



*German
Comfort Food
Recipes*

assembled by Peter Gau

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An Introduction

Please let me introduce myself first of all. My name is Peter, I am the author of this collection of authentic German recipes.

I grew up in Bavaria, which is the most southern state in Germany, bordering Austria, Switzerland and the Czech Republic.

In 2002 I fell in Love with a wonderful Irish girl, moved to Ireland and have now the joy of being a Husband and Dad that discovered cooking and anything food related as a hobby for himself.

As a child and teenager, when still living at home I had little interest in cooking but enjoyed whatever my mother dished up for me, without giving it much thought and taking it more less for granted.

From the age of eighteen, when I left home and had to provide for myself most of the time, I started appreciating my mothers skill and effort much more. I couldn't wait to get home for the weekend and get some comfort food into my tummy, that actually tasted like something and was served in a relaxed atmosphere, surrounded by my beloved parents, brothers and sisters. I started asking my mother questions about cooking, got a recipe for simple dishes here and there and that I could make for myself when on my own. My Interest in cooking was awoken.

After getting married and making the big move away to Ireland, I was lucky enough to find a wife, that is a professional chef and an excellent one as well. We are cooking a lot together and if not, she is providing the skill for making Irish and other, international dishes and I am responsible for the hearty German or Bavarian dishes, mainly at the weekends.

As you can see, I am not a chef and the purpose of this e book is not to give some German dishes my own new twist or to introduce my own creations to the world. Its meant to be an introduction into German cuisine in general and to give you authentic recipes for some of the most popular German foods and some hidden treasures, that not many outside Germany would have heard off. The recipes are partly given to me by my mother, some friends of mine from all across Germany (or their mothers to be precise) and collected from some wonderful old German public domain recipe books.

Maybe you are of German heritage and would like to get an idea of your ancestors cooking habits or you just would like to widen your horizon and try something different. Whatever the reason for your interest in this book, I know you wont be disappointed and I hope you will enjoy it.

Chapter 1

Soups and Stews



Homemade Asparagus Soup

Herb Soup

Semolina Dumpling Soup

Homemade Potato Soup

Pichelsteiner Stew

Game Stew

Old German Potato Pot

Homemade Asparagus Soup

Ingredients:

1 lbs. white asparagus
3 cups of salted water
1 teaspoon of sugar
4 1/2 oz. Butter
1 1/2 oz. flour
1 tablespoon of chicken stock (powder)
1 egg yolk
1/2 cup of cream
1/2 teaspoon of lemon juice
1/2 teaspoon salt
1/2 teaspoon pepper
parsley (chopped)

Peel the asparagus and cut into junks, appr. 1 - 1.5 inches long. Bring salted water to a boil and add the sugar. Now add the asparagus junks.

Boil for appr. 15 minutes.

Strain the water from the asparagus but don't waste the water. Catch it in a separate saucepan or something similar.

Heat 1.5 oz of the butter, add the flour when the butter has melted, while stirring continuously.

Now slowly add the asparagus water that you caught in a separate saucepan.

Then add the chicken stock and let simmer for 15 minutes.

Add the cooked asparagus junks.

Whisk the cream and egg yolk and lemon juice together and pour it in, a little at a time. Make sure you stir thoroughly while doing so and very important, **DON'T LET IT BOIL!**

Melt the rest of the butter in the soup and season to taste with salt and pepper.

Sprinkle with chopped parsley when serving.

Herb Soup (Kräutlsuppe)

Ingredients:

5 oz. chervil
5 tablespoons of butter
3 tablespoons of flour
4 cups vegetable broth
2 bread rolls (should be 1 or 2 days old)
1/2 cup cream
salt
pepper

Wash the chervil and drain well. Heat 3 tablespoons of Butter in a saucepan at medium heat.

Heat 3 tablespoons of butter in a saucepan, add the 3 tablespoons of flour when the butter has melted, while stirring continuously.

Now add the vegetable broth slowly. Continue stirring for about 2 minutes and let simmer for appr. 10 minutes.

Dice the bread rolls and heat the rest of the butter at medium heat until it is melted. Add the bread roll dices and fry them until they have a golden brown colour.

Chop the chervil, add it to the soup, followed by the cream.

Season to taste with salt and pepper and let simmer for another 10 - 15 minutes. Mix thoroughly with an electric whisk.

Place the roasted bread roll-dices into a bowl or deep plate and pour the soup over them.

If you like you can decorate with some daisy blossoms, which are edible. Make sure you wash them first.

Variation:

Impress your family and friends by collecting some edible, wild herbs and use them in this soup instead of, or with the chervil.

In Bavaria, where this soup originated, the following wild herbs are often used:

watercress, nettles, yarrow, dandelions, chickweed and common sorrel.

These may not be available in all parts of the world but wouldn't it be very exciting to experiment with your local, edible 'weeds'?

Just make sure that you know exactly what you are using and that it is definitely edible and not toxic.

Semolina Dumpling Soup

Ingredients:

1 1/2 oz. butter
1 large egg
1/2 gal. water
1/2 teaspoon nutmeg
3 oz. semolina
1 cup meat broth
1/2 bunch parsley (chopped)
salt
pepper

Stir the butter until foamy.

Add the egg, a pinch of salt, some pepper and the nutmeg.

Gradually add the Semolina while stirring until you have a workable dough.

Let the dough rest for 1 hour (preferably in the fridge) and in the meantime bring 1/2 gal. of water to the boil.

Take a teaspoon or rather small tablespoon and cut small dumplings out of the dough.

Carefully place them into the simmering water. Let simmer for about 20 - 25 minutes.

Don't place too many of the dumplings into the water, as they will double their size.

Let them drain and place them into the hot meat broth. Serve sprinkled with chopped parsley.

Homemade Potato Soup

Ingredients:

2 lb potatoes
2 large carrots
2 leeks
1 large onion
4 ounces of smoked bacon
1/4 celery root
1/2 gal. of meat broth
a bunch of Parsley
2 bay leaves
salt, pepper, marjoram, thyme and nutmeg
1 cup sour cream

Wash, peel and slice the potatoes, carrots, leeks and onions.

Fry the bacon and the onions for 5 - 10 minutes before you add the meat broth. Then add the potatoes, carrots leeks and bay leaves. Let cook until the vegetables are soft (appr. 30 min). Try and find the bay leaves (not an easy task sometimes) and take them out.

When finished cooking add the marjoram, thyme, salt and pepper. Add the sour cream after straining.

A lot of people in Germany like to add smoked Sausages to their Potato Soup but its not a necessity.

Did you know that in the Palatinate region of Germany, people like to eat their potato soup with plum cake. Try it out if you like. You'll find the plum cake recipe here too.

'Pichelsteiner' Stew

Ingredients:

4 oz. pork
4 1/2 oz. beef
4 1/2 oz. lamb (shoulder)
2 onions
1 celery root
3 parsnips
3 carrots
2 leeks
1/2 head of white cabbage
1/2 lbs potatoes
4 cups of vegetable broth
1 teaspoon caraway seeds
1 teaspoon paprika
1 small bunch of fresh marjoram (chopped)
1 bunch of parsley (chopped)

Wash the meat and the vegetables thoroughly. Peel the vegetables.

Cut all the meat and the potatoes into 1 inch dices. Chop the celery root, onions and the cabbage. Slice the parsnips, carrots and leeks.

Sauté all the meat, together with the chopped onions in a saucepan for appr. 5 minutes and season with some salt, pepper and paprika. Then, take half of the meat out and spread the remaining meat out in the saucepan neatly.

What you are looking to do, is to cook your stew in layers. So half the meat mixed with the onions is your first layer.

Mix all the prepared vegetables together, except the potatoes.

Add half of the mixed vegetables into the saucepan on top of the meat, so that it builds your second layer. On top of that make a third layer with half of your prepared potatoes.

Next a layer of meat, on top of that a layer of mixed vegetables and to finish it up the last layer of potatoes.

Make sure you season every layer with salt, pepper, paprika, caraways and marjoram.

Now add the vegetable broth carefully and steam for about 1 hour at good heat. Reduce the heat slightly towards the end. Add some hot water while cooking if you deem necessary.

Don't stir while steaming, better shake the saucepan slightly from time to time.

Sprinkle with plenty of chopped parsley when serving.

Game Stew

ingredients:

21 oz. deer meat
9 oz. bacon (smoked if possible)
3 large onions
6 cups meat broth
1/2 cup juniper schnapps (if not available use any hard liquor, i.e. Jägermeister)
4 medium sized potatoes
7 oz. peas
7 oz. lentils
7 oz. white beans
1/2 cup sour cream or crème fraiche
2 bay leaves
2 tablespoons of sunflower or vegetable oil
2 tablespoons of vinegar
1 bunch fresh thyme (chopped)
1 bunch fresh chives (chopped)
salt
pepper

Wash the deer meat and cut it into bite size dices. Dice the bacon, peel and slice the onions. Peel and dice the potatoes.
Get a saucepan and heat the sunflower or vegetable oil.
When hot, add the deer meat, bacon and onions, season with salt and pepper and fry for about 5 minutes.

Add the juniper schnapps, Jägermeister or liquor of your choice, leave for a couple of seconds (Attention! depending on the strength of your liquor it could flame up for a second) and carefully add the meat broth.

Now add the potato dices too. Let simmer for 10 minutes, add the bay leaves and let simmer for another 10 minutes.

Take half of your peas, lentils and beans and grind them finely (use a meat grinder or anything similar)
Add the mixture to the stew to bind it.
Stir vigorously while doing so.

Add the other half to the stew as it is. Let simmer for another 10 - 15 minutes, add the vinegar to taste. Let simmer for another 10 minutes and add the sour cream or crème fraiche just before serving.

Serve very hot in a bowl or deep plate and sprinkle with the fresh chives and thyme.

Old German Potato Pot

Ingredients:

18 oz. Beef
1 cup meat broth
1 cup white wine
1 lbs potatoes
2 leeks
4 carrots
1/2 celery root
1 parsnip
4 tomatoes
salt
pepper (white)
1/2 teaspoon of dried basil
1/2 teaspoon of thyme (destemmed)
1/2 teaspoon of marjoram
1/2 lbs. chanterelles
1/2 cup sour cream
1 tablespoon of chives (fresh)

Cut the beef into bite sized pieces and sauté in hot Sunflower Oil. Infuse with 1/2 a cup of the meat broth and 1/2 a cup of the white wine. Cover it and let simmer at low heat for appr. 45 minutes. In the meantime wash, peel and dice the potatoes. Wash and slice the leeks, make sure you also use the green leaves at the top. Wash and peel the carrots, celery root and parsnip also.

Slice the carrots and dice the celery root. Chop the parsnip. Skin the tomatoes, remove the stalk bases and cut them into small pieces. Add it all to the meat now and add the rest of the wine and the meat broth. Season to taste with the salt, pepper, marjoram and thyme. Cover and let simmer for another 25 minutes.

5 minutes before its finished cooking, add the chanterelles. Depending on the consistence, you may need to add some water or even better, if you have some wine or meat broth left over, use that.

Add the sour cream immediately before serving and stir well. Now serve in a bowl and sprinkle with the fresh chives. What a treat on a cold winters day it is.

Tip: -If you like it a bit hot, don't be afraid to add some chilly.

-If you don't have chanterelles or if you don't like them, use porcini. They are also very suitable for this dish.

Chapter 2

Side Dishes



Bread Dumplings (Semmelknödel)

Potato Dumplings

Spaetzle

Leipziger Allerlei

Kale

Red Cabbage

Sour Cabbage

Bread Dumplings (Semmelknödel)

Ingredients:

10 stale bread rolls (best 2 days old)
2 cups milk
1 onion
3 eggs
3 tablespoons parsley (fresh, chopped)
1 oz. butter
pepper
salt

Cut the bread rolls into slices. Try and slice as thinly as you can. Place them in a mixing bowl and bring two cups of milk to the boil. Now pour the hot milk over the bread slices, mix a little and let soak for at least 1 hour.

Peel and chop the onion and sauté in the butter until glassy, add the parsley, stir one more time and then add to the soaking bread in the mixing bowl.

Add the eggs, season with salt and pepper and mix thoroughly until you have a soft dough like texture. Let stand for another 30 minutes and mix again.

Fill a large saucepan with plenty of salted water and bring to the boil.

When the water is boiling, wet your hands with tap water, take some of the bread dough and form a dumpling of appr. 2 inches in diameter and carefully place into the boiling water.

Leave this dumpling for a couple of minutes. If it comes up and swims on top without falling apart, the consistence and texture of the dough is just right and you can continue forming dumplings and place them in the water.

If your 'test dumpling' falls apart in the water you will have to add some flour to the bread dough and mix again. Continue doing this until the texture is right.

Let me give you some reassurance here. Hardly anyone gets this right first time but the more you practice the better it will work out and once you made bread dumplings several times you will just know. A lot depends on how old the bread rolls are and what texture they have in the first place.

I have never met anyone that doesn't love bread dumplings, so its well worth the effort.

Let the dumplings simmer in the salted water for appr. 20 - 30 minutes.

Remove the dumplings with a spoon and let them drain for a while.

Delicious as a side dish with roast pork, roast chicken or just on their own with mushroom-cream sauce.

Potato Dumplings

Ingredients:

3 lbs. potatoes rich in starch (should be weighed after washing and peeling)
2 cups milk
5 oz. semolina (coarse)
2 bread rolls (stale)
3 tablespoons of vegetable oil or butter
salt
pepper
vinegar

First of all cut the bread rolls into small dices (1/4 inch) and sauté them in some vegetable oil or butter to a light brown colour. If you like you can add some garlic or herbs to your taste. Put them aside for later use.

Next wash and peel the potatoes and weigh them.

Bring a large saucepan with salted water to the boil.

In the meantime, prepare a bowl with water and add a little bit of vinegar.

Now boil 1 cup of the milk in one saucepan and do the same with the other cup in another saucepan but add the semolina and some salt. Let it boil for a minute and leave at low heat but make sure it doesn't cool down too much. It has to be piping hot when you are using it.

The next step is to grate the potatoes into the prepared bowl with some water and vinegar.

Fill the grated potatoes into a potato sack or something similar and press firmly to extract the juice. Make sure you catch all the juice in a bowl. Put the pressed-out potato gratings into another bowl.

Now add the starch from the potato juice into the bowl with potato gratings. Quickly pour the hot milk over the potato gratings, mix a little and immediately after, pour the milk with semolina over the potato gratings as well. Mix thoroughly. Season with salt and pepper while mixing.

Now shape the potato dough into dumplings (appr. 1.5 - 2 inches in diameter) take the bread dices and push one of them into the middle of each dumpling. Reshape the dumplings and place them into the prepared, large saucepan with salted water.

Let simmer for appr. 30 minutes and serve.

Potato dumplings are delicious with roast duck or goose or any beef, especially in red wine sauce.

Spätzle

This is a dish that needs some explaining. It originates in the German region of Swabia, where 'spaetzle' is a slang word for a little sparrow. If you use all the imagination that you have in you, you may agree that the shape reminds you of a sparrow. I however would say it looks more like a little worm. In any case, don't waste your time trying to somehow shape them into sparrows. A little worm will do.



Ingredients:

1 lbs. flour
4 eggs
1/2 cup milk
1 cup water
1 1/2 oz butter or margarine
salt
pepper

Sift the flour into a bowl. add the milk and water and mix a little. Now add the eggs and a pinch of salt and pepper. Mix thoroughly until you see bubbles. Let the dough rest for 1 hour.

In a large saucepan bring plenty of salted water to the boil.

Place some of the dough into a spätzle maker and slice into the simmering water. Don't slice too many spätzle or they will stick together. Do it in batches. Bring each batch briefly to the boil and simmer for 2 - 3 minutes. Lift out with a slotted spoon. Drain each batch well and place into a bowl.

Sauté each batch of spätzle in butter for another 2 - 3 minutes.

Spätzle go well as side dish for any beef or game. They can be used in stews and are very tasty on their own with cheese, roasted onions, garlic or herbs.

Leipziger Allerlei

Another dish that I couldn't find an appropriate translation for. Leipzig is the city in Germany where this dish originates. 'Allerlei' is a slang word in the area and means something like 'all kinds of stuff'.

Ingredients:

0.3 oz. peas
0.3 oz. green beans
0.3 oz. carrots
1/2 head cauliflower
0.15 oz. mushrooms
2 tablespoons of butter
2 tablespoons of flour
1 cup milk
2 egg yolks
salt
pepper

Wash, peel and slice the carrots. Wash the cauliflower and pluck into florets. Slice the mushrooms.

Bring plenty of salted water to the boil in a saucepan and add the peas, green beans, sliced carrots and cauliflower. Let simmer for about 20 - 30 minutes. Then drain and set aside.

Melt the butter in a saucepan and sauté the mushrooms. Add the flour, stirring constantly for about 2 minutes. Bring milk to the boil and add to the mushrooms. Keep stirring vigorously until you have a smooth sauce.

Now whisk the egg yolks in a mixing bowl and add to the mushroom sauce in the saucepan. Keep stirring for another 2 minutes and let simmer for another 2 minutes. Now add the other vegetables. Season to taste with salt and pepper.

Serve hot as side dish with any kind of meat or fish.

Kale

Ingredients:

2 lbs. kale
3 medium sized onions
1 cup beef broth
2 tablespoons of lard
3 tablespoons of oats
2 tablespoons of mustard (medium hot)
1 teaspoon of allspice
6 cloves (whole)
10 peppercorns
2 bay leaves
ground pepper
salt

Wash the kale and remove the stalks.

Using a large saucepan, bring plenty of salted water to the boil.

Place the kale as a whole into the boiling water and blanch for about 5 minutes. Drain and wait until the kale has cooled down a bit. Now chop the kale finely.

Peel and chop two onions and sauté them in the lard.

Peel the third onion, leave it whole and stud it with the cloves and the bay leaves.

Place the chopped kale into a saucepan with the onions stir vigorously and season with allspice, ground pepper and some salt.

Now add the beef broth, stir, add the mustard and stir vigorously again. Add the with cloves and bay leaves studded onion, bury it in the kale and let simmer for apprx. 20 minutes. Add the oats and let simmer for another 10 minutes.

Very tasty with bacon or any kind of smoked meat, sausages or fish.

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