

INTERNATIONAL TASTERS  
BARRINGTON AREA BRANCH  
AMERICAN ASSOCIATION OF UNIVERSITY WOMEN  
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MEAT SALAD  
ASSORTED GERMAN CHEESE  
SAUERBRATEN  
SPAETZLE  
BRAISED RED CABBAGE  
SOUR CREAM CUCUMBERS  
GREEN BEAN SALAD  
OLD WORLD BREADS  
BLACK FOREST CHERRY TORTE

## MEAT SALAD

### Ingredients:

3 cups chopped cold cooked beef, ham, bologna or summer sausage  
2 medium dill pickles, chopped  
1 tablespoon capers  
1 tablespoon minced parsley  
1 teaspoon prepared German mustard  
1 medium boiled potato, peeled and chopped  
1 medium red onion, chopped  
Salt and Pepper to taste

### Marinade

3 tablespoons mayonnaise  
3 tablespoons white wine vinegar  
3 tablespoons cold beef stock

### Instructions:

In medium glass bowl combine meat, pickles, capers, parsley, mustard, potato and onion. Set aside. In small bowl combine mayonnaise, vinegar and beef stock; mix well. Pour the marinade over the meat mixture. Season to taste. Chill 2 hours and garnish with hard-cooked egg slices and cherry tomato halves. Serve as a first course or as an hors d'oeuvre with crackers or whole grain bread.

Source: Hospitality Suite, Good Shepard Hospital Auxiliary

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## SAUERBRATEN

### Ingredients:

#### Marinating the Roast

5-6 pound boneless rump roast  
2 cups white vinegar  
3 cups dry white wine  
1 cup water  
2 medium onions, peeled and sliced  
3 or 4 carrots, peeled and sliced  
8 black peppercorns  
4 whole cloves  
4 bay leaves  
2 teaspoons salt  
1 teaspoon mustard seed  
3 sprigs parsley

### Instructions:

In large saucepan combine white vinegar, white wine, water, onions, carrots, peppercorns, cloves, bay leaves, salt, mustard seed and parsley. Heat to boiling, reduce heat and let simmer about 5 minutes. Cool. Place beef in large glass or pyrex bowl, pour on the cool marinade, cover and refrigerate 4 days. Turn the meat every day.

### Cooking the Roast

1/2 cup flour  
1/2 teaspoon salt  
1/4 teaspoon pepper  
2/3 cup vegetable oil  
1 large onion, sliced  
5 whole cloves  
1 or 2 bay leaves  
3 cups reserved marinade

Remove meat from marinade and dry it with paper towels. Strain marinade reserving the liquid. Combine the flour, salt and pepper. Dust the roast with this seasoned flour mixture. In large dutch oven, heat oil. Over medium heat, brown roast on all sides, about 20 minutes. Pour off excess oil and add onion, cloves, bay leaves and 3 cups reserved marinade. Cover and simmer about 3 hours until roast is almost tender. Remove meat and again strain the marinade.

Discard onions etc. Return roast and strained marinade to the pot.

#### Making the Gravy

2 tablespoons butter  
2 tablespoons sugar  
3 tablespoons flour

Make sweet roux. In small skillet melt butter; stir in sugar and flour. Cook, stirring over low heat until roux is rich nutty brown color. Stir roux into marinade. Cover and continue cooking until meat is very tender, about 1 hour.

#### Serving the Sauerbraten

4 or 5 gingersnap cookies, crushed

Remove meat to heated platter. Sprinkle gingersnap crumbs into the gravy. Using wire whisk, cook and stir 2 or 3 minutes until gravy is smooth and slightly thickened. Slice meat and pour on a bit of gravy. Serve sauerbraten immediately with remaining gravy in sauceboat.

Source: Chicago Tribune Food Guide, Merle Ellis

Yields: 10 to 12 servings

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## SPAETZLE

### Ingredients:

3 cups flour  
1/4 teaspoon salt  
1/8 teaspoon ground white pepper  
1/8 teaspoon ground nutmeg  
4 eggs, slightly beaten  
1 cup milk  
1/2 cup fine dry bread crumbs, optional  
4 tablespoons butter, optional

### Instructions:

In stockpot, bring 6 to 8 quarts of water to a boil. Add 1 tablespoon of salt.

In large mixing bowl combine flour, 1/4 teaspoon salt, white pepper and nutmeg. Add the eggs and stir into the flour mixture. Pour in the milk in a thin stream, stirring constantly with a large spoon; continue to stir until the dough is smooth. To cook, force the dough through a perforated metal pie plate into the boiling water. Stir and cook 5 to 7 minutes or until the spaetzle are firm but tender. Drain the spaetzle thoroughly in a colander.

When spaetzle are served as a separate dish with roasted meats, they are traditionally presented sprinkled with toasted bread crumbs. To toast the crumbs, melt 4 tablespoons of butter in small skillet over moderate heat. When the foam subsides, add 1/2 cup dry bread crumbs and cook, stirring constantly, until the crumbs are golden brown.

Source: The Cooking of Germany, Time/Life Foods of the World

### Yields:

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SOUR CREAM CUCUMBERS  
8 Servings

2 medium cucumbers, peeled and sliced  
1 tablespoon salt  
8 ounces sour cream  
2 tablespoons white wine vinegar  
2 - 3 cloves garlic, minced  
1/8 teaspoon dill weed, optional

In medium bowl place cucumber slices; toss gently with the salt. Let stand about 1/2 hour. Dry cucumbers with paper towel pressing slightly to remove excess moisture. In glass jar combine the sour cream, vinegar, garlic and dill weed, if desired. Add the cucumbers. Cover jar tightly; gently shake to coat the cucumbers. Refrigerate at least several hours before serving. Place in serving bowl, garnish with a dash of paprika.

GREEN BEAN SALAD  
4 Servings

3 tablespoons white wine vinegar  
3 tablespoons olive oil  
1/2 cup chicken stock, fresh or canned  
1/4 teaspoon salt  
Freshly ground black pepper  
1/8 teaspoon dill weed  
1 teaspoon finely chopped parsley  
1 pound fresh green beans

In glass jar combine the vinegar, oil, chicken stock, salt, pepper, dill weed and parsley. Cover jar tightly; shake well. Taste for seasoning. Set the dressing aside. With a small sharp knife, trim the ends of the green beans and cut them into 2-inch lengths. In an 8-quart stockpot bring 6 quarts of water to a rapid boil. Drop in the beans, return the water to a boil. Reduce heat slightly, boil the beans uncovered for about 8 to 10 minutes or until tender crisp. Do not over cook. Immediately drain the beans in a colander and run cold water over them. Spread the beans on paper toweling and pat dry. Transfer the beans to a large glass mixing bowl and pour the dressing over them. Stir to coat evenly. Cover and chill at least 1 hour before serving.

Recipe from: The Cooking of Germany, Time - Life Foods of the World

HOT GERMAN POTATO SALAD  
10 - 12 Servings

4½ pounds red potatoes (about 12 medium)  
9 slices bacon, diced  
1½ cups chopped onion  
¾ cup chopped celery  
3 tablespoons flour  
2 teaspoons salt  
1½ cups water  
1 cup cider vinegar  
1 cup sugar  
1/3 cup chopped parsley

Pare potatoes. Place potatoes in large saucepan; add enough water to cover potatoes. Cover pan. Bring to boiling; reduce heat. Simmer until tender-firm about 25 - 35 minutes. Drain and set aside. In large skillet fry bacon until crisp. Remove with slotted spoon and drain bacon on paper towel. Cook and stir onion and celery in bacon fat until tender. Stir in flour and salt. Cook over low heat, stirring constantly, until bubbly. Remove from heat; stir in water, vinegar and sugar. Heat to boiling, stirring constantly. Boil and stir 1 minute. Stir in bacon and parsley. Set aside. Preheat oven to 350°. Cut potatoes into slices. Layer potatoes and bacon mixture in 3½ quart casserole; cover. Bake 30 minutes or until heated through. Garnish with whole red radishes, if desired.

Recipe from: When You're Entertaining, Editors of Sphere

BRAISED RED CABBAGE  
6 Servings

1 3-pound red cabbage  
4 tablespoons butter  
¼ teaspoon salt  
⅛ teaspoon pepper  
1 cup red wine  
2 very tart apples, cored and diced but not peeled  
2 tablespoons brown sugar  
1 tablespoon vinegar

Discard the outside leaves of the cabbage and cut in half. Shred finely and soak in water a few minutes. Drain well. Melt the butter in a large skillet. Add the drained cabbage and toss well with two wooden spoons. When the cabbage begins to wilt, add salt, pepper and red wine. Simmer about 5 minutes. Add the apples. Sprinkle with brown sugar and add the vinegar. Cover, and simmer until the apples and cabbage are tender - about 1 hour at lowest heat.

Recipe from: American Cooking, James Beard

SCHWARZWALDER KIRSCHTORTE  
(Black Forest Cherry Torte)

Ingredients:

Cake Layers

2 egg whites  
1/2 cup sugar  
1 3/4 cups sifted cake flour  
1 cup sugar  
3/4 teaspoon baking soda  
1 teaspoon salt  
1/3 cup vegetable oil  
1 cup milk  
2 egg yolks  
2 squares (1 ounce each) unsweetened chocolate, melted and cooled

Instructions:

In small mixer bowl beat egg whites until soft peaks form. Gradually add the 1/2 cup sugar, beating until stiff peaks form. Set aside. Into large mixer bowl sift together cake flour, 1 cup sugar, baking soda and salt. Add oil and 1/2 cup milk. Beat 1 minute at medium speed of electric mixer, scraping bowl often. Add remaining milk and the egg yolks. Beat 1 minute more. Fold in the beaten egg whites. Pour 1/3 of the batter into a greased and floured 9-inch round cake pan; set aside. Add the melted chocolate to remaining batter in bowl. Fold until well blended. Pour chocolate batter into two greased and floured 9-inch round cake pans. Bake all three layers in 350 degree oven for 20 to 25 minutes. Cool in pan 10 minutes. Remove and cool on wire rack.

To Assemble Cake

1 recipe Cherry Filling, see below  
1 recipe Chocolate Buttercream, see below  
1 teaspoon unflavored gelatin  
2 tablespoons cold water  
3 cups whipping cream  
1/4 cup kirsch  
3/4 cup sliced almonds  
1 square (1 ounce) semisweet chocolate, shaved  
Maraschino cherries with stems

In small heatproof cup soften gelatin in water; place over low heat, stirring just until dissolved. Set aside but do not cool. In large mixer bowl, whip cream until slightly thickened. Add gelatin all at once; continue beating until soft peaks form. Set aside. Place one chocolate cake layer on serving plate. Fit pastry bag with medium "star" tip; fill with chocolate buttercream. Starting a third of the way out from center of cake, pipe a ring of buttercream. Pipe a second ring two-thirds of the way from center. Pipe a third ring around outer edge of cake. Fill in area between buttercream with Cherry Filling. Spread a thin layer (about 1 cup) of whipped cream over top. Place yellow cake layer on top. Drizzle some of the kirsch very slowly over cake. Put about 2 cups of whipped cream in pastry bag fitted with large "star" tip. Pipe a band of whipped cream about 2 inches wide around outer edge of cake layer. Fill center with Cherry Filling. Place second chocolate cake layer over cherries. Drizzle with more of the kirsch. Frost cake with remaining whipped cream. Press almonds onto side of cake. Pipe rosettes evenly around top of cake. Sprinkle shaved chocolate in center. Garnish rosettes with maraschino cherries. Chill. Makes 12 servings.

Source: Lutz Continental Cafe and Pastry Shop

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## CHOCOLATE BUTTERCREAM

### Ingredients:

3 tablespoons butter  
2 cups sifted powdered sugar  
1 square (1 ounce) unsweetened chocolate, melted and cooled  
2 tablespoons light cream  
1 teaspoon vanilla

### Instructions:

In small bowl, cream the butter with electric mixer. Gradually beat in 1 cup powdered sugar. Beat in the melted chocolate, light cream and the vanilla. Gradually beat in another 1 cup of powdered sugar until fluffy. If necessary add an additional 1 or 2 teaspoons light cream to make the buttercream smooth and creamy.

Source: Lutz Continental Cafe and Pastry Shop

## CHERRY FILLING

### Ingredients:

2 cans (16 oz each) pitted tart red cherries  
2/3 cup granulated sugar  
1/4 cup cornstarch  
1 teaspoon vanilla

### Instructions:

Drain the cherries; reserve the liquid. In 2-quart saucepan combine the sugar and cornstarch. Stir in 2/3 cup of the reserved cherry juice. Cook and stir over medium heat until mixture is thickened and bubbly. Add the cherries; cook two minutes more. Remove from heat; stir in the vanilla. Cool.

Source: Lutz Continental Cafe and Pastry Shop