



## Germany's foods

Danville-Alamo-Walnut Creek AAUW - International Gourmet - May 6, 2017, 6:30 p.m.

Remember to bring your own wine, beer, or drink of choice. All costs will be divided evenly.

### German Dinner Menu:

- 1-Appetizer: Kielbasa Rolls .. **Carter-Smith**
- 2-Root Soup and buy pumpernickel rye bread or rolls and butter
- 3- Cucumber salad and hot potato salad .. **Falaki**
- Entree:
- 4-Sauerbraten .. **Nexsen**
- 5-Green beans with spaetzle and Red Cabbage Casserole .. **Singler**
- 6-Dessert: Apple Strudel .. **Krane**



### Kielbasa Rolls

#### Ingredients

- 1/2 pound fully cooked kielbasa or Polish sausage, chopped
  - 1 small onion, chopped
  - 1 tablespoon butter
  - 1 garlic clove, minced
  - 1/4 cup bbq sauce
  - 2 tubes (8 ounces each) refrigerated crescent rolls
  - 4 slices process American cheese, halved
  - 1 egg white
  - 1 tablespoon water
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- Sesame seeds

#### Directions

1. In a large skillet, cook sausage for 5-8 minutes; drain. Add the onion, green pepper and butter; cook until vegetables are tender. Add garlic; cook 1 minute longer. Stir in barbecue sauce; heat through.
2. Unroll crescent roll dough and separate into eight rectangles; seal perforations. Place a cheese slice on half of each rectangle; top with 2 tablespoons sausage mixture.
3. Fold dough over filling and pinch edges to seal; fold seam under. Beat egg white and water; brush over dough. Sprinkle with sesame seeds.
4. Place bundles seam side down on greased baking sheets. Bake at 350° for 15-18 minutes or until golden brown. **Yield:** 8 servings.



## German Root soup

### Ingredients:

- 1 Tbs. olive oil
- 3 carrots, trimmed, thinly sliced (1 ½ cups)
- 2 medium white or yellow onions, peeled, chopped (2 cups)
- 3 cloves garlic, minced
- 6 beets (about 1 ¼ lbs.) trimmed, peeled, quartered and thinly sliced (4 cups)
- 10 cups water
- 3 Tbs. tomato paste
- 3 Tbs. brown sugar
- 2 Tbs. rice vinegar
- 1 tsp. caraway seeds

Add **root** vegetables, 10 cups water, and all other ingredients. Bring to a boil; reduce heat to medium and simmer, covered, until vegetables are tender, 30 to 40 minutes. Using an immersion blender, purée **soup** until smooth. Can be served with feta cheese.



## Gurkensalat (Cucumber Salad)

- 2 large cucumbers
- 2 tablespoons cider vinegar
- 1 tablespoon sugar
- 1/2 teaspoon salt
- 1/4 teaspoon pepper
- 3/4 cup sour cream
- 2 tablespoon minced fresh parsley

Peel cucumbers and cut into very thin slices. Mix together vinegar, sugar, salt, and pepper and pour over cucumbers. Marinate about 20 minutes. Drain off liquid, toss cucumbers with sour cream. Top with fresh

parsley and serve.



## German Potato Salad With Bacon-Vinegar Dressing And Dill

### Ingredients

6 SERVINGS

- 2 1/4 pounds medium-size red-skinned potatoes, unpeeled, cut into 1/4-inch-thick slices
- 6 bacon slices, chopped
- 1/2 cup finely chopped red onion
- 1/2 cup white wine vinegar
- 1/2 cup water
- 2 teaspoons coarse-grained mustard
- 2 teaspoons sugar
- 2 teaspoons salt
- 1/2 teaspoon ground black pepper
- 1/4 cup chopped fresh dill

### Preparation

Steam potatoes until tip of knife easily pierces center of slices, about 10 minutes. Transfer to large bowl. Cover with foil. Sauté bacon in large skillet over medium heat until brown, about 3 minutes. Using slotted spoon, transfer bacon to paper towels. Discard all but 2 1/2 tablespoons drippings. Heat drippings in skillet over medium heat. Add onion; sauté 2 minutes. Whisk in next 6 ingredients. Simmer until mixture is reduced to 2/3 cup, about 4 minutes. Remove from heat.

Add potatoes to skillet and toss to coat with dressing. Let stand 3 minutes. Sprinkle with chopped bacon and fresh dill; toss. Season to taste with salt and pepper. Transfer potato salad to serving platter. Serve warm.



## Classic Sauerbraten

You will need to begin marinating the beef two days ahead.

YIELD Serves 8 INGREDIENTS

- 2 1/4 cups water
- 1 cup cider vinegar
- 1 medium onion, coarsely chopped
- 1 lemon, cut into 8 wedges
- 2 bay leaves
- 1 1/2 teaspoons salt
- 1/2 teaspoon whole black peppercorns
- 1/2 teaspoon whole cloves
- 1 4 1/2-pound top round roast

- 1/4 cup vegetable oil
- 1/4 cup all purpose flour
- 1 cup canned beef broth
- 1/3 cup (packed) dark brown sugar
- 1/3 cup gingersnap cookie crumbs

**PREPARATION**

Combine first 8 ingredients in large saucepan and bring to boil. Cool.

Place beef in bowl slightly larger than beef. Pour marinade over. Cover and chill 2 days, turning beef twice daily.

Preheat oven to 350°F. Remove beef from marinade and place in roasting pan; reserve marinade. Roast beef until tender, about 2 hours. Transfer beef to carving board; cool. Pour any accumulated juices from roasting pan into marinade. Strain marinade (do not clean roasting pan).

Mix 1/4 cup oil and flour in heavy large skillet. Stir over medium heat until dark brown, about 10 minutes. Gradually mix in 2 cups marinade (discard any remaining marinade) and broth. Boil until thick, stirring often, about 10 minutes. Mix in sugar and cookie crumbs. Pour into roasting pan and place over medium-high heat. Bring to boil, scraping up any browned bits. Season to taste with salt and pepper.

Slice beef and arrange in large baking dish. Pour sauce over meat. (Can be prepared 1 day ahead. Cover and chill). Preheat oven to 400°F. Bake beef until heated through, about 15 minutes.

**Green Beans with Spaetzle**

A different take on Green Bean casserole. Green beans with spaetzle in German potato sauce.

- 1 cup All Purpose Flour
- 1/4 cup milk
- 2 ea Eggs
- 1/2 tsp ground nutmeg
- 1 pinch ground white pepper
- 1/2 tsp Salt
- 1/2 pound bacon diced
- 1 large red onion diced
- 3/4 cup cider vinegar
- 1 tbsp Dijon mustard
- 1/4 cup olive oil
- 1 tsp Salt and freshly ground pepper to taste
- 4 quarts boiling water
- 1 tsp Salt to taste
- 24 oz Frozen Green Beans



**Spaetzle**

Combine flour, nutmeg, pepper, and salt. Whisk mixture thoroughly.

Whisk eggs and milk, then add to dry ingredients and mix thoroughly to make a batter. Set aside.

**Sauce**

Heat a large pan on medium heat. Add the bacon and cook until crisp.

Remove the bacon with a slotted spoon and drain on a paper towel-lined plate.

Add the red onion to the rendered bacon fat and cook until soft, about 3 to 4 minutes.

Carefully add the vinegar and mustard and cook for 2 more minutes.

Whisk in the oil and season, to taste, with salt and pepper.

Reduce heat, cover, and keep warm.

### Finishing

Bring 4 Quarts. water to boil in a large Dutch Oven. Add green beans and cook till just tender.

Transfer spaetzle batter to cold lid. Place over beans and use scraper to force batter into water.

Cook for 5 minutes, drain and let cool. Add a pinch of flour to the warm sauce and stir to thicken.

Return beans and spaetzle to Dutch Oven.

Stir in dressing and mix well. Crumble reserve bacon on top. Keep warm till ready to serve.



## Red Cabbage Casserole

**TOTAL TIME:** Prep: 10 min. Cook: 25 min. **MAKES:** 8-10 servings

### Ingredients

|                               |                           |
|-------------------------------|---------------------------|
| 8 cups shredded red cabbage,  | 1 medium onion, chopped   |
| 1/4 cup sugar                 | 1 tablespoon olive oil    |
| 1 teaspoon salt               | 1 teaspoon lemon juice    |
| 2 medium tart apples, chopped | 1/4 cup red currant jelly |

### Directions

In a Dutch oven, combine all ingredients except apples and jelly. Cover and cook over medium heat 10-15 minutes or until cabbage is crisp-tender, stirring occasionally.

Add apples; cook 10-15 minutes or until cabbage and apples are tender. Stir in jelly until melted.

## Real German Apple Strudel

**Serves:** this recipe makes 3 strudel in 3- 9x13- inch pans, **Prep:** 35 Min, **Cook:** 40 Min



### DOUGH:

**2 1/2 to 3 c** all purpose flour( you may need more or less flour, till stiff but not sticky)

**3 Tbsp** granulated sugar, **1/2 tsp** salt, **1/2 tsp** baking powder

**2 tsp** ground cinnamon, **6 large** egg yolks or 3 whole eggs, well beaten

**3 Tbsp** vegetable oil, **1/4 c** ice water, add 1 tbl. at a time

### CREAM MIXTURE:

**3/4 c** whole milk, **1 c** dairy sour cream

**2 tsp** vanilla extract, **1 Tbsp** granulated sugar

FILLING:

**3 lb** about granny smith apples, cored and sliced thin, divided ( about 7 to 9 apples)

**1 c** raisins, divided, **1 c** sugar, divided, **1/4 c** ground cinnamon, more or less to taste

**3 Tbsp** butter, melted, divided



Dough:

Mix flour, salt, baking powder, sugar, cinnamon, vegetable oil and egg yolks to soft consistency. Add flour a tiny bit at a time until not sticky just tacky. Dough is ready if you can put your finger in the dough and it comes out clean and not sticky. Knead dough about 10 minutes. Do not over mix- dough will be tough. Divide dough into 3 equal parts. Grease bowls and put a piece of dough in each bowl, turning to grease top. Let set for about 1 hour covered.



Peel apples. Butter 3- 9x13-inch cake pans any 3 pan as long as they have sides will do.( these strudel can be frozen unbaked or baked for 3 months).



Mix the sour cream, sugar, vanilla and milk together in a medium bowl until gravy thin. Set aside. Next: Lay out a clean dish towel. Sprinkle with a bit of flour. Roll or stretch out 1 piece of the dough very, very thin as possible. About 1/8 inch thick(don't worry about edges, you can cut them off).



Combine apples, raisins, sugar and cinnamon and mix well.

Using a pastry brush spread 1/3 of the cream mixture on the dough.

Using 1/3 of the apple mixture spoon mixture on one side of the dough the long side. Drizzle on some melted butter.

Roll up like a jelly roll. Tuck in ends. Place in one of the prepared pans. Brush top with cream mixture, so top does not get crusty. Cut a few slits over top. Set aside.

Repeat directions with the remaining dough.

Combine apples, raisins, sugar and cinnamon and mix well.

Using a pastry brush spread 1/3 of the cream mixture on the dough.

Using 1/3 of the apple mixture spoon mixture on one side of the dough the long side. Drizzle on some melted butter.

Roll up like a jelly roll. Tuck in ends. Place in one of the prepared pans. Brush top with cream mixture, so top does not get crusty. Cut a few slits over top. Set aside.

Repeat directions with the remaining dough.

Bake in 400° oven for 10 minutes then reduce heat to 350° and bake for about 45 minutes more. Serve plain or with whipped cream or vanilla ice cream.