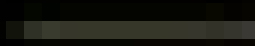


THE GERMAN COOKBOOK

A Comprehensive Guide to the Best Recipes and
Ingredients for German Cooking



Authentic Recipes



Discover the secrets of German cuisine

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GERMAN
COOKBOOK

*A Complete Guide
to Mastering Authentic
German Cooking*

MIMI SHERATON



Random House New York

By the Same Author

THE SEDUCER'S COOKBOOK

CITY PORTRAITS

HORS D'OEUVRES AND APPETIZERS

VISIONS OF SUGARPLUMS

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Good Eating, Good Drinking

(Gut Essen, Gut Trinken)



Few countries in Europe can boast of landscapes more beautiful or more varied than those of Germany. By our standards it is not a large country, all in all some one hundred and forty thousand square miles within the reunified borders that include a wide variety of dialects, culinary influences, architecture, crafts, and folk and religious customs. But in this area, just a little smaller than Montana, there is every kind of terrain one finds in the temperate zone. The north German province of Schleswig-Holstein is a dramatically flat land of dune beaches, farms and windmills, picturesque fishing villages and the heather-blanketed Lüneburg Moor. Here you find the handsome old cities of the Hanseatic League—Hamburg, Bremen and Lübeck, the briny ports of the Baltic, the North Sea and the Elbe, with damp, chill climates and plenty of warm, snug inns and taverns with off-yellow walls that always seem to glow in the sunlit. Travel from Hamburg to Cologne and the Rhine country and you are struck by the difference in the air, by the warm, soft climate of this wine-growing region, a place of green tapestry landscapes and vineyard-covered slopes. The castles looming over the river will take you back to the legends of the Lorelei and the Nibelungen, and the romantic Heidelberg will recall the whole *Gemütlichkeit* era of *The Student Prince*, set in the Schloss that rises above the town. The “iron Rhine” is another matter altogether, with its industrial cities along the Ruhr tributary—Düsseldorf and Essen, to name just two.

In southern Swabia, the Black Forest, with its pine groves and crystal-clear air, its fruit orchards and vineyards, its cuckoo-clock chalets and Badekur spas, its casinos and its game forests, is a region of Walpurgis legends and fairy tales. Here are luxurious hotels at which the crowned heads of the world took the “cures” in the latter half of the nineteenth century and to which a less celebrated but no less devoted clientele still flocks all through the summer.

Bavaria, the largest state in West Germany, has always been the archetype, the travel poster image that stands for all of Germany in the minds of those who have not been there. It is divided into Upper Bavaria in the south, Lower Bavaria in the north, the southern region being upper by virtue of its loftier mountain ranges. Lower Bavaria consists mainly of the mountainous Franconia and its Romantic Road—die Romantische Strasse—that runs from the baroque wine-producing city of Würzburg to the old Fugger stronghold, Augsburg. Between these two cities there is a chain of medieval towns, preserved but not restored. Of them all the walled town of Rothenburg ob der Tauber is the most perfect set-piece, with its ramparts, towers and fortresses, castles, wrought-iron signs and fountains, and where the main hotel, the Eisenhut, is a series of antique burghers’ mansions. In this area one sees a unique pattern in half-timbering, called Wild Man—wilder Mann—in which the crisscrossed arrangement of wood in the masonry looks like a wild man with arms and legs flung akimbo.

Upper Bavaria is perhaps the best-known area of Germany, with its Tyrolean overtones, its

Alpine ski slopes and resorts such as Garmisch-Partenkirchen and Berchtesgaden, and the passion-play, wood-carving town of Oberammergau. Visit Hohenschwangau in the gentian-covered, snow-capped Allgäu Alps, and the view from your hotel room will undoubtedly include the towering castle of Neuschwanstein, only one of the three wild palaces of Bavaria's gourmet king, the mad Ludwig II. Munich, the capital of Bavaria, and its surroundings are dotted with black onion-dome churches whose interiors are masterpieces of the heavy German baroque style at its peak, and the area is jeweled with clear blue lakes, emerald mountainsides and lush woodlands. This is the home of Lederhosen and dirndls, gray Loden cloaks bound in green braid, and some of the world's best art museums. There is even more variety to the German landscapes: the wild forests of the eastern portion of the country, most especially in Thuringia, the gracious old university town of Hanover, the bustling business-minded Frankfurt that looks like a transplanted American town, and dozens of beautiful and historic places that I could go on listing, if space allowed me to. Each of these areas has its own customs, differing styles of architecture, distinctive dialects and special holidays.

The German cuisine is almost as varied as the terrain. Just as Bavaria passes as the archetype for the entire country, so the food of that section—the dumplings, sausages, beer pork and cabbage dishes—represents German cooking to the outside world. Delicious though the Bavarian dishes may be, they hardly begin to give even a clue to the whole spectrum of German cooking—cooking which, by the way, is very poorly represented in the German restaurants in our own country. Unfortunately, these restaurants always seem to limit themselves to what might be considered the clichés of German cooking, and even those are rarely as well prepared as they should be. Like the architecture, art, dialects and customs, German food varies from one section to another, and tends to match the cooking of the foreign border closest to it. Eastern Germany, bordered by Austria, Czechoslovakia and Poland, flavors its dishes much as those countries do, with caraway, paprika, sour cream and dried mushrooms, and here one finds the largest dumplings, the most frequent use of sauerkraut and pork. In Alsace-bordered Swabia, on the other hand, juniper flavors the sauerkraut, as it does in the French province, game specialties abound, and potatoes and dumplings are eclipsed by the wide variety of noodle dishes, most especially the celebrated flecks of noodle dough called Spätzle. Snails are favorite appetizers, and the rich cream cheese, bacon or onion tarts are as popular here as in neighboring Alsace and Switzerland. Wine and fruit brandies distilled from the products of local orchards are served as frequently as beer.

The Rhineland, being wine-land, features a cuisine that is lighter, less spiked with vinegar and which puts a German accent on many dishes that were French in origin. Schleswig-Holstein, long a part of Denmark, has specialties close to those of that northern country. You see this in the lavish use of butter, eggs and cream, in their seafood and herring specialties, in the use of crab-flavored cream sauces on fish and in the way they combine meat and herring in many dishes. Whipped cream flavored with horseradish is favored here for carp and poultry sauces, as in Denmark, and here too bakery windows are full of the butter-rich yeast puff pastries which we call Danish pastry and which the Danes and Germans know as Wienerbrot (Wienerbrot).

Not even the names are the same, or intelligible, from one section to the other. Ask for “Halbes Hähnchen” in Berlin and you'll get exactly what you asked for—half a chicken; as

for it in Cologne and you will get a cheese sandwich on a small round roll that looks like chicken breast, hence the name. A potato is a Kartoffel in the north, but an “earth apple”—Erdapfel—in the south, a direct translation of “pomme de terre.” Munich’s steamed potato Leberkäse, can almost never be found in Bremen or Lübeck, and Hamburg’s briny oyster served with a slice of Cheshire cheese and a glass of red wine would shock the Berliners almost as much as it would you. The Holsteiners, by and large, think carp served with the south German sauce of beer and gingersnaps is a travesty on a fish they like with whipped cream. And the thick sauce of the Rhineland sauerbraten, made golden brown and velvety with caramelized sugar and flavored with raisins, is as different from the thin, red-wine vinegar version made in Munich as it is from an Italian pot roast seasoned with bay leaves and Chianti.

In spite of the fact that it is so badly represented in this country, German cooking has more appeal to the average American palate than the cuisine of any other foreign country. True, those of us who live in large cities, especially along the coasts, have developed a taste for Mediterranean food, but this is certainly not favored by the majority of people in the Midwest and the South. Traveling through Germany, one constantly meets American tourists from these areas who agree that the food in that country is, for them, the best in Europe. It is a preference that is easy to understand, for the German seasonings, fats and food combinations are more closely related to typical American cooking than are the wine, tomato, garlic and herb seasonings of France or Italy. Basically, Germans eat a meat-and-potatoes diet, as do most Americans. The fats used are mainly butter, lard and bacon, and the German taste for dishes that are sweet-and-sour, or for sweet condiments with meat courses is not too strange when you consider the American predilection for pineapple and sugar on ham, cranberries and sweet potatoes and marshmallows with turkey, and all of the sweet relishes and pickles served here with hamburgers and hot dogs. Those last two are reminders of all the German dishes that have been adopted outright by Americans—not only hamburgers and frankfurters, with or without the ever-present sauerkraut, but the jelly doughnut that was first the Berliner Pfannkuchen; Boston cream pie, which in Germany is “Moor’s Head;” the love of ham or bacon with fried eggs; the range of Christmas cookies and even pretzels; and the old stand-by of ladies’ luncheons, creamed chicken in a patty shell, that appears in every German Konditorei as Königinpastetchen. Both German and American cuisines go better with beer than with wine; both favor gravies rather than sauces; neither uses much garlic or olive oil.

Germans have always been great traders and travelers, and thus have developed a strong taste for the foods and seasonings of other countries—always adjusted, however, to their own palates. The last time I was in Hamburg I went to see a performance of Franz Lehár’s *Land of Smiles*, a typical Viennese operetta where the sentiment is as thick as Schlagobers. It tells the story of a Viennese general and nobleman whose daughter falls in love with an Oriental (Laotian, I believe) prince and ambassador. She tells her father that she plans to marry him and live in a far-off Eastern land. The father asks sadly why she has chosen a man whose home is so far away. Holding a small jade Buddha, she replies in a warbling contralto voice, “Papa, ich liebe das Exotische ...” It struck me that this love of the exotic is certainly reflected in the German taste for food. All restaurant menus list specialties that are prepared according to the styles of Italy, Spain, India, France, Hungary, and so on. Many dishes are

flavored with curry, and the aromatic spices of the East had a place in German cupboards even before the ships of the Hansa League brought them home. Any German city of moderate size has several good foreign restaurants, much frequented by local people, and food shops carry as many strange and *outré* items as do ours.

Interest in food is enormous in Germany and it is fascinating to watch people order in restaurants. There is much more careful choosing there than in our own country and diners are rarely bound by menu categories. One might start with a plate of pale pink smoked salmon and then have only an entree of creamed wild mushrooms, regardless of whether these were listed as appetizer and vegetable; a fish course may be ordered as an appetizer and an appetizer such as cold Lobster Mayonnaise might be the entire meal.

This same practice of combining appetizers for a complete meal is now popular here and in keeping with the trend toward smaller portions of a greater variety of foods, and of the currently fashionable “grazing” method of eating. Similarly, the German use of fruits with nonsweet seafood and meat dishes anticipated France’s *nouvelle cuisine* chefs, who act as though the idea they once shunned was theirs in the first place.

Although this book’s main purpose is to tell you how to cook authentic German meals at home, its secondary purpose is to serve as a somewhat informal guide to anyone who would like to eat his way around Germany. Therefore it would seem convenient for you to have some idea of the daily eating schedules in that country. Hotels serve you any kind of breakfast (Frühstück) you want, but in rural homes it generally is a piece of bread, with or without butter, and a cup of coffee with milk. The only common addition is a single soft-boiled egg, and schoolchildren will probably have a hot cereal such as oatmeal or rice cooked with milk and flavored with sugar and perhaps raisins. The larger morning meal—“breakfast time” (Brotzeit) comes at about ten-thirty or eleven. This snack varies with the locale. In Munich it consists of Weisswurst, bread and beer, while in Cologne it would be the cheese sandwich, Halbes Hähnchen, described above. In Swabia the morning snack is the Vesper, which consists of raw bacon on sour rye bread and a glass of kirsch, a combination that is known as Strammer Max in Berlin, where it is served with Schnaps made of barley. In other parts of the country a local cured ham, bacon or wurst is served, and anywhere it might be accompanied by cream pastry or coffee cake in a Konditorei. Lunch is served at twelve. Traditionally this was the big meal of the day, with the complete meat-and-potatoes routine, and it still is in rural areas or where workers can get home for lunch. Otherwise, office workers in large cities bring lunch from home or eat in restaurants much as we do, and have their large meal at night. At about four-thirty or five the wurst stands and Konditoreien are jammed again, depending on whether one wants a hot dog and beer or cake and coffee, and seven o’clock brings us to dinner. Those who had their big meal for lunch now have a cold cheese-and-meat platter with perhaps a rather rich dessert, or a thick soup and a dessert made with eggs and fruit. Those who had a light lunch now have their large meal. Anyone awake at eleven or twelve eats again—wurst and cheese, open sandwiches, goulash soup, curry wurst, cake and coffee, according to preference and locale.

Restaurants in Germany are excellent, offering varied menus, good service and huge portions. As in Italy, there are various classifications of restaurants, though the categories are perhaps not as rigid as they once were. In the top-price bracket you find the grills, diners

rooms and restaurants of the leading hotels, which, with the luxury eating places, feature food that is more Continental than German. More interesting are the typically German restaurants: the Weinrestaurant or Weinhaus that serves elegant food to go with wine and the Weinstube that does the same in a less formal, more tavernlike atmosphere. The Bierstube serves simple, inexpensive food that goes best with beer, while the Brauhaus (beer hall) does the same but usually on a larger scale. These last are owned by breweries, and since the main purpose is to sell beer, the food is hearty, inexpensive and simply prepared. Munich is the world capital of the Brauhaus, and there the Platzl, the Hofbräuhaus and the Mathaser are the most famous.

To me the one place not to miss in any German city is the town-hall restaurant, the Rathauskeller or Ratskeller. These are operated on a low-profit basis for employees of the town hall; some are simple and informal such as the one in Munich, while others get quite elegant and offer a large menu and fine wines, as does the magnificent one in Hamburg. If you find yourself in a German city and have no clue as to where you can find an authentic native restaurant, just go to the local Ratskeller—you'll rarely be disappointed. For quick snacks, there are open counters or stands known as Schnell Imbiss and the more leisurely tempting pastry-shop restaurants, Konditoreien, that offer cakes, coffee, hot and cold sandwiches, and magazines and newspapers as well. Frankfurt's special Apfelwein inns in the old Sachsenhausen section of the city are informal and a great deal of fun.

Though each chapter of this book describes the German eating habits and preferences regarding specific kinds of foods, I should like to point out some of the outstanding features of that cuisine. The soups are superb, as are the black and rye breads, the sausages and the dumplings, the cabbage dishes and the exquisite cakes and pastries. The other area where the Germans display a real genius is in the realm of delicatessen, or Feinkost. Anyone who visits Dallmyer's in Munich will be instantly reminded that "delicatessen" is a German word, a German idea and, in this shop, a German obsession. It is made up of room after room filled with rare coffees and teas, candies and wines, crackers, breads and cakes, meats and fish. There are live crayfish in marble fountains and, at last count, the delicatessen counter included forty-two different cold fish, meat, cheese, wurst, vegetable and fruit salads, as well as garlands of sausages, chilled tins of caviar and platters of jellied eggs, meat and poultry and fish specialties all jeweled with flecks of truffles and herbs.

No book this size could ever be an encyclopedia of German cooking, as it would take twice the number of pages to cover all the baking specialties alone. It is rather a collection of recipes for dishes some of which you already know and others you might not have come across, gathered together to give you an idea of the scope, variety and high quality of Germany's cuisine.

Obviously, the German motto *gut essen, gut trinken*—good eating, good drinking—belongs on the national coat of arms, along with the before-meal wish: *Gesegnete Mahlzeit*—blessed be your meal!

Holiday Festivals and Foods

(Festtage und -gerichte)



Holidays and festivals, both civil and religious, dot the German calendar like currants in Christmas Stollen. Many of these celebrations vary from one part of the country to the other and change as you travel from the Catholic south and Rhineland to the Protestant north. In addition, many small towns and villages have festivals honoring their own patron saints or events in local history. There are probably many more holidays than those listed here, for which a cruller is turned this way instead of that, or for which a special-color soup is served. These, however, are the most important holidays and the only ones I could find during a considerable amount of research. Both the Lufthansa and German tourist offices have been badgering their staffs for months to think of more, but with no results. If you happen to know of a feast day in Mecklenburg when everyone eats red currants dyed blue, or a special festival in Pomerania when the treat of the day is Pomeranians' tongues, I can only offer my apologies for having missed them.

January 6, which is Twelfth Night or the Feast of the Magi, is known in Germany as Dreikönigsabend—Three Kings' Eve (the cake of that name is the obvious specialty). In the midwinter most of Germany celebrates Fasching, a pre-Lenten carnival that reaches its peak on Fastnacht, or what we know as Shrove or Fat Tuesday, or Mardi Gras. This masked and costumed street carnival is at its wildest in Cologne and Munich, where an anything-goes spirit prevails in unimaginable proportions. The things you are supposed to eat on that night are the fried crullers (Fastnachtkräpfen), but I can't believe that anyone does, considering the alternate (and less caloric) enticements.

Bock beer season falls during Lent also; new spring beer and Bockwurst sausages are the specialties for that time.

Holy Thursday, just before Good Friday and Easter, is known as Green Thursday (Gründonnerstag) in Germany. A creamed green soup made of seven spring herbs or simply of new spinach is served on that day, garnished with hard-cooked eggs that are sliced in half lengthwise and tiny meat balls lightly browned in butter and poached in the soup. Fried and poached eggs on a bed of creamed new spinach is the alternate.

Good Friday, known as Grieving Friday (Karfreitag) is the most important and solemn holiday throughout the country, in both Catholic and Protestant areas. I will never forget being in Munich one Good Friday and being told that any place I wanted to visit was "geschlossen"—closed. Never in my life have I been in a place so absolutely geschlossene. But the churches were open and magnificent, their altars banked with hyacinths, tulips and heavily perfumed tuberose, and rimmed by rows of glass bowls filled with red, yellow, blue, violet, and pink and green water, each lit from behind by a single candle. Since this is a meatless fast day, various fish dishes are served but none that is especially traditional.

Easter (Oster) in Germany is the time for colored eggs, candy or cake chicks, rabbits and lambs, as it is almost everywhere else. In Bavaria, Easter breakfast includes bread that was

blessed in church on the previous day, a custom one also finds in eastern Europe. Throughout Germany, bakery windows are filled with Easter bread (Osterfladen), a sweet yeast coffee cake similar to Stollen or the Italian panettone. But the most dazzling sights of all are the candy-shop windows, crammed with chocolate eggs of every size, some encrusted with almond or hazelnut praliné, others decorated with candied violets or mimosa and sugar sprays of pussy willows—the Kätzchen which are the favorite harbingers of spring and which, incidentally, are what one receives in church on Palm Sunday (Palmsonntag) instead of palm fronds. Towering over the candy lambs, bunnies and chicks are the magnificent roosters, with heads and combs of colored marzipan, chocolate bodies and regal tails fanning out in ribbon of chocolate. If anyone can eat after all that cake and candy, the feature of the Easter dinner is ham (Osterschinken), usually served with a purée of fresh or dried green peas.

May I, May Day (Maitag) is a day of picnics, maypoles and the woodruff-scented white wine punch, the Maibowle, or its more sophisticated counterpart, a bombe of woodruff ice cream and strawberries.

The end of September is the time for Munich's Oktoberfest, a bit of calendar juggling we have never quite understood, except that the festival ends in October, so perhaps that explains it. For details on the general hilarity, food and beer.

The third Sunday in October is a church consecration day called Kirchweih. It is celebrated mostly in rural areas and is a sort of farmers' Labor Day. If you were to visit a farmhouse on that day, you would be greeted with beer and either the Kirchkucherl or Kirchnudeln crullers or fritters, depending on which part of the country you were in.

November II is St. Martin's Day, Martinmas, or, in German, der Martinstag. St. Martin was the patron saint of geese, drinking and merrymaking, and his day is celebrated accordingly. By coincidence, geese are considered to be at their fattest and most succulent during this season; stuffed with prunes and apples, they are served with chestnuts, red cabbage or sauerkraut, and with big dumplings to absorb the rich gravy—a strange fate for geese on the day of their protector.

December 24, Christmas Eve (Weihnachtsabend oder Heiliger Abend) is a meatless fast day for Catholics and the specialty is carp. In Swabia it will probably be cooked with gingerbread or gingersnaps, while in Bavaria the Bohemian method prevails. Though Schleswig-Holstein is Protestant and does not observe the meatless ruling, carp is something of a tradition there also on this night and is served hot, poached, and with clouds of whipped cream and grated horseradish. Rice pudding or soufflé, or rice cooked with milk, is also something of a tradition on Christmas Eve, mostly in northern Germany. Only one portion contains an almond, and the one who receives it gets a special prize.

December 25, Christmas Day (Christtag oder erster Weihnachtstag), should be a day that honors the German talent for superb baking. Dozens of kinds of cookies, large and small cakes, fruit breads and sweet yeast breads like Dresden Stollen are all prepared for this day. Families begin baking four weeks ahead of time, during Advent, and by Christmas Eve homes are richly scented with ginger, cardamom, anise, nutmeg, vanilla—everything, in fact, except frankincense and myrrh, which probably wouldn't taste so good anyway. All of this Christmas baking is known as Weihnachtsgebäck. In addition to cakes and cookies, a basic feature of a German Christmas is the marzipan or almond paste, which is colored and shaped

into fruits, vegetables, animals, angels and all sorts of Yuletide signs and symbols, as well as into the flat glazed hearts studded with citron and cherries which have been favorites of mine since I was a child, though I haven't been able to find them for years. Goose, with the trimmings described above for St. Martin's Day, is also served for Christmas dinner, along with a plum pudding which might be flambéed with rum, or covered with Vanilla or Foam Wine Sauce.

December 31, New Year's Eve (Silvester), is again a meatless holiday for Catholics and cardinals is featured. In some parts of northern Germany, especially in Berlin, the fish is served unsealed and each person takes one scale and keeps it as a good-luck token for the year ahead. New Year's Eve revelry usually winds up at midnight with a hot or flaming wine punch.

The German Kitchen

(Die Deutsche Küche)



This book is written on the assumption that you have had some cooking experience. I have worked on the premise that you own and use at least one of the large basic cookbooks, that you *do* know how to boil water and are familiar with the more usual recipe terminology. You may never have whipped up a soufflé, rolled up a galantine of chicken or stretched out a sheet of strudel dough, but you can be expected to produce a simple meal for your family or a few guests without danger of mishap. This means that you already know the difference between boiling and simmering, and when a recipe tells you to separate three eggs, you know you are not expected to place them in opposite corners of the room.

This also means that your cupboards contain such basic equipment as a coffee pot, water kettle, some frying pans and saucepans, a few larger pots of one sort or another and, perhaps even a double boiler, a wooden mixing spoon or two, a set of knives and a good sharpener for them, a strainer, and standard measuring cups and spoons; and that your pantry contains such simple provisions as salt, pepper, sugar, flour.

Therefore, the lists of utensils, herbs, spices and condiments, and cooking terms in this chapter include only those things that will be especially helpful to you in preparing the German recipes in this book.

Every national cuisine has its identifying flavors. By understanding what they are and knowing how to impart them to food you are preparing, you can make the same basic preparations taste authentically German, French, Italian, Turkish, Spanish or Chinese. Almost every country has its own versions of the meat ball and the rolled meat bird, but the fat with which they are browned, the seasonings with which they are flavored, and the liquids in which they are simmered combine to produce dishes that taste entirely different. The French roulade would probably be browned in butter with perhaps a little bacon added to it, would be seasoned with shallots and minced parsley and simmered in red wine. The Italian rollatine would be browned with garlic in olive oil, simmered in tomato sauce and flavored with basil and oregano; while the German rouladen would be browned in lard or bacon fat, flavored with sautéed onions and simmered in beef stock, water or beer—a heel of rye bread or a few gingersnaps might also be added to the sauce and there would very likely be a dash of each of vinegar, sugar and sour cream in it. Similar examples could be drawn for the meat ball, or for those meat-filled packets of noodle dough that are the Italian ravioli, the German Maultaschen, the Jewish kreplach or the Chinese won-ton, as well as for hundreds of other dishes. Although all cuisines sooner or later use all of the same herbs and spices, they do so in different ways and with varying degrees of frequency. If the overwhelming flavors in German food come from caraway seeds, root vegetables, onions, paprika, vinegar and sugar, juniper and nutmeg, this does not mean that a German cook never uses garlic, basil, wine or thyme. The following list tells which herbs, spices, condiments and special ingredients are most often called for in German recipes, along with some indication of how they are used. As you read

and prepare the recipes in this book, you will begin to understand the idiom of German cooking. Eventually, you should be able to make any food “taste German” and be able to plan complete and authentic German meals without any recipes to guide you.

Allspice (Nelkenpfeffer): You may buy this powdered or grind the whole kernels yourself in a spice mill. Allspice flavors many German fish and meat dishes and is used in the pickling marinades for Sauerbraten and herring.

Almonds (Mandeln): Either the blanched, untoasted, unsalted nuts—or almond extract—flavor many candies, cakes, desserts and sweet sauces. The almond paste candy, marzipan, is world-famous and goes into many cake fillings and confections. That of Lübeck is the best in Germany, if not in the world. Sweet almonds are generally mixed with a few bitter almonds in most recipes. If you cannot get the latter, use extract along with the sweet almonds. A quarter of a pound of almonds is equivalent to two-thirds to three-quarters of a cup, depending on whether the nuts are whole, slivered, chopped or grated.

Anchovies (Sardellen): Mashed with butter, these salty fish filets flavor canapé sandwiches and such broiled fish as salmon and sword-fish. They are also mixed in mayonnaise dressings used on cold fish and shellfish. Flat filets are toppings for open sandwiches and flavor many veal and lamb dishes. Surprisingly, they also go into meat dishes such as Sailor’s Hash and Beef Tartar. If you use anchovy paste, allow 1 teaspoonful for 1/4 cup of mashed or minced filets. If filets are extra salty, they should be rinsed in cold water and then drained before being added to a dish that is to be cooked.

Anise (Anis): These licorice-flavored seeds, whole or powdered, go into Christmas cookies, cakes and desserts. In the latter, anise-flavored liqueurs such as anisette, or Strega, can be substituted. Whole seeds should be lightly crushed before being stirred into a batter.

Apples (Äpfel): This fruit is used as flavoring throughout Germany and is often added to soups and vegetable dishes made with cabbage, sauerkraut and potato. You may also get the same flavor by substituting cider (Apfelwein) or a dark jam, Apfelkraut, which is like apple butter. Do not use sugar with the latter.

Arrack (see Rum)

Basil (Basilikum): Although used mainly in Bavaria, this does appear in some soups, meat stews and sauces elsewhere in Germany. Germans rarely use pepper in a dish that contains basil.

Bay leaves (Lorbeerblätter): Used in many fish and meat soups and stews, this is especially popular with veal and lamb. Bay leaves are also used in Sauerbraten marinade.

Borage (Borretsch): This is very popular in Germany and more widely available than it is here. Its mild cucumber flavor is used to enhance salads and, of all things, cucumbers.

Candied fruits (Kandierte Früchte): Citron (Zitronat), orange peel (Orangeat), angelica (Angelika) and cherries (Kirschen) are used in many sweet yeast breads or coffee cake cookies, candies and puddings as well as in frozen or jelled desserts. They are often soaked until softened in a little rum or arrack.

Capers (Kapern): These spicy seeds, bottled in vinegar, should be drained, rinsed and drained again, before being added, whole or chopped, to other ingredients. They are used

many hot and cold sauces that are served with fish, shellfish or bland meats such as veal or lamb.

Caraway seeds (Kümmel): These fresh-tasting gray seeds flavor many breads, soups, meat stews, sauerkraut and cabbage dishes, a few cakes and an akvavit-like liqueur, Kümmel. They are also very good mixed into cottage cheese or butter as a sandwich or canapé spread.

Cardamom (Kardamom): When powdered, this aromatic ivory-colored pod is added to Christmas sweet breads and cookies, most especially to Lebkuchen.

Chervil (Kerbel): Used in Germany as here, mainly in salad dressings but also for Green Soup.

Chives (Schnittlauch): Used in Germany as here, chives are mainly a flavorful garnish for soups, sauces, egg dishes, vegetable salads, cottage cheese and sandwich butters. In Germany they are usually added raw, after a dish is cooked. Chives are rarely cooked.

Cinnamon (Zimt): In stick, cracked or powdered form, cinnamon flavors cakes, desserts and hot drinks. It is also used in several soups and sweet-sour sauces, especially those that have raisins.

Cloves (Nelken): Whole or powdered cloves are used in much the same way as here, except that they are added to a greater variety of meat dishes; they flavor sauces served with fish and some vegetables.

Curry powder (Curry): This exotic Oriental spice blend is surprisingly popular in Germany. It is mixed into mayonnaise, cream sauces and tomato sauces and is a great favorite in hot or cold fish and chicken dishes, and in Curry Wurst.

Dill (Dill): Fresh dill is much preferred and almost always available in large well-stocked vegetable markets the year round. Only the fresh is used for salads; fresh or dried may flavor soups, sauces and especially cucumber dishes.

Fruit Juices (Obstsafte): Anyone who has not sampled the superb concentrated berry juices that are so popular in Germany has a wonderful surprise in store. My favorite is the wild currant juice (Johannisbeersaft), but the blackberry (Brombeersaft), strawberry (Erdbeersaft) and cherry (Kirschsaft) are also excellent. Used separately or in combination with each other they make very good punches or, with ice and soda, Spritzers.

Garlic (Knoblauch): This is used very sparingly in Germany and appears mainly in the food of the eastern regions. The rest of the country confines its use mainly to mutton and lamb dishes or as a seasoning in several sausages and salamis.

Ginger (Ingwer): Used for the most part as it is here, in desserts, cakes and cookies. It is also added to potted beef dishes, either in powdered form or via spicy Lebkuchen which are also used in preparing carp.

Horseradish (Meerrettich): Freshly grated horseradish root mixed with whipped cream, sour cream, cream sauce, apples or grated lemon rind is served with dozens of boiled meats and fish dishes throughout Germany. It should be sprinkled with a little vinegar or lemon juice as it is grated, or it will blacken. Since it is very peppery, grate it near an open window. Never cook horseradish; simply stir it into cooked food just before serving.

Jams and jellies (Marmeladen): Currant and raspberry preserves are often melted in

saucers that are to be served with meats, especially game, and into such dishes as Hamburg Eel Soup. They are also used in preparing red cabbage, and as fillings for cakes and cookies.

Juniper berries (Wacholderbeeren): Although most popular in Swabia, these large brown berries, lightly crushed, are used in game dishes all over Germany. In Swabia they are also added to sauerkraut instead of caraway seeds, and flavor a popular white Schnaps liqueur. Juniper, by the way, is the herb that gives gin its flavor and aroma.

Lemon (Zitrone): Strips of rind, or the juice, are used in all sorts of soups, stews, sauces, meat and fish dishes, desserts and cakes. Lemon juice may be used instead of vinegar for sauces that are sweet and sour, and it flavors all of the white stews known as fricassees.

Lovage (Liebstöckel): Although pretty generally available fresh in Germany, you will probably have to buy this dried here unless you grow it yourself. Its mild carrot flavor is especially popular in soups and meat stews. One leaf of the fresh herb goes a very long way.

Mace (Muskatenblüte): Used in fish or chicken soups, stews and some white sauces, this is also a great favorite with creamed cauliflower and potato dishes.

Marjoram (Majoran): As with basil, this is mainly popular for soups and stews in Bavaria, though it does appear elsewhere in the country to a lesser degree.

Mustard (Senf): Powdered mustard is used in salad dressings in Germany as elsewhere. The real difference is in the superb prepared mustards one finds in that country. They are sweet or hot, finely or coarsely ground, light or dark, with horseradish and without. Go to a good German delicatessen or gourmet food shop and sample all of the varieties. Düsseldorf mustard is the most famous but you might find another favorite. Mustard is used in many sauces and in such cooked dishes as Mutton Pot Roast with Mustard.

Nutmeg (Muskatnuss): Used for the most part, as here, in desserts and cakes, but also very popular in creamed potatoes and potato puddings. Cream soups and sauces and bread dumplings are also flavored with this spice.

Onions (Zwiebeln): These must be considered seasonings in German cooking as they are the base of almost every soup, sauce, meat, fish and vegetable dish. They are also sautéed in fat and used as toppings for many meat and potato dishes and are served as vegetables, creamed or French-fried.

Paprika (Paprika): Sweet paprika is used in many soups, stews and sauces, more in Bavaria and Prussia than elsewhere. It is an essential ingredient in goulash and goulash soup and is also used as garnish on many dishes, as it is here.

Parsley (Petersilie): Used in Germany a great deal, in the same way as it is elsewhere. The fresh is preferable, and usually the flat Italian variety is the kind used, rather than the curly parsley. If you must use dried parsley, steep it in a little hot water first.

Pepper (Pfeffer): This is used with restraint, as food is rarely highly seasoned in Germany. The white pepper is preferred to the black because it is milder, and for one thing, will not spoil the appearance of light sauces. You may buy whole or powdered white pepper—actually the inside of the husked black peppercorn.

Poppy seeds (Mohnsamen): Used for cakes and yeast breads as well as for flavoring buttered noodles and potato puddings.

Pot vegetables, root vegetables or soup greens (Wurzelwerk oder Suppengrün): This combination is perhaps the most distinctive in the German cuisine. Countless soups and fish or meat stews and pot roasts are flavored with this group of root vegetables and greens. This includes carrot, parsley root (petrouchka), parsnip, leek, knob celery or celeriac, onion and sometimes white turnip, along with such greens as flat parsley, celery leaves and perhaps dill, though this last is likely to sour as it cooks and is better added raw as a garnish. Not all are essential at all times, but the more variety, the better. Turnip is very strongly flavored and is the root vegetable most often eliminated—especially by me.

Raisins and currants (Rosinen und Korinthen): Used, as here, in desserts and cakes, but in Germany these are also added to many sweet-and-sour sauces and meat dishes such as Rhineland Sauerbraten.

Rosemary (Rosmarin): Used almost exclusively for lamb and mutton dishes in Germany.

Rum (Rum): This flavors dozens of puddings, molded jellies and frozen cream desserts, as well as cakes and frostings. It is used interchangeably with the mellow-flavored Arab liqueur, arrack. The latter is perhaps harder to find, so use whichever is more convenient.

Sage (Salbei): Fresh sage leaves are cooked with many eel, pork, lamb and mutton dishes and also flavor a few cheeses and sausages.

Savory (Bohnenkraut): As its name implies, this is Germany's favorite "bean herb." It is used in almost all dried and fresh bean dishes, many vegetable soups, and is an essential ingredient in Hamburg Eel Soup.

Tarragon (Estragon): Used in Germany as elsewhere, it is very popular in salad dressing and vinegar.

Thyme (Thymian): This is used in many vegetable soups and stews as well as in some sausages. As with basil and marjoram, it is found mostly in Bavaria and also in East Germany. It is an important ingredient in Goulash Soup and Hamburg Eel Soup, but then, everything seems to be an important ingredient of that Schleswig-Holstein hodge-podge.

Tomato puree or ketchup (Tomatenmark oder Ketchup): Often stirred into soups, stews and sauces just before serving to improve color. Both are also added to mayonnaise and cottage cheese dressing used for fish or fruit salads.

Vanilla (Vanille): Both the bean and the extract are used to flavor desserts and cakes. Vanilla Sugar can be used to flavor dishes also. If you use the bean, it must be cut and its seeds scraped into the food you are preparing, or a piece of the whole bean must be simmered with whatever liquid is used in the dish. One teaspoonful of vanilla extract is equivalent to approximately half a vanilla bean. Imitation vanilla flavor, or vanillin, is an all-around unsatisfactory substitute for the bean or its extract. There is no reason, and therefore no excuse, for ever using it.

Vinegar (Essig): This, along with its flavoring companion sugar, is used more in German cooking than in any other, primarily because of the passion for sweet-and-sour dishes. Unless otherwise stated, vinegar in a German recipe means distilled white vinegar. Lemon juice or white wine can be substituted in most cases. To get an instant sweet-sour flavor without using either vinegar or sugar, use the pickling liquid of sweet gherkins, which already contains both ingredients.

☞ / FATS (Fett)

Lard (Schweinefett), bacon (Speck) and butter (Butter) are the most commonly used fats in German cooking. Beef suet, or kidney fat (Nierenfett), is used in beef stews and pot roasts and in some English-style puddings. Mildly flavored oil (Öl) is used in dressings and for some cooking, but much less often than those above. Some olive oil is used for salad dressing, but its flavor is most “un-German.”

Now, of course, the Germans have become as cholesterol-conscious as everyone else, and the market shelves are lined with bottles and tins of polyunsaturated fats, just as ours are. These, and the semi-ersatz vegetable shortenings, are fairly popular, but they are not typical of German cooking and detract from its true flavor. I have not used them in recipes, but you may substitute them as you would in any other kind of cooking. Margarine (Margarine) is used there as here, but is rarely served melted or in sauces.

Although many people in this country have a squeamish attitude toward lard, it is probably due to a bad experience with some that was of poor quality or, worse yet, not fresh. Good lard, usually purchased from a butcher, produces excellent results in cooking and baking. Avoid the kind that is treated with preservatives and needs no refrigeration.

If you use bacon that is very smoky or salty, blanch it in hot water for 5 minutes before going ahead with the recipe.

Rendered chicken, duck and goose fats (Geflügel-, Enten- und Gänsefett, oder Schmalz) are used more in northern Germany and Swabia than elsewhere. They add a wonderful flavor to cabbage and kraut dishes, boiled or mashed potatoes. They are also popular spread on bread and sprinkled with salt and eaten as open sandwiches. To render these fats, trim fat from the inside of poultry, taking much of it from the area around the throat and chest. Dice it, rinse in cold water and cook very, very slowly in a heavy-bottomed saucepan until all of the fat has melted down. If some skin is cut up with the fat, this will remain and form cracklings (Grieben), which are sometimes sprinkled on top of mashed or boiled potatoes or used in cabbage, kraut and noodle dishes. The liquid poultry fat is also sometimes mixed with melted butter before solidifying, to give it a more delicate flavor. Rendered fat can be stored for weeks in a tightly closed jar in the refrigerator. Onions may be fried with the fat when it is being rendered, but I think that they limit its use.

☞ / STARCHES AND FLOUR (Stärke und Mehl)

Wheat flour (Weizenmehl) and rye flour (Roggenmehl) are used most often in baking. Wheat flour is also used to bind sauces. Potato starch or flour (Kartoffelmehl) is used in some baking, but more to bind fruit puddings or flummeries. Semolina or farina (Griess), rice or rice flour (Reis oder Reismehl), tapioca (Sago), cornstarch (Stärkemehl) and arrowroot (Mondamin) are all used for binding sauces and thickening puddings and flummery desserts.

☞ / THE UTENSILS (Die Geräte)

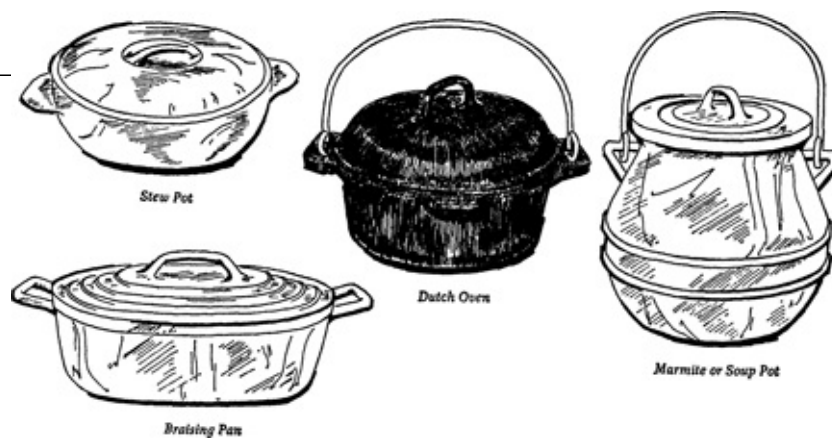
Although no pot, no matter how costly or magnificent, ever made a good cook out of a bad

one, the right equipment can make the cook's work easier and more effective. In many cases the difference between a good pot roast and a great one is the pot in which it was cooked. With that in mind, I have suggested the equipment listed below. You probably already own a good deal of it, and the rest can be filled in gradually as you need it. Though suggested here in relation to German cooking, all of the equipment is equally effective for preparing any kind of food and should be a useful addition to your kitchen. Where possible, buy professional cooking utensils, as they are more durable and practical than their high-fashion, gimmicky counterparts usually found in fancy cookware departments.

Electrical appliances: A mixer with attachments for yeast doughs, grinders, choppers, puree mechanisms and the like can be the most helpful thing in the world for German cooking. So many things are chopped, ground, pureed and blended that such a machine is as good as an extra helper in the kitchen. An electric blender would be a fairly good second choice, though there is plenty of work for both appliances in the recipes in this book. A third and most useful appliance is an electric hot tray. So many German meats, fish and vegetables must be kept hot while their sauces are prepared that this kind of tray would be a tremendous aid. With it you do not have to heat serving platters, food stays hot at the table and the trays are usually attractively designed and sturdily built.

Pots and pans (Töpfe und Pfannen): Heavy copper cookware, lined with tin, is a superior material for pots and pans. However, good copper-ware is extremely expensive, and all of it is something of a nuisance to clean. If you would like one or two pieces, the most useful would be an oval-covered casserole in a 3- or 5-quart size, and a sauté pan with a cover. Enameled cast iron, the heavier the better, is the most all-around satisfactory material for any cooking—German or otherwise. It does not scorch, it holds and distributes heat evenly, and will not discolor itself or darken sauces that contain white wine, vinegar, lemon juice or egg yolk. This is an extremely important point in German cooking because so much vinegar is used. Plain black cast iron is also very good when no acids or egg yolks are to be stirred in it, and one very large skillet of this material is a great asset. Heavy cast aluminum is the next best choice as far as ordinary cooking is concerned, but again, not if acids or egg yolks are to be included in foods prepared in it. Spun aluminum, fireproof glass and the newly popular decorative and inexpensive enameled steel are all highly unsatisfactory, as is stainless steel with or without copper bottoms. All of these materials scorch and are poorly insulated. Heavy earthenware is good for oven cooking but is very fragile when used on the stove. It should be placed over an asbestos mat, never directly on the burner.

Casseroles, stew pots and Dutch ovens are all perfect for braising, pot-roasting and stewing. For complete explanations of these processes, and the requirements of pots used for them, see 2-, 3-, and 5-quart casserole or Dutch oven are all very useful. If you entertain large groups, 7- or 9-quart size would also be useful. The small round pot with the flat cover and two handles is perfect for stews. The larger, taller versions of these are also good for soups and boiled meats. If you prepare a great deal of soup often, you should have a special soup pot since its shape enables you to cover meats and vegetables with a minimum amount of water or stock.

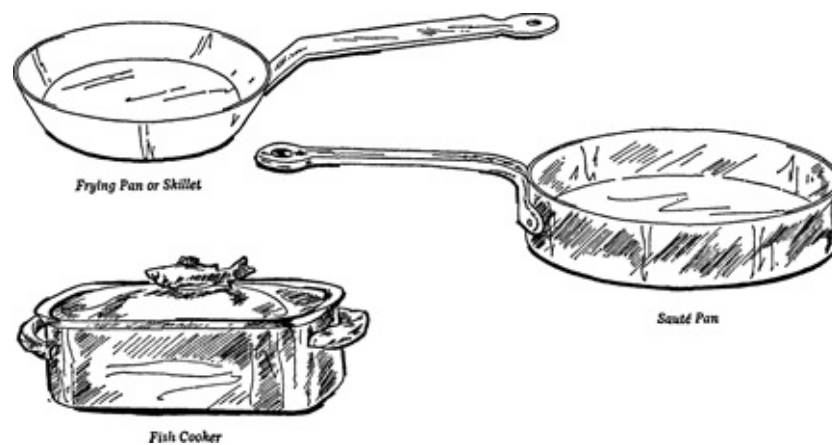


Saucepans with lids, in a wide range of sizes (from 1 pint to 5 quarts), are endlessly useful. If they have metal handles and knob lids, they can be used as oven casseroles. Wooden handles do not get hot and are therefore practical, so perhaps you should have several of each type.

Skillets and sauté pans: The one best suited for making crepes should be about 7" in diameter. Frying and browning are best done in a pan with sloping sides. Several of these, ranging from 9" to 12" to 14" in diameter, are very useful. They can also be used for omelettes, unless you are a purist about yours and want them done in a thin steel omelet pan. The straight-sided pan is best for sautéing. It is most generally useful in a 12" size with lid.

Fish cooker: If you serve a great deal of steamed or poached whole fish, this pot is essential (a description of its use). It is also good for steaming asparagus and other vegetables.

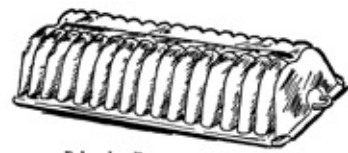
Vegetable steamer: This is very popular in Germany and does preserve color, flavor and vitamins in the vegetables it cooks.



Baking pans: It is good to have a variety, since many German cakes differ from each other only in form. They are the Kugelhupf, the mock venison saddle (or Rehrücken) mold, savarins and/or other ring molds, layer-cake pans, spring form, flan rings, cookie sheet, jelly-roll pan that is also used for yeast coffee cakes, loaf tins and muffin tins. Other useful baking accessories are the rolling pin, Springerle roller, wood blocks for such cookies as Prentzel, pastry decorating tubes and cookie cutters. If you want to prepare deep-fried cakes and crullers, you will need either a deep saucepan with fry basket or an electric deep fryer. A skimmer and a deep-fat thermometer are other essentials.

Pudding and bombe molds: The covered molds are for steamed puddings; how they should

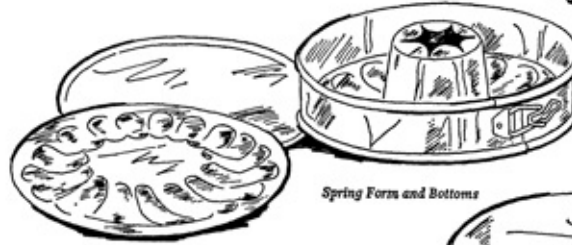
be set in the water bath. Also used for steamed puddings or jelled deserts are porcelain molds. The round soufflé dish is used in the oven or in a water bath. Some of the bombe molds can be used for puddings. The most classic shapes are the melon, the bombe, the conical and the tiered mold.



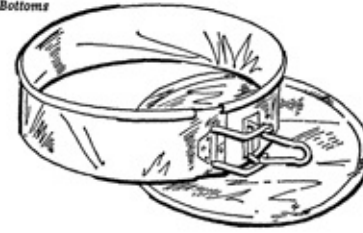
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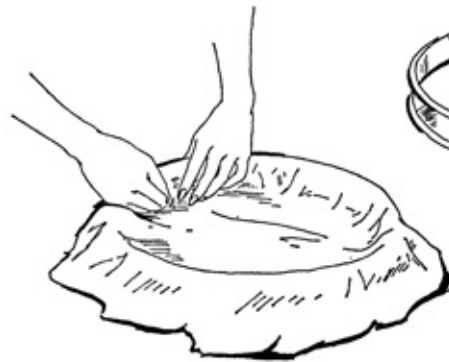
Kugelhopf



Spring Form and Bottoms



Savarin Ring Mold



Lining a Flan Ring with Pastry



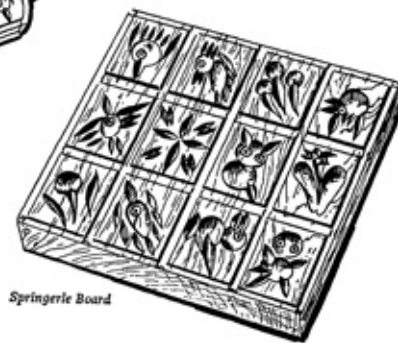
Flan Rings



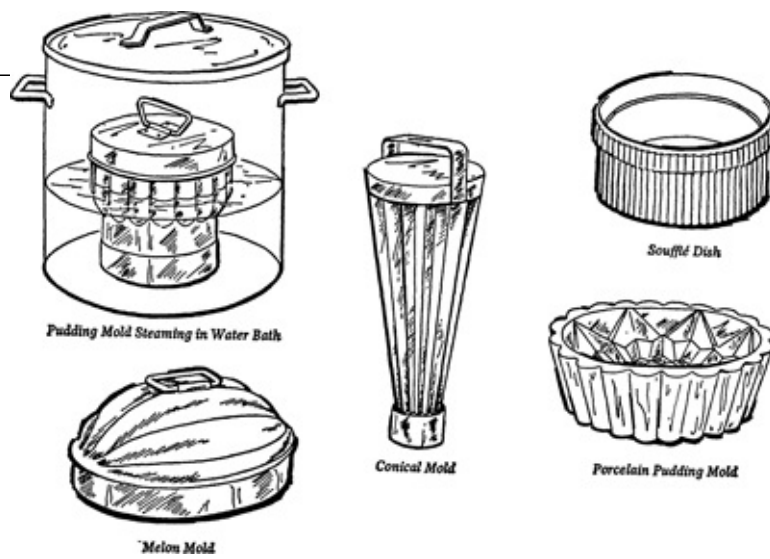
Springerle Roller



Springerle Board



Springerle Board



Miscellaneous equipment

Spatulas: Wooden spatulas are useful for turning food when it is frying, as they do not break delicate bits and pieces. The rubber spatula is essential for cleaning batter out of a bowl, for folding egg whites into batter and for scraping the sides of a blender or electric mixer. The metal spatula is used for spreading frosting.

Food mill and food grinder, or chopper: The first is useful for pureeing fruit, potatoes and vegetables; the second for grinding meats, nuts, vegetables, etc. You will not need these if you have an electric mixer with similar attachment.

Beaters and whips: Wire whips or whisks in both small and large sizes are essential—the smaller for producing smooth sauces, the larger for egg whites. A rotary beater is fairly good for batters and egg whites; better still, of course, is an electric beater. Whisks do a superior job, however. Be sure you get very good ones, preferably made of piano wire.



Large mixing bowl: This should be used for egg whites so that you will get enough air into them. Purists insist that one should have a huge copper bowl that is used for nothing else, but this is a rather costly and bulky kitchen appointment for such limited use. The bowl you use for egg whites should be absolutely free of moisture or grease, or the egg whites will not be stiff and voluminous.

Larding needles and pin: Lean meat should be larded, or it will become dry and stringy during cooking. Lard, salt pork or bacon strips can be used for this. If you prefer, strips of the fat can be tied around the meat instead of being laced through it; the results are *almost* as good.

Meat tenderizer or flattener: This helps make tough meat more tender. Large pot roasts can be beaten before being seasoned and the mallet can also be used for pounding cutlets in scallopini or Schnitzels.

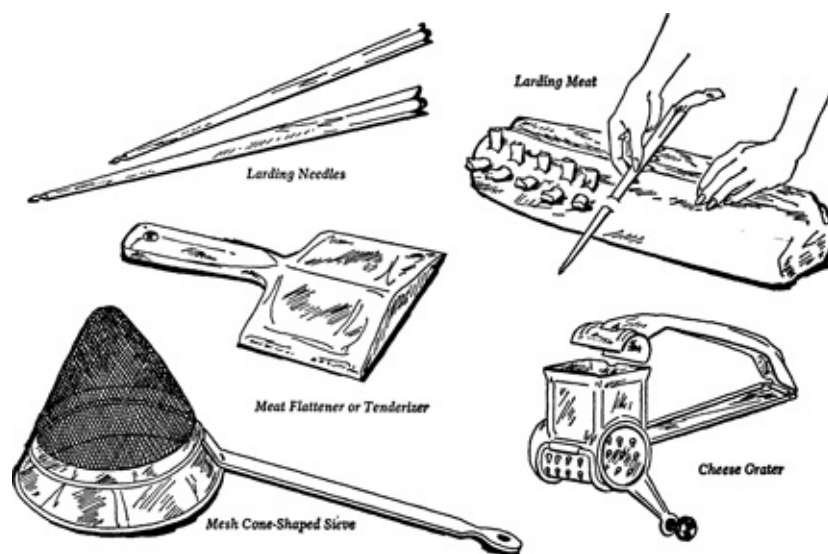
Graters: The most useful of all is the four-sided grater. In some cases, electric mixers

attachments can replace graters. A very small grater is for nutmeg, and a long-handled cheese grater is a most convenient gadget.

Sieves and strainers: The cone-shaped sieve with several layers of fine wire mesh is used for straining soups and fine sauces.

Brushes and basters: These are convenient for roasted meats and fish dishes. The brushes are used to apply fat to the roasting food; the bulb baster or long-handled spoon for basting with pan liquid. A small brush is used for brushing pastry or breads with melted butter, milk, or beaten egg, and the same brush should never be used with strong-tasting fats or gravies. Let brushes dry in the open air after washing.

Thermometers: Besides the deep-fat thermometer, a roasting thermometer is essential. It is the best way to be sure meat will be roasted to the desired doneness. If you make a great deal of candy or sugar confections, the candy thermometer is also essential.



In addition to the above, a ball of good strong white cotton twine and tough cotton thread are very useful in the kitchen for trussing meat roasts and poultry. Since many German dishes come directly from oven or stove to the table, several trivets are helpful too.

🍴 / COOKING TERMS (Wörterklärungen)

Bind (binden, oder legieren): To thicken a soup or sauce with a starch such as wheat flour, potato or rice flour, cornstarch, breadcrumbs, tapioca or egg yolks beaten into a little cold liquid, then stirred into the hot, not boiling, soup or sauce. In Germany, binding is done mainly with a roux, or Einbrenne, or cornstarch dissolved in a little cold water and then stirred in and simmered for a minute or two, or with egg yolk. Another popular method uses the butter-flour dumplings (Mehlbuttermklöße). Knead together 1 tablespoon each butter and flour, roll into tiny balls, then drop into the soup or sauce when it is ready and simmer 2 or 3 minutes, or until properly thickened.

Blanch (blanchieren): To place an ingredient in boiling water and boil for a given amount of time, until it is partly cooked or can be skinned or peeled, depending on the purpose of blanching. This is often followed by a plunge into cold water, but follow instructions in specific recipes.

Blend (vermengen): This is a gentler method of combining foods than beating, and is done with ingredients of different textures, such as butter and sugar. It is usually done with a wooden spoon, fork or pastry cutter, or with a special slow speed on an electric mixer.

Braise (braten, oder schmoren): All variations and explanations.

Breading (panieren): A coating of flour and/or breadcrumbs and seasonings used to coat meat, fish or vegetables that are to be fried. Beaten egg and sometimes milk are used to first moisten the food so the breading will adhere. Breaded food should stand for about 20 minutes before being fried.

Coat a spoon: Custards, and the sauces which contain egg yolk and often cornstarch and which are cooked over hot water, must reach this thickness to be done. It simply means that if you dip the bowl of a spoon (usually wooden) into the sauce, enough will remain on it to coat the back.

Fold (unterheben): To turn gently a light and fragile mixture such as beaten egg whites or whipped cream into a heavier batter. This is best done with a rubber spatula. Although it can be done either way, it is easier to fold if the heavier batter is poured on top of the lighter one. The spatula is then drawn and turned through the mixture, starting in the center of the bowl and working to the side. The bowl is turned after each fold.

Gratiné (überkrusten): To brown the top of a cream sauce dish that is sprinkled with breadcrumbs and/or cheese and dotted with butter; this may be done in the upper third of a hot oven or in a preheated broiler.

Knead (kneten): To work dough until it is smooth, pushing it in small batches with the heel of the hand, folding over and repeating process. The amount of time necessary is indicated in specific recipes. Pastry and yeast doughs are almost always kneaded.

Lard (spicken): To lace lean meats with strips of fat so they will remain moist and tender during cooking. Information on larding needles and methods of doing this.

Marinate (marinieren): To soak food, usually meat but sometimes fish, in a liquid that will add to the flavor or tenderness, or both, of the food itself. Marinades may be based on vinegar, lemon juice, wine, beer or, in Germany, buttermilk.

Poach (dünsten, pochieren): To simmer food just below the boiling point, in a minimum of water (that is barely enough to cover it). The cooking liquid is brought to a boil and the food added; then the pot is covered and the heat reduced. Foods are generally poached covered.

Purée (Pürée): This is a process that creates a mash (Brei, oder Mus) out of solid foods. It can be done through a sieve or a food mill, sometimes with a potato masher or ricer, with a fork or in an electric blender.

Ribbon: There is no equivalent to this in German cooking terminology, at least as far as I can tell. It refers to a batter, usually of egg yolk and sugar, that must be beaten until thick enough to form "ribbons" on the surface of the mixture when it drips from a mixing spoon.

Roux (Einbrenne): This is a thickening base for soups, sauces and stews. It is made by first melting fat in a pan, then stirring in flour and cooking to the desired color. For the complete German use of the Einbrenne. It is one of the most important steps in that country's cooking.

Sauté (schwenken): To brown, or brown and cook, food quickly in a little very hot fat. The

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