1 lg onion  
4 T flour  
1/2 t basil  
1/2 t thyme  
1/2 t marjoram  
1 t leaf savory  
1 salt, to taste  
1 pt white wine  
1 lg bay leaf  
6 peppercorns  
1 lb eel, skinned and cut into 3 -pieces  
4 T white vinegar  
2 T raspberry jam  
1 c peas, optional

Soak prunes and apricots in warm water to cover for 2 hrs. Put ham bone and rind in 3 qts cold water, bring to a boil and simmer 1 1/2 hrs. Remove rind and discard; cut meat from the bone in small cubes. Cool stock and skim fat. Clean and dice the pot vegetables. Heat 3 tbs butter in a skillet and saute vegetables until they soften. Add vegetables to the ham stock. Heat 4 tbs butter and fry onion until it is deep brown. Sprinkle flour over this and blend stirring over a low heat until browned. Do not let the roux scorch. Add this plus the herbs to the stock and simmer 15 min.

While stock is simmering, bring the white wine to the boiling point with the bay leaf and peppercorns. Add eel, simmer 10 minutes and set aside. Add the reserved diced ham, the soaked fruits, vinegar, jam and wine that the eel was cooked in to the stock. Simmer 5 minutes; adjust the seasoning. The soup should have a winey sweet and sour balance. add the peas in the last 5 min. To serve place some eel in each bowl and ladle the soup over it making sure each dish gets a prune and an apricot.

## Hammelsuppe (Mutton Soup)

6 Servings

600 g mutton  
1 t salt  
1 onion  
1/2 celeriac (celery root)  
1 leek  
1 carrot  
3 md carrots  
4 t fine farina  
1 egg yolk  
2 t cream (or milk)

Cut well washed pieces of mutton into bite sized pieces. Place in water (1 1/2 liters) with salt and bring to a boil. Add the the celeriac and carrots, finely cut onion, and then put in cubed potato. Cook for 1 1/2 hours. If the potatoes do not fall apart, run them through a sieve. One half hour before the soup is finished, sprinkle in the farina. When fully cooked, put walnut-sized pieces of potato dumpling into the soup. After ten minutes stir in chopped parsley, nutmeg, and add in the egg yolk that was beaten into the cream or milk.

## Haselnuss Halbmonde

12 Servings

MM BY H PEAGRAM =====

1 lb butter  
4 c flour  
1 lb filberts,Ground  
1/4 c cold water  
2 c sugar  
1 icing sugar

Mix all together. Form into small crescents. Bake for approx 10 min at 300 degrees. Should not brown. Dough may be frozen. To finish, cookies may be dipped in icing sugar, or chocolate or as desired.

## Haselnussmakronen

20 Servings

- 2 egg whites
- 1/4 c sugar
- 1 1/2 c shelled hazelnuts, pulverized
- 6 T unsweetened cocoa
- 2 t lemon peel, Grated
- 1 t vanilla
- 1 pinch of salt

Grease large baking sheet.

Beat egg whites until they foam and thicken slightly.

Sprinkle sugar over them and continue to beat until whites form stiff peaks.

Combine remaining ingredients in a bowl and with a rubber spatula gently but thoroughly fold the mixture into the whites, using an over under cutting motion, rather than stirring.

To make cookies, drop by tablespoons onto the baking sheet, about an inch apart.

Let cookies rest at room temperature for 1 hour before baking.

Preheat oven to 300, bakes cookies in the middle of the oven for 30 minutes or until they are firm. Carefully transfer to cake rack to cool.

## Haselnusstorte (Hazelnut Torte)

8 Servings

- 5 eggs, large, separated
- 3/4 c sugar
- 6 T ,water
- 1 3/4 c cake flour, sifted
- 1 t baking powder
- 1 1/2 c hazelnuts (filberts)  
-ground\*
- 1 t vanilla extract
- 2 T confectioners' sugar
- 1 c cream, heavy, whipped
- 1 fresh strawberries, if desire

Beat the egg yolks and sugar until very light, about 5 minutes. Slowly add the water. Sift the flour and baking powder together. Mix with 1 cup of nuts. Fold the flour mixture into the egg yolks. Beat the egg whites until soft peaks form. Gently fold the beaten whites into the batter. Pour into a greased and floured 10-inch springform pan. Bake at 375 degrees F for 30 minutes or until cake is done. Cool cake on a wire rack. When completely cooled, split the cake into 2 layers. Fold the vanilla, confectioners' sugar, and remaining 1/2 cup of nuts into the whipped cream. Spread whipped cream between the 2 cake layers and on top of the cake. Chill until serving time. Garnish with fresh strawberries, if desired. \* Hazelnuts are available at most stores under the name of Filberts. They should be blanched. To blanch, boil the nuts for 5 minutes and when they are cool enough to handle, remove the skins. To grind, place about 1/4 cup at a time in a blender, or chop as finely as you can with a sharp knife.

## Hasenoehrle (Rabbit Ears)

4 Servings

- 400 g flour (3 1/2 cups)
- 1 ds salt
- 1 egg
- 1 as much baking powder as  
-will fit o,n the tip of
- 1 a knife
- 1 spoon clarified butter
- 3/16 l milk (2/3 cup plus 1/4, Warm  
-cup)
- 1 sugar, To Taste
- 1 cinnamon to taste, Ground
- 1 fat for frying

Combine the flour, salt, egg, milk, and clarified butter and knead into a firm noodle dough. Let rest for one hour. On a floured pastry board, roll out to the thickness of the back of a knife. With a knife or pastry wheel, cut into rectangles and deep fry until golden brown. While still hot, dust with sugar and cinnamon, and serve.

Serves 4.

## Hasenpfeffer (Braised Hare In Red Wine)

4 Servings

- 1 serves 4
- 3 c red wine
- 6 bay leaves
- 1/4 c red wine vinegar
- 1 baron(saddle& back legs) of  
-hare or
- 1 salt
- 1 black pepper,Freshly Ground
- 1/2 c flour
- 4 whole cloves
- 1/2 c flour
- 6 juniper berries,crushed
- 2 oz margerine

Make a marinade by combining the wine, vinegar, onion, salt, pepper, cloves, juniper berries & bay leaves. Joint the meat by cutting off the back legs & cutting the saddle into two. the meat in the marinade & refrigerate for 24 hours. Remove the meat, dry it & dust it w/ the flour. In a heavy-bottomed saucepan, melt the margerine & fry the meat until brown. the marinade over the meat, cover the saucepan & simmer over low heat for approx., 1 hour, or until the meat is tender. remove the meat from the saucepan & keep it warm. Strain the cooking juice & return it to the pan. Cook it until it reduces by approximately half. If the resulting sauce is not thick enough, it may be thickened w/ a little flour. To serve, arrange the meat on a serving platter & pour the sauce over it

## Hochrippe Und Sauerkraut (Spareribs And Sauer

4 Servings

32 oz sauerkraut,canned (2 cans)  
3 lb spareribs,country style  
2 t paprika  
6 beef bouillon cubes  
1/2 t caraway seeds  
1/2 t pepper  
10 bacon,slices,rolled infLOUR

Rinse and drain the sauerkraut. Place sauerkraut in large 4-quart casserole. Add 2 qts. hot water. Add uncooked spareribs, paprika, bouillon cubes, caraway seeds, and pepper. Cook covered, over low heat, 3 to 4 hours. Fry floured bacon slices. Break bacon into sauerkraut. Remove bones from the sauce before serving. Serve with dark bread and steins of beer.

## Hoernchen

2 Servings

1/2 lb butter  
3/4 c sugar  
1 egg  
1 t vanilla  
2 1/4 c flour  
1/2 lb unblanched almonds,ground  
1 red and green colored sugar  
- tiny m,ulticolored candie

Cream together butter and sugar. Add egg and vanilla, blend well. Stir in flour and gr. almonds. Pinch off a piece of dough the size of a walnut and roll into strip the thickness of your little finger. Form into crescent shape. Dip one side of crescent into colored sugar or multicolored candies. Place uncoated side down on ungreased cookie sheet. Bake in 350 degree oven for 15 min., or until slightly brown.

## Holderkuechle (Elderberry Fritters)

4 Servings

200 g flour (1 3/4 cups)  
2 eggs  
1/8 l milk (1/2 cup plus 1/2 tbsp)  
1 small pinch salt  
16 elderberry blossoms with  
-stems  
1 sugar for dusting  
750 g lard (or shortening for)  
-frying (1 lb,11 oz)

With a whisk, mix the flour, eggs, salt, and milk into a pancake batter. Rinse the elderberry blossoms several times, then pat dry with paper towel. Briefly dip the blossoms into the dough, and then deep fry until golden brown. Dust with sugar and serve.

Serves 4.

## Holdermus (Elderberry Mush)

4 Servings

500 g elderberries without stems  
-(a generous lb)  
1 sugar, To Taste  
1 pin salt  
1/8 l milk (1/2 cup plus 1/2 tbsp)  
50 g butter (3 1/2 tbsp)  
1 T flour

From the Allgaeu area.

Pull the elderberries off their stems and briefly cook in a skillet with very little water. Then add either a roux or a smooth mixture of milk with a little bit of flour. Constantly stirring, bring to a good boil. Add a spoonful of honey. If the mush has been made with the milk/flour mixture, then pour hot clarified butter on top.

In some places, pan-toasted bread cubes are scattered on top. The elderberry mush is served directly in the copper skillet.

Serves 4.

## Holderschmarren (Elderberry Scramble)

4 Servings

- 500 g elderberries, stems removed  
-(a generous lb)
- 250 g peeled, [cored] pears,  
-sliced (a generous 1/2 lb)
- 250 g very ripe, pitted damson  
-plums (a generous 1/2 lb)
- 150 g rye bread, or white [french]  
- bread,, crust removed,
- 1 thinly (a generous 5, Sliced  
-oz)
- 1/2 l milk (2 cups plus 2 tbsp)
- 50 g butter (3 1/2 tbsp)
- 1 pin salt
- 1 sugar and cinnamon, To Taste
- 2 T to 3 tb flour
- 1 juice of 1/4 lemon

Melt the butter and briefly saute the fruit. Make a thin paste of the flour and milk and add the mixture to the fruit. Add the remainder of the milk. Add the sliced bread, and cook until the plums are soft. Season with salt, sugar, cinnamon, and lemon juice.

Serves 4.

## Hot Dutch Potato Salad

1 Servings

4 sl bacon  
1/2 c onion,Chopped  
1/2 c green pepper,Chopped  
1/4 c vinegar  
1 t salt  
3 hard eggs,Boiled  
1/8 t pepper  
1 t sugar  
1 egg  
1 qt hot,cubed, cooked potatoes  
1/4 c raw carrot

Dice bacon and pan fry. Add chopped onion and green pepper. Cook 3 minutes. Add vinegar, salt, pepper, sugar and beaten egg. Cook slightly. Add cubed potatoes, grated carrot and diced hard-cooked eggs. Blend and serve hot. Variation: Add chopped apple with the onion and pepper.

## Hot German Bean Salad

6 Servings

- 1/4 c white grape juice
- 2 md carrots, chopped
- 1/2 md red onion, chopped
- 2 stalks celery, sliced
- 1/2 c water, or liquid from beans
- 1/3 c vinegar
- 1 T sugar
- 1 T cornstarch
- 1 vegetable bouillon cube
- 2 c black beans, canned
- 1 c red kidney beans, canned
- 1 red onion, optional

In a large skillet, add white grape juice and heat over medium-high heat. Stir fry carrots, onion, and celery for two minutes. Remove from heat.

In a small bowl, stir together water, vinegar, sugar, cornstarch, and bouillon cube, crumbling cube as much as possible.

Add mixture to skillet. Cook and stir over medium-high heat 1 to 2 minutes, or until mixture is thickened and bubbly.

Stir in black and kidney beans. Cook additional 2-3 minutes, stirring occasionally, until mixture is heated through. Garnish with sliced red onions, if desired.

May be served hot or cold.

## Hot German Potato Salad

6 Servings

10 md potato,cooked & sliced  
1 onion,chopped  
1/4 c water  
2 T whole-wheat flour  
1 T honey  
1 t tamari soy sauce  
1/2 t celery seed  
1 ds ground pepper,optional  
3/4 c water  
1/2 c vinegar

saute the onion in 1/4 cup water over medium heat until tender and beginning to brown. Stir in flour, honey, tamari, and celery seed. Mix well until smooth. Stir in water and vinegar. Heat to boiling, stirring constantly. Add potatoes, stirring carefully. Heat through. Serve hot.

## Hot German Rice Salad

6 Servings

6 sl bacon, cut in 1/4 pieces  
1/2 c cider vinegar  
3 T sugar  
2 T water  
1/2 t salt  
1/4 t black pepper  
1 sm carrot, grated  
2 T fresh parsley, chopped  
4 c rice, Cooked

In a large skillet, cook bacon until crisp. Pour off fat; return 2 T. to skillet. Add onions, vinegar, sugar, water, salt, pepper. Cook until onions are tender. Stir in rice, carrot, and parsley. Heat through, about 5 minutes.

This sauce is basically the same for German potato salad, just add celery seed. It is also good on lightly sauted cabbage.

## Jaeger Eintopf (Hunter's Stew)

4 Servings

- 1 1/2 c onions,minced
- 1/4 lb mushrooms,sliced
- 2 T vegetable oil
- 1 lb ground beef,coarse grind \*
- 1 c beef broth
- 5/8 t nutmeg
- 1/2 t worcestershire sauce
- 1 t salt
- 1/2 t pepper
- 3 potatoes,medium
- 3 T butter
- 2 eggs,large
- 4 apples,tart
- 1/2 c bread crumbs,fine, dry

\* Ground beef should only be ground once and be the leanest you can get.

In a frypan saute onions and mushrooms in vegetable oil until soft. Add ground beef; saute mixture 3 to 4 minutes. Stir in broth; bring to a simmer. Add 1/2 t nutmeg, worcestershire sauce, 1/2 t salt, and 1/4 t pepper. Peel the potatoes and boil them in salted water until tender, about 30 minutes. Drain and put through a food mill or grinder. Beat in 2 T butter, 1/2 t salt, 1/4 t pepper. Adjust seasonings to taste. Beat in eggs and remaining nutmeg. Peel, core, and slice apples. Layer mixtures in a 1 1/2-quart buttered baking dish. Spread 1/3 of potatoes on bottom of dish. Top with 1/2 of the meat mixture and 1/2 of the apples. Continue with layers, ending with a layer of potatoes. Sprinkle the top with bread crumbs, and dot with remaining butter. Bake at 375 degrees F for 45 minutes and then at 400 degrees F for 10 minutes more.

## Jaegerschnitzel

2 Servings

- 2 pork (or veal schnitzels)
- 1 pepper
- 1 salt
- 1 a little brown sugar
- 1 butter
- 1 lb fresh mushrooms, white or a
- 1 mix of wild forest mushrooms
- 1 cream
- 1 french fries (or croquettes)
- 1 variations
- 1 a little cooking sherry
- 1 onions and/or garlic

Get some pork- or veal-Schnitzels. Wash the meat; dry with a paper towel and rub with pepper, salt and just a little brown sugar. Cook in (real) butter in an open pan on both sides until the meat is done and takes on a nice brown. Set aside and keep hot. In the meat juice left in the pan, cook fresh mushrooms (about a pound for 2 Schnitzels; any kind of mushrooms will work, but the white mushrooms

you get in any super market or, if you collect your own, a mix of wild forest mushrooms, seem to be best) until the liquid is mostly gone, adding pepper, salt and More(Y/n/=)? sugar (be careful with the sugar; too much of it will spoil the mushrooms) to taste. Stir in fresh cream (unwhipped) until you get a thick sauce. Pour on top of the Schnitzels, serve with french fries or croquettes. Variations: You might try to add a little cooking sherry, onions and/or garlic to the mushroom gravy (the onions and the garlic are cooked together with the mushrooms; the sherry is added with the cream).

## High Rise German Pancakes

1 Servings

- 3 eggs
- 1/2 c milk
- 1/2 c flour
- 1/2 t salt
- 1 pn cinnamon
- 1 pn nutmeg
- 1 1/2 T sugar
- 4 T butter, 2 of them melted
- 2 tbps icing sugar
- 1 whipped cream (garnish)
- 1 fresh berries (garnish)

Preheat oven to 425F. Beat together the egg and milk. Sift together the flour, salt, sugar and spices. Whisk into the egg/milk mixture and then beat in 2 tbps melted butter. Using a nonstick oven proof skillet, melt remaining 2 tbsp butter. Pour batter into hot skillet and put in oven. Bake for about 15 minutes, then reduce the heat to 375F and continue to bake for another 5-6 minutes until the sides are golden and the center is 'set'. Place pancake onto heated plate. Sprinkle icing sugar over top. For special effects, place paper doilie on pancake, sprinkle sifted icing sugar over and then carefully remove doily. Garnish with whipped cream and serve with fresh berries if desired

## German Apple Cake

8 Servings

1 c sugar  
1/2 c all-purpose flour  
3/4 c whole wheat flour  
1/4 c oat bran  
3/4 t baking soda  
1 t salt  
3/4 t cinnamon,Ground  
1/2 t allspice  
2 eggs  
1 t vanilla  
2 granny smith apples,chop  
1/2 c golden raisins

Preheat oven to 350 deg. Spray loaf pan with Pam or other veg. spray.

In one small bowl; beat together eggs, veg. oil and vanilla. Mix together all dry ingredients in a large bowl. Add liquid ingredients to dry and mix well. Fold in chopped apples, walnuts, and raisins. Spoon into loaf pan until half full. Bake in preheated oven for 50-60 mins. Check center with toothpick to see if done. Remove and cool on wire rack.

## Janet's Christmas Stollen

1 Servings

4 c flour  
3/4 c sugar  
1 pk dry yeast  
1 t salt  
1/4 t cardamom  
1 t cinnamon  
1/4 t nutmeg,Grated  
2/3 c milk  
1/2 c butter,Unsalted  
1/4 c water  
2 eggs  
1 c mixed candied fruit,Chopped  
1/2 c raisins  
1/2 c chopped walnuts

Combine 1 cup of the flour, the sugar, yeast, salt, cinnamon, cardamom, and nutmeg in a mixing bowl. Place the milk, butter, and water in a saucepan and heat over low heat until warm (120-130 degrees) stirring until the butter melts. Gradually add the warm milk mixture to the flour. Beat until smooth, about 2 minutes. Add the eggs, and 1 cup flour and beat 2 minutes longer. Add the candied fruit, raisins, and walnuts. Stir in as much of the remaining flour as possible. Place dough on a lightly floured surface and knead in remaining flour. Knead for 10 minutes, until dough is smooth and elastic. Place dough in greased bowl, cover, and let rise about 1 1/2 hours or until double in bulk. Punch dough down and divide in half. Knead each piece for 1-2 minutes. Cover and let rest 10 minutes. Roll each out to an 11 x 7-inch oval. Fold over in half. Place on greased cookie sheets, cover, and let rise about 45 minutes. Bake in a preheated 375 oven 25-30 minutes.

## Jean's Sauerkraut Hotdish

6 Servings

2 lb any kind of pork  
1 md onion --,Sliced  
1 water  
1 cn sauerkraut. -- 27oz,Drained  
2 cn cream of mushroom soup  
1 bag kluski noodles,cooked  
1 pound

Combine pork and onion in medium saucepan. Add water to cover. Bring to boil and cook until pork is no longer pink. Cooking time will vary depending on kind of meat used.

Remove meat and onion from pot and cool slightly. Reserve liquid. Set onions aside.

Debone pork and cut meat into pieces. Mix sauerkraut with reserved pork, onions, soup and noodles.

Gradually add liquid used to cook pork until mixture has consistency of heavy stew.

Spoon into 2-quart baking dish. Bake at 350 degrees 30-45 minutes or until heated through.

## Kaesekuchen (Cheesecake)

1 Servings

8 7/8 oz margarine  
7 oz sugar  
4 eggs  
2 vanillapudding  
1 pn backingpwd.  
35 1/4 oz quark (or creamcheese(1000  
-g)  
5 dr lemonextract

Use a 10" Springform,grease with margarine and flour.Mix all ingredients and put into Springform.Bake for 1 Hour at 375' then turn off oven and cool cake in the Oven. About the vanilla pudding.I always get the german packages which each package is enough for 1 Q of Milk. Which ever size pkg. of vanilla pudding that would be in american.

## Kaesetorte (Cheesetorte)

1 Servings

1/4 lb butter  
7 oz flour  
1 t backingpwd.  
1 egg  
1/4 lb sugar

FILLING =====

1 1/8 lb quark (or creamcheese)  
7 oz sugar  
1 egg  
1 vanillapudding  
2 T oil

2 1/8 c milk

ND OPTION FILLING =====

1 2/3 lb quark (or creamcheese)  
8 7/8 oz sugar  
2 eggs  
1 vanillapudding  
1 c whippingcream

Combine ingredients for dough and line a 10 " Springform with it. Make a 1 " rim on the side of form. Combine the ingredients for the filling and add to lined form. Bake at 350' for about 80-90 min. About the vanilla pudding. I always buy the german pudding which each package is for 1 Q. of Milk. Therefore I dont know which size you would use here in the US. But you probably know.

## Kaesmus - Rallenmus (Cheese Mush)

4 Servings

4 T (heaping) flour  
1 egg  
1 ds salt  
100 g hard cheese ( 3 1/2, Grated  
-oz)  
1/2 l mixture of milk and water (1  
- pint)  
1 onion, finely sliced  
2 T clarified butter

From grandmother's more thrifty times; rarely encountered today.

Combine the flour, egg, and salt to dough and make 'Riebele'\*. In a skillet or saucepan, bring the milk to a boil and whisk in the 'Riebele' and the grated cheese. In a separate skillet, brown the onion in the clarified butter, and then pour the contents of the skillet over the cheese mixture. Pepper to taste.

## Kaessuppe (Cheese Soup)

4 Servings

- 50 g butter (3 1/2 tbsp)
- 50 g flour (1/2 cup less 1 tbsp)
- 200 g emmentaler cheese, sliced (7 - oz)
- 1 l meat broth (a generous qt)
- 1 egg yolk, mixed with a bit -of milk, or cream
- 1 salt and pepper, To Taste
- 1 pn sugar
- 2 sl white [french] bread
- 20 g butter (1 1/2 tbsp)

Melt the butter and stir in the flour. Add meat broth. Bring to a boil, then add the sliced cheese and stir until cheese has dissolved. Remove soup from heat, and whisk in the egg yolk mixture. Add salt, pepper, and sugar to taste.

Dice the bread and in the butter, saute until golden brown.

Add to soup just before serving.

Serves 4.

## Kalbsbries Imperial (Sweetbreads With Paprika Sauce)

- 3 pairs sweetbreads
  - 1 ,cold water
  - 1 ,boiling water
  - 1 t salt
  - 2 T vinegar
  - 2 sl tongue,thickly sliced
  - 5 T butter
  - 1 T goose liver pate
  - 3 c cooked rice,mixed with-3 T butter
  - 2 T parsley,chopped
  - 1 salt,To Taste
  - 1 1/2 c paprika sauce
  - 3 T parmesan cheese
  - 1 green peas,For Garnish
  - 1 parsley sprigs,For Garnish
- PAPRIKA SAUCE =====
- 1 onion,very finely chopped
  - 3 T butter
  - 2 T flour,sifted with-
  - 1 T paprika
  - 1 1/2 c beef stock
  - 1/2 c heavy cream

Kalbsbries Imperial: Soak 3 pairs of sweetbreads in cold water for 1/2 hour. Cover them with boiling water; add 1 teaspoon salt and 2 tablespoons vinegar, and simmer for 15 minutes. Plunge the sweetbreads into cold water and trim the tubes and membranes. Press the sweetbreads lightly under a cloth. Make small incisions and stud the sweetbreads with little wedges of tongue. Use about 2 thick slices. Saute the sweetbreads in 5 tablespoons butter for 10 minutes, or until they are golden. Cut them in half lengthwise and fill each half with 1 tablespoon of goose-liver pate. Arrange in a shallow copper pan 3 cups cooked rice mixed with 3 tablespoons butter, 2 tablespoons chopped parsley, and salt to taste, and lay the sweetbreads on the rice. Cover with 1-1/2 cups paprika sauce and sprinkle with 3 tablespoons Parmesan cheese. Bake the sweetbreads in a hot oven (400F) for 6 minutes, or until the cheese is browned. Surround the rice with green peas and decorate the pan with sprigs of parsley. Serve from the pan.

### Paprika Sauce:

Saute 1 onion, very finely chopped, in 3 tablespoons butter until it is golden. Add 2 tablespoons flour sifted with 1 tablespoon paprika and stir well. Gradually add 1-1/2 to 2 cups beef stock and stir the sauce until it is smooth. Simmer it for 20 minutes, strain it, add 1/2 cup heavy cream, and bring it back to just under a boil.

## Kalbsbrust Mit Krauterfullung

### HERB STUFFING =====

3 sl bacon  
1 md onion  
4 oz mushroom pieces  
1/4 c parsley, fresh, chopped  
1 T dill, fresh, chopped  
1 t tarragon, dried  
1 t basil, dried  
1/2 lb ground beef, lean  
1/2 c bread crumbs, dry  
3 lg egg  
1/3 c sour cream  
1/2 t salt  
1/4 t pepper

### VEAL =====

3 lb boned veal breast, or 4 lb leg of veal, boned  
1/2 t salt  
1/4 t pepper  
1 T oil  
2 c beef broth, hot  
2 T cornstarch  
1/2 c sour cream

#### Stuffing:

To prepare stuffing, dice bacon and onion. Cook bacon in a frypan until partially cooked; add onion and cook for 5 minutes. Drain and chop mushrooms, add to frypan and cook for another 5 minutes. Remove mixture from heat, let cool and transfer to a mixing bowl. Add herbs, ground beef, bread crumbs, eggs, and sour cream. Mix thoroughly. Season with salt and pepper.

#### Veal:

With a sharp knife, cut a pocket in the veal breast or leg. Fill with stuffing; close opening with toothpicks. (Tie with string if necessary.) Rub outside with salt and pepper. Heat oil in a Dutch oven. Place meat in the pan and bake in a preheated 350 degree F. oven about 1 1/2 hours. Baste occasionally with beef broth. When done, place meat on a preheated platter. Pour rest of beef broth into the Dutch oven and scrape brown particles from the bottom. Bring pan drippings to a simmer. Thoroughly blend cornstarch with sour cream and add to pan drippings while stirring cook and stir until thick and bubbly. Slice veal breast and serve sauce separately.

## Kalbsschnitzel Mit Feinen Gemusen (Veal Round)

4 Servings

1/2 t salt,or to taste  
1/4 t pepper,or to taste  
1/4 t paprika,or to taste  
4 veal fillets,cut 1/4 thick  
4 T butter  
4 stewed tomatoes,whole  
12 white asparagus spears,\*  
1/4 lb mushrooms,fresh, sliced

\* Asparagus Spears should be canned.

Sprinkle salt, pepper, and paprika over the veal slices. Saute in butter until browned. On each fillet place 1 stewed tomato, 3 spears asparagus and a heaping T of mushrooms. Cook gently. Pour cooking juices over the fillets while cooking. Cook uncovered until mushrooms are just tender. Serve with pureed potatoes and a salad.

## Kalbsschnitzel Mit Joghurt

4 Servings

1 lb veal,sliced thin  
1/2 t salt  
1/4 t pepper  
3 T vegetable oil  
4 apples,med. peel and slice  
1/2 c evaporated milk  
8 oz yogurt,small container

Rub veal steaks with salt and pepper. Heat oil and cook veal slices about 2 minutes on each side. Place veal in an ovenproof casserole. Add cored, sliced apples. Blend evaporated milk and yogurt together. Spread over apples. Place in a preheated 325 degree F. oven; cook just until bubbly, about 20 to 30 minutes.

## Kalte Ente (Cold Duck)

4 Servings

2 T lemon juice  
3 T sugar  
1 lemon  
2 pk moselle wine  
1 pk champagne

Chill wine and champagne.

Chill glass punch bowl thoroughly in refrigerator or by filling with ice. When cold, dissolve sugar in lemon juice in it. Peel lemon in spiral, with top of lemon left on. Rub lemon spiral around sides of bowl and leave peel in bowl, hanging top end over edge. Pour wine over peel and let stand in refrigerator, 15-20 minutes. Add chilled champagne.

Serve in glass punch cups, with 1-2 small ice cubes in each cup. If you like a greater sparkle, add a glass of club soda.

## Kalter Kartoffelsalat (Cold Potato Salad)

6 Servings

6 potatoes, large \*  
1 ,boiling water  
1/2 t salt  
1 onion, medium, minced  
3 T vinegar  
1/2 t mustard, prepared  
1 t sugar  
2 t dillseed

\* Potatoes should be peeled and quartered.

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+++ In medium saucepan cook potatoes in boiling salted water until tender. Drain, reserving 3/4 cup of potato water. Dice potatoes. Add oil and minced onion; toss gently. In small saucepan bring the 3/4 cup potato water to a boil; pour over potatoes and onion. Keep at room temperature for 2 to 3 hours. Stir in vinegar, mustard, sugar, and dillseed. Potato salad will be creamy. Serve at room temperature.

## Kapernschnitzel (Veal Cutlets With Capers)

4 Servings

- 24 oz veal cutlets (4 @ 6oz each)
- 2 T lemon juice
- 1/2 t salt
- 1/8 t pepper
- 1/2 t paprika
- 1 T vegetable oil
- 2 oz capers, drained (1/2 sm. jar)
- 1/4 c white wine, dry
- 1 bay leaf
- 3 T evaporated milk
- GARNISH =====
- 1 pickled beets, sliced
- 4 lettuce leaves

Sprinkle cutlets with lemon juice and season with salt, pepper and paprika. Heat oil in a frypan and fry cutlets for 3 minutes on the first side. Turn cutlets over and add drained capers to pan. Fry again for 3 minutes; remove cutlets and arrange on a preheated platter. Pour wine into pan, scraping loose any brown particles from bottom of frypan. Add bay leaf, simmer liquid 3 minutes. Remove bay leaf. Blend in evaporated milk and adjust seasonings. Pour over cutlets. Cut beets into strips and arrange on lettuce leaves as a garnish.

## Kapuska (Sauerkraut) And Kielbasa

6 Servings

- 2 lb sauerkraut
- 1 water
- 1 pn of sugar
- 1 bay leaf (optional)
- 1 12 oz can of beer (optional)
- 3 to 4 strips of bacon  
-(optional)

## Kapuska (Sauerkraut) and Kielbasa

Simmer sauerkraut, sugar, and optional ingredients with kielbasa (it doesn't say how much) for about 20 minutes.

## Kartaeuserkloesse (Carthusian Dumplings)

4 Servings

- 4 stale,hard [kaiser-type]  
-rolls
- 1 egg
- 1/4 l milk (1 cup plus 1 tbsp)
- 1 peel of 1 lemon,Grated
- 20 g sugar (1 1/2 tbsp)
- 1 pk vanilla sugar\*
- 1 c plain breadcrumbs
- 1 1/2 T water
- 3 T sugar
- 1 t cinnamon

Shape the rolls into dumplings by rubbing the crust of all sides. Put these dumplings into a mixture of egg yolk, milk, lemon peel, and sugar.

Once they have absorbed the liquid all the way through, gently squeeze out excess liquid by hand. Whisk the egg white and water, and dip the dumplings in this mixture, and then roll them in breadcrumbs. Deep fry in fat until golden brown, then roll in a mixture of sugar and cinnamon.

Serves 4.

## Kartoffelklosse (Potato Dumplings)

12 Servings

- 2 T margarine
- 1 sl white bread in 72 equal  
-pieces
- 1 1/3 c (less 1 tsp) all-purpose  
-flour,div,ided
- 1 lb 14 oz peeled cooked,Boiling  
-potatoe,s, riced
- 1 egg
- 1 t salt
- 1/8 t nutmeg,Ground
- 1/8 t white pepper
- 4 qt water

In small skillet heat margarine until bubbly and hot; add bread and saute, stirring constantly, until bread has absorbed the margarine and is browned. Set aside. Measure out and reserve 2 tablespoons flour. in mixing bowl combine remaining flour with potatoes, egg, and seasonings, mixing well; portion dough into 24 equal mounds. Flour hands with reserved flour and shape mounds into balls; press 3 bread cubes into each ball and seal closed, forming dumplings.

In 5-quart saucepan or Dutch oven bring water to a boil; use slotted spoon to gently lower several dumplings into water (they will sink to the bottom); when dumplings rise to surface, cook for 3 to 5 minutes longer. With slotted spoon, remove dumplings to warmed serving platter. Repeat procedure with remaining dumplings. These dumplings are good as an accompaniment to Sauerbarten.

Makes 12 servings of 2 dumplings each.

## Kartoffelknoedel (Potato Dumplings)

4 Servings

- 200 g potatoes [that have, Grated  
-previously been boiled  
1 in their jackets, then let  
-cool, and peeled]  
1 (7 oz)
- 30 g plain bread crumbs (1 oz)
- 1 egg
- 30 g butter (2 tbsp)
- 1 salt and pepper, To Taste

This refers to dumplings made from boiled potatoes which is the traditional Swabian method. Dumplings made from raw potatoes originated in Bavaria and reached Swabian kitchens relatively late.

Beat the butter and egg until fluffy. Add the cold, grated, boiled potatoes, bread crumbs, salt, and pepper, and knead well. Depending on how watery the potatoes are, flour may be substituted for the bread crumbs in order to get a dough that is neither too firm nor too pasty.

Form dumplings, and cook in barely simmering salted water for 15 minutes.

Serve immediately, while still piping hot.

These dumplings are also very popular as a main dish, with brown gravy.

Serves 4.

## Kartoffelkratzet - Kartoffelschmarren

4 Servings

500 g potatoes, cooked in their  
-jackets,, and peeled (a  
1 generous lb)  
2 eggs  
1 T sour cream (or milk)  
3 T flour  
1 ds salt  
1 T sugar  
100 g lard (1/2 cup less 1 tbsp)

From grandmother's more thrifty times; rarely encountered today.

Grate the potatoes, then combine with the other ingredients to a viscous mixture. Fry the potato mixture in the hot lard.

## Kartoffelloibla (Swabian Croquettes)

4 Servings

500 g potatoes (a generous lb)

1 egg

2 T to 3 tb cream

1 a little flour

1 ds sugar

1 salt, To Taste

1 pepper, To Taste

125 g lard (or butter (1/2 cup

-plus)

- 1 tbsp,)

Finely grate the freshly boiled, peeled potatoes while still hot.

Add the cream, egg, and flour and knead into a dough. Let the dough rest for 1/2 hour. On a floured surface, roll out the dough to about a finger's width. With a glass, cut out small circles. Cook in melted fat until golden brown on both sides.

Serve as main course along with stewed fruit, or as side dish with roast pork.

## Kartoffelpfannkuchen (Potato Pancakes)

4 Servings

- 2 1/2 c potatoes,(2 large) \*
- 3 c ,water
- 1 t lemon juice
- 1 potato,boiled, mashed
- 1 egg,large, beaten
- 2 T milk
- 1/2 t salt
- 1 vegetable oil,as needed

\* Potatoes are grated on medium grater. 2 1/2 Cups Approx.

Grate raw potatoes into water to which lemon juice has been added. Place potatoes in a strainer or cheese cloth and drain off liquid. Drain well. Beat raw and cooked potatoes with egg, milk, and salt to form a batter. Using 3 T oil for each batch, drop batter for 3 or 4 pancakes at a time in hot oil in a large frypan. When firm on the bottom side, loosen edges and turn. Brown on other side. Remove, drain on paper towel, and keep warm. Continue until all batter is used. Serve immediately. NOTE: If potato cakes are served with meat, sprinkle with salt. Sprinkle with sugar if served with applesauce.

Kascaron

1 Servings

YIELD RECIPE =====

- 1 pk mochiko (2 lbs)
- 2 pk sweetened flake coconut  
-(14 oz)
- 4 c water
- 1 c sugar
- 1/2 c honey
- 1 oil for deep frying

Mix the first 4 ingredients together. Shape into 1 1/2-inch balls. Deep fry in 350 degree oil until golden brown. Stir occasionally to prevent balls from sticking together. Put honey in a large pan and add balls then toss gently to coat them evenly. Skewer 3 to a stick.

## Kasespatzle (Spaetzle Cheese Noodles)

4 Servings

- 3 T butter (or margarine)
- 3 oz emmenthaler cheese,grated
- 2 c spaetzle noodles
- 3 onions,sliced in small  
-rings
- 1 t dry mustard
- 2 T chives,chopped

Heat butter in frypan, add onions, and brown lightly. Toss cheese with dry mustard. Add cooked noodles to cooked onions and cheese; mix well. Place mixture in an ovenproof casserole. Bake at 300 degrees F. for 20 to 30 minutes or until hot and bubbly. Sprinkle top with chopped chives before serving.

## Katzeng'schrei (Caterwauling)

4 Servings

500 g soup meat [beef] (a,Cooked  
-generous,pound)  
4 eggs  
1 T lard  
1 salt  
1 onion

Finely dice onions and brown in fat until golden. Cut the cold, cooked beef into small pieces, mix with the lightly beaten eggs and salt and add to the onions, and fry.

Serves 4.

Serve with cranberries and green salad [lettuce].

## Kekstorte (German Cookie Cake)

1 Servings

- 1 egg
- 6 oz sugar
- 1 t vanilla
- 2 1/8 oz cocoa powder
- 5 1/3 oz coconut grease\*
- 1/4 c rum
- 35 buttercookies, square
- 1 almonds to, Slivered
- 1 decorate

1. Cream the egg, sugar and vanilla until foamy.
2. Melt the coconut grease and let it cool off a little. Add the eggmix and stir well.
3. Take a bread form and line it all around, up to the top, with waxpaper.
4. Put in one layer of cookies, cut some for the ends.
5. Add a 1/2 layer of cocoa creme, than cookies, than creme until all is gone, ending with creme.
6. Put into refridgerator over night and decorate before serving.
7. Serve thin slices ,this is very rich!!

## Kirsch-Schnitzel (Veal Cutlets With Cherry Sauce)

4 Servings

4 veal cutlets,lean \*  
1 T vegetable oil  
1/2 t salt  
1/8 t pepper,white  
1/4 c red wine  
2 T evaporated milk  
16 oz cherries,tart, canned,  
-drain  
GARNISH =====  
1 parsley

\* Veal cutlets should weigh about 6 oz each.

Pat cutlets dry with paper towels. Heat oil in frypan and brown cutlets on each side approximately 3 minutes. Season with salt and pepper. Remove cutlets from pan and keep them warm. Blend wine and evaporated milk in a pan and simmer for 3 minutes. Add cherries; heat through and adjust seasonings. Return cutlets to sauce and reheat, but DO NOT boil. Arrange cutlets on preheated platter, pouring cherry sauce around them. Garnish with parsley.

## Klossel Suppe (Dumpling Soup)

1 Servings

- 4 t butter (or vegetable)  
-shortening
- 2 eggs, separated
- 1/2 t salt
- 1 T parsley, minced
- 1/4 t nutmeg
- 1 1/16 c bread (or coffee cake  
-crumbs)
- 1 qt beef broth

Cream the butter, add egg yolks, salt, parsley, and nutmeg and mix well. Add the crumbs and beaten egg whites. With hands dipped in flour, roll dough into little balls the size of a walnut. Cook slowly, uncovered, in beef broth for 10 minutes. May also be cooked in pea or rice soup.

## Klossel Und Sauerkraut (Dumplings And Sauerkraut)

99 Servings

2 c flour  
4 t baking powder  
1/2 t salt  
1 T shortening  
1 egg  
1 milk

Add 1 egg and enough milk to make a stiff dough as for biscuits.  
Take by tablespoons and roll in flour. Place 1/2 inch apart on top of hot sauerkraut. Let steam for 15 minutes.

## Knoepfle- Oder Spaetzleteig (Basic Spaetzle Dough)

4 Servings

500 g flour (4 1/2 cups less 1  
-tbsp)  
5 eggs  
1 c water  
1 salt

Combine all ingredients and stir until the batter is smooth. One part at a time, force through a spaetzle shaver and let drop straight into boiling water. As soon as the spaetzle rise to the surface, remove them with a slotted spoon and rinse in warm water.

Serves 4.

A

## Koenigsberger Klops (German Meat Balls)

6 Servings

1 lb beef,ground  
1 lb pork,ground  
1 md onion,chopped  
1/2 c bread crumbs,dry  
1 1/2 t salt  
1/4 t pepper  
1 ds nutmeg,ground  
4 egg,separated  
1 cn broth,beef, condensed  
1 c water  
1 lg onion,peeled and quartered  
1/4 c vinegar,cider  
1 T sugar  
1 t pickling spices,mixed

Combine ground beef and pork (I used veal too), chopped onion, crumbs, 1 tsp of the salt, pepper and nutmeg in a medium size bowl until blended. Separate eggs, putting whites into a large bowl and yolks into a small bowl. Cover and refrigerate the yolks. Beat whites until they form soft peaks; fold into meat mixture. Shape into 1-inch balls and place in an electric slow cooker. (I browned these slightly in a skillet). Combine beef broth, water, quartered onion, vinegar, sugar, pickling spices and remaining 1/2 tsp salt in a small saucepan. Bring to boil, lower heat and simmer 15 minutes; strain into slow cooker; cover. (Do same- pour into skillet, reduce heat, cover). Cook on low (190 to 200 degrees) 5 hours; remove meat balls to a heated deep platter and keep warm. (I cooked the meatballs for about one hour in the skillet). Turn heat control to high (290 to 300 degrees). Combine 1 Tbsp all-purpose flour with 2 Tbsp cold water in a cup; stir into liquid in cooker until smooth; cover. Cook 15 minutes. Beat the saved egg yolks with a fork; beat in 1 cup of hot sauce; return to cooker; cook 5 minutes; then pour over meat balls. (Increase heat, add flour & water mixture and simmer until thickened. Follow above instructions for adding the egg yolks). Garnish with lemon slices and capers; serve with boiled parslied

## Kohl Westfalisch (Westphalian Cabbage)

4 Servings

2 lb cabbage,(1 head) approx wt.

3 T vegetable oil

1 t salt

1 t caraway seeds

1 c beef broth

3 apples,small, tart

1 T cornstarch

2 T ,water, cold

3 T red wine vinegar

1/4 t sugar

Shred Cabbage. Heat vegetable oil in a Dutch oven, add cabbage, and saute for 5 minutes. Season with salt and caraway seeds. Pour in the beef broth and cover, simmer over low heat for about 15 minutes. Meanwhile peel, quarter, core and cut apples into thin wedges. Add to cabbage and simmer for another 30 minutes. Blend cornstarch with cold water, add to cabbage, and stir until thickend and bubbly. Season with vinegar and sugar just before serving.

## Konigsberg Meatballs

4 Servings

3/4 c water  
1 bacon,strip, diced  
1 onion,small, chopped  
Salt broth =====  
1/2 t salt  
1 onion,small, peeled, halved  
- ---  
1 1/2 T unbleached flour  
1 lemon juice,of 1/2med.lemon  
1 egg yolk,large  
1/4 t pepper,white  
1 hard roll  
1 lb ground beef,lean  
4 anchovy fillets,diced  
1 egg,large  
1/4 t pepper,white  
6 c water  
1 bay leaf  
6 peppercorns  
1 1/2 T butter (or margarine)  
1 T capers  
1/2 t mustard,prepared  
1/4 t salt

Meatballs: Soak the roll in the water for about 10 minutes. Squeeze it dry; place in mixing bowl with the ground beef. Add the bacon, anchovy fillets, onion, egg, salt and pepper. Mix thoroughly. Prepare broth by boiling the water, seasoned with salt, bay leaf, onion, and peppercorns. Shape the meat mixture into balls about 2 inches in diameter. Add to the boiling broth and simmer over low heat for 20 minutes. Remove meatballs with a slotted spoon, set aside, and keep warm. Gravy: To prepare gravy, heat butter in a frypan and stir in flour. Cook for 3 minutes, stirring constantly. Slowly blend in 2 cups of reserved broth. Add the drained capers, lemon juice, and mustard. Simmer for 5 minutes. Remove a small amount of the sauce to blend with the egg yolk. Stir egg yolk back into the sauce. Season with salt and pepper. To Serve: Place reserved meatballs into the gravy and reheat if necessary. Serve on a preheated platter.

## Kraeuterbutter

1 Servings

80 g of butter

2 T of finely fresh, Chopped  
-parsley

some estragon salt, white pepper to taste 1 Tablespoon  
lemon juice, a couple of drops worcester sauce soften butter at room  
temp., add finely chopped herbs, add remaining ingredients. Mix  
slowly with a fork. Wet a piece of waxed paper lightly with cold  
water. Put butter on paper over the length and form a roll.....  
Put in fridge for it to get hard. Shortly before serving, cut slices  
of butter with knife dipped in hot water and put on plate on top of  
icecubes. I personally like to add garlic (freshly pressed through  
the garlic press). You can also add some anchovy paste. or make it  
with dill instead of parsley. Whatever herbs and spices you like; but  
it's always better w/fresh herbs.

## Kraeuterfladen - Waehe (Swabian Pizza)

4 Servings

250 g flour (2 cups plus 3 1/2  
-tbsp)  
25 g fresh yeast (.9 oz)  
1 3/4 l milk (1/2 cup plus 1/2 tbsp)  
1 ds salt  
1 egg  
50 g butter (3 1/2 tbsp)  
1 topping  
4 bn to 5 bn green onions  
2 bn to 3 bn chives  
1 t (level) nutmeg,Ground  
1/8 l sour cream (1/2 cup plus 1/2  
- tbsp)  
1 egg  
1 salt,To Taste  
150 g butter (2/3 cup)

Dough:

Mix a regular yeast dough and shape it into small circles, 4 1/2 to 6 inches in diameter. Then stretch these circles, from the center towards the edges so that the center is slightly thinner and the edge of the circle forms a slightly thicker rim. Finely chop the onion and chives, mix with the egg and sour cream. Stir in the nutmeg and salt. Fill the center of the 'Waehe' with this mixture. Bake at moderate heat until yellow. Remove from oven, dot with butter, and serve piping hot.

Serves 4.

## Kratzet - Mehlkratzet - Duranand

4 Servings

300 g flour (2 1/2 cups plus 2  
-tbsp)  
4 eggs  
1/4 l milk (1 cup plus 1 tbsp)  
1 ds salt  
1 a little bit of sugar  
50 g butter (3 1/2 tbsp)

Mix a pancake batter, and in a lightly greased skillet, at medium heat, cook on both sides. During the cooking process, repeatedly cut the pancake with the skillet, and move the pieces to a second skillet, where they are once more saute in a little butter. Just before serving, dust with sugar. Serve with stewed fruit.

Serves 4.

## Kraut Burgers

4 Servings

- 1 lb lean beef, Ground
- 1 lg onion, finely chopped
- 3 T shortening
- 2 loaves bread dough \*, Frozen
- 1 sm head of cabbage, shredded
- 1 salt & pepper, To Taste

\* Or substitute your favorite 2 loaf bread dough recipe.

## Krautfleisch - Pork Casserole W/ Cabbage

6 Servings

2 lb pork cut into 1/2 inch cubes  
2 oz seasoned flour  
1/2 oz caraway seeds  
3 oz lard  
1 oz paprika  
6 oz shreaded cabbage or  
-saurkraut  
2 oz tomato puree  
1 c water  
1 oz vinegar  
4 oz sour cream  
1 oz onions

Toss the meat cubes in seasoned flour and caraway seeds. Heat lard and saute the meat with a lid on pan. Shake from time to time and cook until brown for 10 minutes. Then add ground paprika and sliced onions. Toss a few minutes, add tomato puree and white cabbage or saurkraut, vinegar and cold water. Season with a little salt. Simmmer gently for 1 1/2 hours until the meat is tender. Add sour cream or plian yoghurt at the last minute.

## Krautlsuppe (Bavarian Herb Soup)

4 Servings

1 lb herbs \*  
4 T butter  
1 lg onion, chopped  
1 qt water (or vegetable stock)  
1 lg potato, peeled and chopped  
-into small cubes

Serves 4.

salt and pepper bread cubes for croutons

\* at least 3 of these: chervil, watercress, spinach, sorrel (dandelion and pimpnel for brave souls) Bitter herbs are traditionally eaten at Easter in Christian countries as a sign of penitence. This Bavarian soup is served on Easter Thursday, known as Maundy Thursday. Fresh chervil, easily available in any German market, is usually the dominating flavor. This is a delicate fresh-tasting soup for any time of the year.

You will need a large saucepan. Pick over and wash the herbs, stripping the leaves from those stalks which are too woody. Chop the rest.

Melt the butter in a deep pan and fry the onion gently until transparent. Add the herbs and sweat them for a moment before you pour in the water or broth. Add the potato to the soup. Bring the soup to a boil, and then turn down the heat. Simmer for 20 minutes. Mash the potato in the soup to thicken it a little. Taste, and add salt and freshly milled pepper.

Serve with bread croutons fried in butter or bacon fat (goose fat is even better). They should be so hot that they sizzle when they are added to the hot soup at the table.

## Kuchen

1 Servings

- 1 yeast cake, loose - softened
- 1/2 c sugar
- 1 c lard and butter, mixed
- 1 c milk
- 4 c flour
- 2 t salt
- 3 eggs, well beaten
- 1 sour cream
- 1 sugar
- 1 cinnamon

Sift flour and put in large kettle. Add sugar, salt, melted lard and butter, milk, yeast and eggs. Mix well and let stand to rise. Mix down with spoon, let rise again. Put into pans, let rise. When ready to put into oven, cover with thick sour cream, sugar and cinnamon. Bake at 350 F. about 40 minutes.

## Kuemmelkartoffel (Caraway Potatoes)

4 Servings

500 g potatoes (a generous lb)

1 l water (a generous quart)

1 salt, To Taste

1 pepper, To Taste

1 T caraway seed

Peel the raw potatoes, slice them, and boil in very salty water until tender. Drain the water. Scatter the caraway seed over the potatoes, cover, and on low heat, let dry for 2 to 3 minutes. The potatoes are served in a bowl, and frequently the cook would pour melted butter over them.

Serves 4.

## Kugelhof

6 c flour, Sifted plus flour for dusting  
2 c milk lukewarm 105 to 115 degrees  
1/2 c granulated sugar  
2 pk active dry yeast  
4 egg yolks  
1 whole egg  
2 T sour cream  
1/2 t salt  
1/2 c butter, melted and cooled plus butter for pan  
Golden Raisin Filling, see recipe  
Vanilla-Flavored Confectioners Sugar, to taste or Chocolate  
Frosting, for topping

In a large mixing bowl, place the 6 cups flour. Make a well in the center and pour in 3/4 cup of the milk. Sprinkle 1/4 cup of the granulated sugar and yeast over milk, stir, and let stand until foamy (about 5 minutes). With 2 spoons stir together liquid and dry ingredients. Cover with a tea towel and let stand in a warm place until mixture bubbles and rises slightly (10 to 15 minutes). Add egg yolks, one at a time, beating well after each addition. In a small bowl combine the remaining milk, the remaining granulated sugar, sour cream, and salt. Add milk mixture to dough, mixing with a wooden spoon. Beat dough, gradually adding the 1/2 cup butter, until it blisters and pulls cleanly away from spoon. Cover with a tea towel and set in a warm place until doubled in bulk (about 1 hour) While dough is rising prepare filling. Butter a kugelhopf or large bundt pan. Punch down dough and turn out onto a floured board. Knead dough until smooth and elastic (5 to 10 minutes). With a floured rolling pin, roll out dough into a rectangle the length of the circumference of the kugelhopf pan and about 1 1/2 inches thick. Spread filling over surface of dough. Starting with a long side, roll up jelly-roll fashion and place in prepared pan. Pan should be about half full. Cover and let stand in a warm place 15 minutes. Preheat oven to 450 degrees. Crack the whole egg into a small bowl and beat well; brush egg on top of dough. Let stand in a warm place 15 minutes. Bake in oven 10 to 15 minutes, then cover with heavy brown paper so top does not brown too much and reduce oven temperature to 325 degrees. Bake until a cake tester inserted in center comes out clean (about 1 hour). Let cool on a wire rack.

## Kurbisbrai Mit Kase

4 Servings

2 lb pumpkin  
1/2 oz ginger,Ground  
3 oz butter  
4 oz apples,Sliced  
4 oz cheese,Grated  
2 c salt water  
1 salt & pepper

Cut pumpkin in segments and remove peeling and seeds. Boil in salted water with ginger and apples for 20 minutes until soft. Pass pulp through a sieve and blend with butter. Season to taste. Place in a shallow dish, sprinkle grated cheese and brown under grill.

## Leber Und Bratwurst Auflauf (Liver & Sausage Casserole)

6 Servings

- 1 lb pork sausage
- 1 lb beef liver
- 1 t salt
- 1/8 t pepper
- 1 onion --,Chopped
- 2 T flour
- 1 c water

Brown pork sausage, place in baking dish. Fry onion and add to sausage. Cut liver in strips, dust with flour and brown in fat. Add to sausage. Add salt and pepper and stir to distribute. Save 2 Tbs fat. Blend with flour and water. Cook until thickened and pour over meat. Cover and bake in 350 F oven one half hour. Serves 6 to 8.

## Leberknoedel (Liver Dumplings)

4 Servings

- 4 chopped, stale kaiser-type  
-rolls
- 1 onion, finely chopped
- 150 g liver (5 oz), Ground
- 1 a little scraped spleen  
-(optional)
- 2 T marjoram\*
- 1 egg
- 1/8 l milk (1/2 cup plus 1/2 tbsp)
- 1 salt
- 1 pepper
- 1 nutmeg, Ground
- 1 1 [small] bunch  
-parsley, c, hopped
- 1 a little bit lemon, Grated  
-peel
- 1 a little butter for sauteing

Soak the rolls in lukewarm milk. Saute the onion and parsley in butter, then add - along with the other ingredients - to the soaked rolls and mix well into a firm mass. If the mixture is too loose, add a bit of plain breadcrumbs. Shape into dumplings, put into barely boiling water, and let steep for 25 minutes. Transfer to clear beef broth and serve.

Serves 4.

## Lebkuchen (German Honey Cakes)

1 Servings

1 c honey  
3/4 c light brown sugar  
1 lemon, juice of  
2 eggs, beaten  
2 1/2 c flour, sifted  
1 t baking soda  
1/2 t nutmeg  
1/2 t cloves  
1 t cinnamon  
1/4 c almonds, shredded  
1/4 c citron, chopped

Combine honey, sugar, lemon juice and rind from the lemon. Beat in egg. Sift dry ingredients and add to egg mixture. Add citron and nuts and let stand one day (covered). Roll out dough 1/2 inch thick and cut into fancy shapes. Bake on buttered cookie sheet in 400 degree oven until browned.

## Lebkuchen (Spice Bars)

12 Servings

1 t cinnamon  
1 t allspice,ground  
1/4 t cloves,ground  
1/2 t salt  
2 1/4 c flour,unbleached, unsifted  
1/2 t baking powder  
1/2 c almonds,ground  
1 t lemon rind,grated  
2 eggs,large  
3/4 c sugar  
3/4 c honey  
1/2 c milk  
ALMOND GLAZE =====  
1 c confectioners' sugar  
1/2 t almond extract  
1 t rum  
1 T ,water

Stir together the spices, salt flour, and baking powder. Stir in the almonds and lemon rind. In a separate bowl beat the eggs and sugar until a ribbon is formed when the beater is removed. Stir in the honey and milk. Gradually stir in the flour mixture; beat until smooth. Spread the batter in an 11 X 17-inch jelly roll pan that is well greased and floured.

Bake at 400 degrees F for 12 to 15 minutes, until the cake is done. While the cake is still warm, turn it out onto a wire rack. To make the almond glaze, mix the confectioners' sugar, almond extract, rum, and 1 to 2 T of water. Beat until glaze is smooth and of the right consistency. Add more water to thin if necessary. Spread the warm cake with the almond glaze. Cut cake into 1 X 2 1/2-inch bars while still warm. Spice bars keep 6 to 8 weeks in a sealed container if not glazed. Makes 4 dozen bars.

## Linzer Squares & Thumbprints

1 c hazelnuts, whole unblanched  
1 c butter, unsalted, chilled  
2 c flour  
2/3 c sugar  
1 t baking powder  
1 t cinnamon, ground  
1/4 t salt  
2 lg egg, separated  
1 t vanilla extract  
1 T lemon zest, finely grated  
1 c raspberry jam, seedless  
1 nut coating, for thumb-prints (opt)  
2/3 c hazelnuts, unblanched-chopped finely

Preheat oven to 350 degrees.

For Squares, line the bottom and 2 sides of an 8"x8"x2" metal baking pan, with an 8"x16" strip of heavy duty aluminum foil, well buttered or greased. For Cookies, butter or grease 2 nonstick cookie sheets.

Place the hazelnuts on a cookie sheet and bake them, stirring occasion- ally, for 10 to 12 minutes or until they turn golden where the skins crack. Cool to room temperature.

Food processor method: Cut the butter into 1-inch cubes, wrap in plastic, and refrigerate.

In a food processor with the metal blade, process the nuts with 1/2 c of the flour until the nuts are fine but not powder fine. Add the rest of the flour, the sugar, baking powder, cinnamon, and salt and process for a few seconds until evenly mixed. Pulse in the butter until mixture has the consistency of fine crumbs. Add the egg yolks, vanilla extract, and lemon zest and pulse just until the dough begins to hold together (do not allow it to form a ball.)

Electric mixer method: Finely grate the nuts. Soften the butter. In a medium bowl, whisk together the flour, baking powder, cinnamon, salt and lemon szest. In a mixing bowl, cream the butter and sugar about 3 mintues or until light and fluffy. Beat in the egg yolks, then the vanilla extract. At low speed, gradually beat in the flour mixture, just until the dough begins to hold together.

For the Squares: Remove one cup of the dough and press it into the prepared pan. Spread 2/3 cup of the jam to within 1/4" of the edges. Set aside. Add three tablespoons of the egg whites to the dough remaining in the food processor or mixer and pulse or beat until it is incorporated. Set aside the remaining egg whites for the cookies.

Scrape 1 cup of the dough into the pastry bag and close it securely. Pipe the mixture to form a lattice on top of the raspberry filling. Pipe the first line down the center, dividing the square in half. Now pipe 2 more lines, dividing the square into quarters. Then pipe 4 more lines, each between the existing lines, dividing the squares into eighths. There will be 7 lines. Turn the pan and repeat the process, adding 7 more lines. Next pipe a border line around the 4 edges of the pan.

Bake for 30 to 35 minutes or until the dough is golden brown and the jam bubbling. Cook completely in the pan on a wire rack. To unmold, run a small metal spatula between the sides of the pan and the pastry on the 2 sides without the aluminum foil. Use the foil to lift out the whole square and slide it off the foil onto a cutting surface. Use a long, serrated knife to cut 2-inch squares. For the most attractive squares, first cut the square in half in the middle of the center lattice line (not on either side.) Turn the square 1 turn and cut it into quarters following the same directions, forming 16 2-inch squares.

For the cookies: Measure the remaining dough into a 1 1/4 inch scoop or 2 level teaspoons and roll it between the palms of your hands to form 1-inch balls. If you are using the optional nut coating, roll each ball in the reserved egg whites. Lightly flour your hands, if necessary, to prevent sticking. Roll each ball in the chopped nuts. Place the balls 1 1/2 inches apart on the cookie sheets. Use your floured index finger to create depressions in the center of each ball. Fill each depression with 1/4 teaspoon of the remaining jam. Bake for 20 minutes or until the cookies begin to brown lightly.

Store in airtight containers at room temperature or in the refrigerator. Keeps 1 week at room temperature, 2 weeks refrigerated. The squares will keep for several weeks refrigerated. The thumbprints become dry.

Makes 16 squares and 3 dozen cookies.

## Lubecker Schwalbenester - Swallownests From Lubeck

4 Servings

500 g 4 x veal cutlets  
125 g raw ham thin, Slices  
4 eggs  
1 pn flour  
1 T butter (or margarine)  
1 pn white pepper  
2 t cornstarch  
1/2 pt water

Cook the eggs for about 8 minutes. Flatten the veal cutlets. Cover with ham. Wrap the eggs in the cutlets. Roll in the flour. Heat butter in a saucepan. Brown the rolls from all sides. Add water and cook gently for 30 minutes. Take the swallownests out and keep warm. Mix the cornstarch with a little water. Add mixture and pepper to the sauce. Make it cook one more time. Pour over the swallownests and serve. Combine with mashed potatoes and vegetables.

## Mandelbrot (Almond Squares)

1 Servings

- 1 c finely almonds (or -)
  - Chopped
  - nuts
- 2 c sugar
- 2 c flour
- 4 eggs
- 1 t each cinnamon and nutmeg
- 1/2 t cardamon seed,Ground
- 2 t baking powder
- 1 powdered sugar (dusting opt)

Sift and mix dry ingredients well, add beaten eggs. Bake 1/2 hour at 350. Cut into squares while still warm. Ice or dust with powdered sugar.

## Marinated Potato Salad

4 Servings

- 2 1/4 lb thin-skinned potatoes
- 1/4 c parsley, finely chopped
- 1/4 c green onions, including  
-tops, finely chopped
- 1 beef bouillon cube dissolved  
- in 1/2 cup boiling water
- 1/4 c salad oil
- 1/2 t salt
- 1/2 t pepper
- 1/2 t sugar
- 1/4 t dill weed
- 2 T german-style mustard
- 3 T white wine vinegar

Steam potatoes over boiling water, covered, until tender when pierced. Cool and peel potatoes. Cut into 1/2-inch cubes. Place in bowl and stir in parsley and onions.

In a bowl, combine bouillon liquid, oil, salt, pepper, sugar, dill weed, mustard and vinegar; stir until well blended. Pour over potato mixture and stir to coat. Cover and let stand at room temperature for 1 hour before serving.

## Marinierte Toamten (Marinated Tomatoes)

4 Servings

4 tomatoes,large \*  
1 c vegetable oil  
1/4 c wine vinegar  
1/4 t mustard,dry  
1 t salt  
1/4 t black pepper  
1 garlic, clove, large, minced  
1 T basil, fresh, chopped  
2 thyme, sprigs, fresh, chopped  
1 marjoram, fresh, sprig, chop  
1 T scallion, minced

\* Tomatoes should be peeled and sliced.

Place tomato slices in serving bowl. Combine remaining ingredients and pour over tomatoes. Toss lightly. Chill for 1 hour or longer before serving.

## Marzipan (Candies)

2 Servings

- 1 lb almonds,shelled, blanched
- 1 lb confectioners' sugar
- 1 egg white,unbeaten
- 3 or 4 tbsp rosewater or  
-orangerwater

Carefully dry the shelled almonds, then grind to a powder in an electric blender, if you have one. Blend almonds, the sugar, the egg white and just enough rosewater or orangerwater (available from pharmacies) to make a pliable stiff dough. Knead with fingers, then place on board dusted with confectioners' sugar and form into desired shapes, to resemble miniature apples, peaches, strawberries or, if you have an artist's touch, little pigs or birds. Tint with food coloring. Balls of marzipan may be rubbed in chocolate dots or colored sugar. If dough becomes too stiff, work in a little lemon juice, rosewater or orangerwater, adding drop by drop.

When candies are shaped, dry thoroughly in a cool, airy place for 24 hours, then wrap separately or place in a container (such as a little straw basket for fruit) and cover completely with Saran or other plastic wrap.

Makes 2 pounds of candy.

## Meat And Cabbage (Old German Recipe)

1 Servings

1 lb beef,ground  
2 T butter  
1 egg,well beaten  
1 lemon,juice of  
1 t parsley,minced  
1 salt & pepper  
1/3 c rice,uncooked  
1 onion,finely sliced  
1 c tomato soup  
1 t sugar  
1/2 c celery,chopped  
6 cabbage leaves

Season the hamburger well with salt and pepper and add the egg. Mix well. Mix in rice. To make sauce, melt the butter and add the tomato soup and an equal amount of water and add to onion. Add the parsley, celery, lemon juice, sugar, salt and pepper, and cook for 10 minutes. Wash the cabbage leaves and boil until tender. Put 2 Tbsp of meat mixture in each leaf and roll tightly. Secure each roll with a toothpick. Place in a saucepan and pour sauce over rolls. Cover pan tightly and cook slowly for 3 hours. Serve very hot.

## Mohn Kuchen

12 Servings

1 dough  
1 c sugar  
1 c margarine  
1 egg  
4 c flour  
1/2 c evaporated milk  
2 1/2 t baking powder  
1 filling  
1 egg  
1/3 c wheatlets\*  
2 1/2 c water  
1 c poppyseeds \*\*  
1 c sugar  
1 t vanilla  
1 T butter  
1 topping  
1 c butter  
1 1/2 c sugar  
2 c flour  
2 T evaporated milk

\* or farina \*\* ground, preferably

Combine ingredients for dough in processor. Process till a lump forms and dough is ready. Press into bottom of spring form pan. Make cereal with water and pour over remaining ingredients. Mix well. Pour over base in pan. Mix topping in processor to a crumbly consistency. Sprinkle over filling.

Bake at 350 degrees approximately 60 minutes more or less. May be drizzled with icing, but find it not necessary.

## Mohren

4 Servings

- 1 1/2 lb young carrots
- 8 oz apples, Sliced
- 1 oz white vinegar
- 1 oz honey
- 1 c water
- 2 oz butter
- 1 salt & pepper

Peel carrots and apples. toss in melted butter, add honey and vinegar and cook for 4 minutes. Add water and boil for 20 minutes. Allow liquid to evaporate as much as possible. Season to taste.

## Mohren Mit Geschnetzeltern

4 Servings

1 lb carrots  
2/3 c carbonated soda water  
1 c white wine  
1 t salt  
1/4 t sugar  
1 lb sirloin steak  
2 T vegetable oil  
2 onions, small, diced  
1/4 t white pepper  
1/2 c heavy cream  
1 T parsley, chopped

Peel carrots and cut into thin slices (crosswise at a slant). Place in a saucepan with the soda water, wine, 1/2 t salt and sugar. Cover and simmer for 25 minutes or until tender. Meanwhile cut the meat into very thin slices. Heat the vegetable oil and saute the onions about 5 minutes. Add the beef slices; cook for 5 minutes, stirring often. Season with 1/2 t salt and 1/4 t pepper. Add the meat and onions to the carrots. Mix carefully. Stir in the cream. Heat through but DO NOT boil. Correct seasonings if necessary. Sprinkle with chopped parsley and serve.

## Mojhy Apples

6 Servings

- 6 red apples
- 6 wooden lollypop sticks
- 1 c dark corn syrup
- 1 c sugar
- 1/2 c water
- 1 ds vanilla extract (just a dash)

Wash and dry apples. Remove stems and replace with stick stuck halfway into apple.

Combine corn syrup, sugar, and water in deep saucepan. Stir and cook over medium heat until thoroughly dissolved and mixture boils. Then cook, without stirring, to soft crack stage (a small amt of the mixture separates into threads which are hard but not brittle when dropped in cold water; or candy thermometer registers 280 deg F.) Remove from heat; add extract and stir only enough to mix. Place pan over boiling water to keep syrup from thickening.

Then, dip apples and wind in a circular motion until thoroughly covered with syrup.

Place on buttered pan with sticks upright and cool.

Makes 6 Mojhy Apples.

## Mom's German Meatballs

12 Servings

2 lb beef, Ground  
2 egg  
2 t salt  
1 T mustard seed  
1 t celery seed, whole  
1/2 t pepper  
3 T catsup  
2 garlic cloves, sliced  
1/2 onion, med./small dice  
1 water, Boiling  
1 flour, for dredging  
1 fat, for cooking

FOR SAUCE =====

1 qt water  
1 c catsup  
1 T flour  
4 T cornstarch  
1 T vinegar  
1 T sugar  
1 t salt  
1 pepper, to taste  
1 water, to make thin cream

Put the garlic into a water glass and pour 2 T boiling water over it. Mash the garlic well, then add 2 T. more boiling water. Strain through a kitchen towel, saving the liquid only. Mix together all the ingredients, including garlic liquid then shape into balls about the size of a large egg. Roll the balls in the flour until well coated. Melt enough fat to make about 1/2" in a heavy skillet or cast iron cooking pot. Brown the meat balls in the fat. Remove the meatballs and pour off all but 4 T. of the fat. Ingredients: SAUCE: Add the qt. of water to the reserved fat along with the catsup. Make a paste of the sauce ingredients, stirring in the water to get a consistency of a thin cream. After the water-catsup mixture is warm, slowly add this mixture, stirring constantly to avoid lumping, until the mixture has been well absorbed into the liquid. Cook gently until the sauce is slightly thickened. Place meatball in the pan, or in an oven-proof roaster and make sure they are covered with the sauce. Cover pan and bake in hot oven for 1 hour. Serve with mashed potatoes.

## Mom's German Potato Salad

20 Servings

5 lb red potatoes  
1 lg onion, chopped  
1 t salt  
    Pepper  
8 sl bacon  
1 1/2 c water  
1 1/2 c vinegar  
1 c granulated white sugar  
4 eggs, hard cooked

Cook potatoes in jackets. When cool, peel and slice. Salt and pepper the potato slices. Chop the onions and add to potatoes. Cube the bacon and fry in large fry pan until golden brown. Remove bacon bits from grease in pan, add to pan the water, vinegar, and sugar and bring to boil. Put potato mixture in liquid, stirring occasionally. (Add more liquid if needed). Then add bacon bits and sliced or cubed eggs (if desired). Serve warm. Do not use Idaho potatoes as red ones are best.

## Nuernberger Rostbratwuerste

6 Servings

500 g pork (not too fat)  
150 g veal  
1/4 t finely caraway seed, Chopped  
1 (not), Ground  
1/4 t nutmeg  
1/2 t marjoram  
1 salt, To Taste  
1 natural sausage casing  
1 ca. 1/2 diameter

Coarsely chop the pork and veal on a cutting board (should be a bit coarser than ground meat), combine with caraway seed, nutmeg, marjoram and salt. Fill into the carefully cleaned sausage casing; twist casing to form a sausage every 3 1/4". The bratwurst tastes best when browned on all sides over charcoal. Excellent with sauerkraut and a German country style rye bread.

## Nurnberg Roast Leg Of Pork

12 Servings

- 1 leg of fresh pork,boned,  
-rolled and tied
- 1 black pepper,Fresh Ground
- 1 salt
- 1 butter,bacon or lard
- 2 c ,water
- 1/2 lb lebkuchen,grated\*

\* Lebkuchen are Nurnberg's famed honey cakes.

Rub the tied leg of pork generously with pepper. place on a platter, cover with foil or waxed paper and keep in a refrigerator two days. Salt roast on all sides. if the pork has a good deal of fat around it, it can be browned without adding any more. Otherwise heat lard, butter or bacon in a Dutch oven and when hot, add pork. Brown well on all sides, about 15 min. Turn the roast with the string; do not pierce with a fork. Add water, cover pan tightly and simmer slowly 2-2 1/2 hrs or until tender when pierced with a fork or skewer.

Lay pork on a rack in the roasting pan; cover top and sides with 1/3 of the lebkuchen crumbs. Roast in a 450 oven until crumbs turn golden brown. Baste with the sauce in which the prok was braised and cover with another layer of crumbs. Brown, baste, add more crumbas and brown again until a thick crust forms. Serve with gravy made adding the braising juices to the roasting pan. It will thicken from any crumbs that have dropped off the roast. Season the gravy and serve over the sliced meat.

## Nusskipferl (Nut Crescents)

10 Servings

1 pk yeast, active dry  
4 c flour, unbleached, unsifted  
1 c butter (or margarine)  
    -softened  
1 c sour cream  
3 egg yolks, large

FILLING =====

3 egg whites, large  
1 c nuts, ground  
1 c sugar, or to taste  
1 t vanilla

Mix yeast, flour, butter, sour cream and egg yolks thoroughly until dough is formed. Cover and let dough rest 1 hour. For filling beat egg whites until soft peaks form. Fold in nuts, sugar, and vanilla. Roll dough 1/8-inch thick. Cut out rectangles about 2 X 3-inches. Spread with 1 t of filling. Roll up jelly roll fashion. Place on greased baking sheets and curve to form crescents. Bake at 350 degrees F. for 15 to 20 minutes, or until lightly browned. Cool on wire racks and store in airtight tins. Makes 4 to 5 dozen crescents.

## Oatmeal-Banana Lebkuchen

48 Servings

3/4 c margarine,softened  
1/2 c brown sugar,packed  
1/4 c honey  
1 1/2 t cinnamon,Ground  
1 1/2 t ginger,Ground  
1 t cardamom,Ground  
1/2 t cloves,Ground  
2 md extra-ripe,dole bananas,  
1 peeled  
2 eggs,beaten  
1 3/4 c all-purpose flour  
1/2 t baking powder  
1/2 t baking soda  
1/2 t salt  
3/4 c dole almonds,Chopped  
1/2 c mixed candied fruit,finely  
-chopped  
2 c quick oats,uncooked  
LEMON GLAZE =====  
3/4 c powdered sugar,Sifted  
1 juice from dole lemon (1t)  
1 dr almond extract

Beat margarine, brown sugar and honey in large bowl. Beat in cinnamon, ginger, cardamom and cloves.

Mash bananas with fork in small bowl; use 1 cup for recipe. Add 1 cup banana and eggs to margarine mixture; beat until blended.

Combine flour, baking powder, baking soda and salt in small bowl. Stir in almonds and candied fruit. Add to margarine mixture. Stir until well blended. Stir in oats.

Drop by heaping teaspoonfuls, 2" apart, onto greased cookie sheets. Bake in 400°F. oven 8 minutes. Cool completely on wire racks. Spread with Lemon Glaze or dust with powdered sugar. When glaze has set, store cookies in airtight container.

Makes 4 dozen cookies.

## Obsttorte (Fruit Torte)

### PASTRY =====

2 c flour, unbleached  
1/4 c sugar  
1 c butter, no margarine, unsalt  
2 egg yolks

### FILLING =====

4 c fruit, fresh, canned, frozen  
1/2 c sugar, if fresh fruit is used  
1/4 c water, if needed  
2 T cornstarch

### ALMOND COATING =====

1 egg white  
1 T sugar  
1/2 c almonds, toasted, sliced

### TOPPING =====

2 T sugar  
1 t vanilla extract  
1 c cream, heavy, whipped

**CAKE:** Mix flour and sugar. Cut in butter until mixture resembles coarse crumbs. Add egg yolks; mix to form dough. Press dough into bottom and sides of a 10-inch springform pan. Dough should come 1 1/2 inches up the sides. Bake in a preheated 375 degree F. oven for 20 to 25 minutes, until pastry is firm and light brown.

**FILLING:** Drain canned or frozen fruit, reserving juice. Crush 1 cup of fresh fruit to make juice. Add sugar to fresh fruit and let stand 1/2 hour. Drain juice and add water to make 1 cup. Mix cornstarch and fruit juice. Cook over medium heat until thickened. Place whole fruit in baked pastry shell. Pour thickened fruit juice over top. Chill thoroughly. Carefully remove torte from springform pan.

**ALMOND COATING:** Beat egg white until foamy. Gradually beat in the sugar. beat until stiff peaks are formed. Spread the meringue around the outside of the pastry shell. Press in the almonds so that they completely cover the sides.

**TOPPING:** Gently fold sugar and vanilla into whipped cream. Spread over the fruit. Garnish with sliced toasted almonds, if desired.

## Ochsenschwanzsuppe (Ox Tail Soup)

6 Servings

2 lb ox tails,disjointed or  
2 veal tails  
1 onion,medium, sliced  
2 T vegetable oil  
8 c water  
1 t salt  
4 peppercorns  
1/4 c parsley,chopped  
1/2 c carrots,diced  
1 c celery,diced  
1 bay leaf  
1/2 c tomatoes,drained  
1 t thyme,dried, crushed  
1 T unbleached flour  
1 T butter (or margarine)  
1/4 c madeira

In a 4-quart Dutch Oven brown oxtail and onion in hot oil for several minutes. Add water, salt and peppercorns; simmer uncovered for about 2 hours. Cover and continue to simmer for 3 additional hours. Add the parsley, carrots, celery, bay leaf, tomatoes, and thyme; continue simmering for 30 minutes longer or until the vegetables are tender.

Strain stock and refrigerate for an hour or more. In a blender puree the edible meat and vegetables and reserve. Remove fat from top of stock and reheat. In a large, dry frypan brown flour over high heat. Cool slightly. Add the butter or margarine, blend. A little at a time, add the stock and vegetables. Correct seasoning and add madeira just before serving.

## Ofennudle (Rohrnudle)

4 Servings

500 g flour (4 1/2 cups less 1  
-tbsp)  
1 ds salt  
40 g [fresh] yeast (1.4 oz)  
80 g sugar (1/3 cup plus 1 tsp)  
1 to 2 eggs  
70 g butter (1/3 cup less 1 tsp)  
1/8 l milk (1/2 cup plus 1/2 tbsp)  
1 filling  
500 g apples,damson plums, or  
-pitted cherries (a genero  
1 lb)  
1 sugar (nowadays,To Taste  
-also vanilla sugar)  
1 a little cinnamon (with  
-apples (or d),damson plums)  
400 g butter (or clarified butter)  
-(1 3/4 cups) for baking

Yeast dough:

Dissolve the yeast and some sugar in a bit of warmed milk. Mound the flour on a pastry board. Make a well in the middle of the mound, and into it pour the yeast mixture. Let rest for about 1/2 hour. Then add the remaining ingredients - sugar, eggs, salt, butter, and milk. Knead to mix well, and beat until the dough forms bubbles. Cover the dough with an inverted bowl and let rise, in a warm place, for 1 1/2 hours. Then cut off lumps of dough, and let those rise one more time, on the floured pastry board, for another 1/2 hour. With your hands, stretch each piece of dough and cover with fruit (one kind only). If you are using apples or damson plums, dust fruit with cinnamon and sugar, otherwise just with sugar. Fold the dough over to enclose the fruit and arrange the dumplings in a baking dish with a buttered bottom (3 1/2 Tbsp butter per dumpling) . Bake at medium heat for 35 to 40 minutes, until light brown. Remove from oven and tip onto a board for cooling. Brush with melted butter shortly before cooling.

Serves 4.

## Pfeffernuesse (Pepper Nut Cookies)

6 Servings

3 c flour,sifted  
1 t baking powder  
1/4 t salt  
1/2 t cinnamon  
1/4 t allspice  
1/4 t cloves (done by hand,Ground  
- if pos,s, for stronger ta  
1/4 t nutmeg (yuch!,grandma  
-always forgo,t to add it)  
1/4 t mace  
3 eggs,beaten light  
3/4 c sugar  
1 juice and rind 1,Grated  
-lemon  
2/3 c nuts,Chopped

Measure flour and sift with baking powder, salt, and spices. Add sugar slowly to beaten eggs and stir in lemon juice and grated lemon rind. Add dry ingredients and nuts and mix well. Refrigerate 2 hours. Roll out 1/2" thick and cut with tiny cutter 3/4" round. Let cookies stand over night in cool place on ungreased cookie sheet. Just before baking, put a drop of brandy on each cookie. Bake brandy side up [don'tcha just love it?] in 300 deg F oven for 1/2 hour. Cool thoroughly and place in tightly covered jar.

## Pfeffernusse

1 Servings

2 egg yolks  
1/4 t allspice  
3 c sugar  
1/4 t pepper  
2 c flour  
3 T cut citron  
1 1/2 t ginger  
2 t lemon rind  
1/4 t cardamom  
1/4 c almonds, Chopped  
1 1/4 t cinnamon  
2 egg whites (beaten)

Here's how it's done by the German folks: add half of the sugar to the beaten yolks, combine the mixture with flour and spices

But keep it away from ratses and mices.

The rest of the sugar and egg whites you take, with fruits and nuts a blend you make. To ripen it now you store it away

And bake 18 minutes, the very next day.

Sugar while warm and you can be sure they'll tempt the taste of an epicure.

## Pfitzauf

4 Servings

250 g flour (2 cups plus 3 1/2  
-tbsp)  
1/2 l milk (2 cups plus 2 tbsp)  
4 eggs  
1 salt  
2 T butter, Melted  
1 T sugar

Combine the flour, milk, eggs, salt, and - if desired - a little sugar, and stir into a dough. Then mix in the melted butter. Grease a 'Pfitzauf' pan\* and fill halfway up with the dough. Bake in a hot oven for 25 minutes until light brown, WITHOUT ever opening the oven door to check! The 'Pfitzauf' gets dusted with sugar and is served with stewed fruit.

Serves 4.

## Pflaumenkuchen (Plum Cake)

16 Servings

- 4 c flour
- 3 sticks butter (or marg.)
- 1 c sugar
- 1 t salt
- 4 egg yolks (save whites)
- 1 T vanilla
- 3 lb purple plums (the little  
1 ones) approx.
- 1 apricot (or peach jam)

make a dough from the first 6 ingredients, press into cookie sheet with your fingers, forming a rim. Spread thin layer of peach or apricot jam on top of dough. Now put your plums (which have been quartered) in rows on the dough. Beat egg whites slightly and brush over plums, sprinkle two TBL of flour over egg whites. Bake at 375 degrees for 40 minutes. If too sour shake some powdered sugar on top.

## Pilze In Sahnesosse (Mushrooms In Cream Sauce)

4 Servings

2 lb mushrooms, fresh  
1/4 lb bacon, diced  
1/4 c butter (or margarine)  
2 onions, large, diced  
1 c white wine  
1/2 t salt  
1/4 t pepper  
1/4 t paprika  
1 nutmeg, pinch of  
1 mace, pinch of  
1 c cream, heavy  
1 lemon juice, 1/2 med lemon  
2 parsley, sprigs

Clean mushrooms and slice in half if large. Pat dry. Fry bacon in a large pan until lightly browned. Remove from pan and reserve. Add the butter to the pan drippings. Add onions; saute until lightly browned. Add mushrooms; cook until tender, stirring often. Stir in wine, salt, pepper, paprika, nutmeg, and mace. Cover frypan and cook over low heat 15 minutes. Off the heat, add the cooked bacon, cream and lemon juice. Reheat until just warm. Do NOT let the mixture boil!!! Garnish with parsley and serve with noodles or dumplings.

## Plunder Flechten

- 1 egg, beaten
- 1/2 c candied fruit, diced,  
-floured rolled in
- 1 cinnamon sugar
- 1 apricot preserves

Prepare recipe of Plunderteig and chill. Cut off a third of the chilled dough and roll it out 1/4" thick. Brush the dough with beaten egg. Cover it with the floured candied fruit and sprinkle on the cinnamon sugar. Fold the dough in half and roll it out 1/2" thick. Cut the filled dough in 3/4 X 8" strips. Slit the strips down the center with a pastry wheel, leaving an inch uncut at each end, and twist the strips into various designs of single or double rounds. Arrange the twists on a buttered baking sheet, brush them with beaten egg, let them rise, covered, in a warm place until they double in bulk, about 1 1/2 hours. Bake in a moderate oven, 350 degrees F. for 20 minutes or until they are golden. Brush the hot twists with apricot preserves.

## Plunder Hornchen

1 Servings

### PLUNDERTEIG RECIPE =====

- 1 egg,beaten
- 1 candied fruit,diced fine
- 1 cinnamon sugar
- 1 apricot preserves

### MANDELFULLE ALMOND PASTE =====

- 1 c almonds,Blanched
- 1/2 c sugar
- 1 egg,beaten

Make the Plunderteig and chill it. Roll 1/3 of the dough out 1/2" thick. Cut it into 3" triangles and brush each triangle with beaten egg. Place a tablespoon or so of the almond paste, shaped in a small roll, on the base of each triangle. Cover each triangle with 1 tablespoon of the candied fruit and sprinkle them with a little cinnamon sugar. Roll up the triangles and shape them gently into crescents. Brush them with beaten egg and let them rise, covered, on a buttered baking sheet in a warm place until they double in bulk, about 1 1/2 hours. Bake in a 350 degree F. oven (moderate) for 20 minutes, or until they are puffed and golden brown. Brush them immediately with apricot preserves.

Mandelfulle: Grind the almonds and stir in the sugar. Add the egg and beat until the paste is very smooth.

## Polnische Jaegertopf (Polish Hunter's Casserole)

4 Servings

- 1 pig's kidney
- 300 g pork
- 200 sm frying sausages
- 200 g ox liver
- 8 shallots
- 200 g mushrooms
- 1 garlic clove, crushed
- 1 celeriac
- 3 T butter
- 1 t salt
- 1/2 t white pepper
- 1/2 t paprika
- 2 T tomato pur,e
- 1/4 l dry white wine
- 1 T soy sauce

Split and clean the kidney thoroughly and put it into a bowl. Pour over it some boiling salted water and leave to soak a couple of minutes. Then dry it, and cut it into slices. Peel the shallots. Cut the pork, liver and peeled celeriac into 4cm cubes.

Put the fat into a large casserole, and lightly brown the shallots and celeriac. Add the offal, meat and sausages and fry the lot together 5 to 10 minutes.

Clean the mushrooms, and add them, together with the garlic and tomato concentrate (pure) to the dish. Then add salt, pepper, paprika and pour over the wine. Bring to the boil, cook fast a couple of minutes to eliminate the alcohol, cover and simmer slowly until the meat is tender - about 40 minutes. Stir in the soya sauce, and correct the seasoning.

## Pork Chops In Onion Sauce

4 Servings

4 pork chops  
1/4 t pepper  
1 1/2 T vegetable oil  
1/2 c beer  
1 t cornstarch  
1/2 t salt  
1 1/2 T unbleached flour  
4 onions,small (2 med) \*  
1/2 c beef broth,hot

\* Onions are to be thinly sliced.

Season pork chops with salt and pepper; coat with flour. Heat oil in a heavy frypan. Add pork chops; fry for 3 minutes on each side. Add onions; cook for another 5 minutes, turning chops once. Pour in beer and beef broth; cover and simmer 15 minutes. Remove pork shops to a prehaeated platter. Season sauce to taste. Blend cornstarch with a small amount of cold water. Stir into sauce and cook until thick and bubbly. Pour over pork chops. Blend cornstarch with a small amount of cold water. Stir into sauce and cook until thick and bubbly. Pour over pork chops. Serve with brussel sprouts and boiled potatoes.

## Pork Hocks (Schweinshaxe)

2 Servings

- 1 sm leek
- 1 celery stalk
- 1 carrot
- 1 onion
- 2 meaty pork hocks
- 1 salt
- 1 black pepper corns
- 2 T cooking fat =or= vegetable  
- shortening.
- 1 pn cumin,if desired
- 1 beer (or water)

Wash and dice the leek, celery, carrot, and onion. Cook pork hocks, diced vegetables, salt and peppercorns in water to cover 2 to 3 hours or until tender. Avoid overcooking. Remove from water; drain well reserving vegetables and cooking liquid. Preheat oven to 425F (220C). Melt fat or shortening in an enamel-lined, cast-iron pan. Add drained pork hocks, cooked vegetables and a small amount of cooking liquid. Bake 30 minutes. Moisten meat frequently with more cooking liquid. Before meat is fully cooked, sprinkle with beer or water in which a good amount of salt has been dissolved. Add cumin to increase flavor, if desired. Serve with potato or white bread dumplings or sauerkraut salad. Note: In Bavaria, the juices and cooking liquid are strained and served as an accompanying sauce.

## Pot Roast With Sour Cream Sauce-German Style

1 Servings

1 t salt  
1 md onion,peeled, sliced  
1 c dry red wine  
1/2 t salt  
2 T all purpose flour  
4 lb top (or bottom round of  
-beef)  
1/4 t black pepper  
1/2 c sour cream

To Cook: Sprinkle 1 teas. salt in a large skillet, set over med. high heat and brown the roast well on all sides. Remove roast to slow cooker. Add the onion to the skillet and brown lightly, stirring often. Pour in the wine: scrape up pan juices and turn into the slow cooker with the salt and pepper. Cover, turn to Low and cook 10-12 hours. Before Serving: Skim 2 Tab.. fat from the liquid in the cooker and heat in a medium skillet over low heat. Stir in the flour to make a smooth paste. Then add the cooking liquid all at once; stir continuously until the sauce is smooth and has thickened - about 5-7 min. Remove skillet from heat; stir in the sour cream. Serve sauce over the pot roast.

## Potato And Cucumber Soup-Gurken Und Kartoffel

4 Servings

1 md cucumber  
4 md potatoes peeled, and diced  
1 t salt  
2 c cold water  
1/4 t white pepper, Ground  
1 c heavy cream  
1/2 c milk  
1 green onion, grated  
1 t dill weed or, Dried  
1 T fresh dill, Chopped

Peel the cucumber and slice it lengthwise. Scoop out seeds with a spoon and discard. Dice cucumber. In a heavy 2 1/2 quart saucepan boil potatoes in salted water until the potatoes are very soft. Pour potatoes and cooking liquid into a sieve or food mill or ricer set over a large bowl. Force potatoes through. Return to saucepan. Stir in pepper, cream, milk, grated onion and the cucumber. Simmer gently for 5 minutes or until the cucumber is tender. Add dill and season to taste. Serve hot.

## Ragout A La Berghof

8 Servings

- 3/4 c butter
- 3 1/2 lb round steak, boneless \*
- 1 c onion, chopped
- 1 1/2 c green bell pepper, chopped
- 1 lb mushrooms, sliced
- 1/2 c unbleached flour
- 2 c beef broth, canned/homemade
- 1 c white wine, dry
- 1 t salt
- 1 t worcestershire sauce
- 1 tabasco sauce, To Taste

\* Round steak should be cut into thin strips.

## Rahm-Fleckle (Sweet Or Sour Cream Dumplings)

4 Servings

- 5 potatoes,boiled in their  
-jackets a,nd then grated
- 5 T to 6 tb flour
- 1 egg
- 1 ds salt
- 1/8 l cream (or sour cream (1/2  
-cup)  
- plus 1,/2 tbsp)
- 1 a few tart apples,peeled  
-and thinl,y sliced
- 80 g butter (1/3 cup)

Mix the grated potatoes, flour, egg, and salt, and knead into a dough. Roll out to 1/5 of an inch thickness, and put into a greased pan. Spread the cream our sour cream over the top, then cover with the sliced apples. Bake at medium heat. Cut into squares and serve hot, covered with cream.

Serves 4.

## Rahmapfelkuchen (Apple And Rum Custard Cake)

8 Servings

### CRUST =====

1 1/2 c flour,unbleached, unsifted  
5 T sugar  
1 T lemon rind,grated  
2/3 c butter (or margarine)  
1 egg yolk,large  
1 T milk

### FILLING =====

1/2 c soft bread crumbs  
2 T butter (or margarine),melted  
4 c apples,tart, sliced  
1 T lemon juice  
1/4 c sugar  
1/4 c raisins,\*  
1/4 c rum  
3 eggs,large, beaten  
1/3 c sugar  
1 3/4 c milk

\* Soak raisins in 1/4 cup rum for 1/2 hour before using.

CRUST: To make crust, mix flour, sugar, and lemon rind. Cut in butter or margarine until mixture resembles coarse crumbs. Add egg yolk and 1 T of milk; mix gently to form a dough. Pat into bottom of a 10-inch Springform pan that has sides only greased. Press dough up sides of pan for 1 inch. FILLING: Toss together bread crumbs and melted butter. Spread evenly over pastry crust. Toss apple slices, lemon juice, and 1/4 c of sugar. Spread apples over crumbs. Drain raisins, reserving rum, and sprinkle raisins over apples. Bake in a preheated 350 degree F. oven for 15 minutes. Beat eggs and sugar until thick and lemon-colored. Stir in milk and reserved rum. Pour custard over apples and bake for 45 to 60 minutes at 350 degrees F. until custard is set. Cool completely before serving. Do NOT remove springform pan until cool.

## Raspberry-Almond Linzer Cookies

1 c almonds (4 oz),Blanched  
1 1/2 c all purpose flour  
12 T softened,unsalted butter  
1/2 c sugar  
1 lemon  
2 t vanilla  
1 egg white  
1/8 t salt  
1/3 c sliced,blanched almonds  
1 c seedless raspberry jam  
1 confectioners sugar

Put Almonds and flour in the work bowl of a food processor, fitted with the metal blade, and process until finely ground. set aside.

Beat butter in med. bowl until lightened in color and texture, 2-3 minutes. Add sugar, continue beating until mixture is very light, about 5 min. longer. Grate 1 tbsp lemon zest and beat in along with vanilla Stir in flour mixture, being careful NOT to over mix. Form the dough into a 1/2" thick disk. Wrap in plastic and refrigerate until firm (about 1 hour) May be refrigerated overnight

Line 2 baking sheets with parchment. Cut dough into 4 even pieces; set aside 3 pcs. Carefully roll out the dough 1/8" thick on a floured surface. Cut out 1.5" circles with plain or fluted cookie cutter. Press scraps of dough into a ball; roll and cut out more circles. To form the cookie tops, cut out the centers of half of the dough circles with a 1/2" canape cutter, or the bottom of a metal pastry tip. Put cookie rings and bottoms 1/2" apart on baking sheet. Repeat to cut out circles and rings from the remaining pieces of dough.

COOKING: Adjust oven racks to low and middle positions; heat oven to 325F Whisk the egg white with the salt. Coarsely chop the almonds or crush with rolling pin. Brush the cookie tops with egg wash and sprinkle with crushed almonds. Bake until cookies are dry and very lightly browned (12-15 min.) If baking two sheets at the same time, switch them after 6 min to ensure even cooking. Cool cookies on the baking sheet

Bring 1/2 C jam to a boil in a small saucepan, and simmer until slightly thickened (5-8 min) Brush the cookie bottoms with the jam, and top with the cookie rings. Dust with confectioners' sugar. Use a small spoon or pastry bag fitted with a 1/4" tip to fill the holes with the remaining jam.

## Raspberry-Blueberry Kuchen

15 Servings

- 1 3/4 c all-purpose flour
- 6 T sugar
- 2 1/4 t baking powder
- 1/4 t salt
- 1/4 t cinnamon,Ground
- 1/8 t nutmeg,Ground
- 7 T skim milk
- 3 T vegetable oil
- 1 T vanilla extract
- 1 egg -- lightly,Beaten
- 1 vegetable cooking spray
- 2 c fresh raspberries
- 1 c fresh blueberries
- 3 T sugar
- 1/2 c red currant jelly --,Melted

Combine first 6 ingredients in a large bowl; make a well in center of mixture.

Combine milk and next 3 ingredients; stir well. Add to dry ingredients, stirring just until moistened. Spread batter evenly in a thin layer over bottom of a 13- x 9- x 2-inch baking pan coated with cooking spray. Scatter fresh raspberries and blueberries over batter; sprinkle with 3 tablespoons sugar.

Cover and bake at 350 deg for 25 minutes. Uncover and bake an additional 15 minutes or until a wooden pick inserted in center comes out clean. Spoon melted jelly over kuchen. 15 servings

## Real German Potato Salad

8 Servings

- 8 boiled potatoes, peeled &  
-thinly sliced
- 1/2 apple, peeled and diced
- 1/2 onion, diced 5 tbsps no fat  
-miracle whip
- 1 c sweet pickle relish
- 4 hard boiled eggs, diced
- 1 t spicy mustard
- 1/4 c pickle juice (or 1 t sugar  
-and 1 t, vinegar)
- 1 salt, pepper & paprika to  
-taste

Mix everything together carefully and cook for at least 2 hours or preferably overnight.

German Macaroni Salad: The same as above, just substitute 1/2 large package cooked and cooled macaroni for the potatoes and add 1 Tbsp. ketchup.

## Red Cabbage

4 Servings

2 T vegetable oil  
2 sm onions, sliced  
2 lb red cabbage, shredded  
2 T vinegar  
1 salt, To Taste  
1 t sugar  
1 lg apple, tart \* or  
1/2 c applesauce  
1/2 c red wine  
1/2 c beef broth, hot

\* Core and peel apple, then fine chop it.

## Red-Beet Salad

6 Servings

2 red beets, bunches

2 T ,water

2 T caraway seeds

2 T onion, minced

1/4 t cloves, ground

Pepper marinade =====

1/4 c vinegar

1 t sugar

1 t horseradish

1/2 t salt

5 T vegetable oil

Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.

## Reis Und Rindfleisch Ballen (Rice-Beef Balls)

8 Servings

4 T bacon drippings  
1 md onion  
1 green pepper  
1 lb hamburger  
1 c potatoes, Mashed  
1/2 c rice, Uncooked  
1 egg  
1 c water  
1 c tomato soup  
1/2 t pepper  
1 t salt

Heat drippings in frying pan. Add chopped onion and green pepper. Cook 5 minutes. Do not brown. Remove from fire. Add salt, pepper and rice. Add egg, hamburger and mashed potatoes (mix); shape into patties. Place in covered roaster. Mix water and tomato soup and pour over patties. Bake in 375 F oven for 1 hour. Serves 8.

## Rheinischer Sauerbraten (Rhenish Stewed Pickled Beef)

1 Servings

### MARINADE FOR SAUERBRATEN =====

1/4 l vinegar  
1/4 l water  
1 bay leaf (or more), to taste  
6 peppercorns  
1/4 t mustardseeds  
1 onion, finely chopped  
1000 g beef (or horse meat)

### ADD FOR STEWING =====

60 g margarine  
1/4 l hot broth  
2 T red wine, dry or dry white wine  
50 g german black bread  
1 T flour  
4 T sweet cream\*\*  
40 g raisins

### APPLE PUREE =====

1 some apples  
1 lemon  
1 sugar

**MARINADE FOR SAUERBRATEN:** Wash the beef, dry it with a paper towel. Score fatty parts. Put the beef into a china (or ceramic or glass) bowl. Bring water with vinegar and spices to a boil, pour it hot over the beef (the beef must be completely covered), and stir well. Keep covered and cool for 3-4 days and turn the meat at least two times a day.

**SAUERBRATEN:** After the 3-4 days of marinating: Take the beef off the marinade, drain well. Pour the marinade through a fine sieve. Heat margarine and brown the beef from all sides. That will take you about 15 minutes. Add broth, dry wine and three tablespoons (not more) of the marinade. Cover and stew for 90 minutes. Crumble the German black bread and add it only 10 minutes before the end of stewing time. Put the beef on a chopping board and cut it into 1/2 inch slices - cut transverse to the fibre. Keep it warm.

**GRAVY:** Sieve the beef stock and bring to a boil. Reduce temperature. Mix flour and cream in a cup until they are well-mixed and free of lumps. Stir the mixture into the stock and keep the gravy boiling for 5 minutes. Wash the raisins in very hot water, drain and add them to the gravy. Wait 3 minutes. Salt to taste.

## Rhubarb Streusel Pie

6 Servings

### STREUSEL TOPPING =====

2 T butter,firm  
1/2 c bisquick  
1/4 c brown sugar,packed  
1/4 c nuts,chopped

### FILLING =====

16 oz frozen rhubarb,thawed drain  
3/4 c milk  
2 eggs  
1 c sugar  
1/2 c bisquick  
2 T butter,softened  
1 t cinnamon,Ground  
1/4 t nutmeg,Ground

Heat oven to 375. Grease a 9" pie plate. Prepare Streusel Topping; reserve. Arrange rhubarb evenly in plate. Beat remaining ingred. til smooth 15 sec. on high in blender. Pour into plate. Sprinkle evenly with Streusel Topping. Bake until knife inserted in center comes out clean, about 40 minutes. Serve with sweetened whipped cream if desired. STREUSEL TOPPING; Cut butter into baking mix and brown sugar til crumbly; stir in nuts. HIGH ALT> Grease a 10" plate. Increase rhubarb to 2 1/2-3 c. Decrease baking mix to 1/4 c.; add 1/4 c. Flour.

## Rindergulasch (Beef Goulash)

4 Servings

3 T vegetable oil  
1 lb round steak, cubed  
3 onions, medium, chopped  
1/2 t salt  
1/4 t pepper  
1/2 t garlic salt  
1 t paprika  
1/4 t sugar  
2 c water, hot  
1 T unbleached flour  
1/4 c water, cold  
1/2 c cream, heavy

Heat vegetable oil in a large fry pan or Dutch oven. Add meat cubes and brown well, approximately 10 minutes. Stir in onions; cook until soft. Sprinkle with salt, pepper, garlic salt, paprika, and sugar. Blend thoroughly. Pour in hot water; cover and simmer gently about 1 1/2 hours.

In a small jar or container, shake or blend flour with cold water. Be sure to break up all lumps. Add to meat about 7 minutes before the end of the cooking time. Stir constantly until sauce is thickened and bubbling. Remove from heat; stir in cream. Serve with noodles, accompanied by a tomato salad if desired.

## Rinderrouladen (Beef Rolls)

4 Servings

4 sandwich (or roll steaks),\*  
2 t mustard,dijon-style  
1/2 t salt  
1/4 t pepper  
2 pickles,\*\*  
2 oz salt pork,\*\* or  
2 bacon,strips \*\*  
1 onion,large, chopped  
1/4 c vegetable oil  
1 1/2 c beef broth,hot  
4 peppercorns  
1/2 bay leaf  
1 T cornstarch

\* Sandwich or roll steaks should weigh about 6 oz each. \*\*  
Pickles, Salt Pork or Bacon should be cut into long thin strips.

Lay steaks on a flat surface. Spread each with mustard; sprinkle with salt and pepper. Divide pickles, salt pork (or bacon), and onion among the steaks equally. Roll up steaks jelly-roll fashion; secure with beef-roll clamps, toothpicks, or thread. Heat oil in a heavy saucepan, add the steak roll, and brown well on all sides, about 15 minutes. Pour in hot beef broth, peppercorns, and bay leaf. Cover and simmer for 1 hour and 20 minutes. Remove beef rolls, discard clamps, and arrange on a preheated platter. Blend cornstarch with a small amount of cold water, stir into gravy and bring to a boil. Boil until gravy is thick and bubbly. Correct seasonings and serve separately.

## Rohrmus Mit Aepfeln Oder Gruiben(Apple Or Crackling Mush)

4 Servings

200 g flour (1 3/4 cups)  
2 eggs  
1/8 l milk (1/2 cup plus 1/2 tbsp)  
1 pn salt  
50 g lard (3 1/2 tbsp)  
1 apples (or cracklings)

From the Ries area.

Make a pancake batter and pour into a greased bread pan. Top with sliced apples or with cracklings, and bake.

If topped with fruit, dust with sugar; if with cracklings, salt, and serve.

Serves 4.

## Rosenkohl In Bier Gedunstet (Brussels Sprouts In Beer)

4 Servings

1 lb brussels sprouts, fresh  
1 beer, any brand, to cover  
1/2 t salt  
2 T butter

Trim and wash sprouts. Place in a medium-size saucepan and pour enough beer over them to cover. Bring to a boil, reduce heat and simmer for 20 minutes or until tender. Add more beer if needed, as liquid evaporates. Drain; add salt and butter. Serve hot.

## Rostbraten Mit Pilzfulle

6 Servings

### ROAST =====

1/2 t salt  
1/4 t white pepper  
2 lb flank steak  
1 t mustard,dijon style

### MUSHROOM STUFFING =====

2 T vegetable oil  
1 onion,small, chopped  
4 oz mushroom pieces,\*  
1/2 c parsley,chopped  
2 T chives,chopped  
1 T tomato paste  
1/2 c bread crumbs,dried  
1/4 t salt  
1/4 t pepper  
1 t paprika

### GRAVY =====

3 bacon,strips, cubed  
2 onions,small, fine chopped  
1 c beef broth,hot  
1 t mustard,dijon style  
2 T tomato catsup

\* Mushrooms should be 1 4 oz can of mushroom pieces drained and chopped.

Lightly salt and pepper flank steak. Spread one side with mustard. To prepare stuffing, heat vegetable oil in a frypan, add onion and cook for 3 minutes, until lightly browned. Add mushroom pieces; cook for 5 minutes. Stir in parsley, chives, tomato paste, and bread crumbs. Season with salt and pepper and paprika. Spread stuffing on mustard side of the flank steak, roll up jelly-roll fashion and tie with thread or string. To prepare gravy, cook bacon in a Dutch oven until partially done. Add the meat roll and brown on all sides, approximately 10 minutes. Add onions and saute for 5 minutes. Pour in the beef broth, cover Dutch oven, and simmer for 1 hour. Remove meat to a preheated platter. Season pan juices with mustard. Salt and pepper to taste; stir in catsup. Serve the gravy separately.

## Rote Rubensalat (Red-Beet Salad)

6 Servings

2 red beets, bunches

MARINADE =====

2 T ,water

1/4 c vinegar

2 T caraway seeds

1 t sugar

2 T onion, minced

1 t horseradish

1/4 t cloves, ground

1/2 t salt

1/4 t pepper

5 T vegetable oil

Wash beets, trim off greens, place in medium saucepan, and cook, without peeling, in salted water to cover, until beets are tender. Peel and slice. Prepare marinade dressing by combining remaining ingredients. Pour over beets and let stand for several hours before serving. Stir beets occasionally.

## Roter Press-Sack (Red Head Cheese)

4 Servings

- 1/2 l pig's blood (2 cups plus 2  
-tbsp)
- 1 Kg fatty meat from pork head  
-snout,s,houlder,
- 1 tongue,heart, and skin (a  
-generous,2 lbs)
- 1 onion
- 1 salt and pepper,To Taste
- 1 pk allspice\*
- 1 pk cloves\*,Ground
- 3 T marjoram
- 3 bay leaves

Boil the pork skin [and other meat] with the onion and bay leaves. Grind up half of the cooked skin, and finely cube the other half. Also cube the other meat. Combine the skin, meat, blood, and seasonings and mix well. Stuff the mixture into an inverted, cleansed pork stomach or cleansed bungs.\*\* Simmer, at 175 to 185 degrees F, for 2 hours. Turn frequently during the cooling process.

Serves 4.

## Rotkrautsalat (Red Cabbage Salad)

4 Servings

5 bacon, slices  
1 t sugar  
2 T vinegar  
1/4 c wine, red or white  
1/2 red cabbage, head, shredded  
2 T vegetable oil  
1/2 t salt  
1/4 t pepper  
1 T caraway seeds

Fry bacon in medium-size fry pan until crisp. Remove and reserve bacon. Add sugar, vinegar, and wine to bacon fat; stir and cook until sugar is dissolved. Pour this hot mixture over the cabbage. Toss with vegetable oil, salt, pepper, and caraway seeds. Sprinkle crumbled bacon over mixture. Serve at room temperature.

## Rouladen Of Beef

6 Servings

- 1 1/2 lb round steak in 6 thin pieces
- 1 salt and black pepper to taste
- 1/4 c + dijon mustard, 2 Tbl
- 6 sl cooked bacon, crumbled
- 1/2 c onion, Chopped
- 1 c carrots, Chopped
- 6 dill pickle spears
- 2 T vegetable oil

1. Preheat broiler.
2. lb each piece of beef between two pieces of waxed paper to 6 inch diameter (about 1/8 inch thick); sprinkle with salt and pepper.
3. Place meat on rack in pan 4 inches from heat and broil for 1 minute on each side.
4. Spread each piece of meat with 1 tbs of mustard. Sprinkle evenly with bacon; top with equal amounts of carrot, onion, and 1 pickle spear. Roll up and secure with a wooden toothpick.
5. Heat oil in a medium nonstick skillet over medium heat. Brown meat rolls on all sides.
6. Add 1 inch water to skillet. Cover and simmer for 1 hour, or until beef is tender. Remove to a warm serving dish. Pour the pan juices into a sauce bowl. Remove toothpicks before serving. Pass the sauce separately.

Makes six servings.

## Ruehrkuchen (Stirred Cake)

6 Servings

250 g butter (1 cup plus 2 tbsp)  
250 g sugar (1 cup plus 2 tbsp)  
1 lemon  
3 to 4 eggs  
1 a bit of rum  
1 salt  
500 g flour (4 1/2 cups less 1  
-tbsp)  
1 pk baking powder\*  
1/8 l milk (1/2 cup plus 1/2 tbsp)  
1 buttercream  
1 pk vanilla powder\*\*  
100 g sugar (1/2 cup less 1 tbsp)  
1/2 l milk (2 cups plus 2 tbsp)

Cream the butter. Stir in pudding, a spoonful at a time. Cut cake twice [horizontally]. Fill with the buttercream, and also spread buttercream on top.

## Rye Bread

4 Servings

2 yeast, active dry  
1/2 c water (110-120 degrees), Warm  
1 1/2 cup milk, lukewarm  
2 T b sugar  
1 t salt  
1/2 c molasses  
2 T b butter  
3 1/4 cup rye flour, unsifted  
2 1/2 cup bread flour, unsifted

Dissolve yeast in warm water. In a large bowl combine milk, sugar, and salt. Use a mixer to beat in molasses, butter, yeast mixture and 1 cup of rye flour. Use a wooden spoon to mix in the remaining rye flour.

Add white flour by stirring until the dough is stiff enough to knead. Knead 5 to 10 minutes, adding flour as needed. If the dough sticks to your hands or the board add more flour. Cover dough and let rise 1 1/2 hours or until double. Punch down dough and divide to form 2 round loaves. Let loaves rise on a greased baking sheet until double, about 1 1/2 hours. Preheat oven to 375 degrees F. Bake for 30 to 35 minutes.

Makes 2 round loaves.

## Salatmarinade

1 Servings

1 t sugar  
1 t paprika  
1/2 t salt  
1/2 t dry mustard  
1/2 t celery seed,crushed  
1/4 t pepper  
1/2 c tarragon vinegar  
3/4 c olive oil

Stir all of the ingredients together except the oil. Gradually add the oil, stirring constantly. Or, you can shake all the ingredients in a bottle until well blended. Makes about 1 1/4 cups.

## Sandtortchen (Sand Tarts)

24 Servings

- 2 1/2 c sugar
- 2 c butter (or margarine)
- 2 eggs, large
- 4 c flour, unbleached, unsifted
- 1 egg white, large, beaten
- 1 sugar
- 1 cinnamon
- 1 pecan, halves

Cream sugar and butter. Beat in 2 eggs. Gradually blend in the flour. Chill dough overnight. Roll as thin as possible on well floured board. Work with 1/4 of the dough at a time. Keep remaining dough chilled. Cut into diamonds with a knife. Place on greased cookie sheets. Brush each cookie with beaten egg white. Sprinkle with sugar and a pinch of cinnamon. Place a pecan half in center of each cookie. Bake in preheated 350 degree F. oven for 8 to 10 minutes or until edges are light brown. Cool on cookie sheets 1 minute, then remove to wire racks. Store in airtight tins.

## Sarazener (Saracen)

4 Servings

- 600 g liver from european elk or  
-from deer, cut into small
- 3 1/2 T fat
- 1 onion, finely chopped
- 1 T flour
- 1 T vinegar
- 4 to 6 cups meat broth

salt and pepper to taste spaetzle

Roast the onions in the fat until golden, then add the liver and saute it. Add the spices. Stirring constantly, dust liver with flour and then add a little of the broth. Add the remainder of the broth and the spaetzle, and briefly bring once more to a boil. Stir in vinegar to taste.

Serves 4.

## Satarasch

4 Servings

750 g pork, cubed  
5 T vegetable oil  
4 md potatoes  
2 leeks, cleaned  
1 red pepper  
1 green pepper  
2 md onions  
2 garlic cloves  
6 tomatoes, peeled  
1 salt & pepper  
1 T paprika  
1/2 t thyme  
3/4 l beef stock  
3 T tomato pur, e

Peel the potatoes, onion and garlic, clean the leek and peppers and chop them all small. Cube the pork.

Heat the oil in a casserole and fry the pork for about 15 minutes in it. Add the vegetables and the chopped tomatoes. Stir in thyme, salt, pepper and paprika, and pour over the stock. Cover the casserole and simmer for a good hour. Before serving, stir in the tomato pure and correct seasoning.

## Sauerampfersuppe (Sorrel Soup)

4 Servings

1 bn sorrel  
1 bn fresh chervil  
50 g butter (3 1/2 tbsp)  
3 T flour  
1 yolk  
4 T to 5 tb sour cream  
1 1/2 l meat broth (or water  
-(approx.)  
- 1 1/2,qts)

A recipe from grandmother's more thrifty times; rarely encountered today.

Melt the butter, and whisk in flour. Add meat broth or water. Add the rinsed and chopped herbs, and briefly bring to a boil. Let soup cool a bit, then thicken with egg yolk. Season with salt, pepper, and a pinch of sugar. Stir in sour cream when serving.

In some Swabian kitchens, very finely chopped garlic gets scattered on top of the soup.

Serves 4.

## Sauerbraaten & Potato Dumplings

In large saucepan combine 1/2 C dry red wine, 1/2 C red wine vinegar 2 C cold water, a Medium size onion, peeled and thinly sliced, handful of crushed black peppercorns and 4 whole juniper berries (which she crushed in the Pestle, and a couple of bayleaves. Bring this marinade to a boil, then remove from heat and allow to come to room temp.

Place a 5lb boneless top or bottom round roast, with fat trimmed off, in a deep crock just large enough to hold it comfortably

Pour the cooled marinade over the roast.

Turn the meat to moisten all sides, and covered the crock with the wooden top, and put it out on the porch where it is cold (not freezing). and leave it there for 4-5 days. Everyday turn the meat in the marinade at least two times.

On the 5th day remove the meat from the marinade and completely dried it with towels. Strain the marinade through a fine sieve and reserve the liquid. Throw away the spices in the sieve.

Take a large casserole and melted 3 tbsp lard in it over high heat until it starts to sputter. Add the meat and brown it on all sides and make sure it browns well, without burning.

Take the meat and transfer it to a platter, and pour off and throw away all but a couple of tbsp of the fat from the casserole. Add 1/2 C finely chopped onions, 1/2C finely chopped carrots, 1/4 C fresh chopped celery to the fat in the casserole and cook over mod. heat stirring frequently, for about 6-8 minutes or until they are soft and light brown.

Sprinkle 2 tbsp of flour over the vegies and cook, stirring constantly, for another 2-3 minutes longer, or until the flour begins to color.

Pour 2 C of the reserved marinade and 1/2 C water and bring to a boil over high heat. Return the meat to the casserole. Cover and simmer over low heat for 2 hours or until the meat shows no resistance when pierced with the tip of a sharp knife.

Transfer the meat to a heated platter and cover to keep it warm while

making the sauce. Pour the liquid left in the casserole into a large measuring cup and skim the fat from the surface. You will need 2-1/2 Cups of liquid for the sauce. If you have more than that, boil it briskly over high heat until it is reduced to that amount. If you have less, add some of the reserved marinade.

Combine the liquid and 1/2 C crushed gingersnaps or 1 c ready-made honey cake in a small saucepan and cook over mod. heat, stirring frequently for 10 min. The crumbs will disintegrate in the sauce and thicken slightly.

Strain the sauce through a fine sieve, pressing down hard with a wooden spoon to force as much of the vegetables and crumbs through as possible. Return the sauce to the pan, taste for seasoning and let it simmer over low heat till ready to serve.

To serve carve the meat into 1/4" slices and arrange attractively, over lapping layers on a platter. Moisten the slices with a few tbsp of the sauce and pass the remaining sauce separately in a gravy boat.

## Sauerbraten (Sweet Sour Beef)

6 Servings

- 3 1/2 lb bottom round
- 2 c wine vinegar (heated)
- 2 c water
- 1 1/2 t salt
- 2 T parsley
- 1 t pepper
- 2 T sugar
- 1 onion, sliced
- 1 bay leaf
- 3 T butter
- 2 T flour
- 2 T cold water
- 1 c beef stock
- 6 gingersnaps

Heat 2 cups water, and vinegar together until hot. Place meat in crock covered with vinegar and water. [Do NOT use a metal pot!] Add salt, parsley, pepper, sugar, and onion. Cover and refrigerate for 3 days, turning daily. Drain marinade and reserve. Lightly flour meat. Brown well in butter in kettle. Add onion slices and 3 cups marinade. Cover and simmer until tender. Remove meat to a hot serving dish and keep warm. Skim fat off liquid. Mix flour and water and stir into pan. Add stock,

## Sauerbraten Klopse (Sauerbraten Meatballs)

4 Servings

1 lb ground beef,lean  
1/4 c milk  
1/4 c bread crumbs,dry  
1/8 t cloves,ground  
1/8 t allspice,ground  
1/2 t salt  
1 pepper,to taste  
2 T vegetable oil  
1/2 c vinegar  
3/4 t ginger,ground  
1 bay leaf  
4 T sugar,brown  
2 T unbleached flour

Mix beef, milk, crumbs, cloves, allspice, salt and pepper. Form into meatballs. Brown meatballs in hot oil. Drain off fat. Add 1 cup water, vinegar, ginger, bay leaf, and brown sugar. Cover and simmer 1/2 hour. Skim off fat. Remove meatballs and keep them warm. Mix flour and 2 T water. Slowly stir into the pan juices to make gravy. Pour gravy over meatballs. Serve with buttered noodles.

## Sauerbraten W/Sweet & Sour Cabbage

8 Servings

DEIDREANNE PENRODFGGTB =====

2 c vinegar

2 c water

MARINADE =====

1 T salt

1 t cloves

1/2 t thyme

2 t peppercorns

2 T parsley stems

2 bayleaves,small

1/4 c clery leaf,green

2 T garlic,crushed

1/3 c carrots

3/4 c carrots,sliced

1/4 c celery

6 lb beef,bottom round

1/2 c bacon drippings

1 c red wine

2 c beef stock

1/2 c tomato puree

2 T brown sugar

1/4 c cornstarch

1. Put Water and Vinegar into a stainless steel stock pot. 2. Add all the Marinate Ingredients. 3. Place Beef in tbe pot, allowing Marinade to cover the Meat. It should be kept in the refrigerator about 3 to 4 days for pickling, and turned once a day. Remove tbe Meat from the Marinade, place in a roasting pan with tbe Bacon Drippings, and sear well on all sides. 4. Place the Marinade and the Wine, Beef Stock, Tomato Puree, and Brown Sugar in a thick-bottomed pot and bring to a boil. Add the seared Meat and simmer for 3 hours, lid on. 5. Reserve Meat in a warm place till ready to carve. Strain the Gravy and reduce to 3 1/2 cups, add diluted Starch, continuously stirring while bringing to a boil. Adjust Seasonlng and serve Gravy with carved Meat.

## Sauerfleisch (Boeuf A La Mode)

4 Servings

- 1 Kg beef (shoulder (or leg) (a)  
-generous, 2 lbs)
- 40 g flour (1/3 cup)
- 50 g fat (3 1/2 tbsp)
- 1 onion, finely chopped
- 1 salt and pepper, To Taste
- 1 vinegar marinade
- 2 l water (2 qts plus 1/2 cup)
- 1 vinegar, To Taste
- 1 onion
- 1 a few cloves
- 1 piece lemon peel
- 1/2 yellow turnip [substitute  
-carrot]
- 1 bay leaf
- 1 a few peppercorns

Colloquially referred to as 'Boefflamott'.

Prepare the marinade by combining all the ingredients and briefly bringing to a boil. After marinade has cooled completely, soak the meat in it for 2 to 3 days. Then remove the meat from the marinade and again bring the marinade to a boil. Add the meat again and cook for 1 1/2 to 2 hours.

Meanwhile, in a large pot, prepare a dark roux of the fat and flour. Add the chopped onion. Gradually add enough hot marinade to obtain a thick gravy. Season to taste with salt, a bit of sugar, and lemon. Let the cooked, sliced meat briefly steep in the gravy before serving.

Serve with potato dumplings or bread dumplings.

Serves 4.

## Sauerkraut Salad With Yogurt Dressing

4 Servings

1 lb sauerkraut,(1 lb can)  
6 oz ham,cooked  
1/2 c yogurt  
1/4 t pepper,white  
Blue grapes dressing =====  
1/4 t salt  
1 t honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.

## Sauerkraut Soup

1 Servings

- 1 lg jar sauerkraut
- 2 apples
- 1 onion
- 1 t caraway seed
- 1/2 head fresh white cabbage
- 1 smoked pig's knuckle or
- 1 chunk of ham
- 1 salt and pepper
- 1 c apple juice
- 1 c water
- 1 garnish
- 2 sm potatoes,boiled

Simplest recipe for sauerkraut soup: Rinse the s-k, 1 large jar or can, in running cold water. Put in a stainless steel or iron (not aluminium) pot. Chop into chunks 2 apples. Add. Chop 1 onion. Add. Add 1 teaspoon of caraway seed. Chop 1/2 head of fresh white cabbage. Add. Add 1 smoked pig's knuckle. Salt and pepper to taste. Add 1 cup apple juice(optional) and 1 cup or more water. Simmer covered at least for 45 minutes (time varies, depending on brand of kraut; some is so processed that it may need less time than that!) Instead of knuckle, uncooked ham chunk may be added. Good, smoked ham would be wasted but not unpalatable. Delicious soup is good if served with boiled, buttered and seasoned potatoes on the side. If you wish to prepare more soup, for more people than the 2 of you, a whole shoulder can be used with 3 cans or jars of sauerkraut, giving enough meat for everyone. (For a large shoulder to cook thoroughly you would need over an hour of cooking time, if the shoulder had not been precooked. Otherwise, the 30-45 minutes is enough . But you taste and decide!)

Sauerkrautsalat Mit Schinken (Sauerkraut Salad With Ham)

4 Servings

1 lb sauerkraut,(1 lb can)

1/2 lb blue grapes

6 oz ham,cooked

DRESSING =====

1/2 c yogurt

1/4 t salt

1/4 t pepper,white

1 t honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.

## Sauerkrautsalat Mit Schinken (Sauerkraut Sala

4 Servings

1 lb sauerkraut,(1 lb can)

1/2 lb blue grapes

6 oz ham,cooked

DRESSING =====

1/2 c yogurt

1/4 t salt

1/4 t pepper,white

1 t honey

Rinse and drain sauerkraut; chop coarsely. Wash grapes and cut in half; remove seeds if desired. Cut ham in julienne strips. Gently mix these 3 ingredients. Blend dressing ingredients and stir into sauerkraut mixture. Marinate for 10 minutes; adjust seasoning before serving, if necessary.

## Saure Kartoffel (Saure Raedle, Eingemachte

4 Servings

500 g new potatoes (a,Boiled  
-generous lb)  
80 g butter (or lard (1/3 cup))  
1 T flour  
1/2 l water (2 cups plus 2 tbsp)  
1 bay leaf  
1 piece lemon peel  
1 clove  
1 onion  
1 salt and pepper,To Taste  
1 T vinegar (or),To Taste  
1 ds caraway seed

Melt the fat and add the finely chopped onion and flour. Saute until the onion is golden brown. Add the water and all the other seasonings. Cook for 1/2 hour. Strain the sauce and pour it over the hot, sliced potatoes.

Serves 4.

## Saurebraten & Ginger

10 Servings

4 lb rump roast,beef, boneless  
8 peppercorns  
1 bay leaf  
1 c water  
1/4 c vegetable oil  
2 c water,boiling  
1/2 c sour cream  
2 onions,thinly sliced  
4 cloves,whole  
1 c white vinegar,mild  
1/2 c cider vinegar  
1/2 t salt  
10 gingersnaps  
1 T unbleached flour

Place the beef roast in a deep ceramic or glass bowl. Add onions, peppercorns, cloves, and bay leaf. Pour white vinegar and cider vinegar over the meat; chill, covered, for 4 days. Turn meat twice each day. Remove the meat from the marinade, dry it well with paper towels, and strain the marinade into a bowl. Reserve onions and 1 cup marinade. In a Dutch oven brown the meat on all sides in hot vegetable oil. Sprinkle meat with salt. Pour boiling water around the meat. sprinkle in crushed gingersnaps, and simmer covered for 1 1/2 hours. Turn often. Add 1 cup of reserved marinade and cook meat 2 hours or more, until tender. Remove the meat and keep it warm. Strain the cooking juices into a large saucepan. In a small bowl mix sour cream with flour. Stir it into the cooking juices and cook, stirring, until sauce is thickened and smooth. Slice meat in 1/4 inch slices; add to hot gravy. Arrange meat on a heated plater and pour extra sauce over it.

## Scheiterhaufen (Log Pyre)

4 Servings

6 rolls (or an), Sliced  
-equivalent amount of slice  
1 white [french] bread  
4 T sugar  
3 to 4 eggs  
1 t (heaped) cinnamon  
125 g raisins and sultanas (4 1/2  
-oz)  
1/4 l milk (1 cup plus 1 tbsp)  
1 ds salt  
75 g butter (1/3 cup)

Mix the milk, eggs, cinnamon and sugar and beat until smooth. Cut the rolls into quarter inch thick slices, dip into the milk mixture, and then arrange in layers in a buttered baking dish. Scatter raisins and sultanas in between the layers.

Dribble leftover liquid (if any) on top of the sliced rolls, and then dot the top with small dabs of butter.

In order to keep the surface from drying out, cover the top of the dish with aluminum foil. Bake at 350 degrees F for about 30 minutes.

Serves 4.

## Schinken Rolle (Ham Loaf)

8 Servings

2 c cooked ham --,Chopped  
2/3 c bread crumbs  
2 eggs  
2 T onions,Chopped  
2 T parsley,Chopped  
2 T celery,Chopped  
1/4 t salt  
1 c milk  
2 T butter --,Melted  
3 T catsup

Mix ingredients and place into buttered loaf pan. Bake 30 minutes in 350 F oven. Unmold carefully. Can be served warm or cold. Serves 8.

## Schinkenspeck > German Bacon

- 1 for 10 pounds total
- 2 1/2 ga ice water
- 8 oz kosher salt
- 8 oz prague powder #1
- 2 1/2 oz powdered dextrose
- 2 1/2 oz white pepper,Ground
- 1 1/2 oz juniper berries,Ground

It's a lot of work, especially if you're working alone, but it is a beautiful finished product that is well worth the trouble.

The original procedure calls for a whole fresh pork ham, but any I make in the future will be made with pork loins. The reason for that is simple - the center part is round and pork loins are naturally round. If you use a ham, you have to fit together various pieces of the muscle to get the right shape and use gelatin to hold them together. The loin will make the center more like Canadian bacon, but that's no problem as far as I'm concerned.

I remove the skin from the bacon before curing. I also spray-pump both the bacon and ham at 10% of their weight with the cure. Then you let them cure for 5 to 6 days at 40 F.

Lay the bacon slab out on a counter top and fit it around the ham. You may have to trim off parts of the ham where it's too wide and fit such trimmings in places where it is too narrow. Just sprinkle them with unflavored gelatin and they'll stay there after the smoking. When the bacon fits nicely around the ham, sprinkle it with gelatin and tie it up like a rolled rib roast. Working alone, I found skewers helpful for this part of the process, securing one end while I worked on tying the other. This took nearly an hour on my first attempt!

Then you put the whole thing in a stockinette bag and let it rest in a 135 F smokehouse until it gets to 128 F internal - just like bacon, but it will take longer because of the greater thickness. Mine took about a day. Then you can smoke it, but not too much. I kept mine at 128 F for another day so it would firm up nicely.

It was far too thick for my home slicer, so I took it to the butcher, where I had purchased the meat, and let him cut it on his professional grade slicer (and gave him 4 slices for his trouble). I put it in the freezer first, for about 6 hours, so it was easier to slice consistently.

I found it fried up best at very low heat in a cast iron skillet. The sugar in it will carmelize and make a mess even at moderate temperatures. Then prepare yourself to taste the finest bacon you've ever had - I'm not kidding, the delicacy of the juniper berries and the faint sweetness make this a treat you'll never forget.

## Schledderles-Suppe (Schlettersuppe)

4 Servings

2 T flour  
1 egg  
1 salt, To Taste  
1 T water  
1 soup  
1 broth  
1 salt  
1 nutmeg  
1 pepper  
1 greens

Combine the first four ingredients in a small beaker-like pot and stir until smooth. (The batter should drip in a long thin thread off the spoon). Tilt the pot and scrape the batter off the edge into the boiling broth. This results in the elongated 'Schletterle' which are sort of halfway between spaetzle and noodles.

Bring to a second boil, and adjust seasoning (salt, nutmeg, pepper, and greens). Serve.

Serves 4.

## Schlesisches Himmelreich (Silesian Pork)

4 Servings

- 1 lb fruit (prunes, Dried  
-apricots, apples, pears)
- 4 fine pork chops (or 1 lb)  
-Lean  
- pork steaks
- 2 oz (4 tbsp) lard (or butter)

You will need a medium-sized stewpan with a lid. Soak the fruit for a couple of hours - or overnight if possible - in either plain water or cold tea which will give a darker, richer juice to cover.

Fry the chops in the fat, turning them once, so they take color. Add the fruit and the soaking liquid. Cover and simmer all together for 30 to 35 minutes, or until the fruit is soft and the chops cooked through.

Serve with potato dumplings.

Serves 4.

## Schnecken

12 Servings

- 1 cottagecheese\oil pastry
- 1 for brushing
- 1 oz (30g) soft butter (or marg.)
- 2 1/2 oz (70g)raisins (washed and  
1 well),Drained
- 1 3/4 oz (50g) almonds (blanched  
1 filling
- 2 T heaping of sugar
- 1 pk vanillin sugar
- 1 3/4 oz (50g) currants (washed and  
1 well),Drained
- 1 finely),Chopped
- 1 icing
- 6 oz (170g) icing sugar
- 2 T hot water (approx)

Roll out the pastry to a rectangle 14x18in. (45x35cm) and brush with the fat. For the Filling: mix together the filling ingrediants and distribute evenly over the pastry. Starting from the shorter side, roll up like a swiss roll. Then use a sharp knofe to cut off slices about 1 1/4 in thick. Lay these on a greased baking sheet and flatten slightly. OVEN: preheat overn for 5 min at very hot (400) BAKING TIME: 15-20 minutes. For the icing: sieve the icing sugar (powdered sugar) and blend with as much of the water as will five a good coating consistency. Ice the schnecken while still hot.

## Schneiderflecklesuppe

4 Servings

- 1 egg
- 1 T water
- 1 salt
- 200 g flour (1 3/4 cups)
- 1 meat broth
- 1 nutmeg, Ground
- 1 chives

On a pastry board, combine the flour, egg, water and salt into a pasta dough, then roll it out paper thin. Hang the dough over the back of a chair or something similar for drying. After the dough has been drying for 1 1/2 to 2 hours, cut it into 2/3-inch squares. As you spread out the dough on the board, you will have to keep dusting it with flour. Bring some lightly salted water to a boil and cook the 'Fleckle' for about 10 to 15 minutes. Drain, briefly rinse in cold water, and then add to the hot meat broth. Adjust soup's seasoning, and top with chopped chives.

Serves 4.

## Schnittbohnsensalat (Green-Bean Salad)

4 Servings

1 lb green beans, fresh \*  
1 ,boiling salted water  
1/4 c stock,\*\*  
3 T vinegar  
3 T vegetable oil  
2 onions,med., thinly sliced  
1/2 t dillseed,Dried  
1 t sugar

\* Green beans should be sliced lengthwise (French Cut). \*\* Stock is the water that the green beans were cooked in. (Not regular  
Cook beans in boiling salted water until just tender. Reserve 1/4 cup of the cooking liquid and drain off the rest. Prepare sauce by combining vinegar, oil, reserved vegetable stock, onions, dill, and sugar; stir until blended. Pour mixture over beans; marinate several hours before serving.

## Schokoladenpretzel (Chocolate Pretzels)

8 Servings

1/2 c butter (or margarine)

1/4 c sugar

1 egg, large, beaten

1 t vanilla extract

1/4 c milk

1/4 c cocoa

2 c flour, unbleached, unsifted

COCOA FROSTING =====

2 T cocoa

1 1/4 c confectioners' sugar

2 T butter (or margarine), melted

1/2 t vanilla extract

Cream 1/2 cup butter and the sugar until light and fluffy. Beat in the egg, vanilla, and milk. Sift cocoa and flour. Mix into butter mixture until thoroughly blended. Chill dough until firm enough to handle (about 30 minutes). Using 2 T dough, roll a rope about 12 inches long between your hands. Shape into a pretzel as follows: Make a loop about 1 1/2 inches in diameter by crossing the ends, leaving 1-inch tails. Flip the loop down over the crossed ends. Press firmly into place. Place pretzels on greased baking sheets. Bake at 350 degrees F. for about 10 minutes. Make frosting in a small bowl. Mix cocoa and confectioners' sugar. Gradually stir in butter and vanilla. If frosting is too thick, thin with milk. When pretzels are cool, spread with Cocoa Frosting. Make 2 dozen.

## Schwaemme (Mushrooms)

4 Servings

- 1 Kg mushrooms (king boletes  
-and/or chan,terelles)
- 1 (a generous 2 lbs)
- 100 g butter (7 tbsp)
- 1/2 l water (or beef broth (2  
-cups)  
-plus 2,tbsp)
- 2 T to 3 tb flour
- 1 salt and pepper,To Taste
- 1/8 l cream (1/2 cup plus 1/2  
-tbsp)
- 2 bn parsley

a few drops lemon juice

Clean the mushrooms. On larger king boletes, remove the greenish underneath side of the cap. Cut large mushrooms into 1/6-inch thick slices. In a wide saucepan, melt the butter, then add mushrooms and water or broth. The mushrooms will be tender shortly after the liquid reaches a rolling boil. Stir in the flour paste, and briefly bring to a boil again. Remove from the heat. Stir in the cream and chopped parsley, and season to taste. Serve with potato dumplings or bread dumplings.

Serves 4.

## Schwalbennester (Barvarian Veal)

4 Servings

1 lb veal, cut in 4 thin slices  
1/2 t salt  
1/8 t sugar  
1/2 t pepper, white  
1 T mustard, dijon style  
4 bacon, slices  
4 eggs, large, hard cooked  
2 T vegetable oil  
1 onion, medium, diced  
3/4 c beef bouillon, heated  
1 T tomato paste  
2 T unbleached flour  
1/4 c red wine

Dry veal on paper towels. Roll in a mixture of salt, sugar, white pepper, and mustard. Place a bacon slice on top of each piece of veal. Place an unsliced egg on top of the bacon. Roll up each slice of veal (jelly-roll fashion) and tie together with string. Heat oil in frypan and brown veal rolls well on all sides. Add onion; saute for 3 minutes. Add the hot bouillon; cover and simmer gently 25 minutes. Remove the veal from the pan. Remove the strings from the veal and keep veal warm on a serving platter. Add tomato paste to the pan drippings; stir. Thoroughly mix flour and red wine to remove all lumps. Add to sauce and cook until mixture thickens. Add warm veal rolls and heat through. Before serving, place veal rolls on a platter, pour sauce over the rolls and serve with pureed potatoes.

## Schweinekoteletts In Saurer Sahnesosse

6 Servings

- 6 pork chops
- 1 garlic clove, minced
- 1 t caraway seeds, crushed
- 2 t hungarian paprika, mild \*
- 1/2 t salt
- 1 pepper, as desired
- 1 c white wine, dry
- 1 c sour cream (optional)

Place the pork chops in an ovenproof casserole. Mix the remaining ingredients, except sour cream, and pour over the chops. Marinate the chops 2 to 3 hours in the refrigerator. Bake the chops, uncovered, in the marinade in a preheated 325 degree F. oven for 1 hour or until tender. Add more wine if necessary. Stir sour cream into pan juices and heat through but DO NOT boil. Serve chops with sour-cream gravy and buttered noodles or dumplings.

## Schweines Mit Bodabire And Aepfel

4 Servings

- 500 g pork (a generous lb)
- 1 onion
- 2 cloves garlic
- 1/2 yellow turnip [substitute  
-carrot]
- 2 T lard
- 2 T water
- 300 g raw potatoes (approx. 3/4  
-lb)
- 3 tart apples

Brown the pork and then cook it to the point of where it is half done. Cut into slices, add the diced potatoes as well as the peeled and diced apples, and stew in its own juices. Add a little water whenever required.

Serves 4.

## Schweineschnitzel

6 Servings

- 4 (6-ounce) pork cutlets
- 1 salt and, Freshly Ground  
-pepper to taste
- 1 flour for dredging
- 1 egg
- 1 t water
- 1 c fresh bread crumbs
- 4 T butter (or margarine)
- 1 T capers
- 1 lemon wedges

Pound the cutlets until thin. Sprinkle lightly on both sides with salt and pepper. Dredge them lightly but thoroughly in flour.

Beat the egg lightly with the water and dip the floured cutlets in the mixture; coat with crumbs. Using the side of a kitchen knife, tap the cutlets lightly so the crumbs will adhere well to the meat. Transfer them to a wire rack. Refrigerate for one or two hours. This will help the breading adhere to the cutlets when they are being cooked.

Heat the butter in a large skillet and, when it is hot but not brown or smoking, saute the cutlets in it until they are golden brown on both sides.

Arrange the cutlets on a heated serving platter and garnish with the capers and lemon wedges. Serve immediately.

Serves four.

## Schweinsmedallions Mit Sommermajoran

1 Servings

- 1 1/2 lb boneless pork loin cutlets
  - 1 (cut no thicker than 1/3 of
  - 1 an inch)
- 1/4 c golden raisins,soaked in
  - 1 white wine
- 1 lg golden delicious apple
  - 1 cored,peeled, quartered,
  - 1 sliced
- 1 lg onion,trimmed, peeled,
  - 1 sliced
- 3 T vegetable oil
- 1/3 c mustard
  - 1 c loosely leaves of,Packed
  - 1 fresh marjoram,rinsed,
  - 1 chopped
  - 1 salt (to taste)
  - 1 white pepper,Freshly Ground
  - 1 (to taste)

On a cutting board, season cutlets on both sides with salt and pepper to taste (both optional). Evenly spread the mustard on only one side of the meat. In a large, covered non-stick pan, over medium heat, heat the oil and saute onions until lightly golden and limp (about 5-10 minutes). Drain raisins (keep juice). To the translucent onions, add apple slices and raisins. Cook for an additional 5 minutes. Add cutlets, placing them first on the side without the mustard and making space for them by pushing the onions aside. Brown cutlets for about 5-10 minutes on each side. Drizzle the cutlets with raisin wine juice and sprinkle them with the marjoram. Reduce the heat to medium low, cover the pan, and cook the cutlets until they are done. No pink should be visible when you serve the meat. The internal temperature should be at 160-165 degrees F.

serves 4

## Semmelkratzet (Semmelschmarren)

4 Servings

- 4 stale rolls ('batzenstiegen'
  - (or 'zo
  - pfbrotschnitten'\*)
- 1 thinly, Sliced
- 3 eggs
- 1/4 l milk (1 cup plus 1 tbsp)
- 100 g raisins (3 1/2 oz)
- 60 g butter (1/4 cup)
- 1 cinnamon and sugar for
  - dusting

Mix the eggs with the lukewarm milk until smooth and pour over the rolls and raisins. Let the liquid soak in. Then saute the mixture in plenty of butter and dust with sugar and cinnamon. Serve with stewed apples.

Serves 4.

## Senfgurken

1 Servings

2 Kg small cucumbers (long as a  
1 finger)  
6 lg onions, finely diced  
3 bn dill, finely chopped  
5 borretsches leaves, finely  
1 chopped  
500 ml white wine vinegar  
750 g mustard, medium hot  
250 g sugar  
2 bay leaves, ground  
2 cloves, chopped finely  
1 T black pepper, ground

Wash the cucumbers, remove stem, and dry well. Put vinegar, mustard, sugar and the herbs Onions, Dill, Borretsches in a pot and bring to a boil. Add bay leaves, cloves, and pepper. Bring back to a boil while stirring. Add cucumbers and bring back to boil very carefully. Turn cucumbers occasionally. Fill cucumbers (and cooking juice) in glass jars while very hot and close immediately. Let cool and store for at least 3 to 4 weeks before using.

## Spaetzle Noodles

4 Servings

3 c flour, unbleached  
1 t salt  
1/4 t nutmeg  
4 eggs, large, beaten  
1/2 c water, or more  
1/4 c butter

Orig- Servings: 4

Sift flour, salt and nutmeg together in a bowl. Pour eggs and 1/4 cup water into middle of flour mixture, beat with a wooden spoon. Add enough water to make the dough slightly sticky, yet keeping it elastic and stiff. Using a spaetzle machine or a colander with medium holes, press the noodles into a large pot full of boiling salted water. Cook noodles in the water about 5 minutes or until they rise to the surface. Lift noodles out and drain on paper towels. Brown noodles in melted butter over low heat.

## Spargel In Weisser Sosse

4 Servings

29 oz white asparagus,(2 cans)  
2 T margarine  
2 T unbleached flour  
1/2 c ,asparagus liquid  
1/2 c milk  
4 oz ham,cut into julienne  
-strips  
1/8 t nutmeg,freshly grated  
1/4 t salt

Drain asparagus spears, reserving 1/2 cup of the liquid. Heat margarine in a saucepan. Add flour; blend. Gradually pour in asparagus liquid and milk. Stir constantly over low heat until sauce thickens and bubbles. Add cooked ham and seasonings. Gently stir in asparagus spears; heat through but do NOT boil. Serve in preheated serving dish.

## Spatzle (Spaetzle Noodles)

4 Servings

3 c flour, unbleached  
1 t salt  
1/4 t nutmeg  
4 eggs, large, beaten  
1/2 c water, or more  
1/4 c butter

Sift flour, salt and nutmeg together in a bowl. Pour eggs and 1/4 cup water into middle of flour mixture, beat with a wooden spoon. Add enough water to make the dough slightly sticky, yet keeping it elastic and stiff. Using a spaetzle machine or a colander with medium holes, press the noodles into a large pot full of boiling salted water. Cook noodles in the water about 5 minutes or until they rise to the surface. Lift noodles out and drain on paper towels. Brown noodles in melted butter over low heat.

## Speckkartoffel (Potatoes With Bacon)

4 Servings

- 150 g raw, smoked bacon, finely  
-cubed (about 5 to 6 oz)
- 500 g potatoes (a generous, Cooked  
-lb), peeled and cut into
- 1 medium, Slices
- 1 T lard
- 4 T to 5 tb sour cream
- 1 salt, To Taste
- 1 pepper, To Taste

[In a skillet], melt the lard and briefly fry the onions and bacon. Add the sliced potatoes and saute until golden brown. Add salt and pepper to taste, and mix in the sour cream.

Serves 4.

## Speckknoedel (Austrian Bacon Dumplings)

6 sl slightly stale white bread  
5 sl thick cut bacon  
1/3 c light cream  
1/2 c flour  
1/2 t baking powder  
1/4 t (heaping) caraway seeds  
1/4 t thyme, Dried  
1/4 t black pepper, Freshly Ground  
1/2 t salt (or), To Taste  
1 yolk of one large egg  
1 T butter, Unsalted  
1/2 c white onions, Sliced  
1/2 lb rinsed and, Drained-sauerkraut  
1 T fresh parsley, Chopped

1. Trim the bread slices and cut them into 1/2 inch cubes.
2. Cut the bacon slices into 1/3 inch squares. Saute them over moderate heat in a large skillet for about 5 minutes. Stir frequently. Transfer them to paper towels with a slotted spoon, and pat dry.
3. Pour water to a depth of 3 inches into a wide bottomed pot and bring it to a simmer (in preparation for step 8).
4. Brown the bread cubes in the hot bacon fat for 3 to 5 minutes. Transfer them to a large bowl.
5. Add the cream to the bowl. Gently toss the bread until it absorbs all the cream. Add to this mixture the bacon, flour, baking powder, caraway seeds, thyme, pepper, and 1/4 teaspoon of the salt. Beat the egg yolk and add it to the bowl. Gently blend all the ingredients.
6. Shape the mixture into 1 1/4 inch spheres with your hands. (If your mixture is too dry, moisten it with a little more cream.) Place the dumplings on a plate as you make them, arranging them in one layer so they do not touch each other.
7. Melt the butter to moderate heat in a clean large skillet. Add the onions and saute for 2 minutes. Add the sauerkraut and the remaining salt and blend the mixture. Cover, and cook for 12 minutes.
8. Cook the dumplings in the simmering water for about 10 minutes (start this step as soon as you cover the onion-sauerkraut pan.) You need not turn the dumplings as they will do that by themselves.
9. Transfer the cooked 'speckknoedel' to a warm bowl and cover them with the onion-sauerkraut mixture. Garnish with parsley and serve immediately.

Serves 3 to 4.

## Speckpfannekuchen

1 Servings

250 g flour  
2 eggs  
1/2 l milk  
1 salt  
150 g bacon  
1 fat for frying

Sieve flour into a large bowl. Make a well in the middle. Mix eggs and some milk and pour it in the well. Mix with some of the flour. Slowly add the remaining milk on stirring well. Season with salt. If there are still lumps in the dough, pour the dough through a fine sieve.

Cut the bacon into very fine slices. Fry the bacon in hot fat until golden-brown. Add the dough and slowly fry the thick pancake golden-brown from both sides. (When baking the first side, cover with a lid.)

## Speckzelten (Speckplatz)

4 Servings

500 g flour (4 1/2 cups less 1  
-tbsp)  
1 ds sugar  
1/2 t salt  
1/4 l milk (1 cup plus 1 tbsp)  
10 g yeast (.35 oz)  
30 g butter (2 tbsp)  
1 topping a  
300 g raw smoked bacon,Lean  
-finely diced,(10 1/2 oz)  
1 egg yolk  
1 T coriander  
1 T caraway seed  
1 sm onion,finely chopped  
1 salt  
1 topping b  
2 c cracklings  
2 T lard  
1 salt

### Dough:

In a bowl, mix the flour and salt. Dissolve the yeast and sugar in half the lukewarm milk. Form a well in the flour, and pour the yeast mixture into this well. Dust the liquid with flour, and cover the bowl. Let rest, in a warm spot, for 1/2 hour. Then add the melted butter and knead and beat the dough until it starts to form small bubbles. Shape into rounds that are about half a finger's width thickness and about 5 inches in diameter. Tweak the edges of the dough into a raised rim. Cover the dough circles with

A) egg yolk and then lightly press in the bacon and add the remainder of the ingredients, OR

B) lard and then lightly press in the cracklings. Season with salt.

Bake at medium heat for 30 minutes. Serve hot.

Serves 4.

## Springerle German Christmas Cookies

25 Servings

4 c flour, Sifted  
1 t baking powder  
1 t vanilla  
4 c powdered sugar  
4 eggs  
1 t anise

Stir all ingredients except anise together. Let stand about two hours. Mold, take a small scoop and roll out on pastry cloth with design roller. Then cut into squares and leave on board for a short period of time so design sets.

Preheat oven to 325. Butter baking sheets, arrange cookies on sheet and sprinkle with anise seeds. Bake on middle rack for 15 minutes.

## Spritzgeback (Spritz Cookies)

10 Servings

1 c butter,(no margarine)  
2/3 c confectioners' sugar  
1 egg,large  
1 egg yolk,large  
1 t almond (or lemon extract)  
2 1/4 c flour,unbleached, unsifted  
1/4 t salt  
1/2 t baking powder

Beat butter and sugar until light. Beat in egg, egg yolk and extract. Sift flour, salt, and baking powder; gradually add flour mixture to eggs. Chill dough 1/2 hour. Press 1/4 of the dough into a cookie press. Keep remaining dough chilled. Shape cookies onto a greased baking sheet. Bake in 400 degrees F. oven for 7 to 10 minutes or until done. Cool on wire racks and store in airtight tins. Makes 4 to 6 dozen cookies.

## Steaks Esterhazy

4 Servings

1/4 lb mushrooms,diced  
1 carrot,small, diced  
1 shallot (or green onion),\*  
2 T butter  
1 t paprika  
1/2 t salt  
1 c sour cream  
1 t worcestershire sauce  
4 servings of steak,\*\*

\* Shallot or Green Onion should be minced \*\* Steaks should be one of the following: Sirloin, T-bone, Or Fillet.

Saute mushrooms, carrot, and shallot or green onion in butter. Add paprika, salt, sour cream, and Worcestershire sauce. Simmer for 2 minutes, but DO NOT boil. Broil steaks and top with sauce.

## Stir-Fry Springdish (Roergebakken Lenteschotel)

4 Servings

2/3 lb pork meat,Lean

1 oil

1 t ginger powder

1 clove of garlic

7 oz pods

1 T sesame seed

2 T catsup

2 T red wine vinegar

2 T sugar

12 cherry tomatoes

1 salt

Cut the meat in very small strips, fry the meat in the hot oil in a wok, constantly stirring, add after 1 minute the gingerpowder en pressed garlic and stir-fry another 2 minutes, add the pods, sesamseed, ketchup, vinegar, sugar and tiny tomatoes, stir-fry another 2 minutes, add salt to taste. Serve.

## Streusel Kuchen

1 Servings

- 1/2 c potato, mashed
- 1/2 c butter and other shortening
- 3 1/2 c flour
  - 1 \*dissolved in
  - 2 egg, well beaten
- 1 1/2 c flour
  - 1 c flour
  - 1 egg yolk, well beaten
- 1/2 c potato water
- 1/2 c sugar
- 1 c yeast
- 1/2 c water, lukewarm
- 1/2 c sugar
- 1 \*topping
- 1/2 c sugar

Mix together the mashed potatoes, potato water, shortening and sugar. Add to this about 3 1/2 cups flour and the dissolved yeast. Set this dough aside to rise in a warm place over night. The following morning add the eggs, 1/2 cup sugar and 1 1/2 cups flour. Allow this mixture to stand in a warm place until light. Then roll out pieces 6 by 8 by 1 inch thick and place in greased oblong pans. When cakes are ready to be put into the oven, brush top of cake with melted butter. Strew over the tops of the cakes the topping mixture. This mixture should be rubbed through a coarse sieve. Bake at 400-F about 20 minutes.

## Streuselkuchen (Crumb Cake)

6 Servings

### TOPPING =====

1/4 c sugar  
1/4 c brown sugar  
2 t cinnamon  
1 c flour, unbleached, unsifted  
1/2 c butter (or margarine)

### CAKE =====

2 1/4 c flour, unbleached, unsifted  
1/4 c sugar  
1/4 t salt  
1 pk yeast, dry  
3/4 c milk  
1/2 c butter (or margarine)  
1 egg, large

TOPPING: For topping, mix sugars, cinnamon and flour. Cut in butter until mixture is crumbly. CAKE: To make cake, mix 1 cup flour, sugar, salt and yeast in a large bowl. Place milk and butter in a sauce pan and heat until very warm (120 to 130 degrees F). Gradually add to dry ingredients; beat 2 minutes. Beat in egg and 1 cup flour. Beat on high speed for 2 minutes. Stir in enough flour to make a soft but stiff batter. Spread batter into a well-greased 9-inch square cake pan. Sprinkle with topping. Let rise in a warm place until double in bulk, about 1 1/2 hours. Bake at 350 degrees F. about 45 minutes or until done. Makes 1 9-inch square cake.

## Surbraten (Corned Pork)

4 Servings

- 1 Kg pork (2 lbs 3 oz)
- 2 onions, finely chopped
- 10 juniper berries [crushed?]
- 1 lg or 2 small cloves garlic  
-chopped
- 1 brine
- 1 l water (4 1/4 cups)
- 2 T (approx.) salt

as much saltpeter as fits on the tip of a knife (optional)

Rub the meat with the chopped onion, garlic and juniper berries, then push into a [tight-fitting] container and pour the cold brine (that has previously been brought to a boil and then let cool again), with or without saltpeter, over the meat. Press down with a board and weight it with a rock. The meat has to remain in the brine for three weeks, during which time it must be turned frequently. At the end of the three weeks, remove the meat from the crock, briefly rinse it off. Roast at 390 degrees F in hot lard, along with the chopped onion, garlic and yellow turnip, until crispy, about 1 1/2 hours.

Serves 4.

## Suss-Saures Kartoffelgemuse (Sweet-And-Sour Potatoes)

4 Servings

8 new potatoes,boiled in skin  
1 onion,medium, diced  
1/4 t salt  
1/4 t pepper  
3/4 c sugar  
4 bacon,slices, cut up  
3/4 c vinegar

Peel and cube potatoes. Add diced onion, salt, pepper, and sugar. Reserve in a covered bowl. In a small frypan, fry the bacon until crisp. Add the vinegar to the hot bacon and bring to a boil. Pour immediately over potato mixture, mix well. If too tart, add a little more sugar before serving. Cut endive or leaf lettuce add to this is very good.

## Thueringer Kloesse

1 Servings

- 18 large,floury potatoes
- 1 (about 5 kg)
- 1 salt
- 2 stale rolls
- 30 g butter (or margarine)

Peel, wash and dry the potatoes. Grate 12 potatoes finely and let them drain through a cloth (muslin is best). Collect the liquid so that the starch can settle. Squeeze the grated potatoes very well, in a cloth, or better, in a juice extractor. Loosen the dried, grated potatoes between the hands and mix with salt (about 2 tea- spoonsful) and the settled starch (about 5 tablespoonsful). Cut the rest of the potatoes into pieces and soft-boil them in salted water.

Meanwhile dice the rolls and fry them in the butter or margarine. Vigorously boil some salted water in a saucepan and keep it just on the boil. Mash the boiled potatoes in the cooking water into a thick paste.

In a closed pan ( take care - spray! ) bring the paste to the boil. Pour the boiling paste in portions over the cold, grated potatoes and immediately stir vigorously with a wooden spoon. Stir the cold paste with the hot paste until the mixture is well bound and has a glassy shine.

Dip your hands into cold water. This should stop the paste from sticking. By hand take Kloss-sized pieces from the paste, press a hollow in the middle, and put 4 bread-cubes in the hollow. Press the paste well over. With wet hands form into 12 round Kloesse.

Put the Kloesse into the simmering, salted water, take them out after 20 minutes, with a skimming ladle, and let them dry.

## Tomatensalat (Tomato Salad)

4 Servings

5 tomatoes, med., chopped  
1 T sugar  
1 t salt  
1 t basil, dried  
1/4 t thyme, dried  
1/4 t pepper, freshly ground  
1/2 c vegetable oil  
6 T vinegar  
1 T worcestershire sauce  
1 onion, large, diced

Blend all ingredients together and chill for 1 hour before serving.  
Serve on lettuce leaves.

## Tomato Salad

4 Servings

5 md tomatoes, chopped  
1 T sugar  
1 t salt  
1 t basil, dried  
1/4 t thyme, dried  
1/4 t pepper, freshly ground  
1/2 c vegetable oil  
6 T vinegar  
1 T worcestershire sauce  
1 lg onion, diced

Blend all ingredients together and chill for 1 hour before serving.  
Serve on lettuce leaves.

## Topfenkuchen

1 Servings

- 2 1/2 c flour, sift on pastry board
- 1/2 c sugar
- 2 egg yolks
- 1 c butter, softened
- 2 t lemon rind, grated
- 1 1/2 c cottage cheese, sieved
- 4 egg yolks
- 2 t lemon rind, grated
- 1/2 c sugar
- 2 T flour
- 4 egg whites
- 1/2 c raisins
- 1/2 c almonds, slivered/blanched

Make a well in the center of the flour and put into it the next four ingredients. Quickly work these ingredients into the flour to make a smooth dough, adding a bit more flour if needed, to facilitate handling. On a floured board, roll out the dough into a 11X17" rectangle. Line a baking sheet with the dough and bake it in a moderate oven (350 degrees F>), for about 15 minutes, or until it is about half done. Let it cool.

Add the 4 egg yolks and lemon rind to the cottage cheese. Beat the egg whites until very stiff, gradually adding the sugar, beginning when they have slightly stiffened. Fold the beaten egg whites into the cheese and spread the cooled pastry shell with the cheese filling. Sprinkle the cake with the raisins and almonds.

Bake in a very slow oven (250 degrees F.) about 45 minutes. Let cool and cut into large squares.

## Tropfkrapfen (Drop Donuts)

10 Servings

1/4 c butter,softened  
1 c sugar  
2 egg yolks,large, beaten  
1 egg,large, whole, beaten  
4 c flour,unbleached  
2 t baking powder  
1/4 t nutmeg  
1/2 t baking soda  
3/4 c butter (or sour milk)  
1 confectioners' sugar

Cream the butter and sugar. Stir in egg yolks and whole egg; blend. In a separate bowl, sift all dry ingredients except the confectioners' sugar; add to creamed mixture, alternating with buttermilk. Stir to mix all ingredients. Cook by dropping spoonfuls of dough into 375 degree F deep fat. Fry a few at a time, to keep fat temperature constant. Turn to brown on all sides. Drain on paper towels; sprinkle with confectioners' sugar.

## Two Bean Soup

4 Servings

- 1 1/4 c white beans,dry
- 1 c cut green beans,\*
- 1 green onion,diced
- 1 potato,peeled & diced
- 2 T unbleached flour

Salt garnish =====

- 4 oz ham,cubed
- 1/4 c celery,diced
- 1 onion,yellow, diced
- 1 T butter
- 3/4 c beef broth
- 1/4 t pepper
- 1 parsley,sprig

\* Beans can be either fresh or frozen. Do not use canned.

## Überbackener Spinat Mit Kase (Baked Spinach With Cheese)

4 Servings

1 lb spinach, fresh \*  
1/4 lb butter  
1 onion, large, diced  
2 garlic, cloves, minced  
1/2 t salt  
1/2 lb emmenthaler cheese, grated  
1 t paprika  
1/8 t nutmeg  
1/4 t pepper

\* Wash and clean spinach of sand. Dry.

Cut spinach into strips. In a large Dutch oven, heat butter until bubbly. Add onion and garlic, saute for 2 to 3 minutes. Add spinach. Sprinkle with salt. Cover and steam for 5 minutes. Remove from heat. Grease an ovenproof casserole. Sprinkle half the cheese over the bottom of the casserole. Add the spinach. Sprinkle with paprika, nutmeg, and pepper. Top with remaining cheese. Bake at 360 degrees F about 20 minutes or until cheese bubbles.

## Vanilla-Nut "Wolfzähne"

4 Servings

### BASIC DOUGH =====

250 g butter (or margarine)  
2 T sour cream  
100 g sugar  
4 egg yolks  
375 g flour  
1 flour for rolling out  
1 butter (or shortening for)  
-greasing the pan

### FILLING =====

4 egg whites  
250 g sugar  
4 packages vanilla sugar  
250 g (or grated nuts), Chopped

Cream the butter or margarine with the sour cream and sugar. When creamed, add the egg yolks one by one.

Blend in the flour. When a dough starts to form, knead it briefly with the hands. Flour the work surface and roll the dough out. Cut into strips about 2 cm wide by five cm long.

Place these strips in the lightly greased pan ("backblech"), cover with a clean kitchen towel or dishtowel, and let stand overnight in a cool place.

The next day, whip the egg whites until stiff. Add the vanilla sugar and the chopped/grated nuts to the egg whites, and mix well. The mixture should be handled lightly, so as to remain fluffy. If the mixture becomes too runny, thicken with a small amount of flour. Fill an icing bag with the mixture and pipe it into the dough-strips in the baking pan. Preheat the oven to 175 degrees C and bake the cakes for about 10 minutes.

## Veal Breast With Herb Stuffing

6 Servings

1 onion,medium  
1/4 c fresh parsley,chopped  
1 t tarragon leaves,dried  
1/2 lb ground beef,lean  
3 eggs,large  
Salt veal =====  
4 lb leg of veal,Boned  
1/4 t pepper  
2 c beef broth,hot  
1/2 c sour cream  
3 bacon,strips  
4 oz mushroom pieces,(1 can)  
1 T dill,fresh, chopped  
1 t basil leaves,dried  
1/2 c bread crumbs,dry  
1/3 c sour cream  
1/4 t pepper  
3 lb boned veal breast,or  
1/2 t salt  
1 T vegetable oil  
2 T cornstarch

Stuffing: To prepare stuffing, dice bacon and onion. Cook bacon in a frypan until partially cooked; add onion and cook for 5 minutes. Drain and chop mushrooms, add to frypan and cook for another 5 minutes. Remove mixture from heat, let cool and transfer to a mixing bowl. Add herbs, ground beef, bread crumbs, eggs, and sour cream. Mix thoroughly. Season with salt and pepper. Veal: With a sharp knife, cut a pocket in the veal breast or leg. Fill with stuffing; close opening with toothpicks. (Tie with string if necessary.) Rub outside with salt and pepper. Heat oil in a Dutch oven. Place meat in the pan and bake in a preheated 350 degree F. oven about 1 1/2 hours. Baste occasionally with beef broth. When done, place meat on a preheated platter. Pour rest of beef broth into the Dutch oven and scrape brown particles from the bottom. Bring pan drippings to a simmer. Thoroughly blend cornstarch with sour cream and add to pan drippings while stirring cook and stir until thick and bubbly. Slice veal breast and serve sauce separately.

## Veal Chop With Puree Of Apple Spaetzle

- 2 md green apples
- 1/2 c white wine
- 1 juice of one lemon
- 1 T shallots,minced
- 1 t garlic,minced
- 2 eggs,lightly beaten
- 1 1/2 c flour
- 1 t salt
- 1/4 t baking powder
- 4 veal chops (10oz ea)
- 2 T olive oil
- 1/2 c dijon mustard
- 2 c mild herbs,choppedc
- 1 c veal reduction,hot
- 1 c grilled apples,julienne
- 1 T butter,Unsalted
- 1 T parsley,chopped
- 1 salt and pepper
- 2 T chives,chopped
- 1 essence

Preheat the oven to 400 degrees. For the spaetzle: Cook the apples, wine, lemon juice, shallots, and garlic, down until the apples are soft. Remove from the heat and puree until smooth. Bring a pot of salted water to boil, reduce heat, and maintain a simmer. In a bowl, stir the apple puree, eggs, flour, 1 teaspoon of salt and baking powder together. Place in a colander over the pan, and press through the holes into the hot water using a rubber spatula. When the spaetzle floats to the surface, cover and cook the spaetzle until it swells and is fluffy. Remove from water and shock with ice water. Drain the spaetzle and set aside. For the veal chops: In a saute pan, heat the olive oil. When the pan is smoking hot, sear each chop for 2-3 minutes on each side. Season each chop with Essence. Remove from pan and allow to cool. Cover each chop with the mustard and crust with the chopped herbs. Place the chops in the oven and cook for about 15 minutes. or until medium-rare. In a sauce pan, heat the veal reduction and grilled apples together. Bring up to a simmer and season. In a saute pan, melt the butter. Add the spaetzle and saute for 3-4 minutes. Stir in the parsley and season. Spoon the sauce over the platter. Mound the spaetzle in the center of the sauce. Place the chops on top of the spaetzle with their bones crossing. Garnish with chives and Essence.

## Veal Cutlets With Capers

4 Servings

24 oz veal cutlets (4 @ 6oz each)  
1/2 t salt  
1/2 t paprika  
2 oz capers, drained (1/2 sm. jar)  
Bay leaf garnish =====  
4 lettuce leaves  
2 T lemon juice  
1/8 t pepper  
1 T vegetable oil  
1/4 c white wine, dry  
3 T evaporated milk  
1 pickled beets, sliced

Sprinkle cutlets with lemon juice and season with salt, pepper and paprika. Heat oil in a frypan and fry cutlets for 3 minutes on the first side. Turn cutlets over and add drained capers to pan. Fry again for 3 minutes; remove cutlets and arrange on a preheated platter. Pour wine into pan, scraping loose any brown particles from bottom of frypan. Add bay leaf, simmer liquid 3 minutes. Remove bay leaf. Blend in evaporated milk and adjust seasonings. Pour over cutlets. Cut beets into strips and arrange on lettuce leaves as a garnish.

## Veal Cutlets With Cherry Sauce

4 Servings

4 veal cutlets,lean \*  
1/2 t salt  
1/4 c red wine  
16 oz cherries,tart, canned,  
-drain  
1 parsley  
1 T vegetable oil  
1/8 t pepper,white  
Evaporated milk garnish =====

\* Veal cutlets should weigh about 6 oz each.

## Veal Rounds With Vegetables

4 Servings

1/2 t salt, or to taste  
1/4 t paprika, or to taste  
4 T butter  
12 white asparagus spears,\*  
1/4 t pepper, or to taste  
4 veal fillets, cut 1/4 thick  
4 stewed tomatoes, whole  
1/4 lb mushrooms, fresh, sliced

\* Asparagus Spears should be canned.

## Veal Steaks

4 Servings

1 lb veal cutlets,sliced thin  
1/4 t pepper  
3 T vegetable oil  
2 T evaporated milk  
1 lemon,juiced  
2 T cognac (or brandy)  
1/2 t salt  
3/4 t curry powder  
2 onions,diced  
2 T tomato paste  
10 parsley sprigs,chopped

Season veal with salt, pepper and 1/2 t curry powder. Heat oil; brown veal slices on both sides. Remove meat and reserve. Add onions; saute until softened. Add evaporated milk and tomato paste. Cook until bubbly. Add lemon juice, rest of curry powder, and chopped parsley sprigs. Return veal slices to the sauce. Add the cognac or brandy; heat through. Serve on preheated platter.

## Veal With Sheeps Cheese (German)

4 Servings

- 2 1/2 lb veal,lean
- 4 T oil
- 4 onions
- 1 salt
- 1 pepper
- 1 salad cucumber
- 1 tomato,firm
- 1 bn dillweed
- 3 1/2 oz sheeps cheese
- 1 flat bread,ready to bake

Cube the veal meat into big cubes and fry portions brown in the hot oil. Peel and cube onions and add to meat and saute shortly. Season good with salt and pepper. Cover and simmer 40 min. Peel cucumber, cut lengthwise and remove seeds,cut into cubes. Add to the meat and let simmer another 20 min. Wash and chop dillweed finely. Peel and cube tomato. Crumble the cheese and mix with tomato and dill and sprinkle over meat, shortly before serving.

Bake the flat bread in the oven and serve with the meat and serve with a good red wine.

## Vegetable Medley (Leipziger Allerlei)

1 Servings

1 c cut green beans  
1 c peas (or lima beans)  
1 c carrots,Sliced  
1/2 head cauliflower,cut into  
1 flowerets  
1 water,Boiling  
1/2 c mushrooms,sliced  
2 T butter  
2 T flour  
1 c hot milk  
2 egg yolks,beaten  
1/4 t salt  
1/4 t black pepper

Cook vegetables except mushrooms in small amount of boiling salted water for 35 minutes (use 1/2 teaspoon salt per quart of water). Drain. Saute mushrooms in butter. Blend in flour. Brown. Add milk. Cook, stirring, until thickened. Add a little of hot sauce to egg yolks. Return egg yolks to remaining sauce. cook. Stirring for 1 minute. Add seasonings. Combine vegetables and sauce. Mix . serves 8

## Venetian Veal Pie

6 Servings

- 1 1/2 c all-purpose flour
- 1 t garlic salt
- 1 t oregano
- 1/4 c parmesan,grated
- 1/2 c butter
- 4 T cold water (or more)
- 1 lb veal steak (or pork cutlets)
- 1/2 c flour
- 1/4 c oil
- 2 c tomatoes,Crushed
- 1 c tomato sauce
- 1/4 c onion,chopped
- 3 T parmesan,grated
- 1 T sugar
- 1 t basil
- 1/2 t salt
- 1/2 t garlic salt
- 1/2 t oregano
- 1/8 t pepper
- 1/4 lb cheddar,sliced

Sift flour with garlic salt. Add oregano and cheese. Cut in butter thoroughly. Moisten with water until dough holds together.

Divide dough into two pieces, one twice as big as the other. Roll the bigger piece out to a 10 1/2" circle. Place and fit into a 9" pie pan.

Flour meat and brown in oil. Add all other ingredients except cheddar. Simmer until meat is tender, about 30 min.

Pour into pastry-lined pan. Top with cheddar slices.

Roll out remaining dough to 1/8". Cut into rounds with 2" cutter. Place over cheese, overlapping slightly. Fold and flute rim of crust.

Bake at 400 for 30 to 35 min.

## Wasserschnalle

4 Servings

- 40 g fat (not quite 3 tbsp)
- 1 onion, chopped
- 2 sl to 3 sl leftover bread, cut  
-into cu, bes
- 3/4 l water (or beef broth (3  
-cups)  
-plus 3, tbsp)
- 1 salt
- 1 pepper
- 1 marjoram
- 1 thyme
- 1 caraway seed
- 1 T butter

This is a traditional recipes that is rarely encountered today.

Brown the onion in the fat until golden brown, then add thyme and marjoram. Stir in the bread cubes, add water (or broth) and bring to a boil. After a few minutes, add salt and pepper to taste. Serve with a small slice of bread in the hot soup.

Serves 4.

## Weiche Lebkuche Mit Tschaklett (Chocolate Gingerbread)

1 Servings

2 c spelt flour (or whole wheat)  
1 flour  
1 t cinnamon,Ground  
1 t baking soda  
3/4 c orange juice  
1/2 c yogurt  
1/4 c sunflower oil  
1/4 c dark liquid honey,such as  
1 buckwheat  
2 oz unsweetened baking  
1 chocolate  
1 T ginger root,Grated

Here is a Menonnite version which includes some ginger.

In a medium bowl, thoroughly combine all the dry ingredients.

On low heat, dissolve the chocolate in the oil. Then put the chocolate-oil mixture into a small bowl and add all the other wet ingredients. Mix well with an electric mixer.

Fold the wet ingredients into the dry, and stir until well mixed. Then put the batter into two 18 cm (7 inch), lightly oiled, pie pans or round cake tins.

Bake at 375F (190C) for 30 to 35 minutes, or until a toothpick inserted in the middle comes out dry. Cool on racks and then serve at room temperature.

## Weihnacht Plaetzchen (Christmas Cookies)

1 Servings

1 c butter  
3/4 c sugar  
3 egg yolks  
2 1/2 c flour  
1 t vanilla (or lemon extract)  
1/4 t almond extract  
DECORATE WITH =====  
1 colored sugar  
1 nuts  
1 candied cherries

Cream butter and sugar thoroughly. Add well-beaten egg yolks, add extracts. Mix in half the flour, then turn on a floured board and knead in balance of flour.

Roll out and cut with Christmas tree, star and Santa Claus cutters.

Place on greased baking sheet.

Bake at 375=F8.

Decorate with colored sugar, nuts and candied cherries.

## Weiner Saft Gulasch (Viennese Beef Goulash)

12 Servings

4 lb onions, sliced or diced  
4 oz vegetable oil  
2 oz white vinegar  
4 T hungarian paprika  
1 t marjoram, ground  
5 lb beef chuck, cubed  
2 t fresh garlic, minced  
1 t caraway seeds, ground  
1 bay leaf  
1 T lemon zest  
1 salt, To Taste

Saute onions in vegetable oil, browning well. Add vinegar, deglazing lightly. Add all other ingredients, except meat; blend well. Add meat. Cover and simmer slowly until meat is tender. Beef stock or water may be added for moisture. Serve with spaetzle.

## Weiner Schnitzel

6 Servings

- 2 lb veal cutlets,\* see note
- salt and,Freshly Ground
- pepper,to taste
- vegetable oil for
- deep-frying
- 1 c flour
- 1 c fine bread crumbs,Dried
- 2 eggs
- lemon and parsley,Slices
- sprigs,for garnish

Preheat oven to 200 degrees. In a large skillet over medium heat, pour in oil to a depth of about 3 inches. Heat until hot but not smoking (about 365 degrees). Place flour and bread crumbs on separate plates. In a small bowl beat eggs. Dip cutlets in flour, then egg, then bread crumbs. Slip cutlets into hot oil, two at a time, and deep-fry until crisp and golden (3 to 4 minutes). Remove to paper towels to drain, then keep warm in oven until all cutlets are cooked.

## Weinkuechle (Wine Fritters)

4 Servings

4 stick-type rolls\*  
200 g flour (1 3/4 cups)  
2 eggs  
1/4 l milk (1 cup plus 1 tbsp)  
1 pn salt  
1 fat for deep-frying  
1/2 l wine (or cider (2 cups plus-2 tbsp)  
1 sugar, To Taste

Combine the flour, eggs, milk, and salt into a batter. Cut the rolls into 4 slices. Dip the slices into the batter, then fry until golden brown.

Arrange fritters in a bowl, and pour hot, sweetened wine or cider over them. Give them time to soak up the wine before serving.

Serves 4.

## Weintraubentorte (Grape Torte)

8 Servings

### DOUGH =====

2 c flour,unbleached, unsifted  
2/3 c sugar  
1/4 c butter (or margarine)  
1 egg,large  
1 egg yolk,large  
1 lemon,grated rind of  
1/8 t salt

### TOPPING =====

1 lb grapes  
3 egg whites,large  
6 T sugar  
1/2 lemon,juice of  
4 oz almonds,ground

DOUGH: Sift flour and sugar into a medium-size bowl. Cut in butter or margarine until mixture resembles coarse crumbs. Add egg, egg yolk, lemon rind, and salt; mix with a fork to form dough. Cover dough and let rest in refrigerator 20 minutes. Roll out dough into a circle; place in an ungreased springform pan. Form a 1-inch high rim. Bake in preheated 350 degree F. oven for 10 minutes. FILLING: Meanwhile, clean and halve grapes, and remove seeds if necessary. Beat egg whites until stiff; blend in sugar, lemon juice, and ground almonds. Carefully fold in the grapes. Remove cake from the oven. Fill baked cake shell with grape mixture, return to the oven, and bake for another 30 minutes at 350 degrees F. Remove cake from pan and cool on wire rack.

## Weisse Bohnensuppe (White Bean Soup)

8 Servings

1 lb navy beans,dry  
3 qt water  
1 ham bone (or hock),smoked  
2 T parsley,chopped  
1 c onions,finely chopped  
1 garlic, clove, minced  
2 c celery & tops, finely chopped  
1 1/2 t salt  
1/2 t pepper

Cover beans with water in large pot or soup kettle and soak overnight. Rinse beans well and return to pot with ham bone and 3 quarts of water. Simmer, uncovered, for 2 hours. Add parsley, onions, garlic, celery and tops, salt and pepper. Simmer, uncovered, for 1 hour or until vegetables are tender. Remove ham bone, dice the meat, and add meat to soup. Serve hot.

## Wespennester - Wefzgeneschter (Wasp Nests)

8 Servings

1 egg, separated  
2 T milk  
50 g flour (1/2 cup less 1 tbsp)  
1 ds salt  
10 T liquid honey  
1 fat for frying

Make a batter of the flour, egg yolk, milk, salt, and sugar. Beat the egg whites, and add to the mixture. Take five wooden spoons and stick the handles about 1/3 to 3/4 inch deep into the dough, twisting the handles as you do so. Immediately transfer them to fat that has been heated to 390 degrees F. As soon as the dough has browned, once again dip into the dough, then back into the hot fat. Repeat the process 5 to 6 times. When the very outside layer has turned crisp and brown, remove the pastry from the spoon handle, fill with honey, and serve hot, dusted with crushed sugar.

Makes 8 wasp nests, for dessert.

## Westphalian Cabbage

4 Servings

2 lb cabbage,(1 head) approx wt.  
1 t salt  
1 c beef broth  
1 T cornstarch  
3 T red wine vinegar  
3 T vegetable oil  
1 t caraway seeds  
3 apples,small, tart  
2 T ,water, cold  
1/4 t sugar

Shred Cabbage. Heat vegetable oil in a Dutch oven, add cabbage, and saute for 5 minutes. Season with salt and caraway seeds. Pour in the beef broth and cover, simmer over low heat for about 15 minutes. Meanwhile peel, quarter, core and cut apples into thin wedges. Add to cabbage and simmer for another 30 minutes. Blend cornstarch with cold water, add to cabbage, and stir until thickend and bubbly. Season with vinegar and sugar just before serving.

## Westphalian Leg Of Lamb

6 Servings

4 lb leg of lamb  
1 small onion, chopped  
1 T parsley  
2 T butter  
1 bay leaf  
1 c buttermilk  
1 T flour  
1/2 t salt  
1/8 t black pepper  
1 T cornstarch  
2 T cold water

Saute onion, carrot and parsley in butter until the onion is transparent. Add bay leaf and buttermilk.

Sprinkle flour in a baking bag large enough to contain the lamb. Place half the buttermilk mixture in the bag. Sprinkle lamb with salt and pepper. Place lamb in bag, and cover with remaining buttermilk mixture. Seal bag and puncture in 3-4 places.

Insert a meat thermometer into the thickest part of the meat. Roast in a moderate oven (350 deg F) until lamb registers 165 deg for medium or 180 deg for well done. Carefully strain liquid from bag. Measure and make up to 1 cup with water, if necessary. Stir cornstarch into cold water. Add to liquid, cook over medium heat until thickened. Serve sauce over sliced lamb.

## White Asparagus In White Sauce

4 Servings

29 oz white asparagus,(2 cans)  
2 T unbleached flour  
1/2 c milk  
1/8 t nutmeg,freshly grated  
2 T margarine  
1/2 c ,asparagus liquid  
4 oz ham,cut into julienne  
-strips  
1/4 t salt

Drain asparagus spears, reserving 1/2 cup of the liquid. Heat margarine in a saucepan. Add flour; blend. Gradually pour in asparagus liquid and milk. Stir constantly over low heat until sauce thickens and bubbles. Add cooked ham and seasonings. Gently stir in asparagus spears; heat through but do NOT boil. Serve in preheated serving dish.

## White Bean Soup

8 Servings

1 lb navy beans,dry  
1 ham bone (or hock),smoked  
1 c onions,finely chopped  
2 c celery &tops,finely chopped  
1/2 t pepper  
3 qt water  
2 T parsley,chopped  
1 garlic, clove, minced  
1 1/2 t salt

Cover beans with water in large pot or soup kettle and soak overnight.

Rinse beans well and return to pot with ham bone and 3 quarts of water. Simmer, uncovered, for 2 hours. Add parsley, onions, garlic, celery and tops, salt and pepper. Simmer, uncovered, for 1 hour or until vegetables are tender. Remove ham bone, dice the meat, and add meat to soup. Serve hot.

## Wiener Schnitzel

6 Servings

- 4 oz veal (per person), Slices
  - milk fed,,pink in color,
- 1/4 inch thick
- 1 olive oil
- 1 lard
- 1 salt
- 1 flour
- 1 eggs (1 egg per two, Beaten
  - slices v,eal)
- 1 fine dry bread crumbs

Trim all fat from veal. Pound each slice as thin as possible (about 1/8 inch thick). Make small vertical cuts all around the edges of the veal. Salt each slice. Dip first into a soup plate containing flour, and shake off excess; next into a soup plate of beaten egg; finally into a soup plate containing dried bread crumbs, pressing crumbs well in with the palm of your hand, then shaking off excess. Fry in deep fat, half olive oil, half melted lard, so hot that it smokes, for 2 to 3 minutes on each side, or until heat is right when the breading ripples golden brown. Schnitzel is done and tender when a fork goes right through the meat. Serve garnished with lemon wedges and potatoes or salad as a side dish.

## Wiener Zollen (Cookies)

1 Servings

2 c sugar  
4 eggs  
1 c pecans  
1 t nutmeg, Grated  
1 t cinnamon  
1/2 t cloves  
1 1/2 t baking powder  
3 1/2 c flour

Beat eggs until light; add sugar gradually. Add other ingredients and roll dough to 1/4 inch thickness. Cut into half moons and sprinkle with sugar. Baked about 15 minutes on well greased cookie sheets, at 350.

## Wild Pig On Sauerkraut

6 Servings

- 42 1/3 oz pork shoulder, wild or tame
  - 1 rolled and tied up.
- 1 3/4 oz butter
  - 1 salt
  - 1 pepper, To Taste
  - 4 juniperberries, smashed
- 2 3/16 lb sauerkraut
  - 2 bayleaves
  - 6 juniperberries, whole
  - 2 apples
  - 1 c wine, white
  - 6 sl canadian bacon
- 1 3/4 oz crisco

1. Melt butter and fry pork on all sides in it. 2. Add the salt, pepper and smashed juniperberries. 3. Heat oven to 225 C and bake the pork for 1/2 hour long, basting it with its juices a couple of times. 4. Heat the crisco in a pot and saute the sauerkraut shortly in it. 5. Add bayleaves, juniperberries, the grated apples and the wine. 6. Let simmer, on medium heat, for 30 minutes. 7. Put the pork on top of the sauerkraut and pour the juices all over it. 8. Let it bake for another 35 minutes, at 170 C. 9. Slice pork and serve on top of kraut with beer.

## Wirsiingroellchen (Savoy Cabbage Rolls)

4 Servings

- 8 leaves savoy cabbage
- 1/8 l sour cream (1/2 cup plus 1/2 - tbs)
- 300 g leftover meat (10 1/2 oz)
- 1 bn parsley
- 1 peel of 1/2 a lemon,grated
- 80 g butter (1/3 cup)
- 1 a little meat broth
- 1 T to 2 tb plain breadcrumbs
- 1 salt,To Taste
- 1 nutmeg to taste,Ground
- 1 pepper,To Taste

Run the leftover meat and then parsley through the meat grinder. Combine the butter, egg, and breadcrumbs and stir until fluffy. Add to the meat mixture. Add salt, pepper, and nutmeg to taste, and mix well. Briefly blanch the cabbage leaves in boiling salted water, then spread out on a wooden cutting board and let them cool off a bit. Spread the filling on top, then dust with grated lemon peel, and roll up. Neatly arrange in a pan next alongside each other, and bake. Baste several times with sour cream.

Serves 4.

## Wurstsalat (Sausage Salad)

1 Servings

- 4 cold knackwurst,Precooked
- 1 peeled,and sliced thin
- 1 sm onion,trimmed, peeled,
- 1 thin,Sliced
- 1 salt (to taste )
- 1 black pepper,Freshly Ground
- 3 T wine vinegar
- 4 T vegetable oil

In a salad bowl combine sliced knackwurst and sliced onion. In a small bowl whisk together vinegar, oil, salt and pepper. Pour dressing over knackwurst, toss and serve with a good rye bread.

serves 4

## Yellow Split-Pea Puree

6 Servings

2 c yellow split-peas,dry  
1 onion,large, whole  
1 turnip (or parsnip),large  
1/8 t thyme,dried  
1 onion,small, minced  
2 T unbleached flour  
6 c stock,broth,or water  
1 carrot,large  
1/8 t marjoram,dried  
1 t salt  
2 T butter,melted

Presoak peas, if necessary, according to package directions. Drain well, if presoaked. In a large pot, add water or stock, whole onion, carrot, turnip or parsnip, marjoram, thyme, and salt. Cook until peas and vegetables are tender, about 1 1/2 to 2 hours. Drain well. Mash peas and vegetables in blender or press through a sieve. In a small frying pan, saute the minced onion in butter until lightly browned; blend in flour and cook about 2 minutes. Add to blended peas and vegetables. Beat until fluffy and serve hot.

## Zucchini-Kuchen (Zucchini Cake)

6 Servings

- 10 1/2 oz small zucchini (300 g)
- 1 c less 2 tbsp sugar (200 g)
- 4 egg yolks
- 1 juice and peel of one, Grated  
- lemon
- 1 ds salt
- 2 T rum
- 3 1/2 oz flaked coconut (100 g)
- 3 1/2 oz candied fruit (100 g)
  - [candied cherries, per the
  - 1 illustration. do not use
  - fruitcake mix, as
  - 1 the flavor would be
  - different. k.b.,.]
- 3/4 c plus 2 tbsp flour (100 g)
- 1 t baking powder
- 4 egg whites, chilled
- 1 shortening for greasing cake  
- mold
- 7 oz dark cake glaze (200 g)
  - [this is a prepackaged

Wash and dry zucchini, and trim off ends. Finely grate the unpeeled vegetables. Spread on a clean dish towel and pat dry. Beat sugar and yolks until creamy and sugar is dissolved. Add lemon juice, lemon peel, salt, rum, flaked coconut, and mix well. Cut the candied cherries in half, or chop into smaller pieces, as desired. Add to mixture. Mix flour and baking powder and add it as well as the grated zucchini. Beat the chilled egg whites to stiff peaks and carefully fold into the batter. Pour into well greased 'Rehruecken' mold. In a preheated oven, bake at 350 to 390 degrees F for 40 to 50 minutes.

Let cake cool in pan for 5 to 10 minutes, then carefully invert into a grate and let cool all the way. Half a day before serving, cover with cake glaze all around. Let glaze dry. Shortly before serving, dust with flaked coconut.

## Zwei-Bohnenensuppe (Two Bean Soup)

4 Servings

- 1 1/4 c white beans,dry
- 4 oz ham,cubed
- 1 c cut green beans,\*
- 1/4 c celery,diced
- 1 green onion,diced
- 1 onion,yellow, diced
- 1 potato,peeled & diced
- 1 T butter
- 2 T unbleached flour
- 3/4 c beef broth
- 1/2 t salt
- 1/4 t pepper
- GARNISH =====
- 1 parsley,sprig

\* Beans can be either fresh or frozen. Do not use canned. Cover white beans with cold water and soak overnight. Drain and place beans in a 2-quart saucepan. Add ham and enough cold water to cover beans by 1 inch. Bring water to a boil and simmer for about 1 hour or until beans are tender. Add green beans, celery, onion and potato. Add enough water to cover the vegetables; simmer for 20 minutes. In a frypan melt butter and stir in flour. Cook, stirring until lightly browned. Remove from heat and stir in heated beef broth. Cook mixture until smooth. Stir mixture into the soup and simmer until soup is thickened and vegetables are tender. Season with salt and pepper. Garnish with chopped parsley and serve immediately.

## Zwetschgendatsche (Damson Plum Tart)

4 Servings

250 g flour (2 cups plus 3 1/2  
-tbsp)  
30 g fresh yeast (1 oz)  
100 g butter (7 tbsp)  
2 eggs  
1 pn salt  
3 T sugar  
1/4 l milk (1 cup plus 1 tbsp)  
1/2 lemon [grated rind,i would  
-think.,k.b.]  
1 topping  
1 1/2 Kg damson plums,rinsed, pitted  
- (3 1/4,lbs)  
5 T sugar  
1 T cinnamon  
30 g butter for greasing cookie  
-sheet (2,tbsp)  
1 plain breadcrumbs

Dough:

Prepare a yeast dough. Grease a cookie sheet and dust it with breadcrumbs. On it, roll out the dough to about finger thick. Along the edges, pull up the dough to form a rim. Top the tart with tightly arranged plum halves (at a slight angle). Dust with cinnamon, and bake at medium heat for 40 to 45 minutes. Once done, dust with sugar.

Serves 4.

## Zwetschgendatschi

1 Servings

1/4 lb butter  
1/3 c sugar  
1/2 t vanilla (or use vanilla  
-sugar)  
1 egg  
1 T sour cream  
1 pn salt (only if you use  
-unsalted butt,er)  
1 t lemon peel  
1 3/4 c flour  
1 t baking powder  
2 c italian plums  
OPTIONAL STREUSEL TOPPING =====  
6 T butter  
3/4 c flour  
1/3 c sugar  
1/2 t cinnamon

In a large bowl, cream the butter, add the sugar (and vanilla), add the egg, (salt,) lemon peel and sour cream. Mix the flour and baking powder and add that.

Pit the plums, splitting them into halves or thirds. Grease the pan and spread the dough. Liberally spread plums over the dough, meat side up. If the plums are sour (as opposed to just tart), sprinkle them lightly with sugar.

To make the optional Streusel topping, cream the butter, add flour, sugar and cinnamon. Sprinkle over the plums. Bake for 30-45 minutes in the middle rack at 375 degrees F. Be careful not to let the bottom burn!

Serve liberally topped with freshly-made whipping cream.

## Zwiebelkuchen (Onion Pie)

8 Servings

- 1 pk yeast, active dry
- 1 t sugar
- 1 1/2 t salt
- 3 c unbleached flour
- 1 T shortening
- 1 c water, 120 to 130 degrees f.
- 6 bacon, slices, cut up
- 2 onions, medium, sliced
- 1/4 t cumin
- 1/2 t salt
- 1 pepper, as desired
- 1 egg yolk
- 1 c sour cream

Mix yeast, sugar, 1 t salt, and 1/2 cup flour. Blend in shortening and warm water. Beat for 2 minutes. Add enough flour to make a soft dough. Knead dough until smooth and elastic, about 5 minutes. Place dough in a lightly greased bowl. Cover and let dough rise in a warm place 1/2 hour. Pat dough into a lightly greased 12-inch pizza pan or onto a lightly greased baking sheet. Press up edges to make a slight rim. Fry bacon until crisp. Remove from grease and drain on absorbent paper. Add onions to bacon grease; cook slowly until tender but not brown. Sprinkle onion, bacon, cumin, 1/2 t salt and pepper over dough. Bake at 400 Degrees F. for 20 minutes. Blend egg yolk and sour cream. Pour over onions. Bake for 10 to 15 minutes longer or until golden brown and sour cream is set. Serve warm or at room temperature.

## **Greek Recipes**

### Adreana's Greek Pasta Salad

1 lb rotini  
1 lb boneless skinless chicken breasts  
3 stalks celery -- chopped  
1 red bell pepper -- chopped  
2 1/4 oz black olives -- sliced  
4 oz feta cheese -- drained &  
: crumbled  
3 green onions -- finely  
: sliced  
16 oz Italian salad dressing

Cook chicken in water to cover with 1 bay leaf. Bring to boil and cook for 30 min. or until juices run clear. Cool and remove skins. Or, you can cook chicken in frying pan until cooked through. Cut into bite size pieces. Cook noodles and drain. Add all ingredients and mix well. I use only about half the bottle of dressing and then put the rest on the table if someone wants more. Serve warm or cold.

Serves 6

## Bastilla

1 lb chicken breasts (or thighs)  
1 md onion, chopped  
3 c chicken stock, preferably-homemade  
1/2 c fresh parsley, Chopped  
1 stick cinnamon (3 inches -long)  
1/2 t ginger, Ground  
1/8 t pepper  
1/4 t saffron threads  
3 eggs  
8 sheets phyllo dough, thawed  
4 T butter, melted  
1 T granulated white sugar  
1 t cinnamon  
2/3 c chopped almonds, blanched  
Powdered sugar, for garnish  
Cinnamon, for garnish

Preheat oven to 425 F. In a large kettle add the chicken, stock, parsley, cinnamon stick, ginger, pepper and saffron. Bring to a boil over high heat. Cover, reduce heat and simmer until chicken is tender, about 30 to 45 minutes.

Lift chicken from stock and let stand until cool enough to handle. Remove and discard bones and skin. Shred the meat into bite size pieces.

Bring the broth to a boil over medium heat. Lightly beat eggs and pour slowly into the stock stirring until curds form, about 1 to 2 minutes. Pour mixture through a fine strainer placed over a bowl. Let stand until well drained. Reserve stock for soup or other uses. Discard the cinnamon stick.

Stack phyllo; keep covered to prevent drying out. Brush some of the butter on the bottom and sides of a 10-inch deep pie pan. Overlap 6 sheets in the pan to cover bottom and extend 8 to 10 inches beyond edge. Brush phyllo with butter. Sprinkle sugar and second measure of cinnamon over phyllo. Top evenly with the chicken. Spread egg mixture over chicken, then sprinkle with almonds. Fold the edges of the phyllo over the filling and brush top with butter. Fold remaining 2 sheets of phyllo in half crosswise and place on pie. Tuck edges inside pan and brush top with butter.

Bake uncovered in a 425 oven for 20 minutes, or until golden brown. Shake pan to loosen pie. Hold an unrimmed baking sheet loosely over the top of the pie and invert pan. Lift off pan, return pie to the oven and bake until golden brown; about 10 minutes. Invert pie onto platter. Let stand 5 minutes. Sift powdered sugar generously over top and then decorate with crisscrossing lines of ground cinnamon.

## Bear Steaks With Greek Seasonings

4 Servings

2 lb bear steaks  
1/2 c olive oil  
1/2 c lemon juice  
1 T garlic powder  
1 t salt  
1 t pepper  
1 t combination of oregano  
-marjoram, rosemary and/or

Trim all visible fat from the bear as it turns rancid rapidly.

Whisk the other ingredients together until emulsified. Use the emulsion to marinate the meat for 2-3 hours, refrigerated. Longer marinating before cooking does not improve the meat as the remaining bear fat will go rancid despite refrigeration. Grill, broil or saute the steaks until WELL DONE. Bear should always be thoroughly cooked as a trichinosis precaution. Serve immediately.

Do not try making a gravy from the marinade as it will usually have picked up a gamey taste from the bear meat.

## Braised Lamb Shanks In Lemon-Dill Sauce

2 md onions, chopped (2 cups)  
2 md carrots, chopped (1 cup)  
2 cloves garlic  
1 md leek  
4 lg lamb shanks, about 1 pound, sawed crosswise into thirds  
5 T olive oil  
3 bay leaves  
3 1/2 c fresh chicken stock or canned chicken broth  
1 t salt  
3 T fresh dill leaves, loosely packed  
2 lemons, 1/3 cup  
2 eggs  
1/2 t pepper, Fresh Ground

### PREPARATION:

Peel onions, carrots, and garlic. Chop and put onions and carrots in a bowl with garlic. Rinse, trim, and chop leek, (using white portion and about 2 inches of the green), and add to the bowl. Pat shanks dry.

### COOKING:

Adjust oven rack to middle position and heat oven to 350F. Heat 2 tablespoons of oil in a 5-quart Dutch oven until hot but not smoking. Working in batches, sear lamb shanks over high heat until they are browned on all sides, about 7 minutes; set shanks aside. Discard cooking fat and add remaining oil, vegetables and bay leaves. Cover and saut over low heat, stirring occasionally, until vegetables are lightly colored, about 15 minutes. Return shanks and accumulated juices to the pot along with stock and 1 teaspoon salt. Bring stock to a boil, reduce heat to low, and simmer, covered, for 45 minutes. Uncover and simmer until lamb is tender, 55-60 minutes. Remove shanks. Strain stock and return it to the pot. Bring to a boil, skimming it well, and reduce to 1 3/4 cups. (Can cover and refrigerate shanks in the stock for up to 2 days.)

### SERVING:

If made ahead, heat shanks in foil in oven until hot. Bring stock to a boil. Mince dill. Squeeze 1/3 cup lemon juice into a medium bowl, whisk in eggs, and then slowly whisk in hot stock. Stir in dill and 1/2 teaspoon pepper. Return the shanks to the pot, add the lemon-egg mixture and cook over low heat, gently stirring and shaking the pot, until shanks are warmed through and sauce has thickened slightly, about 5 minutes. Do not let sauce simmer or eggs may curdle.

## Bulghur Pilaf

4 Servings

- 2 T butter (or oil)
- 1 sm onion, chopped
- 1/8 t salt
- 1/8 t turmeric
- 1/2 t thyme
- 1 c bulgur
- 1 3/4 c water and
- 1/4 c soy sauce (or tamari soy)  
-sauce  
or 2 cups vegetable, beef,  
-or  
chicken stock
- 3/4 c sweet peas, Frozen
- 2 T carrots, Grated
- 2 T celery, Chopped
- 1 T raisins (optional), Chopped
- 2 T chopped parsley, (optional)

Saut onion in butter or oil or combination and add thyme and turmeric. Stir in bulghur and saut while stirring for 3 minutes. Add liquid and salt and pepper. Cover and simmer for 25 minutes and stir in frozen peas, celery and grated carrot. Cover tightly and let sit off of the heat for 5 minutes. (Optional: Stir in chopped parsley and raisins).  
Serve.

## Béchamel-Coated Fried Chicken

4 Servings

- 3 c chicken stock (or), Canned  
-chicken bro
- 4 chicken breast halves  
-skinned and, (1 1/2 pounds)
- BECHAMEL COATING
- 5 T butter
- 6 T white flour
- 3/4 c milk
- 1/4 t thyme
- Salt
- White pepper, ground
- 1 egg-beaten with 2  
-tablespoons water
- 1 c dry bread crumbs
- 3 quarts olive oil, for  
-frying

### TO PREPARE:

Bring chicken stock to boil in a large saucepan. Add chicken breasts; return stock to boil, cover, and simmer until chicken is cooked through, about 12 minutes. Remove chicken breast; reserve 3/4 cup of the chicken stock for the Bchamel Coating. Cool chicken breasts to room temperature.

Meanwhile, for the coating, heat butter in a small saucepan. Add flour; cook over low heat, stirring constantly until flour is incorporated into the butter, about 30 seconds. Continuing to stir constantly, gradually add milk and reserved 3/4 cup chicken stock. Simmer, still stirring constantly, until bchamel thickens, about 2 minutes. Stir in thyme and season with 1/4 teaspoon salt and 1/8 teaspoon white pepper or to taste; cool to room temperature. Dip each chicken breast in this bchamel, then refrigerate until bchamel is firm, about 1 hour. (Can be refrigerated overnight.)

### TO COOK:

Heat oil in a Dutch oven or electric deep fryer to 365F. Dip both sides of each chicken breast into the egg-water mixture, then dredge in breadcrumbs. Dry chicken breasts, turning once, until golden brown, about 5 minutes. Drain chicken breasts on paper towels and serve.

## Cabbage Salad

6 Servings

- 1 1/2 lb green (or savoy cabbage), 1  
-medium  
finely, Shredded
- 1 md onion, grated
- 2 T fresh parsley, Chopped
- 1/3 c olive oil, to taste
- 3 T wine vinegar, to taste
- 1 t sugar  
salt and, Freshly Ground  
-pepper, to taste
- 1 green bell pepper, for  
-garnish  
seeded, deribbed, and cut in  
- thin r

In a large salad bowl, combine cabbage, onion, and parsley. In a small bowl whisk together oil, vinegar, sugar, salt, and ground pepper. Pour dressing over cabbage and toss until thoroughly coated. Arrange bell pepper rings on top. Cover and chill before serving.

## Chiles & Garlic In Oil

6 Servings

- 2 lg red bell peppers  
seeded and into 1/4", Sliced  
-rings  
or
- 3 fresh pimientos, with stems
- 6 fresh hot chiles  
mixture of red, green, and  
-yellow, with stems
- 3 long Italian chiles, with  
-stems
- 6 sm onions, Boiling
- 20 lg garlic clove
- 1 lg onion  
cut into 1/2" rings  
fresh dill, \* see note
- 2 c olive oil

Place all vegetables in a skillet (with a tight-fitting lid) large enough to hold them in a single layer. Lay dill on top and pour in enough olive oil to cover vegetables in pan. Put pan over moderate heat. When oil begins to simmer, reduce heat to lowest possible setting, turn vegetables over once, cover, and cook until boiling onions are quite soft (45 minutes to 1 hour).

If you have an electric stove, the lowest setting may not be low enough and you may need to use a heat diffuser. When vegetables are done, remove from heat, leave covered, and serve when cool.

## Couscous

5 Servings

1 1/3 c couscous

2 c water

2 T butter

1 1/2 t salt

Add butter to boiling water, stir in couscous, cover and cook for three minutes. Turn off heat and let sit for 5 minutes, if fast cooking couscous. For regular, let sit for 10 - 15 minutes. Stir in salt and fluff before serving.

## Cucumbers Stuffed With Feta

8 Servings

- 1/2 c feta cheese, Crumbled
- 1 T mayonnaise
- 2 dr Worcestershire sauce
- 4 sm cucumbers, chilled \* see  
-note
- 1 T minced fresh parsley, for  
-garnish

In a small bowl combine cheese, mayonnaise, and Worcestershire sauce; mix well.

## Fried Beer Batter-Coated Strawberries

4 Servings

### APRICOT SAUCE

1/4 c apricot jam

1/2 T dark rum

### FRIED BEER BATTER-COATED

-STRAWBERRI

2 quarts pure olive oil, for

- frying

2/3 c white flour

2/3 c beer

1 1/2 T granulated sugar

16 large strawberries

2 T powdered sugar

### TO PREPARE:

For the sauce, bring apricot jam, rum, and 1/4 cup water to boil in a small nonreactive saucepan. Simmer to blend flavors, about 4 minutes; cover and keep sauce warm.

### TO COOK:

For the strawberries, heat oil in a Dutch oven or electric deep fryer to 365F. Mix flour, beer, and sugar in a small bowl. Dip each strawberry in this batter just before placing it in the hot oil. Working in batches to avoid overcrowding, fry strawberries until golden brown, 2 to 3 minutes.

Drain strawberries on paper towels.

### TO SERVE:

Dust strawberries with confectioners' sugar and serve immediately with Apricot Sauce.

## Fried Cinnamon Pastries With Honey Glaze

1/2 c vegetable oil  
4 strips lemon zest 2 by-1/2-inch  
2 sticks cinnamon, 2 1/2-inch  
1/2 c dry white wine  
2 c white flour  
1 c honey  
3 T powdered sugar  
1/4 t cinnamon, Ground  
2 quarts olive oil, for-frying

### TO PREPARE:

Cook vegetable oil and strips of lemon zest in a small saucepan over medium-high heat until lemon zest is dark brown, about 10 minutes. Remove and discard zest. Cool vegetable oil slightly, then add cinnamon sticks.

Cover the pan with plastic wrap and let oil stand overnight. Then remove and discard cinnamon sticks.

Mix this cinnamon-flavored oil, the white wine, and the flour in a medium bowl; knead this dough in the bowl until it is smooth, about 2 minutes. Flatten the dough into a disk, wrap it in plastic wrap, and let it rest 30 minutes. On a lightly floured work surface, roll the dough into a 14- by 10-inch rectangle, about 1/8-inch thick. Cut this dough rectangle into seventy 2- by 1-inch strips; cover the dough strips with a kitchen towel and let them rest again for 30 minutes.

### TO COOK:

Bring the honey and 1/4 cup water to boil in a small saucepan; simmer 15 minutes. Cover this honey mixture and keep it warm. Mix confectioners' sugar and cinnamon in a small bowl; set this cinnamon-sugar aside.

Meanwhile, heat the oil in a Dutch oven or electric deep fryer to 365F. Working in batches to avoid overcrowding, fry the dough strips until they are golden brown, 2 to 3 minutes. Drain these fried pastries on paper towels. Dip each pastry in the honey mixture, then transfer pastry to a wire rack to allow excess honey to drain. Cool to room temperature, then dust pastries with the cinnamon-sugar. (Can be stored in an airtight container up to 3 days.)

Serves: 8 to 12

## Fried Swordfish With Mediterranean Spices

4 Servings

- 1/2 c white wine vinegar
- 1/2 t paprika
- 1/2 t red pepper flakes, Dried
- 1/2 t oregano
- 1/2 t cumin, Ground
- 1/2 t thyme
- 3 md cloves garlic, minced
- 1 bay leaf
- Salt
- 1 1/2 lb swordfish, cut in 1" pieces
- 3 quarts olive oil, for  
-frying
- 1/2 c white flour

### TO PREPARE:

Mix first 8 ingredients plus 1/2 teaspoon salt in a medium nonreactive bowl. Add swordfish pieces; toss to coat. Cover and let stand at room temperature at least 1 hour. (Can be marinated up to 3 hours.)

### TO COOK:

Heat oven to 200F. Heat oil in a Dutch oven or electric deep fryer to 365F. Transfer swordfish from marinade to a sieve. Drain swordfish; discard marinade. Pat swordfish pieces dry with paper towels, then dredge in flour.

Working in batches to avoid overcrowding, fry swordfish until golden brown, 2 to 3 minutes. Drain swordfish pieces on paper towel; transfer to a heatproof platter and keep them warm in the oven until ready to serve. (Can be kept warm in the oven up to 1/2 hour.)

## Ganza

4 Servings

- 3 eggs
- 3/4 c milk
- 1/8 t salt
- 1/2 t granulated white sugar
- 1 1/2 c white wheat flour
- 2 T brown sugar, sprinkle over  
mixture before serving

Mix all ingredients in a blender and pour into 1/4 inch of oil on medium heat setting in a cast iron pan. Using two forks criss-cross through the mixture until golden brown.

## Greek Easter Lamb Or Kid

8 Servings

- 5 lb leg of lamb, or kid
- 1 t salt
- 2 T fresh oregano leaves
- or
- 2 t oregano leaves, Dried
- 2 T fresh basil leaves
- or
- 2 t basil leaves, Dried
- 2 T fresh mint leaves
- or
- 2 t mint leaves, Dried
- 3 T fresh rosemary leaves
- or
- 1 1/2 T rosemary, Dried
- 1 T fresh thyme leaves
- or
- 1 t thyme leaves, Dried
- 4 lg garlic cloves
- crushed, peeled, and
- coarsely mince
- 1 c olive oil
- 6 T fresh lemon juice

Two to four hours before roasting, remove meat from refrigerator. Trim all outside fat and prominent sinews. In a food processor, blender, or electric mincer puree together salt, oregano, basil, mint, rosemary, thyme, and garlic. (Add 1 or 2 spoonfuls olive oil if needed.) If no electric appliance is available, mince herbs and seasonings and pound in a mortar. Rub herb mixture on lamb. Stir together olive oil and lemon juice and paint some generously on meat, reserving remainder. Let meat stand at least 2 hours. Preheat oven to 475 degrees. Place leg on rack in roasting pan in center of oven. Lower heat to 350 degrees. Brush meat with reserved oil mixture every 10 minutes. Roast until internal temperature at thickest part registers 135 degrees on an instant-read meat thermometer (20 minutes per pound) for rare, 150 degrees for medium, and 165 degrees for medium well-done. Let meat rest before slicing across grain.

## Greek Meatballs With Mint

12 Servings

- 1 lb lean beef,Ground
- 1 lb veal (or pork)
- 2 eggs
- 1 lg onion,grated
- 1 T fresh mint,Minced
- 1 T oregano
- 2 T fresh parsley,Minced
- 2 cloves garlic,minced
- 1 T tomato paste  
diluted in 1 tablespoon  
-water
- 2 T olive oil  
plus olive oil for pan  
-frying
- 12 whole salted wheat crackers  
and squeezed,Soaked In Water  
- dry
- 1/2 c dry white wine  
salt and,Freshly Ground  
-pepper,to taste  
flour,for dusting

Place meat in a large mixing bowl. Break in eggs and mix well. Add onion, mint, oregano, parsley, garlic, diluted tomato paste, the 2 tablespoons oil, crackers, wine, salt, and pepper. Knead until well mixed and smooth. On a lightly floured board, shape meat mixture into 12 balls. With your palms, flatten balls into patties, then dust patties lightly with flour. In a large skillet over medium heat, warm the remaining oil. Fry patties, turning once, until browned on both sides, 2 to 3 minutes per side or until done to your liking.

## Greek Salad

4 Servings

- 2 green bell peppers  
washed,seeded, and cut into  
- 1" cub
- 1 cucumber  
peeled and cut into,1" Cubes
- 3 tomatoes  
washed and cut into,1" Cubes
- 2 stalks celery  
washed & diagonally,Sliced  
-into 1/2
- 1/4 lb feta cheese,cut into 1/2"  
-cubes
- 1/2 red onion,diced
- 1/2 t kosher salt  
pepper,Freshly Ground
- 3 T vinegar
- 1/4 c oil
- 1/2 t oregano
- 1 T fresh basil,minced

In a 2-quart bowl, mix peppers, cucumber, tomatoes, celery, feta cheese, and red onion. Season with salt, pepper, vinegar, oil, oregano, and basil.

## Greek Stifado With Feta Cheese Crust

2 T olive oil  
3 T butter  
3 lb lean beef stew meat, cut into, 1" Cubes  
1 md onion, minced  
1/2 c tomato paste  
1/2 c dry white wine  
1/4 c red wine vinegar  
3/4 c water  
2 T garlic, Minced  
1 bay leaf  
1 t oregano leaves, Dried-crumbled  
1 t cinnamon, Ground  
1/2 t cumin, Ground  
1/2 t sugar  
1/4 t cayenne pepper, or to taste  
salt and, Freshly Ground black pepper, to taste  
16 sm white boiling onions, peeled  
1/2 c pine nuts  
1/2 lb feta cheese, crumbled or grated  
1/2 c parsley, Minced  
hot-pepper sauce, optional

In a large, heavy skillet, heat oil and butter over moderate heat. Raise heat to high and brown meat, one third at a time, removing meat to a large, heavy casserole (preferably with an enamel or porcelain coating) as it browns.

Add minced onion to skillet, saute just until wilted, and spoon into casserole. Add tomato paste, wine, vinegar, the water, garlic, bay leaf, oregano, cinnamon, cumin, and sugar to the casserole. Stir well and add cayenne, salt, and pepper, to taste. Bring just to a boil, cover tightly, lower heat, and simmer 1 hour.

Add white boiling onions and simmer, covered, until meat is very tender (about 1 hour longer). Degrease stew if necessary and carefully correct seasonings; stir in nuts. Sprinkle feta cheese over stew, pushing it gently into top of liquid with a wooden spoon. Cover and simmer to melt cheese (about 5 minutes longer).

Sprinkle parsley on top and serve stew in deep soup bowls, making sure that everyone gets some nuts and cheese, but leaving some room in each bowl for rice to be added. Have hot-pepper sauce on hand, to be added as desired.

## Greek Walnut Cake

36 Servings

Cinnamon Sugar Syrup, see  
-recipe

1 c unsalted butter, softened  
plus butter for baking dish

1 c sugar

6 eggs

1 c flour, sifted

1 c farina

2 1/2 t baking powder

1 t cinnamon, Ground

1 t orange zest, Freshly Grated

1 c finely walnuts, Chopped

Prepare syrup and set aside to cool. Preheat oven to 350 degrees. In a large mixing bowl, cream together the 1 cup butter and sugar with a wooden spoon until light and fluffy. Add eggs, one at a time, beating continuously. Beat in flour, farina, baking powder, cinnamon, and orange zest. Mix in walnuts. Butter a 9 by 13-inch baking dish and pour batter into it. Bake until a knife blade inserted in center comes out clean (about 30 minutes). Remove cake from oven and immediately pour cooled syrup evenly over top. Cool to room temperature.

## Green Bean Salad With Feta-Walnut Mimosa

### VINAIGRETTE

- 1 scallion
  - 4 t white wine vinegar
  - 1/4 c walnut oil (or vegetable oil)
  - Salt
  - black pepper, Fresh Ground
- ### SALAD

- 1 1/4 oz walnuts-about 1/3 cup, Halved
- 1 1/2 lb green beans
- 2 eggs
- 2 1/2 oz feta cheese about 1/2 cup, Crumbled

### PREPARATION:

For the vinaigrette, mince the scallion. In a small bowl, mix the vinegar, oil, and scallion. Season to taste with salt and pepper.

Heat oven to 350F. Put walnuts in a cake pan and toast, stirring once or twice, until lightly browned, about 7 minutes. Cool and then chop finely.

Cook beans in a large pot of boiling, salted water until crisp-tender, about 4 minutes. Rinse under cold running water and drain thoroughly. Gently pat dry.

Put eggs in a saucepan, cover with water, and bring to a simmer. Cover, remove saucepan from heat, let stand for 20 minutes, drain. Cool eggs, separate whites from yolks, and chop separately into fine dice.

Recipe can be made to this point several hours ahead.

### SERVING:

Arrange beans on a round serving platter in a circular fashion with the ends meeting in the center. Whisk vinaigrette and spoon it evenly over the beans. Crumble the feta cheese and sprinkle it in the center of the plate. Sprinkle chopped walnuts in a circle around the cheese. Sprinkle chopped egg yolks in a circle around walnuts; then sprinkle chopped egg whites in a circle around the yolks, covering all but the outer ends of the beans. Serve at room temperature.

## Grilled/Chilled Tuna With Tangerines

### MARINADE

- 1 T tamari soy sauce
- 1/4 c olive oil
- 1 T fresh fennel leaf, Chopped
- 2 t fresh celery leaves
- 1/2 t fresh thyme, Chopped
- 1 sm bay leaf, broken
- 2 t tangerine zest, Grated
- Black pepper

### FISH

- 1 lb fresh tuna center-cut into four 4 oz. steaks, 1 inch thick
- 4 tangerines
- 16 sprigs fresh fennel leaf

### TANGERINE AND FENNEL VINAIGRETTE

- 3 T balsamic vinegar
- 1 t Dijon mustard
- 1/2 c light olive oil
- 1/2 t tangerine zest, Grated
- 2 T fresh fennel leaf
- Salt (or black pepper)

1. For the marinade, combine all marinade ingredients in a nonreactive bowl.
2. Put tuna steaks into marinade and refrigerate 30 min, turning occasionally.
3. Break 2 of the tangerines into sections. Squeeze the remaining 2 tangerines, pour juice over sectioned tangerines, and set aside.
4. Heat grill. Add mesquite or hickory chips for additional flavor.
5. Remove tuna steaks from marinade and grill over hot fire until fish is just springy to the touch, 1 to 2 minutes per side. Tuna should be rare to medium rare.
6. Divide each tuna steak into 3 to 4 slices, cutting against the grain. Drain tangerine sections and reserve juice. Arrange tuna slices with drained tangerine sections and fennel sprigs in fan shape on individual plates, cover, and chill. Reduce tangerine juice by one-fourth over medium-high heat and use to make vinaigrette.
7. For the vinaigrette, combine vinegar, reduced tangerine juice, and mustard in a nonreactive bowl. Whisk in oil and season with tangerine zest, chopped fennel leaves, and salt and pepper to taste.
8. Drizzle dressing over arranged salad plates just before serving.

## Lamb And White Bean Ragoût

- 1 1/2 c Great Northern beans, Dried-about 12 oz.
- 3 t Salt
- 6 lb lamb shoulder (6-7 pounds) -trimmed and, Boned
- 8 cloves garlic
- 1 c red wine
- 1/3 c red wine vinegar
- 1/2 c olive oil
- 1 t thyme, Dried
- 1 t marjoram, Dried
- 1 t basil, Dried
- 2 bay leaves
- 2 md onions
- 5 carrots
- 35 oz (1 can) Italian plum tomatoes
- 1/4 c white flour
- 2 c beef stock (or beef), Canned
- 1/2 c Nicoise olives
- 1/2 c fresh parsley leaves-stemmed, firmly packed
- 1/2 t black pepper, Fresh Ground

### PREPARATION:

Rinse, pick over beans, and put them in bowl with cold water to cover by 3 inches. Let stand for 24 hours; drain. Or, put beans in a 5-quart soup kettle or Dutch oven with water to cover, bring to a boil, cover, remove from heat, and let stand 1 hour; drain. Return drained beans to soup kettle, and add cold water to cover by 3 inches. Bring to a boil, turn heat to low and simmer, partially covered, until the beans are almost tender, about 1 hour. Stir in 1 teaspoon of salt and continue cooking until the beans are tender, 15 to 20 minutes. Drain and set aside. Cut lamb into 1 1/2-inch cubes. Peel and crush the garlic and put it in a non-reactive bowl with the wine, vinegar, 3 tablespoons oil, thyme, marjoram, basil, and bay leaves. Add the lamb and marinate for at least two hours. (Can cover and refrigerate the beans and meat separately overnight.) Peel and chop the onions (2 cups). Peel and cut carrots into 1/2-inch slices. Drain the tomatoes and set vegetables aside separately.

### COOKING:

Adjust oven rack to low position and heat oven to 350F. Remove the lamb from the marinade and pat dry on paper toweling. Heat 3 tablespoons of the oil in the Dutch oven or soup kettle until hot but not smoking. Working in batches, sear the lamb over high heat until well browned, adding additional oil as needed, and removing lamb to a bowl with a slotted spoon or until tender, about 10 minutes. Stir in the flour and cook 3 minutes. Whisk in the reserved marinade and beef stock. Stir in the tomatoes and 2 teaspoons salt, and bring to a boil. Return meat to the kettle with any accumulated

juices, cover with foil and the lid and bake 1 hour. Skim, stir in the carrots and bake, uncovered, for 30 minutes. Stir in the beans and bake until stew thickens slightly, about 15 minutes. Rinse and drain the olives. Mince the parsley. Stir in olives and parsley and season with 1/2 teaspoon pepper and salt to taste.

## Lima Bean Plaki

8 Servings

- 1 lb dried lima beans,\* see note
- 3/4 c olive oil
- 1 onion,finely chopped
- 2 cloves garlic,minced
- 2 carrots,finely chopped
- 1 stalk celery,finely chopped
- 1/2 c fresh parsley,Chopped
- 2 T chopped fresh dill,crushed
- 1 t dried fines herbes,crushed
- 2 T fresh lemon juice
- 16 oz plum tomatoes,with their  
-liquid
- 2 c chicken stock
- salt and,Freshly Ground
- pepper,to taste
- 2 c water

Place beans in a saucepan with water to cover, bring to a boil, and parboil 25 minutes. Drain and set aside. In a Dutch oven over medium-high heat, warm oil. Add onion, garlic, carrots, celery, and parsley; saute until onion is translucent (about 5 minutes). Add dill, fines herbes, lemon juice, tomatoes, stock, salt, and pepper. Bring to a boil, reduce heat, and simmer 20 minutes. Add drained beans and the water; simmer until beans are tender (about 25 minutes).

## Pork Chops With Apples In Cider Sauce

4 Servings

2 T vegetable oil, approximately  
to film skillet

4 loin pork chops, 1/2 lb each

2 T butter, Unsalted

2 md red onions

and cut into 1/4-inch, Peeled  
-, Slices

1 T garlic, Minced

2 lg sweet apples, cut into 1/2"  
-slices

quartered, peeled, and cored

1 T fresh sage

or

1 t sage, Dried

1/2 t dried thyme leaves, crumbled

3/4 c unsweetened apple juice

1/2 c dry white wine

salt and, Freshly Ground

-pepper, to taste

Film a large, heavy skillet with oil and heat over a high flame until oil is fragrant. Pat pork chops dry, quickly brown on both sides in skillet, and remove to a plate. Lower heat to medium and melt butter in skillet. Add onions and saute, stirring occasionally, until softened. Add garlic and saute until translucent (1 minute longer). Add apples and turn in butter just until completely coated. Return pork chops to skillet, sprinkle with sage and thyme, and add cider and wine. Bring liquid to a simmer and cook over fairly low heat until chops are cooked through (20 minutes). With a slotted spatula remove chops and apple mixture from skillet and keep warm. Reduce cooking liquid at a full boil over high flame, stirring constantly, until it has thickened to the consistency of light syrup. Add salt and pepper to taste, pour liquid over chops and apples, and serve hot.

## Rice Pilaf

4 Servings

- 2 T butter (or oil)
- 1 sm onion, chopped  
or 1/2 cup scallions, Chopped
- 1/8 t salt
- 1/8 t turmeric
- 1/2 t thyme
- 1 c brown rice (or rice)
- 2 1/2 c water and  
1/2 c soy sauce (or tamari soy)  
-sauce  
or 3 cups vegetable, beef,  
or chicken stock
- 3/4 c sweet peas, Frozen
- 1/4 c carrots, Grated
- 1/4 c celery, Chopped
- 1/4 c green bell peppers, Minced  
-(optional)
- 1 T raisins (optional), Chopped
- 2 T chopped parsley, (optional)

Saute onion (if using scallions skip this step) in butter or oil or combination and add thyme and turmeric. Stir in rice and saut while stirring for 3 minutes. Add liquid and salt and pepper. Cover and simmer for 35 minutes (less for white, hulled rice). Stir in frozen peas, celery and grated carrot. Cover tightly and let sit off of the heat for 7 minutes. Add scallion and, if using, chopped parsley, green pepper and raisins. Serve.

## Roasted Chicken With Lemon-Parsley Sauce

4 Servings

- 1 lemon
- 4 T butter
- 2 whole chicken breasts, split
- Salt
- black pepper, Fresh Ground
- 1/3 c parsley, Chopped

### COOKING AND SERVING:

Heat oven to 450F. Squeeze 1/4 cup lemon juice. Melt the butter in a small saucepan or in the microwave. Sprinkle chicken with salt and pepper. Put chicken in a baking dish skin side up and drizzle with half of the butter. Bake until skin is crisp and golden brown and juices run clear, about 25 to 30 minutes. Put chicken on a serving platter and keep warm.

Stir the lemon juice and remaining butter into pan juices, scraping the pan with a wooden spoon to deglaze. Add the parsley and season to taste with salt and pepper. Pour sauce over chicken and serve immediately.

## Stuffed Grape Leaves

1/4 c currants, Dried  
1 c dry white wine  
12 T olive oil  
6 green onions and green tops- finely, Chopped  
1 T fresh parsley, Minced  
3/4 c long-grain white rice  
1 T fresh dill, Minced  
1/4 c pine nuts  
salt and, Freshly Ground pepper, to taste  
16 oz grape leaves preserved in brine water, Boiling  
6 T fresh lemon juice  
2 c beef stock  
Lemon wedges & chilled plain  
- yogurt, for accompaniment

In a small bowl combine currants and wine; set aside. In a small skillet over medium heat, warm 2 tablespoons of the oil. Add onions and parsley and saute until onions are translucent (about 5 minutes). Add rice, dill, pine nuts, currants and wine, salt, and pepper; stir to mix, cover, and simmer until liquid is absorbed (about 10 minutes).

Remove from heat and cool. Remove grape leaves from jar and immerse in boiling water about 30 seconds; drain and rinse under cold water. Cut off and discard tough stems. Pat leaves dry with paper towels, then place shiny side down on a flat surface.

Place a rounded teaspoon of the rice mixture on center of each leaf. Fold base end of leaf over filling to cover; fold in sides of leaf, overlapping them, then roll up carefully to form a sealed cylinder about 2 inches long. Repeat with remaining leaves.

In bottom of a Dutch oven or other heavy, broad-bottomed pan, arrange a layer of stuffed leaves, seam side down, close together. Sprinkle with some of the lemon juice and 2 tablespoons of the olive oil. Repeat, making as many layers as necessary to accommodate all of the stuffed leaves; sprinkle each layer with lemon juice and olive oil. Pour in beef stock and the remaining olive oil, being careful not to disturb layers. Place a heavy plate on top to weight down stuffed leaves. Cover and simmer over very low heat until rice is tender (about 40 minutes). To test, open one of the packets. Remove from heat and lift stuffed leaves out with a slotted utensil.

## Whole Stuffed Leg Of Lamb

### Stuffing

- 2 c al dente bulgur,Cooked
- 6 cloves garlic,minced
- 1 lg onion,chopped
- 2 stalks celery,chopped
- 1 lg bell pepper,seeded and-chopped
- 6 sm fresh hot chilies,seeded-and,Minced
- 1/3 c fresh parsley,Minced
- 1 T fresh dill weed,Minced or 1 t dill weed,Dried
- 1/2 t cumin,Ground
- 6 T fresh lemon juice
- 1 t lemon peel,Grated
- 1 bay leaf
- 1/3 c pine nuts
- 1/3 c currants
- 2 eggs,lightly beaten
- 1 t sugar
- salt and,Coarsely Ground black pepp,to taste
- 8 lb leg of lamb,\* see note

### Marinade

- 1 fresh lemon juice
- 1/4 c sugar
- 1/4 c olive oil
- 1 T fresh dill weed,Minced or 1 t dill weed,Dried
- 4 cloves garlic,finely minced
- 1/4 t cayenne
- 1 bay leaf
- 1 t dry mustard
- 1/2 t mixed dried herbs,Italian-seasoning
- 1/2 T paprika
- Salt and black,Fresh Ground -pepper
- 1/2 c beef broth
- Lettuce leaves,tomato-wedges,and lemon (optional),Slices

Combine all of the ingredients for the stuffing and pack them firmly into the leg of lamb. Truss shut with bamboo or metal skewers. Mix all the ingredients for the marinade together exceedingly well. Put the stuffed leg of lamb in a deep dish, pour the marinade over, and rub it into the meat on all sides. Refrigerate overnight, turning and rubbing several times. To bake, place the lamb in a roasting pan with a tight fitting lid. Mix the broth with the remaining marinade and pour over the leg of lamb. Bake at 350 degrees for 1 1/2 hours or until the meat is exceedingly tender. Remove the lid during the last 20 minutes and turn the heat to 400 degrees to brown.

## Irish Recipes

### Ardshane House Irish Stew

4 lb Middle neck of lamb, cut in  
One inch chunks  
4 lb Potatoes, peeled  
10 sm Onions, sliced  
2 oz Pearl barley  
2 pt Beef stock  
Salt and pepper, To Taste

That's the basic recipe. You can add a load of sliced carrots and leeks to make it go further and about 5-6 tsps. of Worcestershire sauce or regular brown sauce wot you Yanks pour over everything!! If you like, you could add a half a pint of Guinness to your stock. I make my stock from the potato peelings, carrot tops, leek ends, and any other stuff I find lurking in the refrigerator. If you chuck in a few moldy lamb bones and boil/simmer for several hours, you should get a damned good stock (strain the liquid or you'll get God knows what stuck in your teeth!!) You'll need to start with about 5 pints of liquid. Then bung everything into a ginormous pan, bring to the boil, and then simmer for about two hours...should taste bloody orgasmic! Salt and pepper to taste, depending on your level of drunkenness!!"

## Baby Carrots And Onions In Cream (Irish)

4 Servings

- 1 lb Baby carrots
- 1 lb Small white onions
- 5 fl Cream
- 1 Salt and pepper
- 1 Pinch nutmeg

Wash and trim carrots. Peel onions. Place in pot with 1/2 inch boiling salted water. Cover and simmer gently for 10 minutes. Remove lid and boil rapidly, shaking pot to prevent burning, until water is absorbed. Stir in cream and add pepper and salt to taste, if necessary. Serve with a very light sprinkling of nutmeg.

## Baked Parsnips Irish Style

8 Servings

- 2 1/2 lb Parsnips
- 2 oz Butter (or bacon fat)
- 3 T Stock
- 1 Salt and pepper
- 1 Pinch nutmeg

Peel parsnips, quarter, and remove any woody core. Parboil for 15 minutes. Place in an ovenproof dish. Add stock and sprinkle with salt, pepper and nutmeg. Dot with butter and bake for 30 minutes on a low shelf in a moderate oven. (Generally parsnips are baked in the same oven as the main meat dish, whose cooking temperature governs that of the parsnips.)

## Basic Irish Sausages

4 Servings

- 1 1/2 lb pork,Lean
- 8 oz Pork fat,without gristle
- 1/2 t allspice,Ground
- 1 t Salt
  - Fresh-ground pepper
  - Pinch sage (or marjoram)
  - Dried
- 1 oz White breadcrumbs (optional)
  - Ground ginger,mace, nutmeg
  - Cloves,cayenne pepper

Mince the meat and fat twice, then mix very well and season. (Fry a teaspoon or so each time to check the flavor until you get it the way you like it.) Add the herbs and breadcrumbs and any spices used. Fill skins as usual.

Beacan Bruithe (Baked Mushrooms) [irish]  
Vegetables,Meats,Irish  
4 Servings

16 Large field mushrooms  
4 oz onions,Chopped  
4 oz Whole wheat breadcrumbs  
4 oz Sausage meat  
1 t sage,Chopped  
1 Salt and pepper

Wash and peel mushrooms. Remove stalks and discard. Brush mushrooms with melted butter. Fry onions in remaining butter. When tender, mix onion and butter with breadcrumbs, sausagemeat, herbs and seasonings. Divide among the mushrooms. Place mushrooms in a shallow ovenproof dish, pour 4 tablespoons of water into the bottom of the dish, and bake for 15-20 minutes in a moderate oven.

## Black Pudding (Irish)

8 Servings

- 1 lb Pig's liver
- 1 1/2 lb Unrendered lard, chopped
- 120 fl Pig's blood
- 2 lb Breadcrumbs
- 4 oz Oatmeal
- 1 Medium onion, chopped
- 1 t Salt
- 1/2 t Allspice
- 1 Beef casings

(Always served with an Irish "fry". The preparation of this pudding may be impractical these days due to the difficulty of procuring fresh pig's blood and casings.) . Stew liver in boiling salted water until tender. Remove liver, and mince. Reserve cooking liquor. Mix all ingredients in large bowl. Stir thoroughly until blended. Fill casings with mixture. Tie off in one-foot loops. Steam for 4-5 hours. Leave until cold. Cut into 1/2 inch slices as required and fry in hot fat on both sides until crisped.

## Boiled Collar Of Bacon With Creamy Mustard Sauce

4 Servings

- 1 Kg Unsmoked bacon
- 1 md Onion
- 2 Carrots
- 2 Celery sticks
- 1 Bay leaf
- 1 3/16 l Chicken stock
- 150 ml Double cream
- 70 g butter, Unsalted
- 1 t Brown mustard seeds
- Seasoning

### Preparation:

Remove the rind from the bacon and roll the bacon. Roughly chop the onion, carrots and celery sticks. Make the chicken stock.

1. Soak the bacon in water for 24 hours prior to cooking to reduce salt content. Rinse well.
2. Place the bacon in a pan with the vegetables and bay leaf. Cover with the stock or water. Bring to the simmer and continue simmering for 1-1.5 hours. Rest the bacon in the stock for 20-30 minutes.
3. Drain off 600ml of stock and bring to the boil and reduce by half and serve with the bacon. Alternatively, add the cream, if using, to the reduced stock and cook for 10 minutes, then whisk in 25g of butter at a time, to taste. Add the mustard seeds, season and keep warm.
5. Add the bacon, allowing 2 slices per person.

## Boxty (Potato Griddle Cakes) (Irish)

8 Servings

- 1/2 lb Raw potato
- 1/2 lb potato, Mashed
- 1/2 lb Plain flour
- 1 Milk
- 1 Egg
- 1 Salt and pepper

Grate raw potatoes and mix with the cooked mashed potatoes. Add salt, pepper and flour. Beat egg and add to mixture with just enough milk to make a batter that will drop from a spoon. Drop by tablespoonfuls onto a hot griddle or frying pan. Cook over a moderate heat for 3-4 minutes on each side. Serve with a tart apple sauce: or as part of an Ulster Fry, with fried bacon, fried sausage, fried eggs, fried black pudding, fried bread, fried soda bread... . An old poem says: . Boxty on the griddle, boxty in the pan, if you can't make boxty, you'll never get a man. . (The accuracy of the poem is uncertain.)

## Braised Celery (Irish)

4 Servings

- 1 Head celery
- 1 Medium onion
- 1 t parsley, Chopped
- 2 bacon, Slices
- 10 fl Stock
- 1 Salt/pepper, To Taste
- 1 oz Butter

Clean celery, cut into one-inch pieces and place in a casserole dish.

Finely chop bacon and onion and sprinkle over celery along with chopped parsley. Pour on stock. Dot with knobs of butter. Cover dish and bake in a moderate oven for 30-45 minutes.

## Bunratty

1 Servings

- 1 1/2 fl Irish whiskey
- 1 ds Sweet Martini
- 3/4 fl Irish Mist

Mix all ingredients over ice.

## Cabbage And Bacon (Irish)

4 Servings

- 1 Lg (or 2 small Savoy  
-cabbages)
- 8 Strips bacon
- 1 Salt and pepper
- 4 Whole allspice berries
- 300 ml Bacon (or chicken stock)

Cut the cabbage in half and boil for 15 minutes in salted water. Drain, and soak in cold water for 1 minute, then drain well and slice. Line the bottom of a casserole with half the bacon strips, then put the cabbage on top and add the seasonings. Add enough stock to barely cover, then put the remaining strips of bacon on top. Cover and simmer for an hour, until most of the liquid is absorbed.

Champ

4 Servings

4 lg Baking potatoes  
2/3 c Milk  
1/2 c green onions, Chopped  
1/4 c Butter  
1/2 t Salt  
1/4 t Pepper

Peel potatoes. Cut each into 3 chunks. In 12 cup casserole, sprinkle potatoes with 2 tbsp water, cover, and microwave on high for 15-18 minutes or until tender, rearranging occasionally. Mash well. Stir in milk, onions and butter. Microwave, uncovered on high for 1 minutes or until heated through. Add salt and pepper, beat until smooth. Makes 4 to 6 servings.

## Colonial Goose

8 Servings

5 lb Lamb Leg  
4 oz Apricots,Dried  
1/4 t Thyme,Dried  
4 oz Fresh White Breadcrumbs  
1/4 t Salt  
1 oz Butter  
Pepper  
1 T Clear Honey  
1 Md Egg,Beaten  
2 oz Onion,Chopped  
1/2 lb Old Carrots,Sliced  
3 Parsley Sprigs  
6 oz Onions,Sliced  
5 oz Red Wine  
1 Bay leaf

24 hours beforehand, make the stuffing. Chop the apricot coarsely, mix with breadcrumbs and chopped onions. Melt the butter, pour over, add honey, salt, pepper and thyme. Mix well together, then mix in beaten egg. Make marinade by mixing all the ingredients together. Bone or have boned the lamb. (Tunnel bone for stuffing). Stuff the cavity loosely. Sew up the opening. Put lamb in a polyethylene bag long enough to hold it comfortably. Add bones. Pour over the marinade, tie the top with a bag seal, sucking out excess air. Stand in a bowl (to catch leaks). Marinade overnight, turning from time to time. Preheat oven to 350oF (Mk 4). Remove lamb from marinade and drywell. Drain marinade and fry vegetables in roasting pan very briefly.

Place lamb on top and roast 25 mins/lb oven ready weight. Baste frequently with marinade while cooking. Meanwhile make a little lamb stock from bones. When done, take out of oven, Remove strings from joint and leave to rest 15 mins while making the gravy, then carve crosswise. For the gravy, remove vegetables from roasting tin, pour off roasting juices, leaving 2 tbs fat in pan. Fry 2 tbs flour in this, return aqueous part of roasting juices and remaining marinade. Add lamb stock if needed. Season to taste.

## Country Cork Irish Stew

4 Servings

- 8 Small lamb chops, thawed
- 1 T Vegetable oil
- 1 Peppercorns, thyme, rosemary
- 2 c cabbage, Finely Shredded
- 1 Large leek white thin, Sliced
- 1 1/2 c Celery stalks, diced
- 1 fresh parsley, Chopped
- 1 Salt and pepper
- 1 Parsley, bay leaves
- 1 lb Potatoes, 3 to 4 medium
- 1 Medium onion, chopped
- 12 Small white onions
- 1 1/2 c Peas

Season chops with salt and pepper. heat oil in saucepan wide enough to hold all chops in a single layer. Brown on both sides. Spoon off any melted fat and add enough water to cover chops. Bring to a boil and add parsley, bay leaf, peppercorns, thyme and rosemary enclosed in cheesecloth. Lower heat and simmer. Meanwhile, peel potatoes and shape into bite sized rounds. Chop trimmings from potatoes into small pieces. Add potatoes, trimmings, cabbage, onion, well-rinsed leek, white onions and celery to chops and liquid. Simmer 20 minutes then add peas. Add a little more water if needed during cooking. Simmer 10 minutes more or until potatoes are tender. Correct seasoning. Garnish with parsley and serve.

County Cork Irish Stew  
Lamb,Irish,Vegetables,Soups/stews  
4 Servings

- 8 sm Lamb Chops,Thawed
- 1 Salt And Pepper
- 1 T Vegetable Oil
  - Parsley,Bay Leaves
  - Peppercorns,Thyme, Rosemary
- 1 lb Potatoes,3 To 4 Medium
- 2 c Cabbage,Finely Shredded
- 1 md Onion,Chopped
- 1 lg Leek White,Thin Sliced
- 12 sm White Onions
- 1 1/2 c Celery Stalks,Diced
- 1 1/2 c Peas
  - Fresh Parsley,Chopped

Season chops with salt and pepper. heat oil in saucepan wide enough to hold all chops in a single layer. Brown on both sides. Spoon off any melted fat and add enough water to cover chops. Bring to a boil and add parsley, bay leaf, peppercorns, thyme and rosemary enclosed in cheesecloth. Lower heat and simmer. Meanwhile, peel potatoes and shape into bite sized rounds. Chop trimmings from potatoes into small pieces. Add potatoes, trimmings, cabbage, onion, well-rinsed leek, white onions and celery to chops and liquid. Simmer 20 minutes then add peas. Add a little more water if needed during cooking. Simmer 10 minutes more or until potatoes are tender. Correct seasoning. Garnish with parsley and serve.

## Dijon-Glazed Corned Beef

8 Servings

- 2 1/2 lb Corned beef brisket, to
- 3 1/2 lb Same
- 2 t Dijon-style mustard
- 2 T Honey
- 1 T Orange juice concentrate
- Water

In Dutch oven, cover corned beef brisket with water. Cover Dutch oven tightly and simmer 2 1/2 to 3 1/2 hours or until tender. In cup, combine honey, defrosted orange juice concentrate and mustard and set aside. Remove brisket from cooking liquid; trim fat from outer surface, if necessary. Position oven rack so that brisket on broiler pan rack is 3 to 4 inches from heat source. Brush glaze over brisket; broil 2 to 3 minutes or until glaze begins to caramelize. Carve brisket diagonally across the grain into thin slices.

## Dressed Cabbage (Irish)

4 Servings

- 1 Cabbage
- 4 T Butter
- 3 T Bacon stock (or water)
- 1 pn Nutmeg (or mace)
- 1/2 t Flour
- 1 Pepper

Shred the cabbage. Melt half the butter in a heavy pot; then add the cabbage and toss until covered with the butter. Add bacon stock or water, cover and cook gently for about 20 minutes. By this time the liquid should be nearly absorbed, and the cabbage cooked. Add the nutmeg or mace, the flour, and stir well; then add the rest of the butter and toss until melted into the cabbage. Add pepper if needed.

## Dublin Sunday Corned Beef And Cabbage

8 Servings

- 5 lb Corned beef brisket
- 1 lg Onion stuck with 6 whole -  
-cloves
- 6 Carrots,peeled and sliced
- 8 Potatoes,peeled and cubed
- 1 t Thyme,Dried
- 1 sm Bunch Parsley
- 1 Head Cabbage (about 2 lbs)-  
-cut in quarters
- \* \* \* \* \*

### HORSERADISH SAUCE =====

- 1/2 pt Whipping Cream
- 2 T -to 3T prepared horseradish

Put beef in a large pot and cover with cold water. Add all other ingredients except cabbage and bring to a boil with the lid off the pot. Turn to simmer and cook for 3 hours. Skim fat from top as it rises. Remove the thyme, parsley and onion. Add cabbage. Simmer for 20 minutes until cabbage is cooked. Remove the meat and cut into pieces. Place on center of a large platter. Strain the cabbage and season it heavily with black pepper. Surround the beef with the cabbage, carrots and potatoes. Serve with horseradish sauce.

Horseradish Sauce: Whip cream until it stand in peaks. Fold in horseradish.

## Emerald Isle Cooler

1 Servings

5 oz Vanilla Ice Cream  
1 fl Green Creme de Menthe  
1 fl Irish Whiskey  
8 fl Club soda

Place ice cream in large highball glass. Stir in whiskey and creme de menthe. Fill with club soda and stir.

## Fresh Pea Soup (Irish)

6 Servings

- 350 g Peas, freshly shelled
- 2 T Butter
- 1 Medium-sized onion, chopped
- 1 Head iceberg lettuce, chopped
- 1 Sprig mint, chopped
- 1 Sprig parsley, chopped
- 3 Strips bacon, chopped
- 1 1/2 l Ham stock
- 1 Salt and pepper
- 1 Sugar
- 1 parsley, Chopped

After shelling the peas, save the pods, wash them and put them to boil in the ham stock while preparing the soup. Heat the butter in a large saucepan and soften the onion in it, then add the lettuce, mint and parsley. De-rind and chop the bacon. Fry it for about 2 minutes, turning it from time to time; add to the saucepan with the peas, salt, pepper and a small amount of sugar. Strain the stock and add. Bring to the boil, stirring, then simmer for about half an hour until the peas are quite soft. Sive or liquidize, taste for seasonings and add a little milk or cream if needed (but not too much, for the fresh flavor must be preserved). Garnish with chopped parsley or mint.

## Irish Beef In Guinness

6 Servings

- 2/3 lb Beef, Cubed
- 1/2 c Flour seasoned with salt and  
-pepper
- OIL for frying
- 2 onions, Sliced
- 4 cloves garlic, Minced
- 3 carrots, Sliced
- 1 t parsley, Minced
- 1/2 t Thyme
- Salt and pepper, To Taste
- Beef broth (or stock)
- 2 Bottles (12-oz each)  
-guinness

Dip beef in flour and coat on all sides. Brown in oil, in batches and remove to heat proof pot or casserole. Saute onions and garlic in same oil and add to beef. Add carrots, parsley and thyme. Season with salt and pepper. Pour enough beef broth to cover and bring to a boil. Reduce heat and simmer 30 minutes. Lift meat, onions and carrots from pot to serving plate with slotted spoon. Over high heat, reduce sauce to half the original volume.

Pour sauce over meat and serve.

## Irish Brogue

1 Servings

1 1/2 fl Irish whiskey  
1/2 fl Bailey's Irish Cream

Fill a rocks glass with ice. Add ingredients and stir.

## Irish Coffee No. 2

2 Servings

- 1 1/2 c Water, Warm
- 1/4 c Irish Whiskey
- 1 Dessert Topping \*
- 1 T Coffee Crystals, Instant
- 1 Brown Sugar, To Taste

\* Dessert topping should be in a pressurized can.

In a 2-cup measure combine water and instant coffee crystals. Micro-cook, uncovered, on 100% power about 4 minutes or just till steaming hot. Stir in Irish whiskey and brown sugar. Serve in mugs. Top each mug of coffee mixture with some pressurized dessert topping.

## Irish Handshake

1 Servings

1 fl Irish whiskey  
1/2 fl Tia Maria  
1/2 fl Green creme de menthe  
1 Cream

Mix all ingredients except cream over ice and strain. Top with cream.

## Irish Hot Pot

6 Servings

- 6 md Potatoes and sliced, Peeled  
-thin
- 2 md Onions thin, Sliced
- 3 Carrots scraped and, Sliced  
-thin
- 1/4 c rice not instant, Cooked
- 1 cn (14.5-oz) peas with liquid
- 1 pk (20-oz) sausage links/  
-ground chuck in, Browned  
-amounts you like
- 1 cn (15-oz) condensed cream of  
-tomato soup diluted with a  
-soup

can of water Salt and white pepper to taste

In a buttered, 4 quart casserole layer the potatoes, onions and carrots, season each layer as you go with salt and pepper. Sprinkle with rice, then the peas with their liquid and top with the meat. Pour the diluted soup over all. Bake, covered, in a 375 degree oven for 1 hour. Remove cover, turn sausages and bake an additional hour, uncovered.

## Irish Lamb Stew

6 Servings

- 1 Boneless leg of lamb
- 2 Medium onions, chopped
- 2 T Flour
- 1 t Salt
- 1/4 t Rosemary
- 1 lb Potatoes, cut into pieces
- 2 Small rutabagas, cubed
- 1 Jar of onions, Boiled
- 3 T Oil
- 1 Clove of garlic, minced
- 2 c Beef stock
- 1 Black pepper, To Taste
- 1 Bay leaf
- 6 Carrots, Sliced
- 1 lb peas, Frozen

Cut lamb into cubes. Heat oil in a heavy saucepan, add lamb and cook until lightly browned, remove from pan. Add onion and garlic and cook for a few minutes. Add flour and stir, heat until mixture browns. Gradually add stock while stirring. Return meat to saucepan. Add salt, pepper, rosemary and bay leaf. Cover and simmer for 1 hour or until meat is almost tender. Add potatoes, carrots and turnips. Cook 30 minutes longer. Add peas and onions and continue cooking until peas are tender, about 10-15 minutes.

## Irish Loin Of Pork

6 Servings

5 To 6 lb boneless pork loin  
1/2 c fresh parsley,Chopped  
1/4 c onion,Minced  
1/4 c lemon peel,Finely Grated  
1 T fresh basil,Chopped  
3 md Clove garlic,Crushed  
1/2 c Olive oil  
3 T Olive oil  
3/4 c Dry Sherry

garnish fresh sprigs parsley garnish sliced lemon

Pat pork dry. Score well with sharp knife. Combine parsley, onion, peel, basil and garlic in small bowl. Whisk in 1/2 cup oil. Rub into pork. Wrap in foil and refrigerate overnight.

Let pork stand at room temperature 1 hour before roasting. Preheat oven to 350 deg. Brush pork with remaining 3 tablespoons olive oil. Set on rack in shallow pan. Roast until meat thermometer inserted in thickest part of meat registers 170 deg., about 2 1/2 hours. Set meat aside. Degrease pan juices. Blend Sherry into pan juices. Cook over low heat 2 minutes. Pour into sauce boat. Transfer pork to platter. Garnish with fresh parsley and lemon slices. Pass sauce separately.

## Irish Spring

1 Servings

1 fl Irish whiskey  
1 fl Orange juice  
1/2 fl Peach brandy  
1 fl Sweet and sour

Fill collins glass with crushed ice. Add ingredients and stir.  
Garnish with cherry and orange slice.

## Irish Stew

6 Servings

2 T Oil  
4 lg Onion cut in wedges  
5 lg Carrots cut in thick, Slices  
2 Rib celery, Sliced  
1 1/2 lb Round steak (or lamb)  
6 lg Potatoes  
1 c Water

Salt and pepper to taste

Heat oil in large saucepan or skillet. Saute onions in oil. Add carrots and celery and cook for a few minutes. Cut steak into 1/4 to 1/2 inch cubes and add to onions, carrots and celery. Wash, peel and slice potatoes and add to pot. Pour in water, season to taste with salt and pepper and bring to a boil. Skim of any foam, reduce heat and simmer over low heat until meat and vegetables are tender.

NOTE: Can also cook in crockpot on low overnight, 7-8 hours, or on high for 3 4 hours. If desired, stew can be thickened by mixing 2 tablespoon flour with a little water and adding it to the stew. Heat through until thickened and serve piping hot.

## Kale With Cream (Irish)

4 Servings

- 1 3/4 lb Kale
- 2 T Butter
- 2 T Double cream
- 1 Pn nutmeg, salt, pepper
- 2 T Stock

Wash the kale and strip the leaves from the stalks, then plunge into briskly boiling salted water and cook until tender, 20-30 minutes. Drain well and chop finely. In a saucepan combine the butter, cream and pinches of nutmeg, salt and pepper; then add the kale and the stock. Mix well and cook until well heated and the sauce is slightly reduced.

## Kidney Soup (Irish)

8 Servings

- 1 Beef kidney (about 1 1/2 lb)
- 2 T Bacon dripping (or oil)
- 2 T Flour
- 2 l Beef stock
- 1 Squeeze lemon juice
- 1 Spice bag\*
- 1 Bouquet garni\*\*
- 1 T Sugar
- 1 Grind salt and pepper
- 1 Thinly carrot, Sliced
- 1 Glass sherry

\* Spice bag should contain: 10 black peppercorns, 1 blade mace, pinch celery seed) \*\* Should contain parsley, thyme and bay leaf .

Skin the kidney, cut down the middle and remove the fatty core and any whitish membrane. (This is what can give a kidney a bad taste, so be thorough.) Heat the fat and brown the kidney in it quickly. Pour off any excess fat, then stir in the flour, turning the kidney pieces in it. Cook for 1 minute, then add the stock, sugar, bouquet garni, and the spice bag. Bring to the boil, then cover and simmer gently for about 3 hours. This can be done on the stove or in a crockpot. . Cool the soup, then refrigerate. When it is quite cold take off any fat from the top, then remove the bouquet garni and spice bags. Taste for seasoning; add the lemon juice and sherry if needed. If the pieces of kidney are not liked, strain the soup; or it can be liquidized. Bring to just under boiling point before serving; serve with thin slices of dry toast, or cheese biscuits.

## Lois' Irish Stew

6 Servings

2 lb Lamb, cut in 1-inch cubes  
1 lb Potatoes, peeled and cut  
- in cubes  
1 lb Carrots, peeled and sliced  
1 lb Onions, quartered and sliced  
2 Bay leaves  
1/2 t Oregano  
1/2 t Thyme, crushed  
1/2 t Rosemary

Cover the lamb with water and boil for 15 minutes. Drain and dry the meat. Combine meat and vegetables. Tie the herbs in a small cloth bag, add to the mixture. Add enough water to almost cover. Simmer for 1 hour and 30 minutes. Remove the herb bag and serve.

Serves 6 to 8.

## Low Calorie Irish Colcannon

4 Servings

- 1 c Water
- 1 T Reduced calorie margarine
- 1/4 t Salt
- 3 c cabbage, Chopped
- 1/3 c Skim (or 1% milk)
- 1 c mashed potato flakes, Instant
- 1 Green onion, finely chopped

1. In a medium saucepan, combine water, margarine, and salt. Bring to boil. Stir in cabbage; return to a boil. Reduce heat, cover and simmer 4-6 minutes, or until cabbage is tender.
2. Remove from heat; stir in milk and potato flakes with fork. Stir in onion. Cover and let stand 3 minutes.

## Oatmeal Bacon Pancakes (Irish)

8 Servings

4 oz Flour  
1 oz Fine oatmeal  
1 c Buttermilk (or milk)  
1 Egg (beaten)  
8 Strips bacon

Sift the dry ingredients, then add the egg and enough milk or buttermilk to make a batter like thick cream. Fry the bacon rashers and drain, then make a large pancake, pouring the batter over the entire bottom of the pan. Cook on one side, toss over, spread with a little mustard if liked, then add the bacon and fold over. Make the rest of the batter into pancakes the same way. Makes 4 very large pancakes or 8 small ones.

## Parsnip Cakes (Irish)

4 Servings

- 1 lb Parsnips
- 2 T Flour
- 1 pn Mace
- 2 T butter, Melted
- 1 Salt and pepper
- 1 Large egg
- 8 T Breadcrumbs (heaping)
- 1 Oil for frying

Peel and slice the parsnips, then boil in salted water until tender. Drain and mash them well. Add flour, mace, melted butter, salt and pepper, then form into small flat, round cakes. Dip into the beaten egg, then into the breadcrumbs, and fry in hot oil until brown on both sides.

## Rashers (Bacon), Eggs, Sausage And Tomato

2 sl Bacon  
2 Sausages  
2 Eggs, fried  
1 Tomato  
Parsley, Chopped

\* Irish breakfasts often feature this menu.

Fry the bacon until crisp, and the sausage until golden brown and cooked through. Cut the tomato in half, and grill it until just cooked through. Set the fried eggs in the center of the plate, Arrange the bacon, sausage and tomato around the edge of the eggs. Garnish with chopped parsley.

Serves 1.

## Real Irish Stew

6 Servings

- 1 1/2 lb Mutton, cut into pieces
- Parsley sprigs
- 6 Carrots, sliced
- 2 lb Potatoes
- Salt and pepper
- 1 lb Onions

Place meat and vegetables in saucepan and cover with cold water. Add salt and pepper as required and flavor with a few parsley sprigs and add carrot slices. Slowly bring to a boil and skim off the top. Simmer over a very low heat for approximately 2 hours or until the meat is tender. Note: You can probably substitute lamb for the mutton and not need to cook as long. Also this kind of dish is good for buffets as soups and stews keep well and don't suffer for extended simmering.

## Savory Red Cabbage And Red Potatoes

8 Servings

1 sm Head cabbage  
2 t Prepared horseradish  
1 lb Small red potatoes  
1/4 c Butter  
2 T Green onions/scallions  
1/8 t Salt  
1/8 t Pepper  
Water

In Dutch oven, place steamer basket over 1/2 inch deep water (water should not touch basket.) Cut cabbage (about 1 1/2 pounds) into 6 wedges and quarter potatoes. Place cabbage and potatoes in basket, cover tightly and heat water to boiling. Reduce heat to medium-low and steam 20-30 minutes or until tender. Meanwhile, in a 1 cup glass measure, combine butter, sliced green onions, horseradish, salt and pepper. Microwave on high 45 seconds or until butter is melted. Drizzle over vegetables.

## Shamrock

1 Servings

- 1 1/2 fl Irish whiskey
- 1 ds Green Chartreuse
- 3/4 fl Dry vermouth
- 1 ds Green creme de menthe

Mix all ingredients over ice,

## Shannon Cream

1 Servings

- 1 fl Bailey's Irish cream
- 1 ds Cream
- 1 ds Orange curaco
- 1 Green creme de menthe

Mix ingredients over ice and top with creme de menthe.

Shannon Dove

1 Servings

1 fl Irish whiskey

1 Cream

2 ds Tia Maria

Mix all ingredients except cream over ice and strain. Top with cream.

## Sorrel Soup (Irish)

8 Servings

1 lb Sorrel  
3 oz Butter  
1 Large onion, chopped  
2 T Flour (heaped)  
2 1/2 l Stock  
2 T Breadcrumbs  
1 Salt and pepper  
2 Egg yolks  
150 ml Cream

Wash the sorrel well and chop it up. Heat the butter in a saucepan and just soften the sorrel and onion in it. Shake the flour over the vegetables and mix well. Let it cook for about 1 minute. Meanwhile bring the stock to the boil, then add to the pan. Add the breadcrumbs, season to taste, and bring to the boil, then simmer for about 1 hour covered. (It can be liquidized at this point, but needn't be.) Beat the egg yolks with the cream and add a little of the hot soup to the mixture, stirring well; then add gradually to the soup pot, stirring well, over the heat, but being careful not to let it boil.

## Steak And Guinness Pie (Irish)

4 Servings

1 Kg Round steak  
1 T Flour  
1 t Brown sugar  
1 T Raisins (optional)  
5 Onions  
300 ml Guinness  
8 bacon,Slices  
3 oz Lard  
parsley,Chopped  
Recipe of short pastry\*

\*For double-crust pie in deep pie dish. -- Cut the steak into bite sized cubes, roll in seasoned flour, and brown in the lard with the bacon, chopped small.

Place the meat in a casserole, peel and chop the onions, and fry until golden before adding them to the meat. Add the raisins (if wanted) and brown sugar, pour in the Guinness, cover tightly and simmer over a low heat or in a very moderate oven (325-350F) for 2 1/2 hours. Stir occasionally, and add a little more Guinness or water if the rich brown gravy gets too thick. Meanwhile, line a deep pie dish with half the pie crust: bake it blind: then add the Guinness/beef mixture from the casserole, cover with the top layer of pie crust, and bake until finished, probably about 10 more minutes. Variation: for the brown sugar, substitute 3 T honey.

## Tom Moore's Irish Stew Casserole

2 Servings

- 1 lb Lean lamb, the shoulder  
-or leg, cut into 1" dice
- 2 Potatoes, peeled and  
-thinly, Sliced
- 1 Onion, thinly sliced
- pn [generous] rosemary
- Chicken (or lamb stock)
- Salt, pepper to taste

Layer one third of the potatoes in a small casserole. Top with half the lamb and half the onion. Sprinkle lightly with rosemary, salt and pepper. Repeat layers, ending with a final layer of potato. Add enough chicken stock to almost cover the stew.

Cover the casserole and bake in a 325 oven until the lamb is quite tender and the potatoes begin to almost dissolve and thicken the mixture. (1- 1 1/2 hours)

## Trimlestown Roast Sirloin (Irish)

4 Servings

3 lb Sirloin roast  
2 fl Whiskey  
10 fl Red wine  
1 oz Butter  
2 oz Flour  
1 Salt and pepper

Preheat oven to 180C/350F. Wipe meat, season and place in a roasting pan. Place pan in oven and cook for one hour. Add the whiskey and wine to the pan. Cook for a further hour, basting once more. Remove the roast from the pan, place on a serving dish and keep warm. Pour off excess fat from the meat juices, adding water to bring to about 15 oz. Beat the butter into the flour to form a smooth paste. Add a little of the juices to this and mix well, then pour onto juices, mixing again, and bring to the boil. Simmer gently for 2-3 minutes to cook flour. Correct the seasoning. If the sauce is too thick, add a little more water. Serve separately in a gravy boat. Jacket or mashed potatoes, and a cooked green vegetable (possibly broccoli) go well with this, since the sauce is so rich.

White Onion Soup (Irish)  
Soups,Vegetables,Irish  
6 Servings

2 T Butter  
1 lb Onions,thinly sliced  
2 Cloves  
2 T Flour (heaping)  
1 pn Powdered mace (or nutmeg)  
1 Bay leaf  
1 l Chicken (or pork stock)  
300 ml Milk  
1 Salt and pepper  
150 ml Cream  
2 T cheese (optional),Grated

Heat the butter, and when foaming add the onions and cloves. Let the onions soften, but not color at all. Sprinkle over the flour, mix well and cook, stirring, for about 1 minute; then add the nutmeg, the bay leaf and the stock. Stir all the time until it boils, and see that it is smooth. Simmer until the onions are cooked, then gradually add the milk, stirring, and when that boils lift out the cloves and bay leaf. It can now be liquidized, or served as is with the cream added, and a sprinkling of grated cheese.

## Russian Recipes

### Russian Kulich

- 1/2 t saffron
- 1/2 c glazed fruits,Sliced(cherries,pineapple, citrus)
- 1/2 c raisins
- 3 pk dry yeast
- 2 T light brown sugar
- 1/4 c dark rum
- 1 c almonds (toasted &,Sliced-coarsely,chopped)
- 1 c flour,Sifted
- 1/4 c milk,scalded & cooled to-lukewarm
- 3/4 c (1 1/2 stick),Unsalted-butter
- 1 c light brown sugar
- 1 t anise extract
- 1 t almond extract
- 3 egg yolks
- 1 c whipping cream,half & half-or table cream
- 4 5 c. flour
- 3 egg whites
- egg white frosting
- 1 stiffly egg white,Beaten
- 2 c powdered sugar
- 1 t vanilla (or almond extract)

Soak saffron in rum an hour or more. Combine fruits, raisins and almonds with 1 cup flour. Set aside. Dissolve yeast with milk and 2 tablespoons sugar. Allow to stand 5-10 minutes. In electric mixer, cream butter and sugar until smooth. Add extracts, yolks and warm cream. Beat in yeast mixture. Add 4 cups flour and beat until smooth and elastic, adding additional flour as necessary. Place in oiled bowl, turning to coat top of dough. Cover with plastic wrap and a towel wrung out in cold water. Allow to rise in warm place until doubled. Punch down dough. Turn out onto lightly floured board and knead in floured fruits and nuts, saffron and rum. If dough becomes sticky. Add flour, 1/4 cup at a time. Beat egg whites until stiff. Fold into dough with metal scraper or spatula. Sprinkle with a bit more flour. Thoroughly oil 2 (2 pound) coffee cans. Cut and oil waxed paper circles to fit bottom of cans. Fill each can halfway with dough. Moisten fingers and pat tops smooth. Cover with waxed paper and allow to rise in warm place in warm place until double reaches no higher than top edge of cans. Bake at 375 degrees for 20 minutes. Turn down heat to 325 degrees and bake 40 minutes. Cool 10 minutes. Turn out of can by using long thin knife to loosen. Frost while still warm.

## Adjapsandali (Mixed Vegetable Saute)

1 Servings

- 2 (1 lb) eggplants, cut into  
-1-in cubes
- 1 t salt
- 3 T corn oil
- 2 md (1 cup) onions, chopped
- 1 lb potatoes, peeled & cut into  
-1/2-in cubes
- 1 lb ripe tomatoes, peeled & cut  
-into 1/2-in cubes
- 2 carrots, grated
- 1/4 c fresh coriander, chopped
- 4 cloves garlic, chopped fine
- 1 t salt, or to taste
- 1/4 t pepper

1. Mix eggplant cubes w/1 ts salt & let stand for 1/2 hr. Rinse pieces under cold water & press out liquid gently. Set aside. 2. Heat oil in a pan, add onions, & mix for a moment. Cover the pan & cook over low heat for 5 mins. Add eggplants, potatoes, tomatoes, & carrots. Mix well & cover; continue to cook over low heat for 20 mins. Add coriander, garlic, remaining ts salt, and pepper. Cover & cook for 10 mins more. Serve hot or at room temp, or refrigerate & serve cold. Serves 6 w/other dishes.

## Armenian Lentil Soup

8 Servings

- 1 c onion, chopped
- 1/2 c carrots, sliced
- 1/2 c celery, sliced
- 3 c eggplant, peeled, cubed
- 1 c green pepper, diced
- 3 cl garlic, minced
- 6 c chicken stock
- 1 1/2 c lentils
- 1 1/2 c tomato, chopped
- 4 oz apricots, dried, sliced
- 1/4 cinnamon
- 1/4 allspice
- 1/4 cayenne
- 1 paprika
- 1 1/2 salt
- 3 T parsley
- 1 T mint

Saute veggies in olive oil. Add the rest, except parsley and mint. Simmer until lentils are tender, Add the rest. Adjust seasonings to your taste.

## Babki With Custard Filling [similar To Italian Pusties]

4 Servings

2 c butter  
1 c sugar  
2 c flour  
2 eggs  
1 custard  
2 egg yolks  
1/2 c cream  
1/2 c sugar

Beat butter to a foam. Add sugar and eggs, beat well. Blend in flour. Cook egg yolks, cream, and sugar in double boiler until thick. Butter cup cake tins and dust with bread crumbs. Line tins with dough, fill with cooked custard and cover with dough. Bake in 350 F oven for 25 minutes.

## Baklazhan /Chopped Eggplant With Mayonnaise

7 Servings

- 1 lg eggfruit, 1.5 to 1.75 lb
- 1 sm onion, finely chopped.
- 1 garlic clove, minced.
- 1 1/2 T mayonnaise, preferably  
-hellmann's.
- 1 T lemon juice, fresh
- 1 salt
- 1 pepper, black, freshly  
-ground.
- 1 olives, black, for garnish.
- 1 parsley sprigs, for garnish.

Pierce the eggfruit in several places with a knife and bake on a baking sheet until soft, about 50 minutes, turning midway through. Remove from the oven and cool.

Cut the eggfruit lengthwise in half. Scoop out the pulp and finely chop. In a large bowl, combine the eggfruit with the onions, garlic, mayonnaise, and lemon juice. Mix thoroughly and season with salt and pepper. Cover and refrigerate for several hours.

Place in a serving dish and garnish with black olives and parsley sprigs. Spoon out or serve as a dip. Serves 6 to 8.

## Baklazhannaya Ikra (Eggplant Caviar Odessa Style)

8 Servings

- 1 lg eggplant,(1 1/2 to 1 3/4  
-lb)
- 1 md onion,finely chopped
- 1 md tomato,meaty, peeled and  
-finely
- 2 lg cloves garlic,minced
- 1 T olive oil
- 2 T red wine vinegar
- 1 salt and,Freshly Ground  
-black peppe,r
- 1 fresh parsley,chopped for  
-garnish

Preheat the oven to 375 Degrees F. Pierce the eggplant in several places with a knife and bake, on a baking sheet, until soft, about 50 minutes, turning midway through the baking time. Remove from the oven and cool. Cut the eggplant, lengthwise, in half. Scoop out the pulp and chop until very fine. In a large bowl, combine the pulp with the onion, tomato, garlic, oil, and vinegar. Blend thoroughly and season with the salt and pepper. Cover and refrigerate for several hours. Place in a serving dish and garnish with the parsley. Serve with pita triangles or cocktail rye bread.

## Basturma (Georgian Pomegranate Marinated Grilled Lamb)

1 Servings

- 1 3/4 lb boneless leg of lamb
  - 1 for the marinade
  - 2 c fresh pomegranate juice (or
  - 1 c pomegranate syrup)
  - 1 sm onion,grated
  - 2 cloves garlic,minced
  - 1/4 c extra virgin olive oil
  - 1 black pepper,Freshly Ground
  - 1/4 c fresh cilantro,Chopped
  - 1 plus
  - 1/4 c for garnish
  - 1 bay leaf,crushed
  - 1 t coriander,Ground
  - 1 black pepper,Freshly Ground
  - 1 salt
  - 1 lemon wedges for serving

Cut the lamb into 1 1/2-inch cubes, trimming off excess fat or sinew. (Leave a little fat intact.)

Prepare the marinade. To juice a fresh pomegranate, cut it in half and press it on a citrus reamer. Strain juice into a large non-reactive bowl. Stir in the remaining marinade ingredients. Add the lamb and marinate for at least 4 hours, preferably overnight.

Thread lamb onto skewers and season with salt and pepper. Build the fire and let it die down to embers. Oil the grill. Rake a 1-inch layer of glowing coals beneath it. Generously season the kebabs with salt; grill, basting with any excess marinade, until the lamb is cooked to taste, 4 to 6 minutes per side. Transfer the kebabs to a platter, sprinkle with the remaining cilantro and serve with lemon wedges.

## Beef Stroganov

6 Servings

- 2 T flour
- 1 salt
- 1 pepper
- 2 lb top sirloin, cut into thin  
-strips 1, wide
- 1 butter
- 1 md onion, chopped
- 1/4 lb small button mushrooms
- 1 cn tomato sauce (8 oz)
- 1 bay leaf
- 1 c sour cream

Combine flour and salt and pepper to taste. Add beef strips and toss to coat evenly. Melt 2 tablespoons butter in large skillet over medium heat. Add onion and cook until just beginning to become tender. Add mushrooms and cook briefly. Remove from pan. Add additional 2-3 tablespoons butter as necessary to saute meat. Add floured beef and cook until lightly browned.

Combine beef and onion-mushroom mixture in casserole. Stir in tomato sauce and tuck in bay leaf. Cover and bake at 350°F. about 1 hour, or until meat is tender. Just before serving, stir in sour cream.

## Beet Kvas

2 Servings

4 lb beets, <no tops> water  
-lukewarm

Grate the beets. Place the grated beets in a large crock and cover with the lukewarm water. Cover securely and place in a warm place. Keep covered for 6 days then it is ready. Skim the resultant scum from the top and pour through a clean cheese cloth into a clean jar. Keep refrigerated. This will keep refrigerated for 12-14 days. It should be deep red in color and have a sour smell. If mold grows on the beets this is normal.

## Beet Pkhali

1 Servings

- 3 lg beetroot, with their skins,  
-but stemmed, washed, and
- 1 walnut sauce [georgian] [\*]
- 2 T parsley, fresh, chopped.
- 1 T vinegar, tarragon, or more  
-to taste,.
- 1 salt, to taste.

Preheat oven to 375°F.

Wrap the beets in aluminium foil and bake until tender, about 1 1/4 hours. Cool completely. Peel the beets and cut into pieces. Mince in a food processor.

Combine the beets with the WALNUT SAUCE in a bowl. Add the parsley and 1 tbspn of vinegar. Mix thoroughly and season with salt. Taste and add more vinegar, if desired. Cover and refrigerate for at least 4 hours.

To serve, spread the pkhali on a plate and smooth the top with a spatula. With a knife, make a pattern of diamonds in the top.

## Blinchaty Pirog

- 1 T oil
  - 1 onion, chopped
  - 2 cloves garlic, chopped
  - 12 oz beef, Ground
  - 3 t tomato paste
  - 12 oz mushrooms, minced fine
  - 6 oz dry red wine
  - 1/2 c rice, Cooked
  - 2 oz green onion, chopped
  - 1 T dill, fresh
  - 1/2 c cottage cheese
  - 1 T arrowroot dissolved in water
  - 1 lemon juice
  - 1 cayenne
- CREPES =====
- 1 T oil
  - 4 oz flour, sifted
  - 10 oz non-fat milk
  - 1 egg
  - 1 egg yolk
  - 1 ds salt & pepper
- SAUCE =====
- 1 1/4 c plain yogurt, strained
  - 1 T dill
  - 2 oz sweet white wine

In a wok or large skillet saute in 1 tb oil, onion and garlic til onion is clear. Remove and set aside. Brown ground beef and add 3 tsp tomato paste. When browned, return onion and garlic to wok, add mushrooms, red wine, cooked rice, green onion and dill. Add arrowroot dissolved in water to thicken. Squeeze in some lemon juice and sprinkle with cayenne. Place in warm oven until needed and just before using, add cottage cheese.

### CREPES:

Blend all ingredients except oil and let stand 30 minutes before using. Pour oil into crepe pan, swoosh around and pour remainder into batter. Make 1 large pancake covering one side with branches of fresh dill or sprinkle with dried dill. Turn and cook and remove. Make other large pancakes until batter is gone.

SAUCE: Combine ingredients and serve over combined dish.

TO SERVE: Place crepe on platter and layer meat and mushroom mixture over pancake. Place another pancake on top, then meat, then pancake, etc. until finished. Top with dilled pancake and serve with sauce on the side.

## Blini With Three Caviars

2 1/2 T sugar  
2 c milk  
2 T unsalted butter, melted,  
1 plus additional for brushing the griddle  
1 c buckwheat flour (available at natural foods stores)  
1 c all-purpose flour  
1 t salt  
2 lg eggs, separated  
3/4 c well-chilled heavy cream

a 1/4-ounce package (2 1/2 teaspoons) active dry yeast about 2 cups sour cream as an accompaniment about 4 ounces each black caviar, golden caviar, and salmon roe

In a large bowl proof the yeast with 1/2 tablespoon of the sugar in 1/3 cup lukewarm water for 10 minutes, or until it is foamy. Stir in 1 cup of the milk, heated to lukewarm, the remaining 2 tablespoons sugar, 2 tablespoons of the butter, and the buckwheat flour, beat the batter for 1 minute, and let it rise, covered with plastic wrap, in a warm place for 2 hours or chill it, covered tightly, overnight. (Chilling overnight produces a tangier flavor. Let the batter come to room temperature before continuing with the recipe.) Stir in the remaining 1 cup milk, heated to lukewarm, the all-purpose flour, the salt, and the yolks, beat the mixture for 1 minute, and let it rise, covered with the plastic wrap, in a warm place for 1 hour, or until it is double in bulk and bubbly. In a bowl beat the cream until it holds soft peaks and fold it into the batter. In a metal bowl beat the egg whites until they just hold stiff peaks and fold them into the batter gently but thoroughly.

Heat a griddle or large skillet over moderate heat until it is hot, brush it lightly with the additional melted butter, and spoon tablespoons of the batter onto the griddle, spreading them to form 3-inch rounds. Cook the blini for 1 minute on each side, or until the undersides are golden. Transfer the blini as they are cooked to a platter and keep them warm, covered with a kitchen towel. Make blini with the remaining batter in the same manner, brushing the griddle lightly with the butter as necessary. The blini may be made 2 days in advance and kept covered and chilled. Reheat the blini, covered with foil, in a 350 F. oven for 10 to 15 minutes, or until they are warm, or microwave them on a microwave-safe platter, covered with microwave-safe plastic wrap, at high power (100%) for 2 minutes, or until they are warm.

Arrange 3 or 4 blini on each of 18 small plates, top them with some of the sour cream, and arrange some of the caviar decoratively on the sour cream. Serves 18 with blini to spare.

## Bliny

2 Servings

3/4 c flour  
1 t granulated sugar  
1 t shortening  
1 1/2 t yeast  
1/2 t salt  
1 egg, separated  
1 1/2 c milk  
2 t vegetable oil

Heat 3/4 of milk to 35C (about 95F). Add yeast till fully dissolved.

Add half of sugar, yolk, melted shortening - keep stirring. Add half of flour. Stir batter until smooth. Cover with cloth and let stand for 1-1/2 to 2 hours. It should rise to double its original size. Mix, heat remaining milk to 50C (this would be about 120F, I think -- I'm just converting the Laakso temperatures in my head, and my Fahrenheit is a bit shaky), pour in. Fold in remaining flour, sugar, and gradually, well-beaten egg-white. Cover with cloth and leave for 2-1/2 to 3-1/2 hours.

Brush large skillet with the vegetable oil. Heat until quite hot. Spoon batter onto skillet to cover the surface. Turn blin over when one side is a nice golden colour. Serve hot.

Serves two.

## Borsch

1 c navy beans,dry  
2 1/2 lb beef,Lean  
1/2 lb slab bacon  
10 c cold water  
1 bay leaf  
8 whole peppercorns  
2 cloves garlic  
2 T parsley,Dried  
1 carrot  
1 celery stalk  
1 lg red onion  
1 t salt (opt)  
8 beets for soup  
2 sm beets  
2 c green cabbage,shredded  
2 lg leeks,sliced  
3 md potatoes,cut into eighths  
1 cn (1 lb 13 oz) tomatoes  
1 T tomato paste  
3 T red wine vinegar  
4 T sugar  
1 lb kielbasa (opt)  
2 T flour  
1 T butter,melted  
1/2 c sour cream (opt)

Cover beans with water and allow to soak overnight; cook until tender; drain; set aside. Place beef, bacon and water in large soup pot; bring to a boil. Skim fat from surface. Add bay leaf, peppercorns, garlic, parsley, carrot, celery, onion and salt. Cover and simmer over low heat for about 1 1/2 hours.

Scrub beets for soup and cook in boiling water until tender, about 45 minutes; drain and discard water; cool. Peel and cut each beet into eighths. Scrub small beets; grate; cover with water to soak.

Remove meat from soup; set aside. Strain soup into another pot and add cooked beets, cabbage, leeks, potatoes, tomatoes, tomato paste, vinegar, sugar, beef and bacon. Bring to a boil and simmer 45 minutes. Cut kielbasa into chunks and add with navy beans to soup. Simmer 20 minutes more.

Mix flour and butter together to form paste. Stir into soup to thicken slightly. Strain raw beets, saving liquid and discarding beets. Add beet liquid to soup.

Additional sugar or vinegar may be added for sweeter or more sour flavor. Slice meat and arrange in individual soup bowls. Pour hot soup with vegetables over meat. Garnish each serving with a dollop of sour cream, if desired.

Botvinia <cold, Green Vegetable Soup W/ Fish>

8 Servings

- 1 cucumber large,peeled,  
-halved,seed,ed, & diced
- 1 1/2 lb spinach leaves fresh,washed
- 6 T frsh lemon juice
- 1 1/2 lb sorrel leaves,fresh
- 3 T horseradish root,fresh  
-grated
- 1 t salt
- 3/4 t sugar
- 1/2 lb crab meat
- 1 1/2 lb poached sturgeon,in 1 pcs.  
- (or -)
- 1 1/2 lb whitefish in 1 pcs.,Poached
- 1 c scallions,Sliced
- 1/4 c onion,Chopped
- 1 garlic clove,Minced
- 2 oz vodka
- 1 1/2 qt beer
- 1 c yogurt,plain

Boil 3 quarts of water in a large pan. When boiling briskly add the spinach and the sorrel. Cook uncovered at a brisk boil for 6-8 minutes. drain water off, wash vegetables in cold water, then puree in blender. cool to room temperature. Combine the other ingredients in bowl, except for the beer and vodka. When mixed well slowly add the beer and the vodka stirring constantly. Chill for a minimum of 2 hours before serving.

## Bulitsikov's Eels

6 Servings

2 lb eels  
4 onions thin,Sliced  
4 c potatos thin,Sliced  
1/4 lb salt pork,Diced  
1 t salt  
1 t pepper  
1/4 c flour,all-purpose hot  
-water

Make a layer of onions and potatos on the bottom of a large heavy pot. Mix the sal, pepper, & flour together, set aside. Slice the eels into small pieces and make alayer on top of the potatos and onions. Sprinkle each layer with the salt-flour mixture. Continue layereing until all ingredients are used. Be sure the top layer is of potatos & onions. Fry the diced salt pork until browned and then pour the pork and the resulting grease over the top layer. Add hot water until it almost covers the top layer. Cover tightly, simmer for 55 minutes or until done. Serve hot.

## Burakovyi Kvas (Fermented Beet Juice)

10 Servings

3 lb beets  
3 T coarse rock salt, kosher not  
- table due to a  
1 sl sourdough bread  
2 qt ,water, up to 3 maybe need  
1 ,square cheesecloth and st  
1 ga ,glass jar or stone crock  
4 qt ,jars, or  
8 pt ,jars

Scrub beets, pare and cut into quarters. Place in a clean jar or crock and sprinkle with the salt. Boil the water and pour into the jar. Cook, add the bread to aid in the fermentation, cover with the cheesecloth and tie with the string. Set in a cool place to ferment for about 1 week. (Do not do this in hot humid weather; it will decompose, not sour.) Remove any mold as it appears. Flavor develops in 1 to 2 weeks. Remove the bread, mold, and cheesecloth. Taste. It should be sourish but mild, not brackish. Pour into clean dry jars and cover, keeping it refrigerate until ready to use. It will keep well in the refrigerator.

## Cabbage W/ Smoked Meats

6 Servings

- 4 c cabbage leaves, Shredded
- 1 lb pork shoulder boneless
- 2 T bacon grease (or oil)
- 2 c sauerkraut
- 2 bay leaves
- 6 peppercorns
- 3 onions medium, Chopped
- 1 t allspice
- 1 1/2 lb smoked sausage <kielbasa is  
-works well>
- 1 lb smoked ham dry if possible
- 3 T flour
- 2 T lard (or crisco)
- 1 c ham stock

Brown the pork shoulder in a large Dutch oven in the bacon grease. Remove, drain sauerkraut and save the liquid. Cook onions until clear, add cabbage & sauerkraut. Mix, add the bay leaves, allspice, & peppercorns. return the pork shoulder to the pot, cover, and cook over a low heat for 1 hour or until the pork is tender, Skim off the grease and add the ham, sausage, & sauerkraut juice. Cook for 1/2 hour. cook the flour in the lard or Crisco until golden add the ham stock and pour into the main pot stirring well. Heat to boiling and simmer until the sauce thickens. Slice the pork and sausage into manageable pieces and serve over the cabbage mixture.

## Carrot Babka

8 Servings

- 2 lb carrots peeled &, Grated
- 3 eggs separated
- 1 c bread crumbs
- 3 T butter
- 2 T flour
- 2 T sugar
- 2/3 c sour cream, Beaten
- 1 salt, To Taste

Mix bread crumbs and carrots then brown in 1 T of butter. Stir 1/2 cup sour cream, egg yolks, sugar, 2 T butter, flour, & salt. Combine with the egg whites which you just whipped and mix well. Mix the carrot-bread crumb mixture and pour the mixture into a greased baking dish. Cover and bake at 350 degrees F in pre-heated oven for 50 minutes. Serve hot with dollops of the remaining sour cream.

## Caviar Patrijani (Georgian Caviar)

1 Servings

4 c water  
2 lg (1-1/2 lbs) eggplants  
2 md (1 cup) ripe tomatoes  
    -quartered  
2 (1 cup) red (or green sweet)  
    -pepper,,cored, seeded, and  
2 T corn oil  
2 md (1 cup) onions,chopped  
2 cloves garlic,chopped fine  
1 t salt  
1/4 t pepper  
1 t red-wine vinegar

1. Bring 4 c water to a boil in large pan, put in whole eggplants, cover, & cook over moderate heat for 15 mins , which is enough to soften them. Drain, cool, & peel eggplants. Press the liquid gently thru metal sieve.
2. Process tomatoes & peppers to a puree, then add eggplant. Heat oil in a skillet & stir-fry onions over moderate heat for 2 to 3 mins, until golden. Add puree & stir-fry over low heat for 10 mins.
3. Turn out mixture into bowl & briskly stir in garlic, salt, pepper, & wine vinegar. Refrigerate. Serve cold or at room temp. Makes 4-6 servings.

## Ceregi

1 Servings

1/2 c butter  
4 c flour  
1/2 c sugar  
1/2 t salt  
6 eggs,beaten

Mix dry ingredients, add butter and blend well. Add eggs and mix dough as for noodles. Roll out thin and cut into squares. Then cut through center a little and put two corners through the center so it looks like bow ties. This fried very rapidly in deep fat, so you have to watch them and take them out immediately as they get golden brown.

## Chakapuli (Lamb And Plums In Herb Sauce)

8 Servings

3 lb lamb,shank or boneless,  
-into 2-in,pieces

5 bn (abt 20) fresh scallion  
-chopped fi,ne water

2 T dried tarragon salt,or to  
-taste pe,pper

1/4 c fresh mint leaves,chopped  
-or

2 T mint,Dried

1 1/2 lb (10-12) fresh plums

1/2 c fresh coriander,chopped

3 T fresh lemon juice

1. Put lamb in a dry pan, cover, & cover over low heat for 15 mins, stirring now & then. Add scallions & water, & bring to a boil. 2. Add tarragon, salt, pepper, mint, & plums. Simmer over low heat for 20 mins. Add coriander & lemon juice & cook until tender. Total time will be abt 1 hr. Serve hot w/white rice. Serves 8 to 10 w/bread & salads. NOTE: The chakapuli may be frozen for future dining. Simply thaw out for several hrs & then briefly warm up.

## Charkhali (Beet And Coriander Pickle)

1 Servings

- 1 lb fresh (or canned beets)
  - cooked
  - peeled,, & cut into 1/2 c
- 1/8 t cayenne pepper
- 1/2 t ,salt
- 4 cloves garlic,put through a
  - press
- 1/2 cup,loosely packed fresh
  - coriander,, fine chopped
- 3 T red-wine vinegar

1. Mix everything together well. Store in jar w/tight cover & refrigerate for up to 2 wks. Serve cold or room temp w/any dairy or meat dishes.

## Cherry Vareniki (Cherry Dumplings)

1/3 c sour cream  
1 egg  
1 egg yolk  
1 t salt  
1 1/2 c flour  
16 oz cherries, tart red, Pitted  
-canned  
9 T sugar  
3 T cornstarch  
1/4 t cinnamon  
1/8 t cloves  
1 egg white  
23 oz sour cherry preserves  
6 T butter, melted  
1 pt sour cream

Blend 1/3 cup sour cream, egg, yolk and salt. Add flour and mix thoroughly until dough forms ball. Wrap dough in plastic, refrigerate 2 hours.

Drain cherries in colander over bowl, reserve syrup.

Cut dough into 8 pieces. Roll 1 piece out in pasta machine or by hand. Cut out 3 inch rounds. Repeat rolling and cutting with remaining dough until you have 36 rounds.

Line baking sheet with paper towels. Mix 8 tablespoons sugar, cornstarch, cinnamon and cloves in medium bowl with fork. Brush 1 dough round lightly with egg white. Place 1/4 teaspoons preserves in center of dough. Roll two cherries in sugar mixture and set on top preserves. Fold one side of dough over filling, pressing edges to seal. Place on prepared sheet. Repeat with remaining dough, preserves, cherries and sugar mixture.

Pour reserved cherry syrup into saucepan. Stir in 1 tablespoon sugar and boil until reduced to 1/3 cup. Cool. Bring a large pot of water to a boil. Cook in 2 batches, 18 vareniki at a time and cook for 10 to 12 minutes, stirring occasionally.

To serve, place 6 vareniki in a bowl. Spoon 1 tablespoon melted butter over and sprinkle a tablespoon of sugar over. Top with a dollop of sour cream and drizzle cherry syrup over.

## Chicken Gorky

4 Servings

- 3 lb chicken breasts boneless
- 2 oz vodka, Heated
- 1 T tomato paste
- 5 T butter
- 1 T flour
- 1 1/2 c sour cream (or plain yogurt)
- 4 T feta cheese, Crumbled
- 1/2 t pepper
- 1/2 t salt
- 1/2 T parsley, Dried
- 1 garlic clove, Minced
- 3/4 c chicken broth
- 1/4 c onion, Chopped

Brown chicken in butter with the chopped onions. Pour heated vodka over the chicken & onions. Add the garlic, salt, pepper, & parsley. Remove chicken from the pan, dredge in the flour, add the tomato paste, & chicken broth to the pan. Stir-in the sourcream & feta cheese. Bring to a boil, stirring constantly. Add the chicken again to the mixture, reduce heat and simmer for 20-30 minutes. Arrange the chicken in a deep casserole dish.

Pour the mixture over the chicken and cook in preheated 350 degree F oven and cook for 20 minutes or until brown on top.

## Chicken Kiev

4 Servings

- 4 chicken breasts
- MIX TOGETHER
- 1 c fine dry breadcrumbs or  
-cracker mea
- 2 t parsley
- 1/2 t garlic powder
- 2 t tarragon
- 2 t chives
- 1 egg
- 3 T butter
- 3 T fresh lemon juice,from 1  
-lemon

Fill a bowl full of either very fine cracker crumbs (straight Saltines; not anything weird) or very fine dry breadcrumbs. Add to this some parsley, chives, garlic powder and just a little tarragon. Coat chicken breasts with egg, then in the crumb mixture. Melt lots of butter in a heavy pan, moderate heat works best to brown, and cook the chicken without burning it or drying it out. Turn pieces frequently (2 - 3 times each side).

After first side is done and while second side is cooking, sprinkle a little lemon juice on that side. Repeat each time you turn the pieces, trying not to get the lemon juice in the butter, just on the chicken; as the butter and lemon juice together make a lot of muss and fuss and noise. You will need to add butter once or twice more while cooking. Takes about 15 - 20 minutes to cook altogether.

## Chicken Kotletki With Sour Cream Sauce

- 1 filling
- 3/4 lb fresh mushrooms, finely chopped
- 1/4 t salt
- 1 pepper, Freshly Ground
- 1 patties
- 2 lb skinless, boneless chicken breasts,, ground
- 2 c fresh bread crumbs
- 1/2 c light cream
- 1 egg, lightly beaten
- 1 1/2 t salt
- 1 cayenne pepper, nutmeg and black pepper
- 2 T butter
- 1 T oil
- 1 sauce
- 2 T butter
- 1/4 c finely green onions, Chopped
- 2/3 c whipping cream
- 2 t white vinegar
- 2/3 c sour cream
- 1/4 t salt

Filling: Melt butter in skillet and over med. high heat, saute mushrooms with salt and a pinch of pepper until mushrooms are browned and liquid has evaporated. Remove one tbsp. mushrooms to add to the sauce and reserve the rest for filling the 'kotletki' Patties: In a large bowl, mix together 1 cup of the breadcrumbs and the cream, combine with the chicken, egg, salt and a pinch each of the cayenne, nutmeg and pepper. Spread remaining crumbs in a shallow pan. Divide chicken mixture into 8 portions. With wet hands, form each portion into an oblong patty. Flatten slightly and in center, place 1/8 of the mushroom filling. Fold over and pat chicken around filling. Roll each patty gently in bread crumbs and place on waxed paperlined tray. Repeat with remaining chicken and filling to make 8 patties. Cover and chill the patties. Recipe can be prepared ahead up to this point. In 1 large or 2 med skillets, heat together butter and oil. Arrange patties in a single layer and saute over medium heat for about 5 minutes on each side, adding more butter if necessary, until patties are golden brown. Sauce: Meanwhile in a small saucepan, melt butter and cook onions without browning for 2 - 3 minutes. Add cream, increase heat to high and cook, stirring constantly, until cream thickens slightly. Reduce heat to low, add vinegar, sour cream and salt. Heat through, but do not boil. Add reserved mushroom filling. Taste and adjust seasoning. Serve each kotletki napped with a spoonful of sauce, and garnished with watercress Accompanied by Kasha..

## Chikhirtma (Coriander-Flavored Onion Soup)

1 Servings

2 T butter (or margarine)  
3 md (1-1/2 cup) onions, chopped  
6 c water  
1 bn (abt 10 sprigs) fresh  
    -coriander, tied together  
1 T flour  
1 T wine vinegar  
1/4 t cinnamon, ground  
1 t salt, or to taste  
1/4 t pepper  
2 eggs, beaten  
2 T fresh dill, chopped  
2 T flat-leaf italian parsley  
    -chopped  
1 t lemon juice

1. Melt 1 tb butter or margarine in a pan, add onions, & stir-fry over moderate heat until golden, abt 3 mins. Add the water & tied bunch of coriander & bring to a boil. Cook for 10 mins.
2. Mix flour w/1/4 cup of hot broth & vinegar. Add this to soup. Add cinnamon, salt, & pepper & simmer over low heat for 15 mins. Remove pan from heat. Remove & discard coriander.
3. Mix eggs w/1/2 cup of slightly cooled broth & return it to soup pan w/remaining tb butter or margarine. Stir in dill, parsley, & lemon juice. Serve immediately. Serves 6.

## Chrov Plav

4 Servings

- 1 c rice, Uncooked
- 1/4 c almonds, Chopped
- 2 T currants
- 2 T raisins
- 6 prunes dried, pitted, &  
-coarsely chopped
- 3 T dates, Chopped
- 4 T butter
- 1/4 c apricots, dried, pitted &  
-cut into strips 1/4x1
- 1 T honey
- 2 c cold water

Soak, dates, currants, & prunes in a bowl of warm water for 15 minutes. Then remove them, pat dry, and mix with the other dried fruits. Melt the butter in a large, heavy skillet over High heat. Add the fruit mixture and the almonds. Reduce the heat to Low and stir for 4 minutes, Stir in the honey, rice, and water. Raise heat to High and bring to a boil. reduce heat to Low, cover and simmer for 25 minutes. Serve hot.

## Circassian Chicken

1 Servings

- 3 1/2 lb stewing chicken
- 1 sm carrot -- scrapped &,Diced
- 1 md onion -- peeled and,Chopped
- 1/4 c parsley -- fresh
- 1 salt --,To Taste
- 1 pepper --,To Taste
- 2 c walnuts --,Shelled
- 3 white bread -- stale,Slices
- 1 lg onion -- peeled and,Chopped
- 1 T paprika

Put chicken, carrot, onion, parsley, salt, pepper and 5 cups of water in a large kettle. Bring to a boil. Reduce heat and simmer, covered, for 2 hours, or until tender. The exact simmering time will depend on the age of the chicken. Remove chicken from kettle to cool. Strain broth and reserve. Cut meat into shreds. Out the walnuts through a meat grinder twice. After each grinding reserve the oil separately from the nuts. Soak bread in some of the strained chicken broth until soft. Squeeze dry and mix with ground walnuts, onion and pepper. Put this mixture through a meat grinder 2 more times. Then gradually add about 1 cup of the strained chicken broth to the mixture to make a paste or sort of mayonnaise-type sauce. Combine 1/2 of this sauce with the shredded chicken and spread evenly on a platter. Cover with remaining sauce. Garnish with the reserved walnut oil by sprinkling it, along with the paprika, over the sauce.

## Cossack Braised Lamb

1 Servings

- 3 1/16 lb lamb shoulder 1/2, Cubed
- 2 onion, chopped
- 1 T tarragon
- 1/2 T paprika
- 2 garlic cloves, Minced
- 2 t salt
- 1/2 c beef stock
- 1 c yogurt, plain
- 2 apples, cored, peeled, &  
-cubed 1/2

Brown lamb slowly in butter, add additional butter if necessary. Add onion, paprika, & tarragon. Saute for 4-5 minutes, add vinegar, salt, pepper, & stock. Cover & simmer until meat is tender, about 1 hour. Stir in the yogurt and apples and simmer for 15 minutes more. You may want to serve this dish with rice or noodles.

## Cossack Chicken & Mushrooms

4 Servings

12 oz chicken boneless & skinless

5 T butter

1 garlic clove, Minced

1 onion lg.

1/2 t nutmeg fine, Ground

1/2 c swiss cheese, Grated

1/2 c feta cheese, Crumbled

3 T sour cream (or plain yogurt)

1/2 lb mushrooms, fresh, washed &  
-coarsely, chopped

Cook the onion & mushrooms together in 4 T of the butter. Mince the onion/mushroom mixture and the chicken together. Add the garlic & the chicken-mushroom mixture and cook for 5 minutes adding salt & pepper to taste. Remove from heat and stir in the yogurt and nutmeg. Preheat the oven to 400 degrees F. Pour the chicken mixture into a baking dish and sprinkle with grated cheese. Bake for 15 minutes.

## Cossack Dill Pickles <kvasheni Ohirky>

5 Servings

- 5 garlic cloves bruised
- 8 dill sprigs, Chopped
- 1/4 t alum (or 3 cherry leaves)
- 1 c coarse salt
- 16 peppercorns
- 5 lb cucumbers small unwaxed
- 4 qt water

Soak the cucumbers in ice water for 5 minutes. Scald a gallon size glass jar in boiling water. Place the cherry leaves or the alum in the bottom of the jar. make a layer of cucumbers on the jar, add a few of the garlic cloves & some of the dill. Do this until all is used. Bring water to a boil then add the salt and pour over the cucumbers. Cover with a plate and sit it in a dark, cool place to ferment. These pickles will be ready in 10-12 days. It is important to not put a tight lid on the jar!

## Cossack Roast

8 Servings

- 1 roast 4-5 lb boneless use  
-either beef or horse
- 5 onions medium size, Chopped
- 1 1/2 t salt
- 1 t cloves, Ground
- 1 t cinnamon, Ground
- 1/2 t nutmeg, Ground
- 1/2 c cider vinegar
- 1 garlic clove, Minced
- 2 T butter
- 4 T yogurt plain
- 2 c cabbage, Shredded
- 2 turnips, Diced
- 4 carrots, Diced
- 1 t black pepper, Fresh Ground
- 1/2 t white pepper, Fresh Ground
- 1/2 c raisins
- 1/2 c apple cider
- 1 1/2 c water

Place meat in a deep roaster. Mix spices with the 2 chopped onions and garlic. Cover meat with this mix. Pour vinegar over the meat. Cover and refrigerate for 24 hours. Turn the meat at 12 hours. Pre-heat oven to 275 degrees F. Pour off the liquid and reserve it. Place meat back into roaster. Add 1/2 cup of the vinegar mixture, the cider, water, & raisins. Cover and cook for 2.5 hours. Melt the butter in a skillet add the carrots, turnips, remaining 3 chopped onions & cabbage and cook until slightly browned. Spread the vegetables over the meat and roast for .5 hour. Remove the roast from the roaster and slice. Skim fat from liquid in pan and serve the vegetables with the liquid.

## Cucumber Dill Salad

6 Servings

- 3 cucumbers peeled &,Chopped
- 2 scallions,Chopped
- 2 c yogurt plain
- 1 t black pepper
- 2 T dill fresh,Snipped
- 2 T black olives,Chopped

Mix all ingredients except the dill in a large chilled bowl.  
Sprinkle the dill over each serving liberally. Serve chilled.

## Deruny (Ukrainian Potato Pancakes)

6 Servings

1 lg onion,grated  
6 potato,peeled & grated  
2 T flour  
2 eggs  
2 t salt  
3/4 t black pepper  
1 pt sour cream  
1/2 pt cream

In a large bowl use a mixer to puree the ingredients except the sour cream & cream. You may do this in a food processor as well or a blender. Heat oil in a skillet and when hot drop large spoonful of the mixture. Cook until browned on one side. Turn and repeat. When done remove, drain, and place in a warm oven.

Mix the sour cream & cream together.

Serve warm with a large dollop of the the cream mixture! This a staple in Ukrainian homes and these pancakes will store well in the refrigerator for 2-3 days. In many homes preserves or jam is also served on these delicious pancakes.

## Didivs'ka Iushka (Grandfather Soup)

1 Servings

2 c ,water  
2 t salt  
1/4 c milk,or half & half  
3 T butter  
2 md potato  
1 onion  
1 carrot  
1/2 c flour

Cube the potatoes 1/2" after peeling them. Julienne the carrot, and chop the onion. Bring the water to a slow boil and add the potatoes & carrot, salt, and cook for 6 minutes.

Mix the flour, 1 tablespoon of butter, and enough of the butter to make a stiff dough. Pinch off pieces of the dough and roll into 1/2" ball and drop into the slow boiling soup.

Saute the onion in the remaining butter until they start to brown. Add the milk & onions to the soup and cook for 5 more minutes.

## Dnepro Chicken Stew

10 Servings

- 1 chicken large
- 1/4 lb salt pork, Cubed
- 2 onions coarsely, Chopped
- 1 T salt
- 2 T butter
- 2 carrots, Shredded
- 8 potatos, Cubed
- 1 qt buttermilk
- 1 garlic clove, Minced
- 1/2 t dill freshly &, Snipped  
-chopped

Cut chicken into serving pieces. Place in a large, heavy pot and cover with water. Bring to a boil, lower heat, and simmer for 2. Remove from the heat, cool, and remove meat from the bones. Skim the fat from the top of the liquid when has cooled. Chop the chicken meat into coarse chunks and return to the liquid. Fry the salt pork with the onion & garlic until the pork is browned. Place the pork, pork grease, onions, potatos, carrots, & salt into the liquid and then add 1 qt. of hot water. Bring to a boil then boil for 10 minutes. Reduce heat to simmer. After 10 more minutes add the buttermilk & butter and cover. Cook for 10 minutes more then serve hot.

## Eggplant Pkhali

6 Servings

- 1 lg eggfruit, 1.5 to 1.75 lb
- 1 walnut sauce [georgian] [\*]
- 1 coriander, fresh, for  
-garnish.

Preheat the oven to 375°F.

Pierce the eggfruit in several places with a knife and bake on a baking sheet until soft, 50 minutes to 1 hour, turning midway through. Remove from the oven and cool.

Cut the eggfruit lengthwise in half. Scoop out the pulp, removing some but not all of the seeds, then coarsely chop. Combine the eggfruit with the WALNUT SAUCE in a bowl. Cover and refrigerate for 6 to 8 hours.

Place in a serving dish and serve at room temperature, garnished with the coriander. Serves 6.

## Forshmak

10 Servings

1/2 lb beef,Ground  
1/2 lb lamb,Ground  
6 oz salted herring  
1/2 c sour cream  
3 eggs seperated  
4 T butter  
1 onion lg.,Chopped  
3 potatos peeled &,Boiled  
1/2 t salt  
1/2 t black pepper  
2 T parmesan cheese fine,Grated  
2 T bread crumbs

Put 1 qt of milk into a bowl and soak the herring in it overnight.. remove the and pat dry being sure to remove any and all bones. Coarsely chop the herring. Fry the onions in 2 T of butter until golden. Pan fry the ground meats seperately and place into a food processor/blander. Add the onion, herring, & potatos. Chop/blend until smooth mixture is formed. Stir in the sour cream and egg yolks then add the spices. Beat the egg whites until they are stiff but not dry. Preheat the oven to 400 degrees F. & grease a 2 qt. baking dish. Stir in the egg whites and mix until Fold in the egg whites at this point and turn the mixture into the greased baking dish. Sprinkle with the bread crumbs and parmesan cheese, dot with the remaining butter, & then bake for 40 minutes. Serve hot.

## Fruited Rice W/ Mushrooms & Almonds

8 Servings

- 2 c basmati rice,Uncooked
- 1/2 c dried apples,Diced
- 1/2 c dried apricots,Diced
- 1/2 c dried dates,Chopped
- 1/2 c raisins
- 1/2 c prunes pitted and,Chopped
- 1/2 c almonds,Slivered
- 1 c mushrooms fresh,Sliced
- 1 t salt
- 1 t cinnamon,Ground
- 1 water as needed for rice

Put water into a large pot and bring to a boil. Add rice, stir, and reduce heat. Add the fruits & salt. cook for 15 minutes on Medium heat. Add remaining ingredients, stir, cover and continue for balance of cooking time. Stir as needed. Note: This dish may be served as a meatless maindish or as a sidedish for poultry, fish, or beef. It is especially good with veal.

## Georgian Cheese Pastries

24 Servings

### PASTRY =====

1 1/2 c flour,all-purpose  
1/2 t salt  
1/2 t cream of tartar  
10 T butter,unsalted,cold  
1/4 c water,ice

### CHEESE FILLING =====

1 egg  
1 c muenster cheese,shredded  
1 c cheddar cheese,shredded  
3 T parmesan cheese,grated  
1/4 c parsley,chopped  
2 T chives,chopped  
2 T mint,chopped

1. Prepare Pastry: Place flour, salt, cream of tartar and butter in food processor. Whirl until texture of coarse meal. Add water. Whirl just until combined and mixture begins to mass together. Place on plastic wrap, flatten to a disk, and wrap airtight. Refrigerate at least 1 hour or up to 30 days.
2. Roll dough on floured surface to 1/8" thickness. Cut out 24 circles with 3" round cookie cutter, rerolling scraps; or trace around 3" water glass. Pleat edges of circles and fit in bottom of muffin tins.
3. Prepare Filling: Beat egg in bowl. Add Meunster, Cheddar, Parmesan, parsley, chives and mint. Spoon 2 teaspoons filling in each pastry shell; spread level. (Can be prepared up to 3 hours ahead and refrigerated.)
4. Bake in preheated hot oven (425°F) for 12-15 minutes or until the filling is golden brown and the pastry begins to color. Remove from tins; cook on rack. Serve warm.

## Georgian Chicken

4 Servings

- 1 whole roasting chicken,3-4
- 1 pounds
- 1 lemon
- 3 T oil
- 3 onions,chopped
- 2 c beef (or lamb),Ground
- 1/2 t pepper
- 1/2 t cinnamon,Ground
- 1/4 t nutmeg,Ground
- 1/4 t cloves,Ground
- 1/2 t salt
- 2 c unsweetened red grape juice
- 1 t sugar
- 1/2 c water
- 2 T blanched almonds,halved
- 1 grapes,For Garnish

Squeeze juice from lemon and reserve. Rub the empty lemon halves over chicken.

Saute onions in hot oil, until transparent. Add beef or lamb and saute, stirring, until meat is just cooked [redness gone]. Drain excess fat and reserve. Saute meat another 5 minutes. Add spices, salt, 1 Cup grape juice, lemon juice and sugar. Cook, constantly stirring, until most of the liquid has evaporated. Stuff the chicken with the meat mixture.

Pour saved fat into skillet and brown chicken on all sides. Transfer browned, stuffed chicken to dutch oven, add 1/2 C grape juice, water and almonds. Cover tightly and simmer over low heat for approximately 3 hours, or until chicken is thoroughly cooked. Baste every half hour, or as needed to remain moist. Add more grape juice if liquid diminishes. Place cooked chicken on serving platter. Spoon liquid over chicken and garnish with grape clusters.

## Georgian Fruit Buns

24 Servings

6 T baking powder  
2 t cinnamon, Ground  
6 1/4 c wheat all-purpose flour  
1 t salt  
1/2 t all spice  
12 g brown sugar\*  
1/2 c karo white syrup\*  
2 c raisins  
2 c cream or-  
2 c 1/2 & 1/2\*  
1/2 c cream cheese\*  
4 c apples 1/4, Diced  
1/3 c prunes pureed  
1/3 c apple sauce  
1/3 c peaches pureed  
1/3 c water

In the former Soviet union there lies in the South, a country, Georgia. The people are friendly, warm and wonderful. Their cuisine is blend of Middle Eastern, Slavic, and Central Asian. It is delicious, spicy, and fun! Enjoy!

Mix the dry ingredients together in a large mixing bowl. Pour the syrup, the purees, and the water over the dry mixture . Add the cream cheese in chunks. Mix by hand using your hands by working your hands

under the dry ingredients from the sides. Use a folding motion and mix until all ingredients are thoroughly blended together. Add the diced apples and the raisins. Mix them into the dough by the same folding method. Add the cream or 1/2 & 1/2 and fold until completely blended. Make 24 round balls of the dough. Place on a well greased baking sheet, slightly squash the top of each loaf and bake for 50-55 minutes in pre-heated 300 degree F oven. NOTE: Honey may be substituted for the Karo syrup. Ingredients that are marked with an (\*) are US equivalents for products not available here in this country

## Georgian Potato Soup

8 Servings

### MAIN SOUP INGREDIENTS =====

6 c potatos 1/2,Diced  
1/2 c onions small,Chopped  
1/4 c scallions,Chopped  
1 c apple sauce  
1/4 c apple juice  
3 c chicken stock or-  
3 c vegetable stock  
1 1/4 c heavy cream  
1/2 c cottage cheese  
1/3 c raisins  
1 garlic clove,Minced  
1/3 c dried apricots,Chopped  
2 1/2 T flour

### SPICES =====

1/4 t cumin  
2 t dry mustard  
1/2 t white pepper  
1 T hot pepper flakes,Dried  
2 t salt  
1 t dill dried and,Crushed  
1 T parsley fresh &,Chopped  
3 T carrots,Julienned

Mix 1 cup of the cream, the cottage cheese, & the flour in mixing bowl. Beat until smooth then blend in the remianing cream. This can be done by hand, with a hand mixer, or in a blender. Set aside in refrigerator. Mix all of the spices together and divide into 2 equal portions. Take a large, heavy pot and place on HIGH heat for 3-4 minutes. Add the vegetables except for 2 cups of the diced potatos. and 1 of the spice portions. Stir and cook over the High heat for 4-6 minutes being sure to scrape the crusts that form on the bottom of the pot. Add the apple juice and then the apple sauce. Stir & cook for 2-3 minutes then add the stock, the other spice portion. Cook while stirring for 12 minutes. Remove and either rice the mixture or puree it in a blander until it is smooth. Return to the pot, add the 2 cups of diced potatos, bring to a boil, reduce heat to Low, stir well, cover and cook for 15 minutes. Add more stock if more liquid is need. Blend in the cream mixture and continue to cook stirring as you do for 3-4 minutes.

## Georgian Spitted Chicken With Plum Sauce

4 Servings

- 2 broiler, 2 1/2 lbs ea
- 1 salt, to taste
- 1 pepper, to taste
- 1 butter
- 1 1/2 c plums, cooked & pureed
- 1 garlic clove, crushed
- 2 T coriander, fresh, chopped
- 1/8 t red pepper
- GARNISHES =====
- 1 tomato, Slices
- 1 cucumber, Slices

Wash chickens and wipe dry. Season with salt and pepper. Arrange, skin side down, on a grill or broiler rack. Brush well with butter. Put in a preheated broiler and cook under medium heat for 50 to 60 mins or until tender, brushing occasionally with butter. Turn a few times during cooking. While chicken is cooking, combine plums, garlic, coriander or parsley and red pepper in a sauce pan; season with salt and pepper. Cook on the stove long enough to heat through. To serve, arrange chicken on a platter and garnish with tomatoes and cucumbers. Serve sauce separately to pour over chicken.

## Givech / Mixed Vegetable Caviar

1 Servings

- 1 md eggfruit [1.25 to 1.5 lb]
- 1/4 c oil,olive
- 2 carrots,peeled and finely-diced.
- 1 md capsicum,red, cored, seeded,and finely diced.
- 2 lg capsicum,green, cored, seeded,and,finely diced.
- 2 sm zucchini peeled and.,Diced
- 1 sm apple,tart, cored, peeled, and chopped.
- 4 lg garlic cloves,finely minced.
- 3/4 c tomatoes,canned, seeded and chopped.
- 1/4 c lemon juice,fresh, or to taste.
- 1/2 t sugar
- 1 salt
- 1 pepper,black, freshly ground.

Preheat the oven to 375°F.

Pierce the eggfruit in several places with a knife and bake on a baking sheet until soft, about 50 minutes, turning midway through. Remove from the oven and cool.

Cut the eggfruit lengthwise in half. Scoop out as much pulp as possible and coarsely chop.

In a large Dutch oven, heat the oil over a medium-high heat. Add the carrots and saute, stirring, for 5 minutes. Continue adding ingredients- red capsicum, green capsicum, zucchini, and apple- spacing 3 to 4 minutes apart.

Stir in the eggfruit pulp and half of the garlic, cover, and simmer over low heat for 40 minutes. Add the tomatoes and continue simmering for another hour, stirring from time to time.

Off the heat, add the remaining garlic, lemon juice and sugar. Season with salt and pepper. Transfer the mixture to a bowl, cover, and refrigerate for several hours before serving.

Makes about 3 1/2 cups.

## Golubtsi

4 Servings

- 4 3/8 lb cabbage
- 1 c millet
- 1 3/4 oz salt pork
- 2 carrots
- 1 onion
- 2 T flour
- 4 T tomato paste
- 8 T sour cream
- 2 T butter
- 2 c water, or broth as needed
- 1 hot peppers
- 1 salt, to taste

Pour boiling water over a head of cabbage with the stem removed. Separate leaves from head and trim the veins. Dice the onions and carrots fine and saute until the onions are starting to brown. Wash the millet well, cover with water and bring to a boil. Strain and combine with chopped salt pork, carrot/onion mixture peppers, salt and the raw eggs. Mix thoroughly with your hands, then place portions of the mixture onto the cabbage leaves, roll tightly and tuck in the ends. As you finish rolling the cabbage rolls, put them into a dutch oven, and add the sour cream dressing, boil thoroughly strain, salt and serve. SOUR CREAM DRESSING: Brown the flour in the butter. Add the tomato paste and the sour cream and some of the broth from the millet. ALTERNATIVE: Put cabbage rolls in a large baking pan, make the sour cream dressing without thinning it, cover the rolls and bake at 325 F for about an hour.

## Gozinaki (Walnut & Honey Crunch)

1 Servings

2 c walnuts,shelled  
1/2 c honey of your choice  
1 T sugar water,cold

1. I chop walnuts by hand w/a sharp knife rather than put them in a processor since size can then be controlled. However, either works well if some care is taken in cutting walnuts not too fine or too large, somewhere in between.
2. Put honey into a pan & simmer over low heat until bubbles begin to rise. Simmer for 3 mins, then stir in sugar, & continue for another 2 mins before testing. Put 1 or 2 drops of syrup into a half glass of cold water. What is wanted is a firm, round ball. If the drop spreads out, cook another min or two. Total time should be abt 7 mins.
3. Pour chopped nuts into syrup, mix well so that all pieces are coated, & remove from heat. Spread mixture out rapidly on a kitchen board that has been moistened well w/cold water. Wet a rolling pin w/water & roll out mass to a thickness of 1/2-inch, but not more. Let this cool for 15 mins, then slice into 2-inch diamond-shaped pieces. Turn pieces over as you cut them so they can dry. Let the gozinaki dry for 1 hr, then store pieces in a metal box & cover. Refrigerate or not as you wish. Makes 25 pieces.

## Green Borscht

6 Servings

- 7 1/2 c beef stock
- 1 1/2 lb spinach
- 2 carrots
- 1/2 small turnip
- 1 medium potato
- 1 onion
- 2 sticks celery
- 1 salt and pepper
- 1 juice of 1/2 lemon
- 1 t sugar
- 3 hard eggs, Boiled
- 6 T sour cream

Remove the hard stems from the spinach and wash it thoroughly. Put it in a saucepan with a little salted water. Cover and boil for 15 minutes or until cooked. Sieve and transfer it to stock together with the water it has been cooked in. Peel and wash the rest of the vegetables and cut them into fine strips. Add them to the stock. Bring to the boil and season. Cover and simmer for about 20 minutes. Add the lemon juice and a little sugar and serve with one dessert spoon of sour cream and a little chopped hard boiled eggs to each plate. This is best when the spinach is young in the spring. Serve with rye bread. Frozen spinach does work also.

## Grzyby W Smietanie (Mushrooms With Sour Cream)

6 Servings

- 6 T butter (or margarine)
- 1 lg onion, chopped
- 2 T flour
- 2 T milk
- 1 1/2 c sour cream
- 1 1/4 lb mushrooms, sliced
- 3/4 t salt
- 1/4 t pepper
- 1/2 t paprika

1. In melted butter in a large skillet, saute onion till golden. Sprinkle with flour; add milk and 3/4 cup sour cream; while stirring, bring just to a simmer. 2. Add sliced mushrooms, salt, pepper and paprika. Simmer, covered, for 5 minutes, stirring occasionally. 3. Stir in remaining sour cream; heat thoroughly while stirring constantly. Serve at once.

## Gutap - Kazakh Deep-Fried Herb Fritters

### FILLING =====

3 T dill freshly fine,Chopped  
3 T parsley freshly fine,Chopped  
1 T garlic,Minced  
9 T scallions fine,Chopped  
1 T black pepper frshly,Ground  
8 T butter

1 1/2 t salt

### DOUGH =====

1 1/2 c all purpose flour  
1/2 t salt  
4 T butter,softened  
2/3 c luke water,Warm

### SAUCE =====

1 t cider vinegar  
1/4 c sour cream  
2 T butter  
1/2 t flour  
6 T onion,Finely Minced  
1 t black pepper frsshly,Ground  
1 T lemon (or lime juice frshly)-squeezed & strained

DOUGH: Place the flour into a deep mixing bowl. Make a hollow in the center. Add the water into the hollow, salt, & 2 T of the butter. Stir slowly until all of the ingredients are well mixed and the water is totally absorbed. Beat vigorously with a large spoon until a firm, stiff dough is formed. Gather the dough into a ball. on floured surface roll the dough ball out into a rectangle approx. 16" x 18". Brush the dough with the remaining butter, fold into quarters, then roll it out as thinly as possible. Cut into a 16" x 18" rectangle the cut that into 48 each 2" squares. FILLING: Combine the salt, pepper, scallions, garlic, parsley, & dill. Cut the butter into tiny bits and chill until the dough is ready. Place a teaspoon of the filling mix into the center of each square, add a piece of the butter to each. Draw up the corners and pinch them together firmly thus closing the filling into the dough. Heat enough oil in a deep pot. Heat to 375 degrees F. and drop in 4-6 of the filled squares. Cook for 4 minutes, remove from the oil, drain, and serve warm. SAUCE: Melt the butter, add the chopped onions, the salt, the pepper, & the vinegar. Cook for 4 minutes then add the remaining ingredients. Stir constantly until it thickens. Remove from the heat. Ad the lemon juice and serve over the fritters.

## Halvah

1 Servings

6 c granulated sugar  
4 T syrup (corn?),-or- lemon  
-acid  
7 T sesame seeds  
1 T shortening (or oil)

FOR SOFT HALVAH =====

8 egg whites

Add cold sugar syrup to beaten egg whites. The prepared caramel-albumen paste is to be combined with prepared sesame seeds. It is best to do this in a confectionary pot (whatever THAT is). It has a spherical bottom. Spread the paste onto a greased confectionary sheet or stainless-steel board, rolled out into a layer of about 5 cm and cut into 50-70-gram lumps. The form can be square, diamond, and/or rectangular.

## Hearty Russian Beet Soup

1 c navy beans,dry  
2 1/2 lb beef,Lean  
1/2 lb slab bacon  
10 c cold water  
1 bay leaf  
8 whole peppercorns  
2 cloves garlic  
2 T parsley,Dried  
1 carrot  
1 celery stalk  
1 large red onion  
1 t salt (opt)  
8 beets for soup  
2 small beets  
2 c green cabbage,shredded  
2 large leeks,sliced  
3 medium potatoes,cut  
1 into eighths  
1 cn (1 lb 13 oz) tomatoes  
1 T tomato paste  
3 T red wine vinegar  
4 T sugar  
1 lb kielbasa (opt)  
2 T flour  
1 T butter,melted  
1/2 c sour cream (opt)

Cover beans with water and allow to soak overnight; cook until tender; drain; set aside. Place beef, bacon and water in large soup pot; bring to a boil. Skim fat from surface. Add bay leaf, peppercorns, garlic, parsley, carrot, celery, onion and salt. Cover and simmer over low heat for about 1 1/2 hours. Scrub beets for soup and cook in boiling water until tender, about 45 minutes; drain and discard water; cool. Peel and cut each beet into eighths. Scrub small beets; grate; cover with water to soak.

Remove meat from soup; set aside. Strain soup into another pot and add cooked beets, cabbage, leeks, potatoes, tomatoes, tomato paste, vinegar, sugar, beef and bacon. Bring to a boil and simmer 45 minutes. Cut kielbasa into chunks and add with navy beans to soup. Simmer 20 minutes more.

Mix flour and butter together to form paste. Stir into soup to thicken slightly. Strain raw beets, saving liquid and discarding beets. Add beet liquid to soup.

Additional sugar or vinegar may be added for sweeter or more sour flavor. Slice meat and arrange in individual soup bowls. Pour hot soup with vegetables over meat. Garnish each serving with a dollop of sour cream, if desired.

## Homemade Sausage With Onions

3 Servings

2 lb pork  
1 lb fat salt pork  
8 cl garlic  
8 peppercorns  
3 t salt

Run the all the pork and 1/2 pound of the salt pork through the coarse plate of the mincer. Run the remaining 1/2 pound salt pork through the fine plate of the mincer. Mix the two ground meat mixtures together. Grind the garlic and add to the mixture, along with the peppercorns (coarsely cracked) and the salt.

Stuff the sausage skins and refrigerate for 5 to 6 hours. Prick sausage skin in several spots with a fork and saute in a little fat with onion. For prolonged storage, put sausage into enamelled or ceramic dish and cover with melted lard.

## Hot Cranberry Kissel

1 Servings

1 lemon  
3/4 c granulated sugar  
3/4 c water  
12 oz fresh (or cranberries)  
-Frozen  
1/8 t cinnamon, Ground

### Directions:

Remove 3 lengthwise strips of peel from the lemon with a vegetable peeler. Put the peel into a medium-size saucepan along with the sugar and water. Bring to a boil over moderate heat, stirring once or twice to help the sugar dissolve. Reduce the heat and simmer 5 minutes.

Rinse the cranberries (don't rinse frozen berries), and remove any stems or squashed berries. Add to the pan and when boiling, simmer about 5 minutes until most of the skins have popped. Remove and discard the lemon peel. Dip out about 1 cup of the popped berries and reserve.

Puree the remaining berries and the syrup in a food processor or blender and put back in the pan. Stir in the cinnamon and the reserved berries. Serve warm. Makes 2 cups.

**SUMMER CRANBERRY SAUCE:** Make this when cranberries aren't available. In a small saucepan, heat one 16-ounce can whole-berry cranberry sauce, 2 strips lemon peel, and about 1/16 teaspoon ground cinnamon. Simmer 5 minutes over low heat, stirring often, to develop the flavor. Discard peel. Serve sauce warm. Makes 1 1/2 cups.

## Kalduni (Russian Dumplings)

### THE DOUGH =====

7 c all-purpose flour + additional flour for dusting  
1 1/2 t salt  
2 1/2 c water

### THE FILLING =====

2 lb ground round  
1 lg onion,minced  
2 lg garlic cloves,minced  
1/2 t (rounded),Freshly Ground-pepper  
1 T water  
1 1/4 t salt

Place the ball on a work surface that has been lightly dusted with flour. Cut the dough into 3 pieces. Knead each piece for 2 to 3 minutes. (After kneading, the dough will still look bumpy but it will be slightly smoother.) When all the pieces have been kneaded, let them rest on the work surface, covered and without touching, for 1 hour. To make the filling (do this while the dough rests): Place the ground round in a large bowl; add the onion, garlic, pepper, water and salt; mix well. Cover and refrigerate until ready to use. On a lightly floured work surface, roll out the dough, 1 piece at a time, until it is between 1/8 and 1/ 16 inch thick. As you roll, lift the dough periodically to relax it and keep it from sticking. Lightly flour the work surface from time to time to keep the dough from sticking. When the dough is the right thickness, lift it once again to relax it.

Using a 2- to 2 1/2-inch round cutter, cut circles as closely together as possible. Roll out the scraps and cut more circles. Don't let the circles touch one another (they will stick).

To fill the dumplings: Place about 1 1/2 teaspoons of the meat in the center of each circle. Bring the sides up and around the filling. You will now have a plump half- moon shape. Without pulling the edges of the half-moon, pinch them together to seal the dumplings. Make sure they are securely sealed.

As the dumplings are completed, place them on kitchen towel- lined baking sheets, leaving space between each dumpling. Place in the freezer until the dumplings are frozen solid, then transfer to plastic freezer bags. Freeze for up to 1 month.

To cook the kalduni: Bring a pot of well salted water to a boil; add 10 frozen kalduni per person. When the water returns to the boil, reduce the heat and simmer until the dumplings rise to the top and the filling is thoroughly cooked, 5 to 6 minutes. Transfer the dumplings with a slotted spoon to a colander to drain. Serve hot in any of the following preparations. Yields about 150 dumplings.

## Kalduni A La Hongroise (Russian Dumplings In Sauce)

4 Servings

- 1 T corn oil
- 1 lg onion, chopped
- 1 sm green bell pepper, cut into
  - 1/4- t, o 1/2-inch dice
- 1 c sauerkraut, well drained
- 1 T paprika
- 1/3 c tomato puree
- 2 c chicken broth
- 1/2 c heavy cream
- 1/4 t salt (optional)
- 1 pepper to, Freshly Ground
  - taste
- 40 kalduni, cooked and drained
  - (see m, aster recipe)

Tart and slightly sweet, this dish takes its name from the use of paprika -- typical of Hungarian cuisine -- which intensifies the sauce's russet-orange color and imparts the characteristic flavor.

**INSTRUCTIONS:** Heat the oil in a large saute pan over high heat. Add the onion and saute, stirring occasionally, for 1 minute. Add the green pepper and saute, stirring constantly, for 1 minute. Reduce the heat to medium-low and continue to saute, stirring frequently, until the vegetables are wilted, about 3 minutes. Add the sauerkraut; toss the mixture for a minute.

Stir in the paprika, the tomato puree, then the broth. Increase heat to high and bring to a boil. Reduce heat and simmer for 4 minutes. Add the heavy cream and simmer for 2 minutes. Add the salt (if necessary) and a generous amount of pepper.

Divide the sauce among heated large dinner plates. Plate 10 kalduni per person on top of the sauce.

Serves 4.

## Kalduni With Stroganoff-Style Sauce (Russian Dumplings)

4 Servings

- 1 T corn oil
- 2 t butter
- 1 sm onion, finely chopped
- 2 garlic cloves, minced
- 10 shiitake mushrooms, caps  
- only, sliced about 1/4-in
- 2 c chicken broth
- 1/2 c water
- 1/4 c sour cream + additional, if  
- desired
- 1 T finely fresh dill, Chopped
- 1 salt (optional), To Taste
- 1 pepper to, Freshly Ground  
- taste
- 40 kalduni, cooked and drained  
- (see master recipe)
- 4 dill sprigs

**INSTRUCTIONS:** Heat the oil with the butter in a large saute pan over high heat. Add the onion and saute for 1 minute, stirring occasionally. Reduce heat to medium. Add the garlic and saute, stirring frequently, until the onion is caramelized to golden bits, about 4 minutes. Increase heat to high. Add the mushrooms and saute, stirring constantly, until they are wilted and look glossy, 3 to 4 minutes.

Add the broth and water. Bring to a boil, reduce heat and simmer for 10 minutes. Stir in the sour cream until it is thoroughly combined. Add the dill. Heat the sauce until it is hot, but don't let it boil. Season with salt (if necessary) and generously with pepper.

Divide the sauce among heated large bowls or dinner plates. Plate 10 kalduni per person on top of the sauce. Top with a sprig of dill.

Serve with additional sour cream on the side, if desired.

Serves 4.

## Kartofli Kazmag / Potato Crust

1 Servings

- 2 lg potatoes,boiling, peeled  
-and thinly sliced.
- 1 salt,to taste.

Place the potato slices as close together as possible over the melted butter on the bottom of the casserole [Step 3, AZERBAIJAN PLOVI / BASIC STEAMED SAFFRON RICE w' CRUST [\*]] Do not overlap. Sprinkle the potatoes with salt.

## Kartopliana Nachynka (Potato-Cheese Filling For Varenyky)

10 Servings

6 md potatoes, 5 large may be  
-used  
2 lg onions, 3 may be used if you  
-love  
1/2 c oil, or  
1/4 lb butter, 1 stick  
1 c cheddar cheese, shredded or  
1 c dry bryndzia (sheep's milk  
-cheese)  
2 t salt  
2 t black pepper, Ground

Peel and quarter the potatoes, cover with water, and cook until soft.

Meanwhile, cook the chopped onions in melted butter until golden. Drain and rice the potatoes. Shred the cheddar cheese or crumble the bryndzia. Add the onions, cheese, salt and pepper to the potatoes, blending well. Allow to cool, stirring occasionally. This filling may be refrigerated for several days but NOT frozen.

NOTE:

Leftovers may be used to make breakfast cakes or a filling for potato boats or stuffed in green peppers.

## Katami Satsabeli Baga (Duck In Georgian Walnut Sauce)

8 Servings

- 1 (4-1/2 lbs) duck
- 5 c water
- 1 lg carrot, halved
- 1 md onion, halved
- 2 sprigs flat-leaf italian  
-parsley
- 1 t salt, or to taste
- 2 c walnut, shelled
- 1/4 c fresh coriander, chopped
- 1 t coriander, Ground
- 1/2 t turmeric, Ground
- 3 t to 4 ts red-wine vinegar, to  
- taste

The Georgians like an acid flavor in their food unlike, for example, the Chinese who add sugar now & then. Wine vinegar is not the only flavoring in Georgian sauce. A traditional & easily available substitute for vinegar is 1/2 cup white grape juice, made from unripe & slightly acid grapes. Another traditional seasoning in is 1/2 cup blackberry juice.

1. Cook duck in water w/carrot, onion, parsley, & salt in covered pan over low heat for 1 hr, or until duck is tender. Turn duck over once during cooking.
2. Remove duck, cool it, & cut into 14 pieces; discard loose skin & fat. Put duck on a serving platter. Skim off all fat from broth, or refrigerate for several hrs & remove congealed fat. Reserve 3 cups of warm broth.
3. Process walnuts to a paste, adding some of broth to help process. Add fresh & ground coriander, turmeric, & vinegar and process until well mixed. Stir this into fat-free broth & mix well. Adjust salt at this time. Pour sauce over duck. Serve at room temp. Serve 8 w/other dishes.

## Kazakh Chai

6 Servings

- 6 c water
- 6 t loose black tea
- 6 cardamon pods
- 1 1/2 t fennel seeds
- 3 c milk
- 1 sugar (or honey),To Taste

Combine the water, tea, cardamon, and fennel seeds in a large saucepan and simmer over low heat for 3 min. add the milk and 2 min. later, strain the tea into cups.Add sugar/honey.

## Kazakiye Riz - Kazkah Rice

8 Servings

- 1 1/2 c rice
- 1/3 c almonds,Slivered
- 2 garlic cloves,Minced
- 1 med. onion,Chopped
- 1/2 c dates pitted,Chopped
- 1/3 c prunes pitted,Chopped
- 3 dried apricots,Chopped
- 1 T salt
- 1 c lamb finely ground,Cooked
- 1 t vegetable oil

Mix the lamb, almonds, fruits, onion, salt, and garlic in a large bowl. Cook the rice until almost done. Be sure to add the oil to the rice as it cooks. Do not drain! Add the lamb mixture and finish cooking the rice. Serve as a side dish or as main course. This is an easy dish that is a palate pleaser.

## Khachapuri (Cheese Pie)

6 Servings

### DOUGH =====

4 c flour  
1 t salt  
1 egg, beaten  
7 T corn oil  
1 c water

### CHEESE FILLING KHWELI =====

1 lb feta cheese (georgian  
-brindza) water, cold  
1/2 lb farmer cheese  
1 egg, beaten

### RED BEAN FILLING =====

1 lb dried red beans water, cold  
1 bay leaf  
1/2 t black pepper  
1/8 t hot chili flakes  
1 t salt

1. Prepare dough by mixing together all of its ingredients except for 5 tbs oil. Knead for 5 mins, dusting dough liberally w/flour so that it can be handled easily. Divide dough into 6 equal parts. Knead them for several moments, roll each part into a ball, and flatten slightly to give a bun shape. Set aside in a warm spot, covered w/plastic bag for 1/2 hr.
2. Cover feta cheese w/cold water for 15 mins, then drain well to remove excess salt. This step is only necessary if you object to the salt. Process both cheese & egg into a smooth puree. Set aside.
3. Roll out one of the dough buns on a floured board to a thin pancake of about 12-inches in diameter. Lift pancake in air & stretch it out by lifting & turning; weight of dough will stretch it out to paper-thin sheet. It can also be stretched out strudel style by pulling it over the backs of hands. The soft dough will stretch to 30-inches in diameter. It does not matter that there may be a few small tears in the sheet.
4. Lay thin dough sheet on board & sprinkle about 2 ts of remaining oil over entire surface, splashing it on w/ finger tips, Georgian style. Fold nearest & farthest sides toward center to shape a

rectangle 6 x 8 inches. Once again fold over left & right sides to center. Sprinkle this surface w/a few drops of oil.

5. Place abt 2/3 c cheese mixture in center of dough rectangle & spread it out to w/in 2-" of edges all around. Fold rectangle, envelope-style, by taking each of 4 ends & firmly pushing them one by one into center of pie. Pinch together open spaces so cheese is sealed inside. Very lightly brush pie surface w/oil. Continue w/remaining pastry sheets & cheese filling.

6. Bake in preheated 350F. oven for 40 mins, or until top is light brown. Remove & serve warm for breakfast, snack time, or lunch.

NOTE: The stuffed pies can be refrigerated before baking for 3 days and taken out when wanted. Cover each pie w/plastic bag to retain freshness before baking.

VARIATIONS: 1. For a variation of cheese filling, use 1 lb mozzarella & 1/2 pound of farmer cheese. Process to a smooth puree with one egg. The purpose in selection of cheese is to duplicate the authentic Georgian cheese known as "suluguny. It is not available in Untied States although one Georgian cook told me that it resembles Middle East string cheese.

2. Another traditional stuffing of this typically Jewish-style stuffed khachapuri is prepared w/dried red beans (lobio).

RED BEAN FILLING: 1. Cover beans w/cold water & soak them overnight.

The next day cook them w/bay leaf until soft, abt 1 hr over low heat. At the end of cooking, water should be completely evaporated.

Remove

the bay leaf & stir in pepper, chili flakes & salt.

2. Process beans to a smooth puree. (My teacher mashed beans w/old fashioned potato masher, then completed chore by squeezing and stirring w/her hand.) Stuff pie w/abt 2/3 cup of bean puree, using same system as for cheese filling. Bake as directed.

NOTE: Mashed red bean puree is also prepared as a Georgian breakfast.

Soaking, cooking, seasoning are carried out just as for khachapuri stuffing.

## Khachapuri (Georgian Cheese Pie)

8 Servings

2 1/2 c unbleached all purpose flour

3/4 t salt

1 lg egg

3 T vegetable oil

1/2 c club soda, or more if needed

- ,at ro

12 T unsalted (sweet) butter, 1

- 1/2 sticks, melted

RED BEAN FILLING =====

NACHINKA IZ FASOLI =====

1 c dried red beans, soaked

- overnight in water

1 salt and plenty of freshly

- ground b, lack pepper, to t

1/4 c olive oil

1 1/4 c onions, finely chopped

1/2 c cilantro, finely chopped

Sift the flour and salt into a large bowl and make a well in the middle. Pour in the egg, oil, and club soda and stir into the flour, adding more club soda if necessary, to make a rather soft dough. Transfer the dough to a floured board and knead until smooth and elastic, about 10 minutes. Shape the dough into a ball, cover with a linen or cotton (not terry cloth) kitchen towel and let stand for 1 hour. Divide the dough into four parts and shape each one into a ball. Let stand, covered, for 15 minutes. Preheat the oven to 350 Degrees F. and butter two large baking sheets. On a floured surface, roll out one of the balls into an 1/8-inch thick square. Brush the dough with some of the melted butter. Dip your fingers into the melted butter and pull the edges of the dough in different directions, stretching it evenly until it is almost transparently thin. Don't worry if the dough tears, as you will be folding it up. With a sharp knife, trim the edges of the dough to form an even square. Fold the square in half, brush the surface generously with the melted butter, and fold in half again crosswise to form a smaller square. It should be approximately 6 to 7 inches. If it isn't, pull it out slightly to fit the dimensions. Brush the square with butter. Shape one-fourth of the filling into a ball and place in the center of the square. Fold in the corners of the square like an envelope. With the palm of your hand, flatten the pie so it is about 1 inch thick. Brush

the top with melted butter and carefully transfer to a prepared baking sheet. Repeat the procedure with the rest of the dough and filling. Bake the pies in the middle of the oven, until golden brown, about 35 minutes. Serve warm.

Makes 4 Pies for 8 Servings

#### RED BEAN FILLING:

Drain the beans and place them in a saucepan along with enough fresh water to cover by at least 2-inches. Bring to a boil and add salt, then reduce the heat to medium-low. Cook the beans, partially covered, until almost mushy, about 1 1/2 hours. While the beans are cooking, heat the oil in a medium size skillet, over medium heat, and add the onion to saute it. Stir occasionally, until dark brown, about 15 to 20 minutes. When the beans are done, drain well and mash.

Add

the sauteed onions and their cooking fat and the cilantro. Season generously with salt and freshly ground black pepper. Cool to room temperature.

Makes enough filling for 4 pies.

## Khalia - Georgian Spicy Beef Stew

4 Servings

- 1 1/2 lb beef chuck boneless, Cubed
- 1/2
- 3 T olive oil
- 3/4 c beef stock
- 3 onions fine, Chopped
- 2 t tamarind concentrate
- 2 1/2 T tomato paste
- 1/2 t paprika hungarian hot
- 1/4 t fenugreek, Ground
- 3/4 t coriander seeds, Crushed
- 1 t tarragon, Dried
- 1 salt, To Taste
- 1 1/2 t black pepper, Freshly Ground
- 3 garlic cloves fine, Minced
- 3 T cilantro leaves, Chopped
- 1/4 c walnut pieces finely, Chopped
- 1 T sugar (or honey)

Heat the oil over med-high heat in a large cast iron skillet. Add the beef, onions, and garlic and cook while stirring for 12-15 minutes. Combine the hot beef stock, with the tomato paste & the tamarind concentrate in a bowl and allow to stand until all of the tamarind concentrate is dissolved, approx. 8-10 minutes. Add this mixture to the beef as well as all of the other ingredients, reduce heat to low, cover and simmer for 1 1/2 hours. Be sure to stir occasionally. Add stock as needed if the liquid reduces too much. Add the sugar and walnuts and simmer for 15 more minutes.

## Khrustiki

1 Servings

1/2 pt sour cream (1 cup)

4 egg yolks

2 c flour

1 sm jigger brandy (or rum)

Use same method as in making noodles. A bit on the soft side.

Knead

and work until smooth. Roll out very thin, like for noodles; cut with wheel cutter into 2x3 inch rectangles; make a slit in the center and twist inside out. Drop in deep fat and fry until light brown. Drain on paper towel and dust with powdered sugar.

## Khvorost (Filhozes)

1 Servings

2 eggs  
6 T water  
2 T port wine  
1/2 t almond ext  
2 T sugar  
3 c flour  
1/4 t salt  
1 T butter, Melted

Beat eggs slightly. Add water, wine, and almond extract. Sift and mix together dry ingredients. Stir into first mixture. Pour in melted butter when partly mixed. Roll out very thin. Cut into squares. Make a cut in one corner and pull the opposite corner through. Fry in deep fat until brown and sprinkle with powdered sugar.

## Kievan Bosrcht

### STOCK =====

- 1 1/2 lb beef chuck roast boneless
- 1 lb beef marrow bones
- 1 lb ham bone meaty
- 1 onion large, Grated
- 1 carrot, Grated
- 3 qt water
- 1 turnip peeled &, Grated
- 1 celery rib w/leaves\*, Sliced
- 3 dill sprigs\*
- 3 parsley sprigs\*
- 12 black peppercorns whole\*
- 4 bay leaves\*

### SOUP =====

- 3 beets large peeled, Grated
- 4 potatos peeled and 1, Cubed
- 16 oz plum tomatos skinned &  
-coarsely ch,opped
- 1 onion large, Chopped
- 1 carrot, Sliced
- 1 bell pepper, Chopped
- 1/4 c sunflower oil
- 1 t salt
- 4 c cabbage, Shredded
- 3 T tomato paste
- 6 prunes pitted &, Chopped
- 1 t honey
- 1 t black pepper, Fresh Ground
- 1/2 c sour cream (or plain yogurt)
- 4 garlic cloves, Minced
- 2 bacon strips fried &  
-crumbled
- 2 T parlsey fresh, Chopped
- 3 T dill fresh, Chopped

All ingredients marked with the { \* } are to be placed in a small cloth bag. Tie the bag shut and place into the stock pot. Place meat bones, meat, and water in a large stock pot and bring to a boil over high heat. Skim the foam as needed. Add the remaining stock ingredients, cover, reduce heat to low and simmer for 1 hour. Preheat the oven to 375 degrees F. Wash, dry, and peel the beets. Wrap them in aluminum foil and bake in oven for 1 hour 15 minutes. Remove from oven, allow to cool, and dice 1/4". Remove the ham bone, meat & marrow bones from the stock. Set the marrow bones aside. Strain the stock through a fine sieve into a clean pot. Discard the solids.

Bring the stock to a boil add the tomatos, potatos and salt & pepper and cook for 10 minutes on low heat covered. Cook the onions, carrot, & Bell pepper in a castiron skillet for approx. 5 minutes.. Stir in the cabbage and continue to cook the vegetables for 10 more minutes. Remove the begetables from heat and add to the stock. Sprinkle the juice of a lemon over the beets and add them to the stock. Add the tomatos, tomato paste, and honey to the stock and continue to Remove the meat from the bones, strip the marrow out of the marrow bones, and cube the beef 1/2" & add all of this to the stock and cook for 15 minutes more. Remove from heat and serve after adding a generous dollop of sour cream to each bowl.

## Kirghiz Baked Beef

8 Servings

2 lb flank steak, chopped 1/2  
1 lg. onion, chopped  
1 med. green pepper, chopped  
2 T olive oil  
1 c yogurt (plain)  
2 large eggs  
2 apples, Diced  
1 c dried apricots, Chopped  
1/2 c raisins  
1/2 c prunes dried, pitted &  
-chopped  
2 T curry powder  
1 t salt  
2 t pepper

Sautee onion & green pepper in olive oil in lg. heavy skillet until onion is transparent. Add chopped beef and brown lightly. Pour off drippings. Add eggs, apple, apricots, curry powder, salt and pepper to beef. Add yogurt & mix well. Place in a large, deep casserole & bake in a 350 degree F. for 45 minutes.

## Kirsov's Pudding

6 Servings

4 lg. sweet potatoes &, Peeled  
-grated  
1 c molasses\*  
1/2 c buttermilk  
2 eggs  
1/2 c butter, Melted  
1/2 t salt

\* Honey may be substituted for molasses. I had this dish made both ways. Preheat oven to 350 degrees F. Grease a 2 qt. baking dish. Beat eggs, add the molasses or honey, melted butter, & salt. Stir in the grated sweet potatoes. Pour this mixture into the baking dish. Bake for 2 hours or until the pudding is a dark, caramel color. Be sure to grate the sweet potatoes just before using them as they will turn dark and not look as appetizing when cooked.

## Kishke (Stuffed Derma)

10 Servings

This is a grand production and a rarity today since hardly anyone wants to be bothered with finding the intestine at the kosher butcher as well as going through all the other steps involved. Many years ago, when we were children, my mother and grandmother prepared kishke. Then the practice fell out of favor due to the time involved. Now, nostalgia encourages us to try this Bukharan style once more -- it is well worth all the effort.

- : 1/2 lb beef liver
- : 1/2 lb beef lung, if available (optional)
- : 1/4 lb ground beef
- : 2 cups raw rice, rinsed and drained
- : 1 cup fresh coriander, chopped
- : 2 tsps salt
- : 1 tsp pepper, or to taste 1/2 to 1 yard

large intestine of beef, well cleaned and prepared for stuffing

- : 4 ribs celery, halved horizontally
- : 1 small (1/3 cup) onion, sliced
- : 3 bay leaves
- : 1 tsp peppercorns
- : 4 qts clear beef stock

1. Char the liver over charcoal or under a gas or electric broiler to kosher. Cut the liver into 1/4-inch cubes. If used, boil the lung in water for 1/2 hour. Cool and cut into 1/4-inch cubes.

2. In a large bowl, mix together well the liver, lung (optional), ground beef, rice, coriander, salt, and pepper. Sew up one end of the intestine (derma) and stuff -- not too tightly since the rice will expand. Sew up the opening.

3. On the bottom of a large pan, put the celery, onion, bay leaves, and peppercorns. Pour in the clear beef stock. Bring to a boil over moderate heat and add the stuffed casting. Half-cover the pan and reduce the heat to low. Cook for about 45 minutes or more, until the skin is tender.

Serve the kishke warm, sliced. Remove the bay leaves and serve the clear soup separately. Makes 10 to 12 servings.

## Kishmish Vashli Tolma

6 Servings

- 1 lb lamb,Ground
- 1/2 c light (or dark raisins)
- 1 T fresh coriander,chopped
- 1 T fresh dill,chopped
- 1 t ,salt, or to taste
- 1/2 c raw rice,well-rinsed
- 20 to 25 cabbage leaves  
-blanched in,boiling water
- 3 lg (1 lb) apples,peeled,  
-cored,& sliced
- 2 md (1 c)onions,cut into rings
- 3 c tomato juice

1. Mix lamb w/raisins & herbs & process to a smooth consistency. Mix w/salt & rice. Stuffed cabbage leaves w/mixture. 2. Put stuffed cabbage in one layer in a large pan or skillet & scatter over it half of apple slices & onion slices. Add another layer of stuffed cabbage & balance of apples & onions. Pour tomato water over all & bring to a boil. Cover pan & cook over low heat for 1 hr. Serve warm w/bread.

NOTE: Leftover stuffing can be used to prepare meatballs 1-" in diameter. Place them in a pan where there is space & cook w/stuffed cabbage.

## Kletsky - Apple Dumplings

8 Servings

- 2 apples,peeled, cored, &  
-finely ch,opped
- 1/4 c sugar
- 1 lemon,juice & grated rind
- 1 egg,beaten
- 3/4 c dry bread crumbs
- 1/2 t cinnamon fine,Ground

Pour the lemon juice over the apples and kix in well. Squeeze thje apples gently to dry. Mix the apples with the lemon rind, cinnamon, sugar, egg, & bread crumbs. Chill in refrigerator for 20-30 minutes Make balls of this mixture 1" in size Drop them in a boiling pot of slightly salted water. Cook until they rise to the surface then remove with a slotted spoon. Cool to room temperature. These may be added to a cold fruit soup or eaten with many other foods.

# Kolachki

6 Servings

## COOKIE DOUGH =====

- 1/2 lb cream cheese (at room temperature)
- 1/2 lb butter (at), Room Temperature
- 3 c flour
- 1 walnut filling, below or
- 12 oz poppy seed filling (1 can)

## WALNUT FILLING =====

- 1 lb walnuts, finely ground
- 1 egg
- 1 c sugar
- 1 water

Mix butter and cream cheese until smooth. Add flour and mix again until smooth. Making this dough is easy with a food processor, hard with a mixer.

Roll dough into 3 balls. Refrigerate dough to keep it from drying out. The dough can be refrigerated for 1-2 hours, but it is not necessary. Roll out 1 ball at a time and flour lightly. Roll dough out in flour or granulated sugar so it doesn't stick.

Cut dough into squares or circles using cookie or biscuit cutter. Add about a teaspoon of filling. Roll squares into "logs." Fold circles over and seal with a fork. Bake at 375 degrees F. for 10-15 minutes or until lightly browned.

**MAKE FILLING:** Mix all ingredients together. Add water to obtain a sticky consistency.

## Kotlety Pozharskie <ground Chicken Cutlets>

6 Servings

1/4 c milk  
2 lb chicken breasts,boned &  
-skinned,or -  
2 lb turkey breast meat  
5 italian type white bread  
-slices  
1/4 lb butter,Unsalted  
3/4 t salt  
1/2 t white pepper  
2 c bread crumbs,Dried  
10 T butter in small pcs,Unsalted

Put 5 bread slices in a bowl and pour in the milk. Soak the bread for 15 minutes. Squeeze the bread dry being careful not to tear it up. Grind the chicken fine then combine with the bread slices. Gradually beat in the 1/4 lb of butter that you have softened, along with the salt & pepper, until the mixture is smooth. Make 6 patties from this mixture. Roll them in the bread crumbs coating them completely. take the 10 tablespoons of butter and clarify them in a large skillet over a Low heat. Remove from heat and allow to sit for 3 minutes so the whey will settle out. Spoon off the clear butter, dump the whey, and return 6 tablespoons of the butter to the skillet. Place over a Med. high heat and when hot fry the patties for approx. 5-6 minutes per side or until done to suit your taste. Serve at once, pour remaining butter over the patties. Very good with a dollop of plain yogurt or sour cream on each patty.

## Kotlety Tsiplenokovo Po-Kievski (Chicken Kiev)

4 Servings

4 lg chicken breasts  
200 g butter  
1 egg yolk  
2 egg, beaten  
1/2 c flour  
1 breadcrumbs, dry  
1 butter, for frying

Wash and dry breasts, removing any connective tissue or skin. Place smooth side on cutting board, and pound to flatten to about five millimeters thickness.

Combine butter with yolk of egg and divide into four equal parts. Roll into sausage shapes seven to eight centimeters long. Cover each with greasproof paper and chill until the pieces are very hard.

Wrap the breasts around each piece of butter, creating four parcels. Dip in flour, one at a time. Shake off excess flour and pat flat in the palm of the hand. Dip in beaten eggs and roll in breadcrumbs. Refrigerate for a few hours. Deep-fry (in butter if possible) until golden brown.

NOTE: Traditionally, Chicken Kiev is served with buckwheat kasha and peas served in small pastry shells. DO NOT REHEAT this dish or keep warm for periods of time, as the butter will melt and run out.

## Kotmis Satsivi

4 Servings

### ROAST CHICKEN =====

- 3 lb chicken
- 1 t black pepper, Fresh Ground
- 4 T butter, Melted
- 1 T vegetable oil
- 3/4 t salt

### WALNUT SAUCE =====

- 1 c walnuts, shelled, pulverized  
-into a, paste
- 1/2 t salt
- 1/8 t saffron
- 1 bay leaf
- 1/8 t cinnamon, Ground
- 1/8 t cayenne flakes (or tabasco)
- 1 T parsley freshly fine, Chopped
- 2 T butter
- 2 garlic cloves, Minced
- 2 T onions, Chopped
- 1 T flour
- 1 1/2 c chicken stock
- 2 T red wine (or cider vinegar)
- 1/4 t cloves powdered

Dry chicken inside & out. Melt the butter and oil together then brush chicken with this mixture until completely coated. Preheat oven to 475 degrees F. Place chicken on its side on a rack in a shallow baking pan. Roast in oven for 10 minutes then turn onto its other side after brushing again with the butter-oil mixture and roast for another 10 minutes. Turn bird onto its back, reduce oven temp. to 400 degrees F., baste with the butter-oil mix, and roast for another 40 minutes. Baste at least once with the butter-oil mixture during this time period. While the chicken is roasting you must make the walnut sauce. Melt the butter in a large, heavy skillet over high heat, add the onions & garlic, lower heat to medium, and cook while stirring for 4 minutes. Stir in the flour and mix into a paste. Stir in the chicken stock, bring to a boil over high heat, stirring constantly until the mixture thickens. Stir in the vinegar, cloves, salt, pepper, bay leaf, saffron, parsley, & walnut paste. Lower heat to low and simmer for 6 minutes. Quarter the chicken and pour the sauce over the quarters. Serve at once.

## Krestianskiy Zavtrak (Peasant Breakfast)

4 Servings

- 5 T (sweet) butter, Unsalted
- 2 c pumpernickel bread
  - preferably german, day ol
- 4 oz bacon, smoky, chopped
- 3/4 c onion, finely chopped
- 3 c smoked kielbasa (or
  - bratwurst)
  - cut in, to 1/2-inch cubes
- 1 salt and, Freshly Ground
  - black peppe, r
- 8 lg eggs

GARNISH =====

- 1 fresh dill, finely chopped

Melt 4 Tbls of the butter in a large skillet over medium heat. Saute the bread cubes in batches until golden brown and crisp. Transfer to a bowl and set aside. Wipe out the skillet with paper towels. Fry the bacon, in the skillet, over medium heat until it renders out the fat. Add the onion and saute until it begins to color, about 8 minutes. Add the kielbasa and cook, stirring, until the onion and kielbasa are nicely browned. Melt the remaining 1 Tbls of butter in a medium-size non stick skillet over medium heat. Add one-fourth of the kielbasa mixture and one-fourth of the bread to the skillet and distribute evenly with a wooden spoon. Break 2 eggs into the skillet. Cook for 2 minutes, stirring the whites gently with a thin spatula. When the whites are almost set and the yolks are still liquid, reduce the heat to low, cover the skillet, and cook for another minute or until the desired doneness is achieved. Slide the hash and eggs onto a plate. Repeat with the remaining ingredients to make three more portions. Serve immediately sprinkled with the dill as a garnish.

## Kugelis Potato Pudding

8 Servings

6 oz thick cut bacon, cut into  
1 1/8 inch pieces  
6 lb russet potatoes, peeled  
1 and, Finely Grated  
1 md yellow onion, peeled and  
1 finely, Grated  
5 oz can evaporated milk  
5 eggs, beaten  
2 t salt  
1 black, Freshly Ground  
1 pepper, To Taste  
1 T butter, Melted

Fry the bacon until crisp and set aside.

Run the grated potato and onion through a meat grinder on coarse. Place in a mixing bowl. Add the bacon with its drippings and remaining ingredients except the butter.

Use the melted butter to butter the baking dish.

Mix well and pour into a 13 x 8 x 2 inch glass baking dish. Bake at 425 for 1/2 hour, then reduce the heat to 375 for 25 minutes more.

NOTE: for best results the pudding should be at least TWO inches deep in the pan.

## Kulich

24 Servings

1/3 c raisins, golden  
3 T rum  
1/2 c sugar  
1 pk active dry yeast (1/4 oz)  
1/2 c water, warm (105-115°)  
6 T butter, softened (3/4 stick)  
3 eggs  
2 T vanilla  
3 T milk, powdered  
3/4 t salt  
1/8 t saffron, ground (optional)  
4 3/4 c flour, all-purpose  
1/4 c almonds, slivered  
1/4 c orange peel, chopped, candied  
SUGAR GLAZE =====  
1 c confectioners' sugar  
1 reserved soaking rum  
2 t lemon juice  
1 t water

1. Soak raisins in rum for at least 30 or overnight.
2. Combine 1/2 teaspoon sugar along with yeast and water in small bowl. Let stand until foamy, about 5 minutes.
3. Beat together remaining sugar, butter, eggs, vanilla, powdered milk, salt and saffron, if using, and yeast mixture in large bowl with mixer until blended. Add 2 cups of the flour and 1 tablespoon of soaking rum, beating for 2 minutes at high speed.
4. Drain raisins and reserve rum for glaze. Stir raisins, almonds and orange peel into dough with wooden spoon. Stir in enough of remaining flour to form a soft dough. Turn out onto floured surface and knead until smooth and elastic, about 5 minutes.
5. Place dough in greased bowl, turning to coat. Cover; let rise in warm spot for 1 1/2-2 hours, until doubled. Grease well two 1 lb. coffee cans. Line bottoms with rounds of waxed paper.

6. Turn dough out onto floured surface. Punch down; knead a few turns.

Divide in half and place in prepared cans. (They should be about two-thirds full.) Let rise, covered, for about 1 1/2 hours, or until it has risen to top of can.

7. Preheat oven to moderate (350°F). Brush tops of breads lightly with water.

8. Bake in lower third of preheated moderate oven (350°F) for 35-40 minutes or until golden brown on top and long skewer inserted in center comes out clean. Check after 25 minutes and tent with foil if browning too quickly.

9. Using oven mitts, carefully remove the bread from the cans, supporting top of bread and twisting off can. Cool upright on wire rack to room temperature. Drizzle glaze over breads. Garnish with candied orange peel and slivered almonds, if you wish.

**SUGAR GLAZE:** Stir together confectioners' sugar, reserved soaking rum, lemon juice and water as need, in small bowl until good drizzling consistency.

Kumpanskiesy.

4 Servings

Mix equal parts kumiss (fermented mare's milk; tastes exactly like what a wet horse smells like) and sweet champagne. Share and enjoy.

Vodka, Russian style. Take a liter of Russkaya, Stolichnaya or Ansalov Russian vodka and set outside (if you're in Siberia in February) or in the freezer (if you're elsewhere) overnight. Serve 100 ml, neat, in frozen glasses; followed by a nibbly bit of sausage, smoked fish (Russian), caviar, or sliced cucumber (very Russian). Simple, but

## Kurinoye File So Smorchkani(Stuffed Chicken Breast W/More

2 Servings

- 2 c chicken stock (or),Canned  
-broth
- 1 oz dried morels,rinsed
- 1 lg whole boneless chicken  
-breast,(about 1 1/2 lb) ha
- 7 oz chicken meat,Ground
- 1 lg egg,slightly beaten
- 2 T fresh parsley,chopped
- 1 T fresh dill,finely chopped
- 1 ,salt and freshly ground b
- 1/3 c dry white wine
- 1/2 c heavy (or whipping cream)
- 2 T unsalted butter,chilled and  
- cut into piec
- 2 t dry vermouth

Bring 1/2 cup of the chicken stock to a boil and pour over the morels in a heatproof bowl. Soak for 1 hour, then drain, (Reserve the liquid) and chop fine. Strain the soaking liquid through a coffee filter and set aside. Place each chicken breast half between two sheets of waxed paper and pound with the flat side of a meat pounder until thin. In a small bowl, combine the ground chicken, egg, 1 tb of the parsley, the dill and 2 tbls of the chopped morels. Season with salt and pepper and mix well. Place half of the filling along the long side of each breast half, tuck in the ends and roll up. Secure with a wooden toothpick. Place the chicken rolls in a medium-sized saucepan and add the morel soaking liquid, the remaining broth, the wine and the remaining morels. Bring the liquid to a boil, then reduce the heat to low, and partially cover, poaching the chicken until cooked through, 20 minutes. With a slotted spoon, remove the chicken to a heated platter. Over medium-high heat, reduce the poaching liquid to 1/2 cup, 15 minutes. Add the cream and cook for 7 minutes longer. Remove the pan from the heat and whisk the butter and the vermouth until well blended in the liquid. Stir in the remaining parsley and season with salt and pepper to taste.

To Serve, cut the rolls into 1/2-inch slices and spoon the sauce over them.

## Kuritsa S Paprikoy (Chicken Paprikash)

6 Servings

2 T butter, sweet  
1 onion, large, chopped  
3 T paprika  
3 T oil  
1 chicken, 4 lb  
1 pepper, green bell  
1 pepper, red bell  
4 tomato, large  
1 salt, to taste  
1 pepper, to taste  
1/4 t marjoram  
1 c chicken stock  
2 T sour cream  
3 T cream, heavy  
1 T parsley, fresh

Melt the butter in a large Dutch oven over medium-low heat. Add the onion and saut, stirring occasionally, until softened; about 5 minutes. Add the paprika and stir until the onions turn reddish brown. In a large skillet, heat the oil over medium heat until it sizzles. Brown the chicken on all sides. Drain on a paper towel. Transfer the chicken to the Dutch oven with the onions. Add the peppers and cook over medium heat, stirring, for five minutes. Stir in the tomatoes, salt and pepper, marjoram, and the stock, then reduce the heat to low, cover the pot tightly, and simmer until the chicken is very tender; about 40 minutes.

Meanwhile, in a small bowl, whisk together the sour cream and heavy cream. With a slotted spoon, transfer the chicken to a heated platter. Whisk a little of the hot sauce into the sour cream mixture, then add the mixture to the sauce in the Dutch oven. Reduce over high heat until slightly thickened. Serve the chicken with the sauce spooned over it, sprinkled with a little paprika and parsley.

## Kvasivka Selians'ka - Tart Village Soup

1 Servings

- 2 c meat stock beef (or pork)
- 2 c sauerkraut juice
- 1 egg large
- 1 c sour cream
- 2 T flour
- 1 t dill freshly, Chopped
- 1/2 c potatos, Mashed
- 1 rye bread croutons

Bring stock to a boil & add sauerkraut juice. Mix in sour cream, flour, & egg. add a small portion of the hot stock. Mix then add to the pot & simmer for 3 minutes. Add the mashed potatos and sprinkle with the dill. Seve with the ryebread croutonsmsprinkled over the soup.

## Kwerstkhi Nigozee Satsabelly (Egg Salad In Walnut Sauce)

6 Servings

- 6 eggs,hard-cooked, peeled, &  
- halved,lengthwise
- 1 c walnuts,shelled
- 2 cloves garlic,sliced
- 1 T fresh coriander,chopped
- 1/2 t salt,or to taste
- 1/4 c red-wine vinegar
- 1/4 c water,cold
- 1/4 t turmeric,Ground
- 1/8 t hot red chili flakes

Hard-cooked eggs are elevated to a new & robust flavor in Georgian walnut sauce. A very small amount of hot chili is included but can always be increased according to tolerance -- through not enough to obliterate flavor of sauce.

1. Put egg halves on serving platter. 2. Prepare sauce by grinding walnuts, garlic, & coriander together, adding salt, vinegar, water, turmeric, & chili flakes to integrate mixture. Process to relatively smooth consistency. Taste and adjust salt if you find it necessary. Pour sauce over egg halves. Serve cold or at room temp. Makes 6 servings as appetizer.

## Lamb Soup With Chestnuts, Quince, And Prunes /Parcha Bozb

4 Servings

- 1 lb boneless lamb,Lean
- 1 ,cut in 1 cubes
- 1 salt,To Taste
- 1 black pepper,Freshly Ground
- 1 ,to taste
- 3 T butter
- 1 md onion,finely chopped
- 4 c beef broth
- 1 md potato,peeled and cubed
- 1 sm quince
- 1 ,peeled, cored, and cubed
- 1/2 c pitted prunes,Dried
- 1 or 1 c fresh sour prunes
- 1/4 lb chestnuts,shelled & peeled
- 2/3 c chick-peas\*,Canned
- 1 ,drained & rinsed
- 2 T clarified butter

Season the lamb with salt and pepper. In a heavy pot, melt the 3 tb. butter over moderate heat. Add the lamb and onion; saute until browned, stirring frequently. Add the broth; season to taste with salt. Cover; simmer 30 minutes.

Add the potato, quince, prunes, and chestnuts. Cover; simmer 20 minutes. Add the chick-peas and simmer, covered, about 15 minutes or until done. Stir in the clarified butter and allow to melt before serving soup.

Note: 1/4 tsp. ginger or a pinch of powdered saffron dissolved in 2 tb. warm water may be added with the chick-peas, and the soup served sprinkled with 1 ts. crushed dried mint, accompanied by chopped onion and sumakh on the side. In the Caucasus, ground kyurdyuk is normally used instead of the clarified butter, and dried chick-peas\* rather than canned ones. The dried chick-peas are soaked several hours, drained, and added at the beginning with the broth.

## Lamb Stew W/ Chestnuts & Pomegranates

6 Servings

- 1 lb chestnuts roasted &,Shelled
- 2 onions
- 1/4 c sunflower oil
- 1 1/2 lb lamb boneless 1/2cubes
- 1/4 t turmeric,Ground
- 1/4 t saffron threads,Crushed
- 1/2 t cinnamon,Ground
- 1 c walnuts fine,Minced
- 1/4 t mint,Crushed
- 1 c pomegranate juice fresh
- 2 T tomato paste
- 3 T lemon juice freshly squeezed
- 1 1/2 c chicken stock
- 1 t honey
- 1 t salt
- 1 garlic clove fine,Minced
- 1 t black pepper
- 1/4 c fresh mint as garnish

Heat the oil in a heavy casserole over med. heat then saute' the onions & garlic for 10 minutes. Raise the heat to high, add the meat, turmeric, salt, pepper, and brown meat on all sides. Stir in the saffron, cinnamon, mint, walnuts, tomato paste, & chicken stock. Bring to a boil, reduce heat to low, cover, & simmer for 1 1/2 hrs. Add lemon juice, pomegranate juice, and chestnuts stir well then cover and simmer for 10 more minutes. Serve over a bed of saffron <yellow> rice. \* NOTE: You may add other fruits such as prunes, raisins, apricots, apples, etc. to this dish. Use approx. 1/4 to 1/2 cup of extra fruit(s) as a total amount. I have had this dish with dried apples, raisins, prunes, and dried peaches added to it.

## Lamb Stewed W/Beans

6 Servings

2 lb lamb boneless &,Lean  
2 onions,Chopped  
1 c kidney beans,Dried  
2 T butter  
1/4 c crisco\*  
1 garlic clove,Minced  
1 T flour  
1/2 c tomato paste  
1 salt & pepper,To Taste

Soak the beans in cold water for 4 hours. Drain and cook in fresh water for 45 minutes. Brown the onion in butter. Combine 1 1/2 cup of water taken from the beans with the onions and add the tomato paste. Mix well. Add salt and bring to a boil. Cut lamb into stewing chunks and brown the pieces in the butter. Add them to the boiling pot. Add 2 more cups of bean water reduce heat to simmer and do so for 30 minutes. Add the Crisco and stew for 1 hour. Gravy: Brown the flour in the butter. Add 1 cup of the lamb bouillon, salt & pepper to taste. Simmer for 5 minutes then strain. Pour over the meat at serving. Drain the beans, add to the lamb and mix well. Cover with gravy. Goes well over rice or kasha.

## Lamb, Raisin, & Bean Polov <pilaf>

6 Servings

1 c white beans,Dried  
1 t salt  
2 c basmati rice  
1/4 c olive oil  
1 3/4 lb lamb boneless 1,Cubed  
1 c onion coarsely,Chopped  
1/2 t saffron threads,Crushed  
2 T water,Warm  
1 c lamb stock (or beef stock)  
1/4 c cinnamon,Ground  
1/4 t turmeric,Ground  
1/4 t nutmeg fine,Grated  
15 T butter,Melted  
1/2 c raisins  
12 dates pitted 1/4,Diced  
1/4 c water  
EGG CRUST =====  
4 eggs large  
1 c basmati saffron rice

EGG CRUST DIRECTIONS: Beat the eggs in a large bowl & mix with the rice. Set aside until needed. POLOV DIRECTIONS: Soak the beans overnight. rinse them well and place in a large heavy pot. Add 3 cups of water and bring to a boil. Reduce heat, cover, & simmer for 1 hour being sure to skim often. Rinse the 3 cups of rice then place in a large bowl. Barely cover with lukewarm water, add 1 teaspoon salt, then let rice soak for 1 hour. Drain beans and set aside. Heat oil in a large skillet, add the meat, onions, & garlic, brown meat and onions/garlic for approx. 10 minutes. Mix the saffron with 2 tablespoons of water add to the meat, season wioth salt & pepper to taste, add the stock, cinnamon, turmeric, nutmeg, etc. bring to a boil, reduce heat to low, cover, and simmer for 1 1/2 hrs. Heat 3 tablespoons of butter in a small skillet overmedium-low heat, add the raisins & dates and cook until softened. remove form heat set aside. Bring 3 qts. of water to a boil in a large pot add salt pour in the rinsed rice, allow to boil while stirring for 8 minutes. Remove from heat and drain. The rice will still be hard and not completely cooked. Rinse with cold water. Mix 4 tablespoons of melted butter & 1/4 cup of warm water, pour into a large heatproof, flat-bottomed, casserole with a tight-fitting lid. Place the crust into the

casserole being sure that it covers the bottom completely. Spread 1 cup of rice over the crust, then a layer of meat then a layer of beans, then a layer of dates & raisins repeat until all ingredients have been used. Top with remaining rice then drizzle 5 tablespoons of butter over this layer of rice. Pour the remaining stock over the this layer of rice as well. Poke 6 -7 holes into the top layer of rice with the handle of a wooden spoon. Wrap the casserole lid with a linen or cotton cloth. Be sure not to use a terry cloth towel as it will absorb the steam. Place the lid tightly on the casserole and cook over a med-high heat for 5 minutes, reduce the heat to low and steam the casserole for 40 minutes. Stir the remaining butter in a small bowl with the remaining saffron. remove the polov from the heat, let stand for 5 minutes, remove 1 cup of rice from the top layer of the polov and toss with the saffron-butter mixture then replace on the top of the polov. serve at once. \* NOTE: In other parts of Central Asia this dish is made with red beans and I have it made with beef, horse, camel, chicken, and venison for the meat instead of the lamb.

## Lemon Kvas

1 Servings

- 1 dry yeast envelope
- 3 lemons large
- 5 qt water
- 1 c sugar
- 6 oz beer
- 1 cheesecloth
- 1 muslin
- 1 pint jars w/ lids
- 1/2 c raisins

Dissolve yeast in warm NOT hot water. Boil remaining water and pour into a large crock. Add pitted 1/2' of lemons, raisins, & sugar then mix until sugar dissolves. Cool to lukewarm, add beer and yeast mixture, cover with the cheesecloth, and allow to ferment at room temp for 24 hours. Strain through the muslin into pint jars, cap and allow to sit in a dark place for 4 days. Serve cold or use in soups. Keep refrigerated.

## Liula-Kebab

8 Servings

4 lb lean lamb,Ground  
12 T mint leaves (fresh) or-  
6 T mint leaves,Dried  
4 t salt  
1/2 c onion fine,Chopped  
12 scallions,chopped  
1 T black pepper,Ground  
2 garlic cloves,Minced  
1/2 T ginger,Ground  
1 T red pepper flakes

Make a layer of charcoal that has burned to a grey, hot coal. Mix in a large bowl the lamb & other ingredients. Beat with a wooden spoon until mixture is smooth. Form this mixture into "sausages" approx 3" long & 2" in diameter. Thread these "sausages" onto wooden skewers leaving a 1" space between the "sausages" then grill until done over the coals, usually about 12-15 minutes.

## Lobio Soup (Red Bean Soup)

1 Servings

3/4 lb dried red beans, soaked in  
-water ov,ernight & drained  
8 c water, hot  
1/2 c walnuts, shelled & processed  
- to a p,aste  
2 t salt, or to taste  
1/4 t pepper  
1 c celery, chopped  
2 md (1 cup) onions, chopped fine  
1 T fresh mint, chopped  
1 T fresh flat-leaf italian  
-parsley, ch, opped  
1 T fresh dill, chopped  
2 T fresh coriander, chopped

This vegetarian soup is enriched with dried red (not kidney) beans and walnuts, an unlikely combination that Georgian cooking delights in assembling. It is traditional.

1. Put beans & hot water in a pan, bring to a boil, & cook over moderate heat until soft, abt 1 hour. Mash beans with 1 cup of the liquid to a puree & return to pan. 2. Add walnut paste, salt, pepper, celery & onions to pan and simmer over low heat for 10 mins. Add herbs & simmer for 10 mins more. Serve hot with bread. Serves 6 to 8.

## Lobio Tkemali (Red Beans W/Tamarind And Balsamic Vinegar)

- 1 1/3 c red beans,small, soaked-overnight
- 1 md onion,peeled
- 1 md carrot,peeled
- 3 celery rib
- 1 celery rib,3-inch piece
- 1 salt,To Taste
- 5 lg prunes,dried, pitted
- 1/4 c balsamic vinegar
- 2 t tamarind concentrate,or
- 2 t unsweetened plum butter
- 1 t chinese chili and garlic  
-paste
- 1/3 c extra virgin olive oil
- 3/4 t coriander seeds,crushed
- 1/4 t fenugreek,ground
- 1/4 c cilantro leaves,finely  
-chopped and more f
- 1 red onion rings,for garnish

NOTE: If unable to find Tamarind Concentrate, (Available in Indian or Middle Eastern stores), use plum butter (available in Health Food stores), plus 2 Tb of Fresh Lemon Juice. These are a substitute for the local Georgian Sour Plum paste that is unavailable here.

Combine the beans with the onion, carrot, and celery in a soup pot. Add enough water to cover the beans by 3-inches and bring to a boil. Add the salt, then reduce the heat to low, cover and cook the beans until tender but not mushy, about 55 minutes or more, depending on the beans. Meanwhile combine the prunes and the balsamic vinegar in a saucepan and simmer for about 15 minutes. Remove the prunes with a slotted spoon and reserve the vinegar. Finely chop the prunes. Add the tamarind concentrate to the vinegar and let stand until dissolved, about 10 minutes. Stir well and set aside. Drain the beans and discard the onion, carrot, and celery. Place the beans in a serving dish and allow to cool. In a small bowl, whisk together the diluted tamarind mixture, the chili paste, and the olive oil, blending well. Add the chopped prunes, coriander seeds, and fenugreek, again blending well. Toss the beans with the tamarind mixture. Taste and correct the seasoning and stir in the 1/4 cup of cilantro leaves. Refrigerate, covered, for at least 2 hours before serving. Serve, garnished with the additional cilantro and the onion rings.

## Luk Marinovannyi

1 Servings

- 2 T fresh dill, Minced
- 1 1 lb jar pearl onions  
-drained
- 1 c cider vinegar
- 1/2 c sugar
- 1 t salt
- 1 t red pepper flakes
- 1 t caraway seeds
- 12 black peppercorns

Put the drained onions into a jar. Combine the other ingredients together in saucepan. Bring to a boil, pour over the onions. Cap the jar tightly and cool to room temp. Refrigerate for 2 weeks before opening.

## Machynka Z Hrybiv (Mushroom Filling)

10 Servings

- 1/4 lb boletus mushrooms, or, Dried
- 1/4 lb italian porcini, Dried
  - mushrooms
- 2 lb fresh mushrooms, mature if possible
  - possible
- 4 md onions
- 1 c oil, or
- 1/2 lb butter
- 2 t black pepper, ground
- 3 t salt
- 1/2 c dry bread crumbs
- 1 juice of 1 lemon

In a saucepan with enough water to cover, bring the dried mushrooms to a boil and simmer until tender, about 1 1/2 hours. Do NOT allow to cook dry, add water as needed. Cool and set aside. Wipe the fresh mushroom with a damp towel and trim the stems then finely chop

them, setting them aside when done. Chop th onions and cook in oil or butter in heavy skillet until wilted. Add the chopped fresh mushrooms and cook over medium heat, stirring. Removed the dried mushroom from their liquid, reserving the liquid, and finely chop them, mixing them in the fresh ones as you finish each one. Cook until the mushroom ixture is dry, then season to taste. Add the lemon juice and bread crumbs. Stir and remove from the heat. Keep stirring while cooling to allow the steam to escape.

1 quart. Maybe used to flavor rice for cabbage rolls and to make gravy and soup.

## Makovyi Knysh (Poppy Seed Roll)

### ROLL DOUGH =====

- 1 pk active dry yeast
- 1/2 c lukewarm water, 115-120 d
- 1/2 c milk, lukewarm
- 2 3/4 c unbleached all-purpose flour
- 4 oz butter, 1 stick
- 2 T sugar
- 1 lg egg, beaten with a little water

### POPPY SEED FILLING =====

- 1 c poppy seeds
- 1 milk to cover the seeds
- 1 T sugar
- 2 T honey
- 1 t butter
- 1 zest of one orange, (orange-color on peel)
- 1 zest of one lemon, (yellow -color on peel)
- 2 lg egg whites

#### ROLL DOUGH:

Dissolve the sugar in the water and milk, then add the yeast, stirring to dissolve, and let sit for 10 minutes. Combine the flour, butter (which has been cut into small pieces), and the yeast mixture, kneading until the dough forms a smooth ball. Or, in a food processor with the machine running, add the butter to the flour, then add the yeast mixture. Process until the dough forms a ball, adding flour or milk as necessary. Let rest for a few minutes, then process 1 minute more. Place in a lightly oiled bowl, turning once to oil the top, cover and let rise until double in bulk.

#### POPPY SEED FILLING:

Pour boiling water over the seeds, let stand for 5 minutes, pour off the water and repeat, draining well. Cover with the milk in a saucepan and bring to a boil, then strain. Grind with the steel blade in a blender or processor until the seeds release the milk and turn white, then add the sugar, honey, and butter. Cook in a heavy skillet for 1 minute over high heat. Cool. When cool, add the egg whites and zests, blending well.

On a lightly floured surface, roll the dough into a long rectangle about 1-inch thick. Spread the filling evenly over the dough stopping 1-inch from one long edge and roll up, making sure that the filling is sealed inside. Place on a non-stick baking sheet, seam side down. Bake in a preheated 350 Degree F. oven for 35 to 40 minutes. Brush with the egg glaze and cool on a wire rack.

## Makvlis Supi (Blackberry Soup)

6 Servings

- 1 lb blackberries
- 1 clove garlic,minced
- 1/4 c finely cilantro,Chopped
- 1 T finely mint,Chopped
- 2 T finely thyme,Chopped
- 1 small onion,finely chopped
- 1 small cucumber,Peeled  
-seeded,& d,iced
- 1 salt
- 1 t wine vinegar
- 1 sour cream

Crush blackberries and strain off juice. Add water to juice to make 3 1/2 cups liquid. Add garlic, cilantro, mint, thyme, onion, cucumber, salt to taste and vinegar. Stir well and chill. Pass with sour cream.

Makes 6 servings.

## Malinnik

6 Servings

- 1 lb raspberries fresh
- 2 1/4 c claret
- 2 T sparkling water<club soda>
- 1/3 c sugar
- 6 T sour cream

Run 12 oz of the berries through a blender to puree. Stir in the sugar and claret. Chill well. Just before serving add the sparkling water/club soda and the reserved berries. Serve topped with tablespoon dollop of sour cream.

## Mamy Nugat (Mother's Nougat)

10 Servings

- 6 14-inch square wafers or  
-tortenbode,n
- 1/2 c ,water
- 1 c sugar
- 1 c honey
- 6 lg egg whites
- 1 t cream of tartar
- 2 T powdered sugar
- 1 lb walnuts,Shelled
- 1 T vanilla extract

Cook the water and sugar, in a heavy bottomed 2-quart saucepan, until the syrup moves away from the bottom. Add the honey and cook down by a third. Whip the egg whites until soft peaks form and add the cream of tartar. Gradually add the powdered sugar and beat until stiff peaks form, then add by spoonfuls to the honey mixture. Transfer the mixture to a double boiler and cook, stirring constantly, for 15 to 20 minutes, until it cooks down a bit. Beat until the mixture looks "dry". Stir in the chopped nuts and cool. On a work surface covered with waxed paper, spread a wafer with 1/4 of the honey mixture about 3/4 of an inch thick. Cover with a second wafer and press down evenly. Spread another fourth of the honey mixture on the second wafer and top with a third wafer. Repeat to makd a second nougat. Wrap each one tightly in heavy foil and refrigerate overnight. Trim off the edges and cut into 3/4-inch strips, then cut each strip diagonally into 2 1/2-inch pieces.

Serve with tea.

## Medianyky (Honey Cookies)

12 Servings

4 c unbleached all-purpose flour  
1 t cinnamon,Ground  
1/2 t cloves,Ground  
1/2 t ginger,Ground  
1/2 t nutmeg,Ground  
1 c powdered sugar  
2 t baking powder  
2 extra large eggs  
1 c honey  
2 T orange peel,Chopped  
1 lg egg,beaten with a little  
-wate  
20 almonds,Blanched  
1 coarse sugar crystals

Sift the flour, spices, sugar, and baking powder together, blending well. Add the eggs, honey, and orange peel to make a soft dough. On a floured work surface, roll out the dough to about 1/2-inch thick. Cut into shapes with cookie cutters, and place on a lightly greased or non-stick cookie sheet, brushing each one with the egg wash glaze. Place 1/2 of an almond in the top center of each cookie and sprinkle with the sugar crystals. Bake in a preheated 350 Degree F. oven until done, about 15 minutes. Cool on wire racks and store in airtight tins.

## Medivnyk (Traditional Honey Bread)

10 Servings

8 lg eggs, separated, at room  
-temper  
6 T butter  
14 oz honey, clover or wild  
2 c sugar  
6 c unbleached all-purpose flour  
2 t baking powder  
2 t baking soda  
2 t cinnamon  
1 zest and juice of 1 orange  
1 c strong coffee  
1 c sour cream  
1 c filberts (or walnuts)  
-chopped  
- (optional)

Heat the honey to boiling and allow to cool. Separate the eggs, reserving the whites. Beat the room temperature yolks with the butter until fluffy. Add the cooled honey and beat until well blended. Add the sugar and blend well. Sift the flour, baking powder, baking soda and cinnamon together, then sift again. Add to the honey mixture. Add the orange zest, juice, coffee and sour cream stirring until no dry flour shows. Whip the egg whites until stiff, then fold in a little of the whites, mixing well, then add the rest of the whites. Stir in the chopped nuts, if using them. Pour into buttered and floured loaf pans, rapping them to even the batter. Bake in a preheated 325 Degree F. oven for about an hour. DO NOT open the oven door during the first 30 minutes of baking. When done, cool on wire racks for 10 minutes and then turn out to finish cooling. Wrap well in heavy duty aluminum foil and store in the refrigerator.

## Milk Soup W/ Vegetables "Molochuna W/ Morkviou Ta Kalusti

6 Servings

- 6 c milk
- 2 c water
- 1/3 lb cabbage, Chopped
- 1 1/2 lb potatoes peeled and, Chopped
- 2 carrots, Sliced
- 2 t butter
- 1 salt, To Taste

Cook all vegetables in boiling water for 10 minutes. Add milk that you have brought to a boil & butter. Simmer for 15 minutes and serve hot.

## Mixed Meat Soup - Solyanka Sbornaya Mysnaya

2 Servings

- 2 1/2 lb beef chuck w/ bones
- 1 veal kidney
- 1/4 lb ham 1/2,Cubed
- 1/4 lb hotdogs 1/4,Sliced
- 2 T butter
- 6 c water
- 2 onions,Chopped
- 1 T capers
- 1/2 c black olives pitted,chopped
- 2 tomatos,peeled & chopped
- 1 T tomato paste
- 1 t salt
- 1/2 t black pepper
- 1/2 t white pepper
- 2 bay leaves
- 1/2 lemon,Sliced
- 4 oz pickled mushrooms
- 2 dill pickles,Julienned
- 6 T flour

Cook the beef in the water for 1 1/2 hours to mnake rich broth. Slice the veal kidney into edible slices and dredge in the flour, brown in the butter. Brown the onions in the butter as well. Stir in the ham, hot dog slices, kidney, and onions into the beef stock and cook for 20 minutes. Add the remianing ingredients and cook for another 15 minutes. Like many foods this soup is best when prepared a day in advance, refrigerated, then re-heated and served. Usually served with a generous dollop of smetana <sour cream> and slices of black bread.

## Mocha Honey Cream Torte

2 Servings

- 6 eggs large
- 6 c mocha custard cream <see  
-below>
- 2 t baking soda
- 1/2 c sunflower oil
- 1 1/3 c sugar
- 1 1/3 c honey
- 3 1/2 c flour
- 1 t baking powder
- 1 c strong coffee
- 1 c apricot preserves (or jam)
- 1/2 c sweet sherry
- 1 fine dry bread crumbs
- 1 butter

### MOCHA CUSTARD CREAM =====

- 12 oz evaporated milk
- 1 vanilla pudding package not  
-instant
- 2 egg yolks
- 4 oz butter, Unsalted
- 1/2 c powdered sugar
- 1/2 c strong coffee
- 2 T coffee, Instant
- 1/2 c sweet sherry

Mocha Cream Custard directions: Slowly add the evaporated milk in a large sauce pan. to the pudding mix Save 2 tablespoons for use later in the recipe. Stir constantly and cook over medium heat. Beat the egg yolks with the 2 tablespoons of milk until they are frothy, add to the mixture, bring to a boil for 5 minutes being sure to keep the boil very slight. Heat the coffee, mix in the instant coffee and add to the pudding stirring well. Set this aside, cover, and cool. Cream the butter & sugar in a large bowl until fluffy. Scrape the sides of the bowl and add 3-4 tablespoons of the pudding, mix well, add the remaining pudding in 2 parts, beat after each addition of pudding. This may be refrigerated for 2-3 days but be sure to bring to room temp before using. Torte directions: Butter 2 springform pans <9"> be sure to cover the sides. Sprinkle the bread crumbs even to the rim. Shake out the excess. Separate the eggs. Beat the yolks with sugar until they are fluffy, add oil and beat until pale, add honey and

beat again. Combine dry ingredients and sift, add to yolk mixture in 1/3's, while stirring add the coffee. Whip the egg whites until they become stiff and fold into the mixture. Pour into the springform pans and bake in a pre-heated oven at 350 degrees F for 1 hour. Cool slightly, remove form pan, and place on cooling racks. Cut i torte into 3 layers. Place 1 layer on 2 crossed pieces of wax paper, sprinkle with a little of the sherry, and spread with a thin coating of the apricot jam, then with the mocha cream,add the next layer and repeat, then cover with the remaining layer. Sprinkle with sherry, cover with foil, and refrigerate for 6 hours. Ice with the remianing mocha cream. You may o maynot wish to decorate the top. Repeat the steps for the 2nd. torte because one torte is never enough!

## Mrybova Pidlyva (Mushroom Gravy)

10 Servings

- 1 c ,nachynka z hrybiv; (mush
- 1 c stock
- 1 c light cream,or
- 1 c half and half
- 1 T cornstarch,(optional)
- 1 salt and pepper

Heat the stock in a saucepan and add the mushroom mixture, bringing the mixture to a boil. Add the cream and heat through. Season to taste.

### NOTE:

For a thicker gravy, add the cornstarch to a little of the cream and then add to the hot gravy.

Use this gravy with cabbage rolls and roasts. It is also very good over toast points.

## Myasnaya Kharcho (Lamb, Herbs, & Rice Soup)

1 Servings

- 1 lb lamb shank, cut into 2-in  
-pieces, bone included
- 3 md (1-1/2 cup) onions, chopped
- 9 c water
- 1 c raw rice, well-rinsed
- 1/4 t black pepper
- 1 whole fresh jalapeno or  
-serrano chili
- 3 T tomato paste
- 3 cloves garlic, put thru press  
- (or masala), held in mortar
- 1 t salt, or to taste
- 1/4 c fresh coriander, chopped
- 1/4 c flat-leaf italian parsley  
-chopped
- 1/4 c fresh dill, chopped

1. Put lamb in a dry soup pan & stir-fry over low heat for 10 mins. Add onions, stir-fry for 1 min, cover pan, & cook for 15 mins. Add water & bring to a boil over moderate heat. Reduce heat to low & cook for 45 mins, or until lamb is tender.

2. Add rice & cook for 10 mins. Add pepper, hot chili, tomato paste, garlic, & salt & cook for 15 mins. Lastly add herbs & cook for 2 mins more. Serve hot. Serves 8 to 10.

VARIATION: One pound of beef chuck or rib ends of beef with bone can be substituted for lamb. Follow same directions.

## Nachinyonaya Forel (Stuffed Trout)

4 Servings

1 (abt 1 lb) whole trout  
1 t salt  
1/2 c walnut,shelled & chopped  
-fine  
1 t to 2 ts hot green chili  
-seeded &,Minced  
1 md (1/2 c) onion,chopped fine  
1/4 c fresh pomegranate seeds  
1/4 t cinnamon,Ground  
1/8 t cloves,Ground  
1 flour  
3 T corn oil

This is a dish for special occasions, w/elegant & unusual flavorings.

Note that heat intensity of chili is variable & you should add just enough to suit your personal preference.

1. Rinse trout in cold water & dry. Rub w/salt inside & outside. Let stand for 1/2 hr. 2. Mix walnuts, chili, onion, pomegranate seeds, cinnamon, & cloves together. Do not squeeze pomegranate seeds, they should remain whole & firm. 3. Stuff trout. Roll it in flour. Heat oil in skillet & fry trout over moderate heat for 3 mins on each side. Drain briefly on paper towels. Serve warm or at room temp. Serve 4 w/other dishes.

## Nachynka Z Kapusty (Cabbage Filling For Varen

10 Servings

- 1 lb sauerkraut
- 3 c fresh white cabbage  
-shredded
- 3 md onions
- 1/2 c oil,or
- 1/4 lb butter,1 stick
- 2 t black pepper,Freshly Ground  
- (or),To Taste
- 1 bouillon cube

Pour off the sauerkraut juice, reserving the juice, chop it up and set aside. Saute the onions in the oil or butter until golden. Add the drained, chopped sauerkraut, cabbage, bouillon cube, and sauerkraut juice. Cook over low heat, uncovered, until the liquid evaporates, stirring often. Add the pepper, stir and cool. Chop once or twice in the processor or run through a meat grinder. NOTE: This stuffing is also excellent in Pyrizhky or crepes. Keeps well in the refrigerator.

## Okroshka

6 Servings

- 1 c meat,cooked
- 1 cucumber
- 2 eggs,hard-boiled
- 3 onions,green
- 1 t sugar
- 2 t dijon mustard
- 1/2 c sour cream
- 4 c apple cider

This chilled meat and vegetable soup is a popular Russian dish. It's served with ice cubes in it. Since there's no substitute for Russian Kvass, a fermented and slightly alcoholic liquid made from grain, the ingredients in this recipe will have to do.

You may substitute 3 c beef stock and 1 c white wine for the apple cider.

Dice meat. Peel and dice cucumber and eggs. Slice green onions. Combine first 4 ingredients. Mix together sugar, mustard, sour cream, and cider, and beat well. Add beef mixture and chill. Serve sprinkled with dill.

## Omelet Cu Brinza Si Ciapa Verde (Omelet W/Cheese & Onions)

2 Servings

- 6 oz feta,preferably bulgarian
- 1/2 c scallions (green onions)
  - finely,Chopped
- 1 1/2 t sweet hungarian paprika
  - plus more,For Garnish
- 6 lg eggs
- 1/3 c milk
- 1 salt and,Freshly Ground
  - black peppe,r
- 2 T (sweet) butter,Unsalted
- 2 T fresh dill,for garnish

If the feta is too salty, soak in cold water for 30 minutes. Drain well and crumble into fine pieces. Combine, in a bowl, with the scallions and paprika, then set aside. In a large bowl, whisk the eggs, milk, salt and pepper, together, until frothy. Melt the butter in a 10-inch omelet pan over medium heat. When the butter bubbles rapidly, add half of the egg mixture and stir until it just begins to set. Continue cooking until the eggs are almost completely cooked, running a thin spatula around the edges to prevent sticking, about 1 1/2 minutes. Sprinkle half of the feta mixture on the omelet, then reduce the heat to very low, cover, and cook for 1 minute more. Slide the omelet onto a plate, folding it over if desired. Repeat with the remaining ingredients making 1 more omelet. Serve at once, sprinkled with more paprika and the fresh dill.

## Omelet Cu Brinza Si Ciapa Verde (Omelet W/Che

2 Servings

- 6 oz feta,preferably bulgarian
- 1/2 c scallions (green onions)
  - finely,Chopped
- 1 1/2 t sweet hungarian paprika
  - plus more,For Garnish
- 6 lg eggs
- 1/3 c milk
- 1 salt and,Freshly Ground
  - black peppe,r
- 2 T (sweet) butter,Unsalted
- 2 T fresh dill,for garnish

If the feta is too salty, soak in cold water for 30 minutes. Drain well and crumble into fine pieces. Combine, in a bowl, with the scallions and paprika, then set aside. In a large bowl, whisk the eggs, milk, salt and pepper, together, until frothy. Melt the butter in a 10-inch omelet pan over medium heat. When the butter bubbles rapidly, add half of the egg mixture and stir until it just begins to set. Continue cooking until the eggs are almost completely cooked, running a thin spatula around the edges to prevent sticking, about 1 1/2 minutes. Sprinkle half of the feta mixture on the omelet, then reduce the heat to very low, cover, and cook for 1 minute more. Slide the omelet onto a plate, folding it over if desired. Repeat with the remaining ingredients making 1 more omelet. Serve at once, sprinkled with more paprika and the fresh dill.

## Orikhova Masa (Walnut Filling)

10 Servings

3/4 c butter  
3/4 c powdered sugar  
3/4 c walnuts (or almonds),grated  
1 T whipping cream (or  
-evaporated)  
- milk  
4 lg egg whites  
1/2 c unbleached all-purpose flour

Cream the butter and sugar until light and fluffy. Add the egg whites and beat well. Combine the grated walnuts, cream and flour, mixing well. If almonds are used, add a drop of almond extract.

### NOTE:

Use only fresh nuts for baking. Nuts have a high oil content and deteriorate rapidly. To maintain freshness, store large quantities of nuts in the freezer.

## Pampushky (Raised Doughnuts With Filling)

10 Servings

- 2 T sugar
- 1/2 c water
- 2 pk active dry yeast
- 1/4 c milk
- 5 c unbleached all-purpose flour
- 1/4 lb butter, 1 stick
- 1/2 c sugar
- 2 lg eggs
- 3 lg egg yolks
- 1 t salt, if using, sweet butter
- 1 t vanilla extract
- 1   zest of one lemon
- 1 c rose preserve (or any dry)  
-fr
- 1   powdered sugar, as needed

Combine the sugar and water, sprinkle with the yeast, and let stand until soft. Heat the milk to lukewarm, and add the milk and 1/4 cup of the flour to the yeast mixture. Beat well, cover and allow to rise until light and bubbly, about 10 minutes. In another bowl, cream the butter and sugar. Beat eggs and egg yolks together, blending well and combine with the sugar-butter mixture, beating thoroughly until the eggs are pale white. Grate a lemon on a fine grater until all of the yellow color is grated off and add this (the zest), vanilla, and the yeast mixture to the butter-egg mixture. Mix in 4 cups of flour. If the dough seems a little loose, add a little more, but the dough should be soft. Knead, by hand, for about 10 minutes. Replace in a greased bowl, turning once to grease the top, and cover with a damp towel, set in a warm place until double in bulk. Punch down, knead a few more times, and allow to rise again until the dough is doubled. When doubled, divide the dough into 4 parts. On a lightly floured surface, roll one part into a rectangle about 1/4-inch thick, turning once or twice during the rolling to achieve a uniform thickness. Dust with flour sparingly. Place 1 ts of rose preserve at evenly spaced intervals on the dough, or with a 2 1/2-inch cutter, gently form impressions and place the filling in each. Roll another portion out, as above, to the same thickness, and gently cover the first, overlapping a little. (Filling will show through.) Cut circles with the cutter. Place them on a lightly floured cookie sheet and allow rise until double in size.

Repeat until all of the dough is used, rolling out the scraps last. Heat oil or shortening to 375 degrees F. in a deep fryer or wide skillet.

Test the temperature by frying a piece of bread; it should bubble and turn golden quickly. The fat should not be smoking. Fry 5 or 6 pampushky at a time. Do NOT crowd as this lowers the temperature and the doughnuts will absorb too much grease. When one side is golden, flip with a spoon to fry the other side. Dough will puff up in the frying. Perfect pampushky are light as air. Drain on paper towels. When slightly cooled, sprinkle with powdered sugar.

Serve with tea.

## Parcha Bozbash - Lamb Soup W/ Chestnuts, Quin

4 Servings

- 1 lb boneless lamb cut in 1,Lean  
-cubes
- 1 salt,To Taste
- 1 black pepper,Freshly Ground  
-to taste
- 3 T butter
- 1 md onion,finely chopped
- 4 c beef broth
- 1 md potato,peeled and cubed
- 1 sm quince peeled,cored, and  
-cubed
- 1/2 c pitted prunes or,Dried
- 1 c fresh sour prunes
- 1/4 lb chestnuts,shelled & peeled
- 2/3 c chick-peas \* drained,Canned  
-& rinse,d
- 2 T clarified butter

Season the lamb with salt and pepper. In a heavy pot, melt the 3 tb.

butter over moderate heat. Add the lamb and onion, saute until browned, stirring frequently. Add the broth. Add salt as needed, cover, and simmer for 1/2 hour. Add the potato, quince, prunes, and chestnuts. Cover and simmer for 1/2 hour. Add the chick-peas and simmer, covered, 20 minutes. Stir in the clarified butter and allow to melt before serving the soup. Note: 1/4 tsp. ginger or a pinch of powdered saffron dissolved in 2 tb. warm water may be added with the chick-peas, and the soup served sprinkled with 1 ts. crushed dried mint, accompanied by chopped onion and sumakh on the side. In the Caucasus, ground kyurdyuk is normally used instead of the clarified butter, and dried chick-peas\* rather than canned ones. The dried chick-peas are soaked for 4-6 hours, drained, & added at the beginning with the broth.

## Pashka

12 Servings

- 4 8-oz pkg cream cheese
- 1 c butter
- 3 egg yolks
- 2 c confectioner's sugar
- 2 t vanilla
- 1/2 c crushed pineapple, Canned
- 1 (drained)
- 3/4 c almonds (toasted), Slivered

Let cream cheese, butter and egg yolks stand two hours at room temperature; beat together at low speed. Beat in sugar. fold in vanilla, pineapple and almonds. Wash and dry inside of two-quart clay pot. Line with a double thickness of cheesecloth which has been wrung out in cold water. Pour mixture into pot. Cover with plastic wrap. Refrigerate overnight. Unmold and serve.

## Pashtet Iz Pachonki

8 Servings

- 1 lb chicken livers (or calves)
  - liver cut,into strips
- 1 t salt
- 2 onions lg. thin,Sliced
- 1/3 c butter
- 1/4 t black pepper
- 1 egg lg.
- 2 white bread crustless,Slices
- 1/2 c chicken stock
- 1/2 garlic clove,Minced

In large skillet melt the butter, add the onions and garlic. Fry until they begin to brown, add the liver and continue to fry for 8-12 minutes until the livers are no longer showing any pink. Put the ingredients into blender/food processor and chop until the mixture is very fine and smooth. Grease a casserole dish and turn out the liver mixture into it. Preheat the oven to 350 degrees F. Bake the mixture for 45 minutes. remove from and allow to cool for 15 minutes then cover and refrigerate for 4-6 hours before serving.

## Patrijani (Stuffed Fried Eggplant)

2 lb (abt 8 small) italian-type eggplant  
2 1/2 t salt  
2 sm (3/4 cup) onions, chopped  
3/4 c walnuts, shelled  
3 cloves garlic, sliced  
3 t coriander, Ground  
1/4 t to 1/2 ts hot red chili flakes, to taste  
3 T red-wine vinegar  
1/4 c corn oil

### VARIATION =====

2 lb (abt 8 small) italian-type eggplant  
6 c water  
1 t salt  
8 sprigs chinese celery (see note) or  
8 sprigs flat-leaf italian parsley  
1 recipe for walnut stuffing-as in basic recipe

1. Cut each eggplant lengthwise almost into halves so that they can be opened like a book, w/two halves still connected. Sprinkle insides lightly w/2 ts salt, put them in large pan & cover. Let stand for 1 hr. Rinse w/cold water. Close each eggplant & them gently to remove accumulated liquid. Open them again & dry on a kitchen towel.
2. Toss onions w/remaining 1/2 ts salt & let stand for 1/2 hr. Put them in a kitchen towel & firmly squeeze out liquid.
3. Prepare a stuffing. Put walnuts, onions, garlic, coriander, & red chili flakes in a processor & process to a smooth paste. Add vinegar & process for a few seconds more to mix well. Set aside.
4. Heat oil in a skillet, place eggplants cut side down in it and fry over moderate heat, covered, for 5 mins. Turn them over & fry for another 2 mins to brown skin side. Remove & cool. Do not separate eggplant halves.
5. Spread 1 tb stuffing over cut surface of half of the eggplant. Close, & tie together w/white thread if you wish. Return eggplants to skillet & fry them over low heat on both sides for 5 mins. Cool & remove thread, if used. Refrigerate. Serve cold as an appetizer or a side dish. Makes 8.

## Pchali (Herb Fritters)

20 Servings

- 4 scallions, sliced thin
- 1 c flat-leaf italian parsley  
-chopped
- 1 c fresh coriander, chopped
- 1 c fresh dill, chopped salt  
-pepper
- 3 lg eggs, beaten
- 1/2 c flour
- 1/4 c corn oil, for frying

1. Toss herbs, salt, & pepper together. Add eggs & flour & mix well by hand. Do not use a processor. 2. Heat oil in a skillet. Drop 1 heaping tb mixture into oil, shaping a round fritter. Fry over moderate heat for 2 mins on each side. Drain briefly on paper towels. Continue w/ rest of mixture. Serve warm or at room temp as an appetizer w/drinks, or as an additional dish w/other Georgian foods. Makes 20 fritters.

## Pelmeni (Siberian Meat Stuffed Dumplings)

- 1 dough
- 3 c flour
- 1 t salt
- 1 egg,or
- 2 egg yolks
- 2/3 c water,warm
- 1 stuffing
- 1/2 lb beef,Ground
- 1/2 lb pork,Ground
- 2 T water
- 1 md onion,finely chopped
- 2 cl garlic,minced
- 1 accompaniments
- 1 sour cream
- 1 butter,Melted
- 1 vinegar
- 1 pepper
- 1 mustard

Making pelmeni begins with the preparation of the pastry. Sift flour into a mound in a bowl. Make a well in the centre and add salt, eggs, warm water and knead the dough with both hands until smooth and free of lumps. If dough is too sticky, add some more flour. Dough should form a firm ball. Cover it with a damp tea towel and leave to stand for 30-40 minutes.

Meanwhile, make the meat filling. Combine beef, pork, onions, garlic and water in a bowl until thoroughly mixed.

Roll the dough out thinly, cut out small circles and put a small ball of filling [1 heaping teaspoon] onto each. The edges are then joined and pinched together, forming half-moons. Use a little water brushed lightly on the edges to make them stick. Keep the finished pelmeni either on waxed paper or board sprinkled with flour.

Cook a dozen at a time, uncovered, in plenty of rapidly boiling lightly salted water, about 10 minutes. Repeat until all pelmeni are cooked.

Serve pelmeni either as a garnish in clear soup (beef or chicken broth) or as main course with mustard, pepper, vinegar, sour cream and/or melted butter.

## Phali (Young Beets Leaves In Walnut Sauce)

6 Servings

1 c water,boiling  
1 lb young beet leaves & stems  
1 c walnuts,shelled  
1 t salt,or to taste  
4 cloves garlic,sliced  
1 t or 2 ts jalapeno chili  
-seeded,to,taste  
1 t coriander,Ground  
2 md (1 cup) onions,chopped fine  
1/4 c fresh dill,chopped  
4 T red-wine vinegar

1. Pour boiling water over beet leaves & cook in a covered pan over low heat for 1/2 hour. Drain, cool, & press out liquid. Cut into 1/4- inch-wide slices. 2. Process together walnuts, salt, garlic, & jalapeno chili into a paste. Toss with beet leaves, coriander, onions, dill, & vinegar. Mix well. Serve cold as an appetizer or as a salad course with dinner. VARIATION: Fresh radish leaves or tender leaves of cauliflower may be used instead of beet. The procedure is same.

## Pilav Limon

4 Servings

- 14 3/4 cn chicken broth, reduced-sodium
- 1 c water
- 1 c orzo pasta
- 1 t dried leaf basil, crumbled
- 1 t lemon rind, Grated

Bring chicken broth and water to boiling in medium-size saucepan. Stir in orzo, basil and lemon. Return to boiling. Lower heat and simmer 10 minutes or until tender. Remove from heat and serve.

## Pineapple Squares (Annanasa Keturkampai)

1 Servings

1/2 cake yeast  
3/4 c milk  
1 t sugar  
3 c flour  
1 c butter  
3 egg yolks  
3/4 c water  
1 md can pineapple,Crushed  
1 c sugar  
5 8 tblsp. cornstarch  
2 c confectioners' sugar  
3 T butter  
1 t vanilla  
5 T milk  
1 nuts,Ground

Dissolve yeast in lukewarm milk. Set aside. Mix flour, butter, egg yolks, and sugar. Add yeast mixture and work dough well. Set in refrigerator overnight. Cook water, pineapple, sugar and cornstarch together until thick. Set aside to cool. Divide dough in half and roll dough to fit cookie sheet with sides. Spread with filling. Cover with balance of dough. Bake 350 degrees, 35-40 minutes. Cool. Mix confectioners' sugar, butter, vanilla, milk. Spread over entire surface. Sprinkle with ground nuts. Cut into squares. (50)

## Pirohy (Porusnykovi) "Russian-Style."

1 Servings

- 4 c flour
- 1 egg slightly, Beaten
- 1/2 t salt
- 2 c very potato water or, Warm
- 1 plain water
- 1 potato filling
- 3 lb potatoes, pared, cut into  
1 sm pieces. and mashed., Boiled
- 1/3 lb yellow cheese., Grated
- 1 (american, colby, or similar  
1 mild cheese)
- 1 cheese filling
- 1/2 lb dry cottage cheese, mashed
- 1 to eliminate the lumps.
- 1 for salt/herb version
- 1/2 t salt
- 1 scant tablespoon of, Chopped
- 1 green dill weed (or chives.)
- 1 for sweet version
- 1 sugar, to taste
- 1 cinnamon, to taste
- 1/4 c white raisins
- 1 cabbage filling
- 1 md onion, chopped
- 1 scant 2 tsp oleo
- 1 md head cabbage
- 1 qt sauerkraut juice or
- 14 oz can of sauerkraut, do not  
1 rinse

Chop raw cabbage, combine with sauerkraut, including original juice, and simmer together for an hour. Add a little water if needed. After it is cooked, drain liquid. Saute (proj) the onion in the oleo until it is clear. Add the drained cabbage, and fry slowly, stirring often until it loses the whiteish look and is rather dry. Add salt and pepper to taste.

### Assembly

Roll out dough on a floured board to about 1/8 inch thickness. Cut 2

or 3 inch circles. It is a rather sticky dough but this makes it seal very well. Place about a teaspoon of filling to one side of the circle, lap over the other half so it is like a half moon and seal the edges by punching together carefully.

### Cooking

Have an 8 to 10 quart pot of water at a rolling boil. Drop 6 pirohy into the water one by one. Stir with a wooden spoon. Water must be kept boiling at all times. When they rise to the top of the water, continue cooking for another minute. Remove with a slotted spoon and place into a colander. While the next 6 are cooking, coat the first 6 with butter or oleo by placing them into a skillet containing melted butter. Remove and place them into a roaster or other container, for serving or reheating at a later time. This method works well when large quantities are being made.

## Piroshki

32 Servings

- 4 1/2 c bisquick
- 1 1/3 c milk
- 1 lb beef,Ground
- 1 lb chicken,Ground
- 1 t oregano
- 1 T garlic powder
- 1 T pepper,black
- 1/2 t sage
- 1/2 t thyme
- 16 oz corn,creamed
- 1 pk lipton vegetable soup mix

Heat oven to 350 F. In a bowl, mix the pepper, garlic powder, oregano and thyme together with the ground beef and ground chicken. Saute the meat mixture until brown; drain well. Set aside.

Combine the creamed corn and the envelope of soup mix in a saucepan; mix thoroughly and heat until warmed through. Add the meat mixture; mix together well. The mixture should be moist but not soupy.

Make the dough from the Bisquick and milk; roll out medium-thin on a board well-dusted with more Bisquick. The dough will be fairly sticky, so have a fair amount of extra Bisquick on hand to dust the board and the pin again as needed. Cut out 4" diameter rounds (I find an English muffin ring or a large tuna can works well). Take a scant tablespoon of the filling and place off-center on each round; fold the other half over and pinch to seal. (Hint: when trying to loosen the rolled-out dough from the board, use a metal spatula.) The piroshki will tend to separate at the seam in the oven, so seal them pretty solidly.

Place piroshki on a cookie sheet or jelly roll pan; brush with an egg wash to help it seal. Place in the oven and bake for 30 minutes. Remove from oven and cool a few minutes; serve warm.

## Pisni Holubts (Meatless Cabbage Rolls)

10 Servings

2 c rice, uncooked  
4 c water  
1 md head white cabbage, 4 to 5  
-lbs, without bruise  
2 lg onions, use 3 if you like  
-onions  
1/4 lb butter, 1 stick  
1 c mushroom mix  
1 T salt  
1 t black pepper, to taste  
16 oz tomatoes, Canned  
1 bouillon cube, or  
1 T maggi sauce  
1 ,tomato juice or water as

Combine the rice and water in a medium saucepan. Bring to a boil, stir gently, cover and cook for about 20 minutes. Cool in a large bowl. Core the cabbage and place it in a large pot or Dutch oven half filled with water, cover, and bring to a boil. Cook about 2 minutes. As the outer leaves become translucent and soft, pry off and remove with a wooden spoon. Continue until the head is about 5 inches in diameter, remove and save for Cabbage Filling, (Recipe will be included in the next bunch). Trim the leaves by paring of the thick part of the rib. In a large skillet, saute the chopped onions in melted butter until lightly cooked. Add the onions and mushroom mix to the rice, stir gently but do NOT mash. Add salt and pepper to taste. Line the bottom of a baking dish with the outer cabbage leaves. Place a large spoonful of the filling at the stem end of each leaf, fold over the sides and roll from the bottom to the top. Do NOT overstuff or the results will look like hand grenades. The rice will expand when baked. Without crowding, arrange in neat layers in the baking dish, covering the last layer with a few cabbage leaves. Coarsely chop the tomatoes and pour over the rolls. Add the bouillon cube or Maggi seasoning, cover, and bake in a preheated 325 Degree F. oven for about 2 hours. Add tomato juice or water as needed, there should be 2 to 3 inches of liquid at the bottom. Baked rolls will keep hot for about 1 hour.

## Pisnyi Borsch (Meatless Beet Soup)

10 Servings

- 2 lb beets
- 1 lg carrot
- 1 md parsnip
- 1 md turnip
- 2 lg celery ribs
- 2 md onions
- 1 lg bay leaf
- 3 peppercorns, use 4 if  
-desired
- 3 dried boletus mushrooms, or
- 1/2 lb mushrooms, Chopped
- 1 , liquid from the cooked mu
- 1 qt beet kvas, or
- 1 t sour salt, crystalized  
-citric acid i
- 2 t salt
- 1 t ground pepper, or to taste
- 2 t fresh dill, chopped

Soak boletus overnight. Cook in a little water until tender. Cool, reserving the liquid, and chop finely. Scrub the beets and cut into quarters. Cover with water and cook over low heat until tender, about 1 to 2 hours. Cool and pour off the liquid, reserving it. Slip off the peels. (Wear rubber gloves to prevent purple hands.) This may be done a day in advance. Peel and cut up the other vegetables. Add the bay leaf, peppercorns, and boletus or mushrooms to the vegetables, with enough water to cover, and cook, in a large aluminum pot over low heat, until tender. Strain the beet liquid into the vegetables. Shred the beets in a processor or on a medium grater, and add. Simmer for about 10 minutes and strain into a large pot. To keep the broth clear, do not press the vegetables. Add the beet kvas, mushroom liquid, pepper and salt. bring to a gentle boil, then turn the heat low. Taste, the flavor should be tart, mellow, and full. For more tartness, add fresh lemon juice or sour salt. Keeps well in the refrigerator. Reheat gently; do not overcook or the color will turn brown. To serve, pour over 3 or 4 vushka (dumplings) in soup plates and garnish with the fresh dill.

## Pisznyi Borscht

8 Servings

2 lb beets  
2 carrots  
1 parsnip  
1 turnip  
2 large celery ribs  
2 onions medium finely,Chopped  
1 lg bay leaf  
4 peppercorns  
1/2 lb mushrooms,Chopped  
1 qt beet kvas  
2 t salt  
1 t pepper,Ground  
1 T fresh dill,Chopped

Scrub the beets and cut into quarters. Cover with water and cook over low heat until tender, about 1 to 2 hours. Cool and pour off the liquid, reserving it. Slip off the peels. (Wear rubber gloves to prevent purple hands.) This may be done a day in advance. Peel and cut up the other vegetables. Add the bay leaf, peppercorns, and boletus or mushrooms to the vegetables, with enough water to cover, and cook, in a large aluminum pot over low heat, until tender. Strain the beet liquid into the vegetables. Shred the beets in a processor or on a medium grater, and add. Simmer for about 10 minutes and strain into a large pot. To keep the broth clear, do not press the vegetables. Add the beet kvas, mushroom liquid, pepper and salt. bring to a gentle boil, then turn the heat low. Taste, the flavor should be tart, mellow, and full. For more tartnes, add fresh lemon juice or sour salt. Keeps well in the refrigerator. Reheat gently; do not overcook or the color will turn brown. To serve, pour over 3 or 4 varinyki in soup plates and garnish with the fresh dill a large dollop of sour cream.

## Plov S Mindalyom, Izyumom I Apelsinovoy Tsedroy/ Pilaf

5 Servings

- 4 T butter
- 1 c carrots,grated.
- 1/3 c almonds,slivered
- 2 oranges,zest of...
- 1/3 c sultanas
- 1/4 t turmeric,ground.
- 1 1/2 c rice,long-grain
- 3 c stock,chicken, boiling.
- 1 salt,to taste.

Melt the butter in a heavy 2-quart saucepan over medium-low heat. Add the carrots and stir over medium heat for about 5 minutes. Stir in the almonds, orange zest, sultanas, and turmeric, and continue to stir for another 3 to 4 minutes. Add the rice and keep on stirring until the rice is well coated with butter and takes on some colour, 2 minutes.

Pour in the boiling stock in a steady stream and let boil for about 2 minutes. Add salt, reduce the heat to very low, cover tightly, and simmer until all the liquid is absorbed, 15 to 20 minutes. Let stand, covered, for 10 minutes.

Fluff the rice with a fork, transfer to a serving platter, and stir gently before serving. Serves 4 to 6.

## Pokhlyobka Mushroom & Barley Soup

6 Servings

1 lb mushrooms freshly, Sliced  
1/2 c raw pearl barley  
6 T butter  
1 t salt  
2 carrots thinly, Sliced  
2 bay leaves  
1 T lemon juice fresh squeezed  
2 onions, Chopped  
6 c rich beef stock w/marrow  
1 potato large 1/2, Cubed  
1 black pepper, Freshly Ground  
1 T dill freshly, Snipped  
6 T sour cream

Put 2 tablespoons of butter into a large stock pot then add the onions & garlic. Saute the onions & garlic in 2 tablespoons of butter until they are soft. Add the stock, the carrots, bay leaves, and the potatoes. Stir then add the salt, pepper, dill, & barley. Bring it to a boil, reduce heat and simmer for 1 hour. Saute the mushrooms in the remaining butter for 3-4 minutes then add to the pot. Simmer for 10 minutes. Add the lemon juice just before serving and put 1 tablespoon of sour cream into each bowl of soup as you serve it.

## Pokhlyobka-Barley & Mushroom Soup

8 Servings

- 1/2 c raw pearl barley
- 1 large potato 1/2,Cubed
- 2 garlic cloves,Minced
- 2 onion med.,Chopped
- 6 T butter
- 1 T lemon juice fresh
- 2 carrots,Sliced
- 1 t salt
- 1/2 t black pepper
- 1 T dill fresh,Chopped
- 1 lb mushrooms fresh,sliced
- 1 sour cream

Saute' onions & garlic in 2 tablespoons of butter in a large stock pot. Pour in the beef stock, then add the potato, carrots, bay leaves, salt, pepper, & barley. Bring mixture to a boil, reduce heat and simmer for 1 hour. Add dill, mushrooms, and simmer for 15 minutes. Just before serving add the lemon juice. Adjust salt & pepper to taste and serve with generous dollop of sour cream.

## Polish Babka

1 Servings

- 2 1/2 c milk
- 6 c flour (approximately)
- 4 pk dry yeast (or 2 ounces  
-fresh)  
-yeast
- 1/2 c sugar
- 1 t salt
- 16 egg yolks
- 3/4 c soft butter
- 1 c white sultana raisins
- 1/4 c rum
- 1/2 c rum fondant (or vanilla  
-sugar)

Bring milk to a rolling boil. Add to 1-1/4 cups flour, beating it in hard until mixture is as fluffy as mashed potatoes. Cool to lukewarm. If dry yeast is used, see directions on package. If fresh yeast is used, cream it with sugar and salt to make a syrup. Add syrup to cooled paste. Let rise 20 minutes, or until mixture is a light sponge. Stir it down. Beat in egg yolks and enough flour to make a soft, sticky dough. Add soft butter. Knead dough in bowl until it is very smooth, shiny, and elastic. Your hand should be clean when it is pulled abruptly from the dough. Kneading by hand will take about 40 minutes, possibly longer. Take short rests if you want. When dough has been beaten enough, cover it with a towel and let rise in a draft free place until it doubles in bulk. Set oven temperature at 375 F. Grease two small kugelhkopf pans. One large kugelhkopf pan may be used if you desire. Stir risen dough down. Work in raisins. Fill pan or pans halfway. Let dough rise until it almost doubles in bulk. Bake in preheated oven 30 to 45 minutes, or until cakes are a deep golden brown. Remove cakes from pans. Sprinkle them with rum.

While they are still warm, brush with rum fondant; or dust with vanilla sugar after cakes are cool. 1 large or 2 medium-size cakes.

## Pork And Mushroom Stroganoff

1 Servings

3/4 lb fettucine  
1 T oil  
1 lb pork schnitzel, cut into  
1 strips  
1 onion, sliced  
1 pk mushroom soup mix  
1 c water  
2 T tomato paste  
6 oz mushrooms  
1/2 c reduced cream  
2 T lemon juice

Cook pasta following packet directions. Prepare sauce while pasta is cooking.

Heat oil in frying pan. Add pork & onion. Stir fry for 2-3 minutes. Combine soup mix, water & tomato paste. Add to pan with mushrooms.

Bring to the boil, stirring, then simmer for 5 minutes. Stir in reduced cream & lemon juice.

Drain pasta; place on serving plates. Serve pork & mushroom mixture on top. Serves 4.

## Potato Kugel

6 Servings

9 potatoes,grated  
1 egg,beaten  
4 sl bacon  
2 T (heaping) sour cream  
1/2 onion,chopped  
1 ds salt  
1 c milk,boiled  
1 ds pepper

Put potatoes into colander and press out juices. Cook bacon and keep the fat. (Vegetarians omit meat.) Combine potatoes, bacon, onion and hot bacon fat, and pour into a 9 x 13-inch baking dish. Pour milk over top. Pour on egg and sour cream. Salt and pepper to taste. Bake at 350 F for 1 hour or until light brown on top. Serve immediately or let flavors blend overnight.

## Potted Beef With Mushrooms

### POTTED BEEF =====

- 1 lb beef
- 2 1/2 T lard
- 1 carrot
- 1 parsnip
- 1 lg onion
- 1 T flour
- 1 T tomato puree
- 3/4 c sour cream
- 2 oz mushrooms, Dried
- 2 lb potatoes
- 1 1/2 c mushroom stock with meat -drippings
- 1 salt and pepper, To Taste
- 1 parsley & dill to season

### PASTRY =====

- 1 c flour
- 1 egg
- 1 t sugar
- 1 pn salt
- 1/2 T vegetable oil

Cut meat into small cubes, sprinkle with salt and pepper, sear on all sides in 3/4 tbsp melted heated lard, put into casserole or saucepan, add sliced carrot and parsnip, chopped onion, fill with stock and simmer.

Prepare dried mushrooms by soaking them in hot water for about 15 minutes. Drain, reserving the soaking liquid for mushroom stock; cut mushrooms into pieces and slightly fry with onion.

Cut peeled potatoes into chips, fry in remaining lard. Place in over for 20 min till done. Gravy: sear flour to light brown, saute the tomato puree, mix with flour, dilute with meat drippings and mushroom stock, heat to the boiling point, add sour cream, let cook for a while, season with pepper.

Fill a roast pan with fried potatoes and stewed meat, top with mushrooms and fried onions. Pour on gravy, sprinkle with chopped parsley and dill. Bake in oven.

Prior to baking, seal the pan with pastry topping.

## Pressed Cheese

1 Servings

2 lb small curd cottage cheese  
1 lb dry curd cottage cheese  
1/2 c sour cream  
1 pn salt

In a large bowl, combine all the ingredients and mix well. Drain in a cotton muslin bag or in a colander lined with several layers of cheesecloth, one to two days. Place a bowl beneath to catch the whey.

After one or two days of draining, place the cheese, bag or cheesecloth and all, in a cheese press or between two boards or plates, topped with a weight. Let stand overnight. Remove the cheese from the bag and place in a plastic bag in the refrigerator.

## Pumpkin, Rice And Apricots

6 Servings

3 T oil  
1 md onion, finely chopped  
6 c pumpkin\*, cubed  
3/4 c dried apricots, chopped  
1 t salt  
3/4 c water  
1 c rice, Cooked

\*Or can substitute butternut or buttercup squash or sweet potatoes. Heat oil in a wide skillet over medium heat. Add onion and cook & stir occasionally, until it begins to brown. Add pumpkin pieces to skillet as you prepare it. Stir to coat. Chop apricots and add to skillet along with salt and 3/4 cup water. Cover and simmer the mixture 15 minutes. Add cooked rice and cook 10 minutes more, or until pumpkin is tender. Stir often as it cooks.

## Pyrizhky (Baked Turnovers)

10 Servings

- 2 1/2 c unbleached all-purpose flour
- 1/4 lb butter, 1 stick
- 1/2 c sour cream
- 3 lg egg yolks
- 1/2 t salt
- 1 lg egg white, beaten with a  
-little water
- 1/2 c coarse sugar crystals  
-(optional)

Combine the flour and cold butter in a processor or cut the butter with a pastry cutter into coarse crumbs. Add the egg yolks, salt, and cream and process or knead lightly until the dough forms a ball. Cut in half, wrapping each half in plastic wrap, refrigerate for at least 2 hours or overnight. Roll out half the dough on a lightly floured work surface, to about 1/4-inch thickness. Cut into rounds with a 3-inch cutter or wine glass. Place a spoonful of the filling on one side of each round, fold the top over, brush with a little of the egg glaze and seal with a fork or pastry cutter for a fancy edge. Place each turnover on a lightly greased or non-stick baking sheet and brush with the glaze then sprinkle with the sugar crystals. Bake in a preheated 375 Degree F. oven for about 20 minutes. Cool on wire racks.

## Radishes With Sour Cream

1 Servings

1 rediska so smetanoi

15-20 small, round radishes, washed and thinly sliced 1 hard-boiled egg, chopped, 1/4 cup sour cream, sprigs fresh dill

Combine radish slices with egg and sour cream and mix well. Arrange on a glass plate and garnish with dill. Serves 4

## Ramen Chicken Salad

3 pounds shredded cabbage 1 bunch green onions chopped 1 pound seasoned diced chicken 2 oz sliced almonds 2 packages chicken ramen (save seasoning packets for dressing) 1 ounce toasted sesame seeds  
Dressing: 1/3 cup oil 1 cup red wine vinegar 2 packets seasoning from ramen 1/4 cup soy sauce Salt, pepper, sugar to taste Mix cabbage, green onions, chicken, almonds, ramen, and sesame seeds. together, set aside. In a small bowl mix oil, vinegar, seasoning packets from ramen, soy sauce, salt, pepper and sugar to taste. Pour over salad mixture and toss well.

## Rasputin's Codfish Soup

4 Servings

- 2 sm whole codfish or
- 1 1/2 lb codfish fillets
- 1 c milk
- 1 c heavy whipping cream
- 1 salt
- 1 pepper

This is a toned-down version of the soup that Rasputin always said gave him his health, vigor ... and virility. It was, according to his daughter, his favorite dish. "Restaurants in Petrograd and Moscow would prepare the concoction whenever they expected Rasputin to dine." Paprika and minced ginger usually went into his recipe.

Clean codfish. Remove head and cut fish into fillets. Remove fish bones. Cut fillets into 2" pieces and place in saucepan. Add milk and whipping cream. Place over medium heat and bring to scalding temperature. Do not boil.

Reduce heat and continue simmering until fish is done. Season to taste with salt and pepper. Ladle into soup bowls and serve hot.

## Recipe For Pierogies

50 Servings

4 c flour,all purpose  
1 egg  
1 c water (approx),Warm  
2 T cold potatoes\*\*,Mashed  
3 c potatoes salt & pepper  
3 oz cottage cheese,drained  
1 sm onion,Chopped  
6 strips of bacon

NOTE: \*\* Or potato pierogie filling. This makes the dough more pliable and tasty! Fry bacon until crisp. Reserve a little grease and saute onions . Drain. Mash potatoes with cottage cheese, then add rest of ingredients. You want the potato mixture stiff.if the potatoes aren't tasty enough add some instant potatoes. This time of year potatoes aren't real tasty.

### Cabbage Filling

1 medium size cabbage 4 oz. DRY cottage cheese 1 med. onion, chopped 6 slices bacon salt and pepper.

Cut cabbage in pieces and cook until tender. Drain well>> Run through food processor with other ingredients (Cook bacon and fry onions in bacon grease first!) Salt and pepper to taste.

Meat Filling: 1 medium onion chopped 2 c. left over meat, bacon 2 slices bread soaked in milk salt & pepper dill and parsley to taste Cook bacon and onion. Run all through food processor or grinder. To make pierogies: Follow the excellent directions given elsewhere in this category.

## Ribnoye Kharcho (Salmon & Walnut Soup)

1 Servings

- 8 c water
- 1 carrot, halved
- 2 bay leaves
- 8 peppercorns
- 2 sprigs flat-leaf italian  
-parsley
- 1 t salt, or to taste
- 1 lb fresh salmon w/bone, in 1 pc
- 3 md (1-1/2 cup) onions, chopped
- 2 T flour
- 1 T corn oil
- 1 1/2 c walnuts, shelled & processed  
- into s, smooth paste
- 1 T coriander, Ground
- 1/4 t oregano, Dried
- 1 whole fresh hot green chili
- 1/4 c fresh dill, chopped, plus
- 1 T fresh dill, for garnish
- 1/4 c flat-leaf italian parsley  
-chopped
- 1/2 c celery, chopped
- 3 T tomato paste

Traditionally this remarkable soup is prepared w/fresh sturgeon. Salmon is more easily available & is a good substitute. However, should you find sturgeon, a not impossible task, then by all means use it.

1. Bring water to a boil in a large pan w/carrot, bay leaves, peppercorns, parsley, & salt & cook over moderate heat for 5 mins. Add salmon & cook for 10 mins. Remove salmon & cut it into 1-inch cubes. Discard bones. Strain broth & discard flavorings.

2. Mix onions & flour together. Heat oil in a pan, add onion mixture, & stir for 1 min. Cover pan & cook over low heat for 5 mins. Add fish broth, walnut paste, coriander, oregano, hot chili, dill, parsley, celery, & tomato paste. Mix & cook low heat for 15 mins. Add fish cubes & cook for 5 mins more. Serve hot, garnished w/a little chopped dill in each of soup plate. Serves 8 to 10.

## Romee (Cornmeal Mush)

4 Servings

1 c white (or yellow), Instant  
-cornmeal  
6 c water, cold

When did corn travel from Valley of Mexico to Georgian? It had to have been after Spanish conquest in sixteenth century, along with tomatoes & peppers. In any event, Georgians incorporated it into their cooking & unseasoned mush is eaten with sharply seasoned meat dishes such as Setsamandi (see GEORGIAN.023)

1. Mix cornmeal & water together in a solid-weight metal pan and bring to a boil. Reduce heat to low & cook, uncovered, for 40 mins. Stir mixture now & then. When ready meal will have absorbed water & mush will be firm enough to slice, yet moist enough to have a smooth consistency.

Serve hot while still in pan by scooping or slicing out serving portions.

## Rozha Z Tsukrom (Rose Preserve)

10 Servings

2 c rose petals  
4 c sugar  
1 juice of one lemon  
2 T rum

Pick the petals over, removing any debris, leaves, stamens or insects. Coarsely chop 1 cup of petals in a processor then add 1 cup of sugar and half of the lemon juice, 1 Tb of rum, and another cup of sugar. Mix for a minute, scraping the sides of the processor bowl. Repeat with the rest of the petals and other ingredients. Pack into small jars (about 1 cup), rapping lightly to release air bubbles. Cover and keep in a cool place.

## Ruby Red Borscht

8 Servings

5 lg beets (about 1-3/4 pounds)  
    -peeled and,Grated  
2 md onions,finely chopped  
6 c chicken broth  
1 T lemon juice  
1/4 t sugar  
1/4 t pepper  
2 eggs,slightly beaten  
1 fresh dillweed (optional)

: Combine first three ingredients in a Dutch oven. Cover and bring to a boil; reduce heat, and simmer 45 minutes. Add lemon juice, sugar, and pepper; simmer 15 additional minutes.

: Remove Dutch oven from heat. Gradually stir about one-fourth of hot mixture into beaten eggs; add to the remaining hot mixture, stirring constantly. Chill thoroughly. Garnish with dillweed, if desired.

## Sabzi Piez <braised Onions & Carrots>

6 Servings

- 3 T butter
- 1/2 t salt
- 1/4 t red pepper flakes
- 1/3 c scallions,Chopped
- 1 onion cut into thin rings
- 2 1/4 c carrots,julienned
- 1 tomato,peeled, seeded,  
-chopped
- 1 t cider vinegar
- 2 T cilantro freshly,Chopped

Melt the butter in a large, heavy skillet over High heat. Fry the onion rings for 8 minutes, add the tomato, pepper, vinegar, & cilantro. Barely cover the carrots with water and bring to a boil. Reduce heat to Simmer and do so for 10 minutes. Drain and add to the onion mixture. Sprinkle with the scallions and serve at once. ORIGIN: Sergei Nabetiz, Almaty, Kazakhstan

## Samarkand Lamb

1 Servings

- 500 g lamb
- 1 garlic
- 1 red cabbage
- 1 vegetables
- 1 vinegar marinated tomatoes
- 1 T flour
- 2 c meat broth
- 1 serve with
- 1 pickled and fresh vegetables

Take 500 gr of lamb, garlic, red cabbage, vegetables, and vinegar marinated tomatoes. Wash the meat and cut into average size serving pieces. Salt them and fry in a pan. Before final roasting, sift over meat 1 tablespoon of flour. Place meat in a casserole dish, add tomatoes, and pour over 2 cups of meat broth; then to the oven where it will stew for 1.5 hours over a low heat. Serve with pickled and fresh vegetables.

## Satsabeli Bazha (Poultry In Walnut Sauce)

### POULTRY =====

3 1/2 lb to 4 lbs chicken,turkey, or  
- duck  
4 c water  
1 md onion,halved  
1 carrots,halved lengthwise  
2 sprigs flat-leaf italian  
-parsley  
2 t salt

### SAUCE =====

3/4 c walnuts,shelled  
5 cloves garlic,peeled &-sliced  
1 t to 2 ts fresh red hot chili  
-,Minced  
2 t coriander,Ground  
1/4 t turmeric,Ground  
1/4 c fresh coriander,chopped  
1/4 c pomegranate juice,or  
2 T pomegranate concentrate  
-dissolved,in  
2 T water (or red wine vinegar)  
2 T fresh pomegranate seeds,for garnis,h (opt)

1. Discard loose skin & fat of whatever poultry you decide to use. Disjoint chicken or duck into abt 8 pieces. Turkey should be cut into 3 to 4-inch pieces, w/breast & thighs most desirable parts.
2. Put poultry, water, onion, carrot, parsley, & salt into a pan, bring to a boil, reduce heat to low, & cook for abt 40 mins, or until tender. Remove poultry pieces, discard seasonings, and reserve 2 cups of broth.
- 3: For sauce, make a paste in a processor w/first walnuts, then adding garlic, chili, ground coriander, turmeric, fresh coriander, and pomegranate. Dilute this paste w/enough of reserved broth to provide a smooth but not too liquid dressing.
- 4: Put poultry pieces on a serving platter & pour sauce over all. Garnish w/pomegranate seeds, if desired.

Serve cold or at room temp as an appetizer, salad, or main summer dish. Serves 6 to 8 w/bread & other dishes.

## Schchi (Russian Sauerkraut Soup)

8 Servings

2 lb short ribs of beef  
1 beef bones  
2 qt water  
1 c onions, chopped  
2 cl garlic, minced  
1 cn tomatoes, 20-ounce  
2 lb cabbage, shredded  
1 T salt  
1/2 t black pepper  
2 t lemon juice  
1/4 c sugar  
1 1/2 lb sauerkraut  
1 sour cream

Combine the meat, bones, and water in a large saucepan. Bring to a boil and skim the top. Add the onions, garlic, tomatoes, cabbage, salt, and pepper. Cover loosely and cook over low heat 1 1/2 hours. Add the lemon juice, sugar, and sauerkraut. Cook 1 hour longer. Taste for seasoning.

Remove the meat and serve separately with boiled potatoes if desired. Serve the soup with a spoon of sour cream.

## Selyodka Pod Ukropnym Sousom

6 Servings

- 1 herring & skinned cut, Boned  
- into 1, diagonal pcs.
- 1/3 c red wine vinegar
- 1/2 c olive oil
- 2 t sugar
- 2 t dried dill (or -), Chopped
- 2 T dill fresh & fine, Chopped

Mix everything except the fish together. Place fish in deep dish and pour the mixture over it. Refrigerate for 4-6 hours.

## Selyodka S Gorchichnoi Pripavoi

6 Servings

1 lb herring & skinned, Boned  
3 T prepared mustard  
3 t capers  
6 T olive oil  
4 T sour cream  
1/4 t black pepper, Fresh Ground

Cut the herring into 1" x 3/4" pieces and lay aside. Mix the other ingredients except for 1 t of capers to be used as a garnish. Place the herring in deep dish and cover with the mixture. Cover and chill 4-6 hours. Sprinkle with the remaining capers and serve.

## Selyodska V Smetane

10 Servings

2 lb selyodka  
1/4 c marinade from the selyodka  
1 c sour cream  
1/2 c onion thinly,Sliced

Mix the pickling liquid and the sour cream. Stir in the herring and serve garnished with the onion slices.

## Setsamandi (Kharcho) (Lamb, Rice & Herb Gruel)

1 Servings

- 1 1/2 lb lamb shank (or breast), cut
  - in
  - 3- pcs,, including bone
- 11 c water
- 3/4 c raw rice, well-rinsed
- 3 md (1-1/2 cups) onions, chopped
  - fine
- 4 cloves garlic, chopped fine
- 3 ribs (1-1/2 cups) celery
  - cut into, 1/4-in cubes
- 1/2 c flat-leaf italian parsley
  - chopped
- 1/2 c fresh coriander, chopped
- 1 T coriander, Ground
- 1 t turmeric, Ground
- 1 T thick tamarind concentrate
  - (see not, e2)
- 1/8 t hot red chili flakes
- 2 t salt, or to taste

1. Put meat & water into a large pan & bring to a boil over moderate heat. Remove foam w/a slotted spoon.
2. Add rice, onions, & garlic & simmer in covered pan over low heat for 1 hr. Stir every now & then to keep rice from sticking.
3. Add all other ingreds at once & continue to simmer for 1/2 hr.

Serves 8.

## Shashlyk:

1 Servings

500 g lamb  
2 onions  
10 g green onion  
20 g tomatoes  
20 g cucumbers  
1/2 lemon  
1 T vinegar  
1 T butter  
1/2 t black pepper  
1 salt

Take 500 gr of lamb, 2 onions, 10 gr of green onion, 20 gr of tomatoes and cucumbers, 1/2 lemon, 1 tablespoon vinegar, 1 tablespoon butter and 1/2 teaspoon black pepper. Wash and cut the lamb into 1" cubes, place in a large pan and add salt, pepper, sliced onions, vinegar, 1 tsp. lemon juice and mix. Place pan, covered, in refrigerator for 2-3 hours or overnight. Skewer the lamb on spits, alternating them with sliced onions. Brown the shashlyk on hot charcoals and turn frequently for 15-20 minutes until lamb is evenly done. Before serving, place shashlyk (with or without spits) on a plate and pour oil (melted butter) and chopped green onions over lamb. Serve with cucumbers, sliced lemons and sliced tomatoes.

## Shchi (Cabbage Soup)

- 10 porcini well,Rinsed
- 3 lb brisket
- 2 lb marrow bone,cracked
- 10 c water
- 1 onion,large
- 1 carrot,med,peeled
- 1 celery stalk w/leaves  
-chopped
- 1 parsnip,Peeled
- 1 bouquet garni
- 1 salt,To Taste
- 6 t butter,sweet
- 4 c cabbage,Shredded
- 2 1/2 c sauerkraut,packaged
- 2 T tomato paste
- 1 carrot,med.julienne
- 1 celery stalk,Chopped
- 1 turnip,large peel/diced
- 16 oz plum tomato
- 1 salt,To Taste
- 1 pepper,black to taste
- 1 garlic clove,Minced
- 1 dill,fresh finely chopped
- 1 sour cream (or plain yogurt)

Soak the porcini in 1 cup water for 2 hours. Drain them, pat dry with paper towels, chop fine, and set aside. Discard the liquid or save for another use. To make the stock, in a large soup pot, bring the meat, bones, and water to a boil over high heat, periodically skimming off the foam as it rises to the top. Add the remaining stock ingredients, and reduce the heat to low. Simmer, covered, until the meat is tender; about two hours. Meanwhile, melt half the butter in a deep skillet over medium heat> Add the cabbage and sauerkraut and saut# for 10 minutes, tossing and stirring regularly. Add one cup hot stock (it doesn't have to be fully cooked) and the tomato paste. Cover and simmer over low heat for 35 to 40 minutes. Melt the remaining butter in another large skillet and saute the carrot, onions, celery, turnip, and mushrooms until soft and lightly browned; about 15 minutes. When the stock is ready, strain it into a clean pot. Reserve the meat and discard the other solids. Add the sauerkraut and cabbage, the vegetable mixture, and tomatoes to the stock. Season with salt and pepper, stir, and cook, covered, over medium-low heat for 20 minutes. Cut the meat into bite-size pieces and add it to the soup, along with the minced garlic. Simmer for another five minutes. Let stand for at least 15 minutes, and preferably a day and a night, before serving; refrigerate, covered, and reheat slowly. Serve garnished with fresh dill and sour cream or plain yogurt.

## Shilaplavi (Rice Pilaf)

6 Servings

1 lb lamb, cut in 1 1/2 pieces  
1 t salt  
1/2 t caraway seed  
2 lg onions, peeled, fine chopped  
1 c rice, Uncooked  
2 c ,water  
4 T butter (1/2 stick)  
2 md potatoes, cut in 1 cubes  
1/4 c parsley, Chopped  
1 black pepper, Freshly Ground

Place the lamb in a Dutch oven with 1/2 tsp. of the salt. Cover the pan and cook the lamb over low heat until it gives off juice, 10 to 15 minutes.

Stir in the caraway seed and chopped onions and cook, uncovered, over medium heat until the onions are golden.

Meanwhile, simmer the rice in 1 c. of the water for 10 minutes, or until the water is absorbed.

In a stockpot, melt the butter. Place the potatoes in the pot in a single layer. Top them with half of the rice, then on top of the rice place the meat mixture. Add the remaining 1/2 tsp. salt, pepper to taste and the chopped parsley. Top with remaining rice and pour the remaining 1 c. water over all.

Wet a linen dishtowel and place it over the top of the pot, then cover with the lid. Steam the dish gently for 1 hour, or until tender.

6 to 8 servings.

## Shredded Chicken Salad With Cilantro

6 Servings

- 3 lb whole chicken breasts
- 1 salt
- 1/4 c light vegetable oil
- 2 c vidalia onions,Chopped
- 3/4 c walnuts,lightly toasted
- 1/4 c finely scallions,Chopped
- 3/4 c finely cilantro,Chopped
- 1 1/3 c homemade mayonnaise
- 1 black peppe,Fresh Ground

Place the chicken breasts in a saucepan with enough water to cover. Bring to a boil, add 1/2 teaspoon salt, reduce the heat, and simmer until the chicken is cooked through, about 15 minutes. Drain the chicken and allow to cool.

Remove and discard the skin. Remove the chicken from the bones and tear the meat into shreds. Place in a salad bowl and set aside.

Heat the oil in a medium-size skillet over medium-high heat. Saute the onions, stirring, until deep golden brown, about 20 minutes. Drain the onions and add them to the chicken. Cool to room temperature.

Add the walnuts, scallions, and cilantro to the chicken. Toss with the mayonnaise and season with salt and pepper. Serve the salad at room temperature.

## Siberian Huskies (Russian Dumplings With Cabbage)

4 Servings

- 1 1/2 T corn oil
- 8 c very thinly cabbage, Sliced
- 2 lg onions, thinly sliced
- 3/4 c chicken broth
- 2 t to 3-ts dijon mustard
- 3/4 t worcestershire sauce
- 1/2 t fennel seeds
- 1 pepper to, Freshly Ground  
-taste
- 1/2 t salt (optional)
- 40 kalduni, cooked and drained  
- (see master recipe)
- 2 t chives, Chopped

The name of this dish came about when I saw the fat dumplings all mixed up in the cabbage.

**INSTRUCTIONS:** Heat the oil in a large saute pan over high heat. Add the cabbage and onions and saute, tossing constantly, until the mixture is wilted, 4 to 5 minutes. Reduce heat to medium-low and continue to saute, tossing occasionally, until the cabbage is very limp, almost velvety, about 20 minutes.

Add the broth, mustard, Worcestershire and fennel; simmer for a minute. Add pepper and salt (if necessary). Add the kalduni and toss until cabbage and dumplings are thoroughly combined. Fold in the chives.

Serves 4.

## Siberian Pelmeni (Meat-Filled Noodles)

4 Servings

- 3 c flour
- 1 t salt
- 2 egg yolks
- 2/3 c water, plus or minus 1 tb
- 1/2 lb beef, Ground
- 1/2 lb pork, Ground
- 2 onions, minced
- 2 cloves garlic, minced
- 1/4 lb fresh mushrooms, chopped  
-fine, optional
- 1 pepper vinegar, optional
- 1 sour cream, optional
- 1 brown butter, optional
- 1 spicy tomato sauce, optional

Put flour in bowl. Press hollow in middle and add salt and egg yolks and 1/2 cup water. Using knife or big spoon, mix egg yolks first with water and then some of flour. Slowly add rest of water until mixture forms dough. Knead dough with both hands until workable

and free of lumps. If dough is too sticky, add some flour. Dough should form solid ball.

Sprinkle thin layer of flour onto flat surface. Divide dough into 3 pieces. Roll out 1 piece of dough until thin. Keep remaining dough covered under damp towel. Cut dough in circles about 2 inches in diameter. Repeat with remaining dough.

Combine beef, pork, onions, garlic and mushrooms in bowl. Place 1 teaspoon meat mixture on each dough circle, then bend other side and press to seal, forming half-moons. Use some water, if necessary, brushed lightly on edges to make them stick. Keep finished pelmeni either on waxed paper or board sprinkled with flour.

Pelmeni can be frozen at this point and cooked later.

Cook 20 to 25 pelmeni at a time, uncovered, in plenty of rapidly boiling lightly salted water, about 5 minutes. Repeat until all pelmeni are cooked.

Serve pelmeni either in clear soup (beef or, preferably, poultry) or as main course with pepper vinegar, sour cream, brown butter or spicy tomato sauce.

Makes 60 pelmeni, or 4 main-course servings.

## Soko (Mushroom Barbecue)

- 1 lb mushrooms, well-rinsed
- 1 t salt
- 1/2 c walnuts, shelled
- 2 cloves garlic, sliced
- 1 T fresh coriander, chopped
- 1/4 c red-wine vinegar
- 1/4 c water, cold
- 1/2 t to 1 ts fresh hot red peppers  
- seeded, & fine-chopped

Under ideal circumstances, walnuts may be gathered in wild and mushrooms carefully selected in forests -- yours for picking. This was the situation in early life of Georgians, & it is evident in their generous use of these ingredients, along with wine vinegar, garlic, and enough spice to galvanize taste buds.

1. Remove mushroom caps from stems & sprinkle caps with salt. Reserve stems for some other recipe. Put caps over a charcoal barbecue & grill them for 3 or 4 mins, until soft. Remove them to a serving dish.
2. Pound walnuts & garlic to a paste, using a mortar & pestle, or in a processor. Remove paste to a bowl & stir in coriander, vinegar, water, & hot chili. Mix briskly & pour over mushrooms. Serve as an appetizer at room temp. Makes 4 to 5 servings.

NOTE: Hot chili is variable, & amount added to sauce is to taste. It should not overwhelm other ingredients.

## Soko Kwerstkhi (Mushroom And Eggs)

4 Servings

1 lb mushrooms, well-rinsed  
2 T butter (or margarine)  
2 md (1 c) onions, chopped  
3 eggs, beaten  
1 T flat-leaf italian parsley  
-chopped

1. Bring water & 1 ts salt to boil in pan, add mushrooms, & cook over moderate heat for 2 mins. Drain well, cool, & cut mushrooms into thin slices. 2. Heat 1 tb butter or margarine in skillet, add mushrooms, & stir-fry over moderate heat for 2 mins. 3. In separate skillet, heat 1 tb butter or margarine, add onions, & stir-fry over moderate heat until golden, abt 3 mins. Add them to mushrooms. 4. Beat eggs well, stir in parsley w/remaining 1/2 ts salt, & pour eggs over mushrooms & onions. Cover skillet & fry over low heat for 3 mins to set eggs & lightly brown bottom of omelet. Do not turn over. Serve warm. Serves 4 as appetizer.

## Solyanka (Beef, Herbs, & Pickles In Tomato Sauce)

1 Servings

- 2 T corn (or olive oil)
- 1 1/4 lb boneless beef chuck, cut
  - into 1-in, cubes
- 1 lb (abt 3) onions, chopped fine
- 1/4 c tomato paste
- 2 (1 cup) pickled cucumbers
  - cut into, 1/4-in dice
- 2 cloves garlic, chopped fine
- 2 bay leaves
- 1/2 t salt, or to taste
- 1/4 t pepper
- 1 1/2 c water
  - 2 T fresh flat-leaf italian
    - parsley, chopped
  - 2 T fresh dill, chopped
  - 2 T fresh coriander, chopped

Fresh flat-leaf parsley, dill, & coriander are old standbys that are the usual herbal flavors to combine w/beef -- but Kosher dill pickles give new flavor to this Georgian mix. A new twist to pique modern tastes

1. Heat oil in a pan, add beef & onions, & stir-fry over moderate heat for 3 mins as onions change color.
2. Add tomato paste, cucumber pickles, garlic, bay leaves, salt, pepper, & water. Cover & simmer over low heat for 45 mins, or until the beef is tender. Should liquid evaporate too quickly, add another 1/2 cup of water.
3. Add parsley, dill, & coriander, stir into beef, & cook for 5 mins. Remove bay leaves. Serve warm w/bread. Serves 4.

## Sous Proven'cal

3 Servings

- 2 egg yolks
- 5 egg whites
- 1 1/2 c sour cream (or plain yogurt)
- 1 t prepared mustard \*
- 2 T red wine vinegar

\*Note: French's yellow mustard will work in this recipe very well. Mix in the egg yolks, mustard, vinegar, & salt together in a bowl. Drop-by-drop beat in the olive oil until a good, thick mayonnaise is formed. Add more oil if needed. Beat the egg whites until they are stiff but not dry then fold them into the yolk mixture. Add the sour cream/yogurt to the mixture and stir well. Cover & refrigerate for 2-4 hours

## Stewed Lamb/Mutton - Tushenaya Barinina

6 Servings

- 2 lb lamb (or mutton lean &)  
-Boned
- 2 T vegetable oil
- 1 T tomato paste
- 1 c cabbage,Shredded
- 1 onion med.,Sliced
- 2 carrots,Sliced
- 1 salt,To Taste
- 1 pepper,To Taste
- 2 garlic cloves,Minced
- 1/2 t cinnamon,Ground
- 4 potatos 1/2 cubes,Chopped
- 1 c green peas
- 2 c beef broth
- 1 sour cream

Cut meat into stew sized pieces and fry in the hot oil until browned along with the garlic and onion. Add the other ingredients and 1 cup of the beef broth. Simmer until done. Add more broth if necessary. garnish with sour cream if you wish.

Cooking Echo

## Studynyna Rybiacha (Fish In Aspic)

10 Servings

- 1 lg firm fleshed fish,(white  
-fish,canadian sol
- 3 fish heads and trimmings
- 2 lg onions
- 2 lg carrots
- 4 black peppercorns,to taste
- 1 lg bay leaf
- 2 T sugar
- 2 t salt
- 1 pk plain geletin,(1 envelope)

Wash the whole fish and fish heads in cold water. Run a knife over the fish, scraping from tail to head, to remove any leftover scales. Rinse the gut cavity. Cut off the head at the gills, rinse again and cut into equal pieces. Rub inside and out with salt and set aside. Remove the gills from the heads. Combine the fish heads, tail, fins and all ingredients in a 4 quart pot, then cover with 6 cups of cold water. Bring to a boil, skimming off the foam, then reduce to a gentle simmer. Cook for 20 minutes or until the heads are cooked through. Using a small sieve, lined with a wet towel or cheesecloth, pour the liquid into a 2 quart jar. When most is poured off, press lightly on the remains and pour off the rest. Place the sections of fish in about 2 cups of stock. Bring to a gentle boil and simmer for about 10 minutes or until the fish turns white. Do NOT overcook or the pieces will fall apart. With a slotted spoon, remove the fish pieces and place on a platter to cool. When cool enough to handle, remove the skin and bones trying to keep the pieces large and not ragged. Cover and cool. Strain the cooking liquid again and add to the rest of the stock. For a more intense flavor, stock may be reheated and reduced by a third. Dissolve the gelatin in 1 cup of fish stock and add. Taste and add salt if needed. Cool. Pour in enough stock to cover the bottom of a 6 cup fish mold or glass pan by 1/2 inch. Refrigerate until set. Remove the peel from the cooked carrots and slice them into thin rounds. Arrange the carrot rounds in an attractive pattern on the aspic, add a little more cooled stock, and cool until set. Evenly spread the fish pieces over the aspic, covering with more stock, cooling until set. Continue to add stock until the fish is completely covered. Refrigerate overnight.

## Svyokla V Tomatnom Souse

8 Servings

2 c russian tomato sauce  
1 onion onion lg.  
1 lb carrots,peeled  
1 lb beets,fresh & peeled  
6 T olive oil  
2 t sugar  
1 T red wine vinegar

Grate the beets, carrots and onions together. Heat the olive oil in a large skillet. Add the shredded vegetables and saute' over medium heat for 10 minutes. Stir in the tomato sauce, vinegar, & sugar. Continue to cook over medium heat stirring until the moisture evaporates, 20 minutes approx. be sure to continue to stir so it won't stick and burn. Remove from heat, allow to cool to room temp then refrigerate for 3-6 hours.

## Sweet Onion Salad

2 Servings

FLATBREADS FLAVORS ALFORD =====

2 md onions,red,thinly sliced

1 T salt,kosher

3 T vinegar,cider

1 t sugar

1 c cilantro,fresh,coarsely  
-chopped leaves

1/2 t cayenne pepper

OPTIONAL =====

1 pomegranate seeds

Place onions in colander and place it over a bowl to catch drips. Sprinkle salt onto onions and toss with your hands to ensure that salt is well distributed. Let stand for 20 minutes.

Rinse under cold water and pat dry with towel (or dry in salad spinner). Transfer onions to shallow serving bowl. Add cilantro and toss gently. Sprinkle cayenne on top and add a handful of pomegranate seeds. Serve at room temperature with Chicken Street Kebabs and Afghan Home-style Naan.

## Syr I Chesnok Pod Mayonem

2 Servings

3 garlic cloves,minced  
5 T mayonaise  
1/2 t salt  
8 oz muenster cheese,grated  
1 T chives,Chopped

Mix the cheese, garlic, and mayonaise together in a bowl. Stir in the chives & salt. Blend this mixture well. Refrigerate and when serving allow to approach room temp.

## Syrniki With Potato

1 Servings

1 lb cottage cheese  
1 1/2 lb potato  
1 egg  
4 T butter  
2 1/2 T sugar  
1/2 c sour cream  
1 c flour  
1/2 t salt

Peel the potatoes and boil in salted water, drain and mash. Drain the cottage cheese of all moisture, sieve to remove lumps and mixed with the mashed potatoe. Beat in raw egg, salt, sugar and half of the flour. Stir well to form a stiff paste. Place on a floured board and flatten into thick rounds. Coat with flour and fry in butter on each side until golden brown. Serve hot with sour cream well chilled.

## Tabaka (Cinnamon-Orange Marinade)

1 Servings

- 3 oranges
- 1 lemon
- 2 limes
- 2 cloves garlic (2 t.)
- 1 inch piece fresh ginger
- 1 md onion
- 2 cinnamon sticks
- 3 T paprika
- 1 t granulated sugar
- 1/2 t salt (or),To Taste
- 1/2 t black pepper,Cracked
- 1/4 t nutmeg,Freshly Grated
- 1/4 c dry white wine
- 3 T vegetable oil

Remove zest of 1 orange and the lemon. (This is best done using a vegetable peeler. Be sure to take only the zest, not bitter white pith beneath it.) Juice oranges, lemon and limes. Combine juice and zest in bowl. Peel and mince garlic and ginger root. Finely chop onion. Add garlic, ginger and onion to citrus juices along with cinnamon, paprika, sugar, salt, black pepper, nutmeg, wine and oil. Whisk to mix. Makes enough marinade for 1 1/2 pounds chicken, game hens and swordfish.

## Tart Kebab Sauce

10 Servings

1/2 c dates, pitted, chopped

1/2 c raisins

2 T cider vinegar

1 t salt

3 T sugar

1/2 c vegetable oil

1 t ginger, ground

Mix the ingredients together then put into a blender and 'puree' them into a smooth mixture. Heat the mixture in a sauce pan until thoroughly heated. Use as a warm dipping sauce for kebabs. ORIGIN: Teo Burnazins, Hotel Ashkabad, Tashkent, Uzbekistan

## Tblisi Beef & Mushrooms

8 Servings

### SPICE MIX =====

1 t black pepper  
1 t white pepper  
1 t red pepper flakes  
4 t salt  
4 t peppercorns  
3 t dry mustard  
1 T paprika  
1 t all-spice

### MAIN INGREDIENTS =====

2 1/2 lb beef steak 3/4" thick  
12 c flat noodles  
1 T vegetable oil  
8 c beef stock  
4 c onions, Chopped  
32 oz sour cream or-  
32 oz plain yogurt

Mix the spices in a bowl and set aside. Place the meat on a cutting board and cut into 3/4" chunks. Lay these chunks flat and sprinkle with the spice mixture. Cook the noodles and allow to remain in the water. Take a large, heavy pot and place it on High heat for 3-4 minutes. Add 1 T of vegetable oil and then the onions. Saute' until onions are turning translucent. Add the meat and the remaining spice mixture. Stir and cook for approx. 4-6 minutes. Add the stock. Scrape the pot bottom for the crusts and mix them into the meat. Cook for 6 minutes more and reduce the heat to Medium-High and stir in the sifted flour. Stir and cook for 3 minutes. Add the mushrooms and cook for 3 more minutes. Whisk in the sour cream <yogurt> and cook for 2-3 minutes. Drain the noodles, place a serving of noodles on each plate and serve the meat mixture over the noodles.

## Tolma (Stuffed Cabbage With Lamb)

6 Servings

- 1 lb lamb, Ground
- 2 md (1 c) onions, chopped fine
- 1 egg, beaten
- 1/2 c raw rice, well-rinsed black  
-pepper, salt, or to taste
- 2 T fresh coriander, chopped
- 1 T fresh mint, chopped
- 20 to 25 cabbage leaves (pre-  
-pared a,s georgian recipe
- 2 c fresh tomatoes, peeled,  
-chopped, & pureed or canne

1. Mix everything except cabbage leaves & tomato puree together & set aside. 2. Place 1 cabbage leaf w/spine end away from yourself. Put 1 heaping tb of end of leaf nearest you & roll it over, then tuck in 2 sides to shape a cylinder 3-" long & abt 1-" thick. Roll up leaf but not too tightly. Prepare all leaves this way to make tolmas. 3. Fit cabbage rolls neatly in pan in several layers. Pour tomato puree over rolls. Cover w/dinner plate & press the leaves down gently. Cover pan & cook over low heat for 1-1/2 hrs. Should liquid evaporate too soon, add 1/2 c water. There should be very little sauce. Serve warm tolmas w/bread.

## Tomatnyi Sous - Russian Tomato Sauce

2 Servings

- 1 T tomato paste
- 1 1/2 lb tomato, fresh, chopped
- 1 garlic clove, Crushed
- 1 green pepper, sm, chopped
- 1 onion lg, chopped
- 1 t salt
- 1/2 t black pepper
- 1/2 t basil, Dried
- 1/2 t hot pepper sauce
- 1 T flour
- 1 T butter
- 1/2 t sugar (or honey)

Saute the garlic, onion, and the green pepper in the olive oil until soft but not browned. Stir in the tomatoes, salt, pepper, basil, & the hot sauce. Cover and simmer for 25 minutes. Dump mixture into blender

and puree for 1 minute. Melt butter in a saucepan then stir in the flour and cook for 3-5 minutes. Stir in the puree and add the tomato paste & sugar. Simmer for 10 more minutes. This may be refrigerated for 4 days or frozen. It is used in many Russian recipes.

## Tourlu

4 Servings

- 1/2 lb green beans, cut in 2-inch
- 1 lengths
- 1 md eggplant
- 2 onions
- 3 carrots
- 2 stalks celery
- 1 bell pepper
- 2 potatoes
- 1 cn tomato, Slices
- 1/4 c olive oil
- 1/2 c catsup
- 1 1/2 t sugar
- 1 1/2 t basil
- 1/4 t black pepper
- 3 sm courgette
- 1 c plain yogurt

Cube the eggplant and peel and cube the potatoes, chop the onions and pepper, slice the carrots and celery. Combine beans, eggplant, onion, carrots, celery, bell pepper, and potatoes in a 5 qt. casserole dish. Add remaining ingredients (except courgette and yogurt); stir gently. Cover dish, bake at 350F for 1.5 hours or until vegetables are almost tender, removing lid and basting vegetables with juices every 30 min. Add sliced courgette to casserole, gently mix in. Bake casserole uncovered for 20 more min. Serve with a generous spoonful of yogurt on each serving.

## Turkey Kiev

8 Servings

### HERB BUTTER =====

- 1/4 c white wine
- 1 garlic clove, chopped
- 2 T parsley, chopped
- 2 T chives, chopped
- 1 T dill, chopped
- 1 T mint, chopped
- 1/4 t salt
- 1/4 t white pepper, ground
- 1/4 c butter, unsalted, softened

### KIEV =====

- 8 whole turkey tenders
- 1 ham, baked, 6 oz piece
- 1 egg
- 4 T butter, unsalted, melted
- 1 1/2 c saltine crumbs
- 1 t paprika

1. Prepare Herb Butter: Combine wine and garlic in small saucepan. Bring to boiling; cook about 4 minutes or until almost evaporated. Scrape into bowl and cool. Stir in parsley, chives, dill, mint, salt, pepper and butter. Spread butter mixture into 6x2" rectangle on piece of waxed paper. Wrap and place in freezer until firm.
2. Prepare Kiev: Cut horizontal slit, about 3 1/2", into thick side of tenders, cutting about 3/4" enough to make pocket. Cut ham into eight 3x1x1/4" pieces. Cut herb butter into 8 pieces 3/4" long.
3. Place 1 piece of ham and butter in each pocket. (If pocket does not close at seam, cut pockets slightly larger.) Beat together egg and 1 tablespoon melted butter in shallow dish. Combine crumbs and paprika in second shallow dish.
4. Carefully dip turkey Kievs in egg, then in crumbs to coat. Place in lightly greased 13x9x2" baking dish. Drizzle with remaining butter. Refrigerate. Place in freezer 30 minutes before baking.
5. Bake in preheated hot oven (425°F) for 25 minutes. Serve immediately.

## Ukha (Clear Salmon Soup)

- 6 c ,water
- 1 1/2 lb smelts,whole,cleaned well
- 1 onion,med
- 1 carrot,large,peeled  
-quartered
- 1 leek (white only)
- 1 celery stalk,with leaves
- 1 parsnip,peeled
- 1 bouquet garni
- 1 salt,to taste
- 1 pepper,white,to taste
- 1 lb salmon trimmings
- 3/4 c wine,white, dry
- 3 potato,new
- 2 carrot,thin,peeled
- 1 egg white
- 1 eggshell,crushed
- 1 lb salmon fillet,skinned
- 5 T scallion,chopped
- 1 lemon slices,thin

In a large stock pot, place the water, smelts, onion, quartered carrot, leek, celery, parsnip, bouquet garni, and salt and pepper, and bring to a boil over high heat, periodically skimming off the foam as it rises to the top. Cover the pot, reduce the heat, and simmer for 35 minutes. Strain the stock through a fine sieve into a clean pot, pressing the solids with the back of a spoon to extract as much liquid as possible. Discard the solids. Return the stock to the heat and add the salmon trimmings, wine, potatoes, and thin carrots. Bring to a boil, then reduce the heat to low and simmer, covered, until the vegetables are tender, about 25 minutes. Strain the stock into a clean pot, discarding all the solids except the potatoes and all the carrots. Rinse the potatoes and carrots being careful not to mash them, and set aside. Return the stock to low heat and simmer for several minutes. Add the egg white and shell and increase the heat to medium high. Bring to a boil, beating constantly, with a wire whisk. When the stock boils, the egg white will start rising to the surface. At this point, turn off the heat and let stand for five minutes. Line a colander with a double layer of dampened cheesecloth and strain the stock into a clean pot. Add the fish fillets to the stock and poach over medium low heat until cooked through; five minutes. Taste and adjust the seasonings. Halve the reserved potatoes and cut into wedges. Cut the carrots into fine dice.

Divide the fish fillets among six soup bowls. Add a few potato wedges and diced carrots to each bowl. Ladle the stock into the bowls, sprinkle with scallions, and garnish with lemon slices.

## Varenikas

5 Servings

- 2 c potatoes, mashed
- 3 eggs, well beaten
- 1/4 c matzah cake meal
- 1 salt & white pepper, To Taste
- 1 c meat filling (any leftover  
1 chicken (or beef), ground)
- 1 matzah meal

Use mashed potatoes made with chicken fat. Combine potatoes, 2 eggs, cake meal and salt and pepper to taste. Form into 10 flat patties, place a spoonful of meat filling on each and roll the patty over the filling until it is completely covered. Flatten the Varenikas slightly. Dip them in the third egg until covered on all sides and roll in the matzah meal until completely coated.

## Vareniki (Ukrainian Filled Dumplings)

8 Servings

### NOODLE DOUGH =====

4 c flour  
1 salt  
4 lg egg yolk  
2 T oil  
14 T ,water  
4 lg egg white,lightly beaten  
8 T butter,sweet

### POTATO FILLING =====

6 T butter,sweet  
1 md onion,finely chopped  
3 lg potato,peel/boil/mashed  
1/4 lb farmer's cheese  
2 oz colby,grated  
1 salt & pepper,to taste

### SAUERKRAUT FILLING =====

3 sl bacon,diced  
1 lg onion,chopped  
3 1/2 c sauerkraut,packaged\*  
1 1/2 T tomato paste  
2 t sugar  
1/3 c chicken broth

\*Rinse kraut and squeeze thoroughly dry.

Dumplings: In a food processor, blend the flour and 1/2 teaspoon salt. With the motor running, add the egg yolks and the oil through the feed tube, then pour in the water, in a slow, steady stream, until the dough forms a ball around the blade. Transfer the dough to a floured surface and knead until smooth, about two minutes. Cover with a linen or cotton (not terry) kitchen towel and let stand half an hour.

Divide the dough in half and shape into two balls. Keep one ball covered with the towel. On a floured surface with a floured rolling pin, roll out the dough to a very thin sheet, about 1/16" thick, making sure it doesn't tear. With a round cookie cutter, cut out circles about 3" in diameter. Gather the scraps together into a ball and set aside, covered.

Have a bowl with the egg white by you. Place a heaping teaspoon of the desired filling in the middle of each circle. Fold the dough over the filling to form a semi-circle. Brush the edges with the egg white and press the edges firmly together with the tines of a fork to seal. Place the vareniki as they are made on a lightly floured large baking sheet about 1" apart and keep covered with a damp tea towel. When finished with the first batch, roll out the second ball of dough and make a second batch. Add the leftover scraps of dough to the scraps left from the first batch, knead into a ball, and roll out for a final batch of vareniki.

Meanwhile, in a large pot, bring six quarts of salted water to a boil. Reduce the heat to medium so the water simmers and carefully lower half the vareniki into the water. Boil, stirring occasionally with a wooden spoon to prevent sticking, until they rise to the surface and are cooked through, six to seven minutes. With a slotted spoon, carefully remove the vareniki to a colander and drain thoroughly. Transfer to a deep serving bowl and toss with half the butter. Repeat for the second half of the vareniki.

**Potato filling:** Melt the butter in a small skillet over medium heat. Add the onion and saut, stirring occasionally, until nicely browned, about 15 minutes. Remove from heat and cool slightly. In a large bowl, combine the potatoes and cheese. Add the sauted onion along with the melted butter and mix well. Season with salt and pepper and use for filling the vareniki.

**Sauerkraut filling:** Saut the bacon in a large skillet over medium heat until it renders its fat. Remove the bacon and reserve. Drain off all but two tablespoons fat. Add the onion to the skillet and saut, stirring frequently over medium heat until nicely browned, almost 15 minutes. Turn the heat up to medium-high, add the kraut, and saut, stirring, until softened and cooked throughout, 10 to 15 minutes. Stir in the tomato paste, sugar, and broth. Reduce the heat to low, then cover and simmer for 20 minutes. Remove from the heat and cool to room temperature before using to fill the vareniki. Use the reserved bacon as topping.

## Varya Tabaka (Crisp-Fried Cornish Game Hen)

4 Servings

- 2 (abt 1 lb ea) cornish game  
-hens
- 6 cloves garlic, sliced  
-lengthwise sa,lt
- 1/2 t paprika pepper
- 2 T corn oil

1. Butterfly hens & spread out flat. Push slices of garlic under skin wherever possible. 2. Mix salt, paprika, & pepper together & rub mixture all over hens. 3. Heat a dry skillet or two over moderate heat for 1 min. Add oil, then place hens skin-side up in oil. Cover w/plate & put a heavy weight, perhaps a stone or a metal mortar, on plate. Fry for 10 mins. Turn hens over & fry w/plate & weight for 10 mins more, or until skin is crisp & brown. Serve warm w/anything you wish such as bread, salads, pickles.

## Veal Stew W/ Cherries

6 Servings

2 lb veal boneless 1,Cubed  
4 T butter  
2 T flour  
1 c white beans,Dried  
4 scallions whole lg.,Chopped  
2 c sour cherries,Canned  
1/2 c madiera (or port wine)  
1 t salt  
1 T white pepper  
1 c cherry juice  
1 t nutmeg,Freshly Ground  
6 T sour cream

Soak beans overnight, rinse and cook until tender. Drain and set aside. Dredge veal in the flour then brown in butter. Add scallions, cherries, wine, cherry juice, salt & pepper, & the nutmeg to the veal. Bring to a boil, reduce the heat to low and simmer for 90 minutes. Add the beans to the pot approximately 20 minutes before serving. If possible make this stew a day in advance, refrigerate, then reheat. It tastes better that way. Add the sour cream as a garnish at serving.

## Veprave S Krenem (Piquant Pork With Horseradi

4 Servings

2 lb lean pork, cut into 1  
-1/2-inch cube,s  
2 T butter (or margarine)  
2 c water  
1 c vinegar  
1 md onion, stuck with 3 cloves  
1 md carrot  
1 sm celery root (knob celery)  
-peeled  
1 or 1 celery stalk  
1 T salt  
1 t caraway seeds  
1/2 t pepper  
1/4 c prepared horseradish

Brown pork in hot butter on all sides in deep kettle. Add water and all other ingredients except horseradish. Simmer, covered, for 1 1/2 hours, or until tender. Transfer meat to hot platter; keep hot. Force stock through sieve or puree in electric blender. Pour stock over meat. Top with horseradish. Serve with boiled potatoes.

Makes 4 to 6 servings.

## Veranecki (Pillows)

1 Servings

3 c flour  
3/4 t baking powder  
1 1/2 t salt  
1 1/2 8 oz. glasses cold water  
1 lb dry cottage cheese sm curd  
1/2 t salt  
1 egg

Add enough water to make a soft noodle like dough. Knead until well mixed. Divide dough into 2 balls. Set one aside. Roll into large circle about 1/8/ inch thick. Cut into 3 inch squares. Fill with the following.

Mix together well.

When filling "Pillows", make sure you place 1 tsp of cottage cheese mixture in dead center of dough square being VERY careful you don't get any cheese on the edge. You'll NEVER get the little suckers to seal!!! Any way, they should come out looking like little pillows. Pinch edges closed with your fingers. Another tip...don't roll the dough out TOO thin or else you will get lot's of leaks.

Boil pillow in large kettle to which a tsp of salt has been added. It would be a good idea to not cook more than 5 or 6 at a time lest they stick together on the kettle. The pillows will be done when they rise to the top and puff up. They also take on a yellowish cast (about 7 mins. per batch). Remove from pot with a slotted spoon very carefully!!! Place them in a bowl with a stick of butter (don't even attempt this recipe if you try to use low fat healthy junk!!!). Serve hot with salt and pepper to taste.

Another variation is to fill with black cherries. Cook and butter as with the cottage cheese pillows. Sprinkle with granulated sugar.

## Vereshchaka - Pork And Beetroot Casserole

1 Servings

500 g pork (spare rib (or loin))  
50 g bacon, streaky  
2 onions  
400 ml beetroot rassol (or kvas)  
1 T sugar  
1 salt, To Taste  
6 peppercorns, black  
3 allspice berries  
2 T rye crumbs (or oats or)  
-barley  
1 chervil, fresh or lovage  
1 cream, sour  
1 T parsley, chopped

Cut the meat into cubes and brown in the bacon fat or with streaky bacon. Remove the meat from the pan and lightly brown the onions in the remaining fat. Transfer the meat, onions and bacon to a casserole add the beetroot rassol or other liquid, sugar, salt, peppercorns, allspice berries and grain, and set covered in a medium oven to cook for about one hour. If after half an hour the casserole seems too dry, water may be added until a satisfactory consistency is achieved. Serve sprinkled with fresh herbs and a little sour cream if liked.

Beetroot Rassol - The liquid in which beetroot is preserved. Kvas - a Russian beer, sweet, mildly acid and mildly alcoholic made from wheat, rye, buckwheat and sometimes barley with sugar and water.

## Village Soup <kvasivska Selianska>

6 Servings

2 c beef (or pork stock)  
1 c sour cream  
1 egg  
2 T flour  
3/4 c potatoes, Mashed  
1 t dill fresh, Chopped  
2 c sauerkraut juice  
1/2 c rye bread croutons

Bring stock to a low boil, add the sauerkraut juice. Mix the sour cream, flour, and egg. Add some of the boiling stock-juice to the and simmer for 4 minutes. Add the mashed potatoes and sprinkle in the dill. Cook for 3 more minutes. Serve in bowls and sprinkle the croutons liberally.

## Vospapur (Armenian Lentil And Spinach Soup)

6 Servings

- 1 lg onion, chopped
- 3 garlic cloves, minced
- 1 t cumin, Ground
- 1/2 t coriander, Ground
- 1 t hot hungarian paprika - or  
-more to, taste
- 6 c defatted chicken stock
- 1 1/2 c lentils - rinsed and, Dried  
-drained
- 20 oz frozen spinach, thawed
- 29 oz chopped tomatoes -, Canned  
-including, juice
- 1 salt and pepper, to taste
- 4 T lemon juice - (or more to)  
-taste

Heat a non-stick soup pot or Dutch oven over high heat. When the pan is very hot, all at once add the onion, garlic, cumin, coriander, and paprika. Let sit for 30 seconds without stirring, then add 1/4 cup of the chicken stock. Saute over high heat, stirring, for 4 minutes.

Add another 1/4 cup of the chicken stock and scrape the bottom of the pot. Add the lentils and spinach and cook, stirring, for 2 minutes.

Add the remaining 5 1/2 cups of chicken stock and the tomatoes and bring to a boil. Reduce the heat to low, season with salt and pepper, and simmer, covered, until the lentils are tender, about 50 minutes.

Season with the lemon juice and additional salt and pepper, if needed. Let sit for 5 minutes before serving.

## Vryonoye Miaso Po-Russki (Boiled Beef Russian)

6 Servings

- 1 lb beef marrow bones
- 2 qt ,water
- 1 onion,cubed 1/2
- 1 carrot,sliced
- 2 celery ribs,w/leaves sliced
- 1 turnip,peeled cubed 1/2
- 8 peppercorns,whole
- 2 bay leaves
- 4 T parsley,fresh; chopped
- 4 T dill,fresh,chopped
- 3 lb beef rump roast,boneless
- 1 1/2 t salt
- 2 garlic clove,chopped

Place the peppercorns, bay leaves, parsley, and dill into a small cloth bag. Tie the bag closed. Put water, marrow bones,, the bag of spices, the vegetables, & salt into a large pot. Bring to a boil over high heat, skim the foam off as it occurs. Cook for 10 minutes at a boil, add the beef roast, boil for 3 minutes, reduce heat to low, cover, and simmer for 3 1/2 hours. Be sure to skim occassionaly. Remove from heat, remove the roast from the pot, slice for serving.

## Vushka (Little Ear Dumplings)

10 Servings

2 c unbleached all-purpose flour  
1 t salt  
1 lg egg yolk  
1/2 c evaporated milk, or  
1/2 c whole milk  
1 t oil (or melted butter)

Combine the flour and salt, blending well. Add the milk, egg yolk, and oil, again blending well. Allow to rest for 5 minutes. Knead for about minutes and form into a ball. (This may be done in a processor.) Cover and set aside for 15 minutes or so. On a floured surface, roll out a third of the dough, into a rectangle 1/8th inch thick. Turn the dough and roll from the center, so that all the dough in the rectangle is even in thickness. Run a hand under the dough to loosen it. Dust with flour and flip over and dust with flour. With a sharp knife, cut into 1 1/2-inch squares. Place a teaspoon of mushroom filling (see the next recipe in this series) in each square, being careful not to smear the edges. Fold on the diagonal to make a triangle. Pinch together the two bottom corners, wrapping it around your thumb with the point up (to resemble small ears on a cat), making sure that the edges have bonded or the stuffing will boil out. Place on cookie sheets covered with dish towels lightly dusted with flour. Repeat with the other pieces of dough, saving the scraps for last as the dough gets a little tougher when worked. Drop 10 or 12 vushka into 6 to 8 cups of rapidly boiling water and stir once with a wooden spoon, (The wooden spoon is very important as a metal one will lower the temperature of the water.) Do NOT cover. When they float to the top, cook 1 minut, then remove with a slotted spoon to a strainer. Cool on a lightly oiled plate without crowding. Repeat until all are cooked. Cover and set aside. These may be frozen and then reheated in boiling water. (DO NOT overcook when reheating.)

## Vushka Or Pilminy <little Ear Dumplings>

10 Servings

2 c unbleached all-purpose flour  
1 t salt  
1 lg egg yolk  
1/2 c evaporated milk,or  
1/2 c whole milk  
1 t oil (or mrlted butter)

Combine the flour and salt, blending well. Add the milk, egg yolk, and oil, again blending well. Allow to rest for 5 minutes. Knead for about minutes and form into a ball. (This may be done in a processor.) Cover and set aside for 15 minutes or so. On a floured surface, roll out a third of the dough, into a rectangle 1/8th inch thick. Turn the dough and roll from the center, so that all the dough in the rectangle is even in thickness. Run a hand under the dough to loosen it. Dust with flour and flip over and dust with flour. With a sharp knife, cut into 1 1/2-inch squares. Place a teaspoon of mushroom filling (see the next recipe in this series) in each square, being careful not to smear the edges. Fold on the diagonal to make a triangle. Pinch together the two bottom corners, wrapping it around your thumb with the point up (to resemble small ears on a cat), making sure that the edges have bonded or the stuffing will boil out. Place on cookie sheets covered with dish towels lightly dusted with flour. Repeat with the other pieces of dough, saving the scraps for last as the dough gets a little tougher when worked. Drop 10 or 12 vushka into 6 to 8 cups of rapidly boiling water and stir once with a wooden spoon, (The wooden spoon is very important as a metal one will lower the temperature of the water.) Do NOT cover. When they float to the top, cook 1 minut, then remove with a slotted spoon to a strainer. Cool on a lightly oiled plate without crowding. Repeat until all are cooked. Cover and set aside. These may be frozen and then reheated in boiling water. (DO NOT overcook when reheating.)

## White Bean Salad

12 Servings

- 1 lb baby lima beans, dried
- 6 c water
- 1 bay leaf
- 3/4 t leaf thyme, crumbled
- 3/4 t red pepper flakes
- 1/2 c olive oil
- 1 t lemon rind, grated
- 1/2 c lemon juice, fresh
- 2 garlic cloves
- 1/2 c dill, fresh
- 1/2 c parsley leaves
- 1 1/2 t salt
- 2 eggs, hard-cooked
- 1 c black olives, chopped
- 3 green onion, sliced

1. Soak beans overnight, or quick-soak according to package directions. Drain. Combine beans, water, bay leaf, thyme and pepper flakes in Dutch oven. Simmer, covered, 45-60 minutes or just until the beans are tender; do not overcook. Drain; rinse the beans under cold running water. (Can be prepared up to this point 2 days ahead and refrigerated.) 2. Combine oil, lemon rind and juice, garlic, dill, parsley and salt in blender or food processor. Whirl just until smooth. Toss with beans. Scrape into shallow serving dish; cover and refrigerate at least 4 hours or up to a day. 3. Separate hard-cooked egg yolks and whites, and press through sieve. Garnish top of beans with chopped olives, green onions and sieved eggs. Serve cold.

## Yutangza (Steamed Cilantro Buns)

16 Servings

1 pk yeast,dry  
2 t sugar  
1/2 c ,water, lukewarm  
1/2 c milk  
1/2 t salt  
8 T butter,sweet  
3 c flour,unbleached  
1 c cilantro,fresh,finely chop

In a large bowl, combine the yeast, sugar, and water and let proof. Stir in the milk, salt, and two tablespoons of the butter and mix well with a wooden spoon. Stir in three cups of the flour, one cup at a time, stirring well after each addition. Transfer the dough to a floured surface and knead until smooth and elastic, about eight minutes, adding enough of the remaining flour to prevent sticking. Shape the dough into a ball. Place in a buttered bowl and turn to coat. Cover with a tea towel and let rise in a warm, draft-free place until doubled in bulk, about 1 1/2 hours. Punch the dough down and knead briefly. Divide into sixteen parts and shape each into a ball. On a floured surface with a floured rolling pin, roll out one ball to a round about 1/16" thick. Brush generously with melted butter and sprinkle all over with cilantro. Fold in the edges of the round so they meet in the center and roll into a smooth bun between the palms of your hands. Repeat with the remaining balls of dough. Place the buns on a buttered baking sheet, brush lightly with melted butter, and let them rise, covered, for about 20 minutes. In a bamboo or metal steamer set over simmering water, steam as many buns as will fit without touching, partially covered, until cooked through, about 20 minutes. Steam the rest of the buns. Serve slightly warm.

## Zaphulis Tolma (Summer Vegetables, Stuffed)

### STUFFING =====

- 1 1/2 lb ground lamb,w/some fat
- 1/2 c raw rice,well-rinsed
- 3 md (1-1/2 cups) onions,cut
  - into rings
- 1/4 c fresh coriander,chopped
- 1/4 c fresh flat leaf italian
  - parsley,ch,opped
- 1/4 c fresh basil,chopped
- 1/4 t black pepper
- 2 t salt,or to taste

### VEGETABLES =====

- 5 (2 lbs) eggplants
- 6 (1-1/4 lbs) red (or green
  - or)
  - both pe,ppers water, boili
- 6 (2 lbs) ripe but firm
  - tomatoes
- 3 tart green apples such as
  - granny sm,ith or mcintosh
- 2 c fresh (or tomatoes),Canned
  - pureed

1. Mix all stuffing ingreds together & set aside.
2. Cut into eggplants 1-inch deep, lengthwise, pry open, & scoop out seeds to provide a pocket big enough to hold abt 1/2 cup stuffing.

Cut off 1/2-inch of tops of peppers. Scoop out & discard seeds & ribs. Put peppers in a bowl & pour boiling water over them to tenderize somewhat. Let stand for 2 mins, then drain. Save tops.

Cut off 1/2-inch of tomatoes & scoop of loose seeds & liquid, leaving a thick firm wall. Save tops.

Peel & core apples then cut them into thin slices. Set aside.

3: Stuff vegetables abt 3/4 full & cover them w/their tops. Arrange in layers in a large pan as follows: First eggplants, then 1/3 of apples slices, peppers, another 1/3 of apples slices, tomatoes, & balance of apples. Pour tomato puree over all. Cover pan, bring to a boil, reduce heat to low, and cook for 1-1/2 hours. There is very little sauce. Should it dry out too quickly, add abt 1/2 cup of water.

## Zaporozhste Yogurt Chicken

4 Servings

- 1 T lemon juice
- 2 t yellow mustard
- 2 bay leaves
- 1 c carrots, Shredded
- 1 t dill fresh, chopped
- 2 lg cloves garlic, crushed
- 1 t nutmeg
- 1/2 t thyme
- 1 1/2 c yogurt, plain
- 1 1/2 c plain breadcrumbs
- 4 skinless, boneless chicken  
-breasts, salt and pepper to

Put yogurt in medium-sized bowl. Add lemon juice, mustard, garlic, and other spices. Mix thoroughly. Place breadcrumbs in separate bowl. Rinse chicken and pat dry. Dip each breast first into yogurt mixture, covering top and bottom. Next, roll each piece in breadcrumbs, coating the chicken. Bake in a 350 degree F pre-heated oven for 45 minutes. Serve with either rice or noodles.

## Zesty Eggplant Slices (Skhtorats)

6 Servings

- 1 3/4 lb long narrow eggplants, cut
  - into 1/2-inch, Slices
- 1 T coarse (kosher) salt
- 4 lg cloves garlic, crushed in a
  - garlic press
- 3 T red wine vinegar
- 1/2 c olive oil, or as needed
- 1/4 c fresh cilantro, chopped
- 1 black pepper, Freshly Ground
  - and salt to taste

Place the eggplant slices in a colander and toss with the salt. Let stand for 30 minutes. Rinse the eggplant well, under cold running water, and pat dry with a kitchen towel. In a small bowl, combine the garlic and vinegar and let stand while you cook the eggplant. Divide the oil between 2 large skillets and heat until it sizzles. Add eggplant slices to both skillets, without overcrowding, and fry until a deep golden on both sides, 12 to 15 minutes. Repeat with any remaining slices. Transfer the fried slices to a large bowl, without draining. Let cool. Place the cooled eggplant slices in a serving dish in layers, sprinkling each layer with vinegar-garlic mixture, pepper, salt (if needed), and cilantro. Cover and refrigerate for at least 2 hours before serving.

## Zhul'yen Kurinyi V Kokotnitsakh

4 Servings

1/4 lb mushrooms washed  
8 oz chicken boneless & skinless  
5 T butter  
1 onion lg.  
1/2 t nutmeg fine, Ground  
1/2 c swiss cheese, Grated  
3 T sour cream (or plain yogurt)

Mince the onion. Mince the mushrooms, and the chicken together. Cook the onion in 4 T of melted butter. When onions are done add the chicken-mushroom mixture and cook for 5 minutes adding salt & pepper to taste. Remove from the heat and stir in the sour cream and the nutmeg. Preheat the oven to 400 degrees F. Spoon the chicken mixture into 4 ramekins and sprinkle with grated cheese. bake for 10 minutes then serve hot.

## Zyleone

4 Servings

- 1/3 c almonds,ground
- 1 T white wine vinegar
- 1/2 c cucumber,peeled & roughly  
-chopped
- 1 T sunflower oil
- 1 lg pear,or 2 small pears
- 1 1/3 c fennel,diced
- FOR GARNISHING =====
- 1 T almonds,slivered,toasted
- 1 fennel leaves

Put the almonds, vinegar and cucumber through a grinder, blender or food processor and blend thoroughly. Add the oil drop by drop as if making mayonnaise. The mixture will thicken slightly. Chop the pear into bite sized pieces. Mix with the fennel. Stir the pear and fennel into the dressing until well coated. Pile into individual dishes and garnish with toasted almonds and fennel leaves. Serve chilled.