

German Recipes

German food is seen as very hearty and traditional. These recipes have been chosen from the various regions of Germany.

German Maultaschen

Maultaschen are stuffed pasta, similar to ravioli. They are made from a pasta dough and various kinds of filling. Maultaschen are a specialty of the Swabian (Schwaben) region but are served and enjoyed throughout Germany.

The traditional filling is made from bacon, onions, spinach, crumbled Bratwurst and/or ground beef, breadcrumbs, parsley, eggs, nutmeg, salt, and pepper. The dough is a basic pasta dough, made from flour, eggs, and water. Maultaschen are usually shaped into a square or rectangular shape. Maultaschen that are added to soups are called Suppenmaultaschen (Soup Maultaschen) and are smaller in size.

Maultaschen are cooked either in boiling water or in a broth. Once fully cooked, they can either be eaten as is or browned in a pan with a little butter. The classic Swabian way to cook and serve Maultaschen is in a beef broth.

Serves 4

400g flour
½ tsp salt
125 ml lukewarm water

1 tbsp vinegar
5 tbsp oil

For the Filling:

400g fresh spinach
1 onion
1 German bun (stale, some days old)
200g minced ground pork or beef
200g Bratwurstmeat or 150 g ham or cold meat, diced
1 tbsp parsley(chopped)
2 eggs, salt, pepper, nutmeg
1.5 l beef broth
1 tbsp chopped chives

Knead dough with flour, salt, water, vinegar and oil (same as pasta dough); the dough should look shiny, smooth (in Germany this dough can be bought in bakeries). In a warm bowl, covered with a cloth, let it rest for 20 minutes.

Wash spinach and blanch it for 3 minutes in boiling salt water. Peel onion and chop it finely; soak the bun in cold water; let spinach drip and cool off a bit then chop it.

Squeeze water out of bun and mix it with the minced meat, the Bratwurst meat, onions, parsley, eggs salt, nutmeg and pepper.
Dust some flour on a wooden board (or the working area); take the dough and roll it about 3mm thick, then cut it in about 15 cm big squares.

Add one tbsp of the filling on each square. Put them together and press the edges tightly together.

Bring the beef broth to a boil and cook the Maultaschen on very low heat uncovered for 10 minutes, until they will float at the surface.

Serve them in the broth with the chives., or with golden brown roasted onion rings, and lettuce.

Sauerkraut Eintopf or Stew

Sauerkraut and Bratwurst are foods we typically associate with Germany. This recipe adds more flavours and textures and makes a good substantial family meal.

Serves 4

500 g potatoes
2 onions
40 g butter oil (ghee)
1 can Sauerkraut
 $\frac{3}{4}$ l broth (instant)
1 bay leaf
8 Thuringia Rostbratwuerstchen or normal Bratwurst
100 ml heavy cream
1 tbsp mustard
salt, pepper, caraway seeds
1-2 tsp sugar
1 bunch chives

Peel potatoes, cut them into cubes. Peel and cut onions into small pieces. Heat the butter oil and sauté potatoes and onions for about 10 minutes.

Get the Sauerkraut out of the can and loosen it up; put it into the pan together with the broth; let it boil on low-medium heat for 10 minutes.

Fry the Sausages in an extra pan in hot butter oil; take them out of the pan and cut them into slanted slices; put them back into the pan and fry them a bit more.

Mix the cream with the mustard and add to the stew: spice with salt, pepper, caraway seeds.

Add the sausages; cut chives and sprinkle over the stew. Done!

Cheese Spaetzle

Spaetzle are small German pasta noodles. This Cheese Spaetzle comes from a region named "Allgaeu" but it is popular all around in Swabia.

Serves 4

400g flour
5 eggs
1 level tsp salt
about $\frac{1}{4}$ l cold water or mineral water
300g dried Spaetzle (or make your own, as below)
2 big onions
1 tbsp butter
300g grated cheese (Emmenthaler, Gouda, any cheese which melts easily but

not processed cheese)
water with some salt
optional: chopped chives
optional: salt, pepper

Sieve the flour into a bowl; add eggs, salt and water and mix it with a wooden spoon. Stir the dough until you can see bubbles. Maybe you have to add some more cold water. Use this dough to make the Spaetzle.

Melt butter in a skillet; peel onions and cut them in small rings. Fry them in the butter until light brown. In a big pot, bring water to a boil. By using a spaetzle maker or by pressing the dough through a large-holed sieve or metal grater (or by forming it manually on a wooden board) make the Spaetzle as small noodles, and place some of them in the boiling water.

Stir often with a wooden spoon; when the Spaetzle are swimming on the surface, they are done. Take them out with a skimmer and keep them in a warm bowl in the oven. Before you place them in the oven sprinkle some of the grated cheese over them.

Repeat above step until all the dough is used.

Serve them on warm plates and add fried onions on each portion; sprinkle chopped chives on top.

If you enjoy them as main dish, serve them with lettuce.

German Herring (Matjes) Salad Recipe

This is and very typical and popular salad recipe

Serves 2 -4

1 big green apple, peeled and cored
2 medium potatoes, boiled
2 medium sour pickles
2 medium beetroots, boiled
1 medium onion
1 (16 ounces) jar sour herring (matjes*) fillets
2 eggs, hard-boiled
¾ cup mayonnaise
¼ tsp salt
¼ tsp pepper

1 cup boiled chopped veal or roast beef (optional)

Dice apple, potatoes, pickles, beetroots, onion, sour herring fillets, and eggs (but leave some herring strips for decoration).

Mix all ingredients together with mayonnaise, salt and pepper.

Decorate the German Herring (Matjes) Salad with some herring strips.

Add diced veal or roast beef if desired.