

ST. OLIVER'S SPICE PEOPLE



MANGIA E STAIPI ZITTO

COOKING CLASSES FOR THE MASSES

LESSON 10 - 10 Oktoberfest 2010



October 2, 2010

Prayers

Spice People is a ministry of St. Oliver Plunkett Catholic Church. It is designed to celebrate and enjoy the cultural diversity of the members of our parish by learning to cook and to enjoy the foods and customs from around the world. Each lesson begins with a prayer, and our traditional Catholic blessing is prayed before serving the foods. We hope that you will enjoy having these copies and praying with us.

Prayer before the Spice People Sessions

We give You thanks from grateful hearts for this meal, for our fellowship, for Your love, for Your provision of food and those who prepared this meal. Help us to remember that You are with us around the table and may our hearts and words be a blessing to You in return.

Amen

The Catholic Blessing of the Food

Bless us O Lord, and these Thy gifts, which we are about to receive from Thy bounty through Christ our Lord.

Amen.

SPICE PEOPLE

Sandy Walsh, BMCIC

Crew:

Barbara Aho

Teresa Barczak

Debbie Cliche

Nita Ellington

Cathy Hedges

Candida Jimenez

Geri Spudich

Elena Porras Trejo

Vicki Ziegler

2010 — 11 Guest Chefs:

Elena Porras

Sandy Walsh

Tim McVay

Mark McCagg

Fr. Neil Jones

Geri Spudich

Menu

Carrot Cream Soup with Cream Cheese Dumplings

Braised Pork German Dinner

Spaetzle

German Potato Salad

Baked Potato Casserole Purple Cabbage

German Sweet Bread Hard Rolls

German Chocolate Cake

Fancy Apple Cake

Black Forest Cake

Beer



Carrot Cream Soup with Cream Cheese Dumplings

(Möhrencremesuppe mit Klösschen)

Carrot soup can be made from scratch all year long. It's a delicious blend of carrots, potatoes and cream, seasoned with lemon and white wine. This soup can be made vegetarian by using vegetable broth instead of beef broth.



Serves 4

Ingredients:

- 3 T. butter
- 1 small onion, chopped
- 2 1/2 c. carrots, peeled and chopped or 3/4 lb.
- 1 medium potato, peeled and chopped
- 1 1/2 T. lemon juice
- 3 c. beef broth or vegetable broth
- 1 c. dry white wine
- 1/2 tsp. sugar (optional)
- 1/2 c. cream
- Salt and pepper to taste
- Chopped chives for decoration (optional)

Dumplings:

- 8 oz. cream cheese
- 1 egg
- 1/2 c. breadcrumbs
- 1/4 tsp. salt or to taste
- Pepper and freshly ground nutmeg to taste

Preparation:

To make the Carrot Cream Soup:

Melt the butter in a 4 quart saucepan and sauté the onion for several minutes. Add the carrots and potato and cook for another 3 minutes. Do not brown. Add the lemon juice, wine, broth and a half teaspoon of sugar (optional) and bring to a boil. Simmer for 25 minutes, or until vegetables are soft.

Make dumplings in the meantime (see below)

Puree the soup in a blender in 2 batches or with a hand blender (immersion blender) in the pan. Add salt and pepper to taste.

Place dumplings in bowls and ladle the soup over them. Add about 1 tablespoon cream for decoration and some chives if you wish. Serve hot.

To make the Cream Cheese Dumplings:

Bring a large pan of water to just under a boil.

Mix all dumpling ingredients in a bowl and let stand for 5 minutes. If the dough is too thin to form into dumplings, add another tablespoon of bread crumbs.

Using two teaspoons, form dumplings by taking about 1 tablespoon of dough in one teaspoon and using the second teaspoon to smooth the dumpling. If you transfer the dough several times between the two spoons, you will form a triangular egg shaped dumpling that is common in German cuisine. If you would rather, you may also just form smooth, round balls using your hands.

Drop the dumplings into the simmering water and cook for 3 - 5 minutes, or until done. Dumplings are done when they float to the surface and are firm all the way through. Remove with a slotted spoon and let drain.

— Vicki Ziegler

Zwieback (German Sweet Bread)

2 1/2 c. milk
1 tsp. salt
2 pkg. dry quick-rise yeast
6 c. or more flour
2 sticks butter
1/4 c. sugar
1/2 c. warm water

Dissolve yeast in warm water and sugar. Warm milk with the butter. Mix all ingredients. Add enough flour to make a soft dough. Knead this well and cover and let rise to double in size. Knead down, let rise again and then form into Zwiebacks. Put on pans and let rise until double in size. Bake in 375 degree oven for about 20 minutes.

— Vicki Ziegler

German Potato Salad (Nita's Version)

6 potatoes
6 slices bacon
1 onion, chopped
2 Tablespoons all purpose flour
2 Tablespoons sugar
1/2 tsp celery seed
1 tsp salt
Dash of pepper
1/4 cup water
1/2 cup vinegar

Boil potatoes until tender. Peel and slice into 2 quart casserole and set aside. Fry bacon until crisp, crumble over potatoes in dish. Sauté onion in remaining bacon fat; stir in flour, sugar, celery seed, salt, pepper, water and vinegar. Bring to a boil and cook 1 minute. Pour over the potatoes; toss well and serve. Makes about 6 servings.

— *Nita Ellington*

— *recipe by Sandy Walsh*

German Potato Salad (Candida's Version)

Ingredients:

3 pounds potatoes
1 yellow onion diced
1/2 pound bacon diced
3/4 cup cider vinegar
1 Tablespoon mustard seeds
1/4 cup canola oil
salt & pepper
8 green onions
1/4 cup chopped fresh parsley leaves

— *Candida Jimenez*

PICKLE SOUP

3lbs pork hock (shanks)
1 small diced onion
1 large potato
¼ head cabbage chopped
1 cup sliced carrots
½ cup pickle juice
2 chopped kosher dill pickles
1 tsp dill weed
1 tsp black pepper
1 gallon water

Add water to kettle. Add hocks and onions and cook for one hour. Remove pork and allow to cool. Reserve water in kettle. When cool, dice the pork and set aside. Add potato, cabbage and carrots to same kettle then cook until all veggies are tender. Add pickle juice, pickles, dill weed, pepper and work to kettle and cook until they are heated through.

PORK AND SAUERKRAUT DINNER

1 pkg. refrigerated sauerkraut drained
2 med apples peeled and sliced
1 tsp caraway seed
¼ cup apple juice
1 boneless pork roast, approx 2 1/2 to 3 lbs
6 small red potatoes halved
1 Tablespoon Dijon mustard.

Sauce:

3 Tablespoons Dijon mustard
2 Tablespoons packed brown sugar.

In slow cooker mix sauerkraut apples, caraway seed and apple juice. Make indentation and place pork in center. Arrange potato halves around the roast. Cover and cook on low setting 7 to 8 hours.

Mix sauce ingredients. Remove roast from slow cooker; place on platter and cut roast into slices. Arrange everything on a plate and serve with mustard sauce.

— *Sandy Walsh*

Braised Pork German Dinner

Ingredients:

- 2 pounds pork shoulder, cut into 6 large chunks
- Salt and freshly ground black pepper
- 2 tablespoons olive oil
- 1 onion, chopped
- 2 celery stalks, chopped
- 1 carrot, chopped
- 1 clove garlic, roughly chopped
- 3 tablespoons tomato paste
- 2 tablespoons all-purpose flour
- 1/2 cup red wine
- 6 oz beer
- 1 1/2 cups beef stock or broth
- 1 bunch parsley stems, tied with string
- 2 bay leaves
- 1 Tsp paprika
- 1 cup water
- 1 pkg. refrigerator style kraut
- 2 apples coarsely chopped

Directions:

Preheat the oven to 325 degrees F. Pat the pork dry with paper towels and season with salt and pepper.

In a large Dutch oven, heat the olive oil over medium-high heat, and working in batches brown the meat on all sides until a golden crust forms. Transfer to a plate. To the pan add the onion, celery, and carrot and sweat until softened, 5 to 7 minutes. Add the garlic and sweat another 2 minutes. Stir in the tomato paste and cook for 3 minutes and caramelize it. Sprinkle with the flour and cook another 2 minutes. Whisk in the wine and reduce it by half. Return the pork to the Dutch oven, and then stir in the beef stock, beer, parsley stems, and bay leaves. Add the water if liquid does not come up to the top of the pork. Do not cover the pork with liquid. Cover the pan and place it in the oven to braise until the meat is fork tender, about 3 hours. Taste and season with more salt and pepper, if needed. Heat kraut and apples. If necessary, thicken juices with a little flour and place with sauerkraut and apples.

— *Sandy Walsh*

Sauerbraten



Ingredients: Serves 6

- 3-5 pound top round
- 10 whole garlic cloves, peeled
- 1 quart red wine
- 2 cups julienned onions
- 1 small bundle of fresh thyme
- 4 bay leaves
- 1 tablespoon good seeded mustard
- 1 tablespoon black peppercorns
- ¼ cup sugar
- 2-4 cups veal stock or 2 cups chicken stock & 1 cup beef stock
- 1 cup gingersnap cookies
- 4 potato pancakes
- 2 cups braised cabbage
- Garnish: Snipped chives and brunoise peppers

INGREDIENTS:

- Preheat the oven to 300 degrees. Stud the roast with the whole garlic cloves. Season the entire roast with Essence, salt and pepper. Place the roast in a deep glass bowl. In a mixing bowl, whisk the red wine, mustard, onions, herbs and sugar together. Whisk the liquid until the sugar dissolves. Pour the marinade over the roast and cover with plastic wrap. Place the roast in the refrigerator and marinate for 72 hours. Remove the roast from the marinade. Strain the marinade.
- Place the roast in a braising pan. Add the veal stock to the strained liquid. Pour the liquid over the roast and place in the oven. The liquid should cover ½ of the roast. Braise the roast covered for 2-3 hours. Turn the meat several times and add additional stock if needed. Place the pan with the braising liquid over a burner. Bring the liquid up to a simmer. Whisk the crushed ginger-snaps into the liquid. Simmer the sauce for 2-3 minutes. Season with salt and pepper. Serve the Sauerbraten with the potato pancakes and braised cabbage. Spoon the ginger snap sauce over the meat. Garnish with chives and brunoise peppers.

— Sandy Walsh

Schnitzel

Ingredients

- 8 slices white bread, crusts removed
- 1/4 cup grated Parmesan
- 1 tablespoon chopped fresh thyme
- 1 teaspoon finely grated lemon zest
- 2 large eggs, beaten
- 2 tablespoons whole milk
- Freshly ground black pepper
- Flour for dredging
- Two 2 1/2-ounce turkey, pork, chicken or veal cutlets (scaloppini)
- Kosher salt
- 1/4 cup unsalted butter, divided
- 2 lemon wedges

Directions

In a food processor, pulse the bread into crumbs. Add the Parmesan, thyme, and lemon zest. Transfer the flavored breadcrumbs to a shallow bowl or lipped plate.

In a medium bowl, whisk together the eggs and milk and season with pepper.

Place the flour in a shallow bowl or dish. Season 1 scaloppini with salt and pepper. Dredge the scaloppini in the flour and shake off any excess, then dip it in the egg mixture; finally coat the meat evenly with the breadcrumbs. Set on a plate or piece of waxed paper. Repeat with the other scaloppini.

Heat 2 tablespoons butter in a medium non-stick skillet over medium-high heat. While the butter is still foaming add the breaded scaloppini and cook, swirling the skillet in a tight circle (which keeps the scaloppini moving around the skillet), until golden brown and cooked through, about 1-1/2 minutes for the first side. Turn the meat and cook for 1 minute on the second side. Transfer to a plate and cover very loosely with foil while you cook the other scaloppini. Serve with the lemon wedges.

— *Sandy Walsh*

This is a generic recipe for breaded and fried cutlets or chops. If you are using veal, the recipe is for vienerschnitzel; pork is jagerschnitzel, etc.

Spaetzle



Prep Time: 10 min

Cook Time: 20 min

Level: Easy

Serves: 4 to 6 servings

Ingredients:

- 4 cups all-purpose flour
- 3 eggs
- 1 cup milk
- Dash salt
- 1 tablespoon butter

Directions:

In a large mixing bowl, beat the 3 eggs with the milk. Slowly mix in the flour and salt. On a floured surface roll out dough until it is about 1/2-inch thick. Cut into small pieces about 1/2 by 1/2-inch in diameter and boil in a large pot for 10 to 15 minutes. Drain and rinse in cold water. Refrigerate if not being used immediately. When ready to serve, melt the butter in a frying pan and sauté for a few minutes, until golden brown.

RESTAURANT RECIPE

This recipe was provided by professional chefs and has been scaled down from a bulk recipe provided by a restaurant. The Food Network Kitchens chefs have not tested this recipe, in the proportions indicated, and therefore, we cannot make any representation as to the results.

— *Teresa Barzcak*

GERI's SPATZLES

1 1/2 cups flour

2 eggs

3/4 cup water or milk

1 teaspoon salt

dash nutmeg

Measure dry ingredients into bowl and make a "well" in the center. Break eggs into it. Slowly add water or milk (Note: water makes a "chewier" noodle) and mix with a wooden spoon. Beat until smooth and dough will throw bubbles. Let stand about 20 minutes to get stiff enough for easy handling.

Put approx. 1/4 to 1/2 cup of dough into spatzle "sieve" and drop into boiling water. Spatzles will cook in about 1 1/2 minutes. Remove to colander with slotted spoon and continue as above until all dough is used.

To serve, melt 1/2 cup butter in heavy skillet and stir in equal amounts of fine, dry breadcrumbs. Pour drained spatzles into skillet and stir quickly. Add extra dash of nutmeg to taste.

— *Geri Spudich*

In German, the word "*spatzles*" means little sparrows and that is what these little snippets of noodle dough look like when they have been forced through the sieve, boiled, then stirred into butter with fine dry bread crumbs and seasoned with a little nutmeg. They are delicious with pork or beef roasts and gravy.

Red Cabbage and Apples aka Purple Cabbage

Add color and vitamins to this dish by leaving the peel on the apples. The vinegar in the dish turns the red cabbage bright purple.



2 bacon slices
 1¼ cups chopped red onion
 8 cups thinly sliced red cabbage
 3 cups diced Granny Smith apples
 3 tablespoons brown sugar
 3 tablespoons balsamic vinegar
 ½ teaspoon salt
 1/8 teaspoon pepper
 May add caraway seed, if desired.

1. Cook bacon in a large skillet over medium-high heat until crisp; remove bacon from skillet. Cover and chill. Reserve bacon drippings in skillet. Add onion to drippings; sauté over medium-high heat 3 minutes or until lightly browned.

2. Place onion in a 4-quart electric slow cooker. Add cabbage and next 5 ingredients; stir well. Cover with lid; cook on high-heat setting 3 hours or until tender. Crumble bacon, and sprinkle over each serving. Yield: 6 servings (serving size: 1 cup cabbage mixture and 1½ teaspoons bacon.)

— *Barbara Aho*

POINTS: 2; Diabetic Exchanges: ½ Starch, 2 Veg., ½ Fruit
Per serving: CAL 111 (9% from fat); PRO 2.5g; FAT 1.3g (sat 0.4g);
 CARB 24.9g; FIB 4.0g; CHOL 2mg; IRON 0.9mg; SOD 252mg;
 CALC 67mg

Baked Potato Casserole



Baked Potato Casserole

Ingredients:

- 5 pounds red potatoes, cooked and cubed
- 1 pound sliced bacon, cooked and crumbled
- 4 cups cubed Cheddar cheese
- 4 cups shredded sharp Cheddar cheese
- 1 large onion, finely chopped
- 1 cup mayonnaise*
- 1 cup sour cream
- 1 tablespoon minced chives
- 1 teaspoon salt
- 1/2 teaspoon pepper

Directions:

1. In a large bowl, combine potatoes and bacon. In another bowl, combine the remaining ingredients; add to potato mixture and toss gently to coat. Transfer to a greased 4-1/2-qt. baking dish. Bake, uncovered, at 325 degrees F for 50-60 minutes or until bubbly and lightly browned.

***Footnotes:**

- Reduced-fat or fat-free mayonnaise may not be substituted for regular mayonnaise in this recipe.

— Adelaide Anderson

German's Sweet Chocolate Cake

1 package Baker's German's chocolate



½ cup boiling water
 1 cup butter or margarine
 2 cups sugar
 4 egg yolks unbeaten
 1 teaspoon vanilla
 2 ½ cups sifted cake flour
 1 teaspoon baking soda
 ½ teaspoon salt
 1 cup buttermilk
 4 eggs whites, stiffly beaten

Melt chocolate in ½ cup of boiling water. Cool. Cream butter and sugar until light and fluffy. Add egg yolks, one at a time, beating well after each. Add vanilla and chocolate; mix well until blended. Sift flour with soda and salt. Add sifted dry ingredients alternately with buttermilk, beating after each addition until batter is smooth. Fold in stiffly beaten egg whites. Pour batter into three 8 or 9 in. layer pans, lined with paper. Bake at 350 F for 35 to 40 minutes. Cool, frost top and between layers with Coconut-Pecan frosting.

Coconut-Pecan Frosting

1 cup evaporated milk
 1 cup sugar
 3 egg yolks
 ¼ lb. butter or margarine
 1 teaspoon vanilla
 1 1/3 cups coconut
 1 cup chopped pecans

Combine milk, sugar, egg yolks, butter or margarine and vanilla in a saucepan. Cook over medium heat, stirring constantly until mixture thickens, about 12 minutes. Remove from heat. Add coconut and pecans. Beat until cool and of a spreading consistency. Makes enough frosting to cover tops of three 8 or 9 in. layers.

— *Elena Porras Trejo*

Fancy Apple Cake

Ingredients:

some fat (to grease bottom of 10-inch springform tin)

For the topping:

25g/1oz (2 tablespoons) Butter

750 g/ 1 ½ lb. apples, e.g. Elstar or Cox

For the cake mixture:

125 g/4 ½ oz (5/8 cup) soft margarine or butter

125 g/4 ½ oz (5/8 cup) sugar

1 sachet vanilla sugar or 2–3 drops natural vanilla essence in 1–2 tablespoons sugar

1 pinch salt

2–3 drops lemon essence

3 medium eggs

200 g/7 oz (2 cups) plain (all-purpose flour)

2 level teaspoons baking powder

3–4 teaspoons milk

For the apricot glaze:

4 teaspoons apricot jam

2 teaspoons water

1. Preheat the oven at the top and bottom. Grease the bottom of a 10-inch springform tin.
2. To make the topping, melt the butter in a small pan. Wash the apples, peel, cut into quarters, remove the core and make several lengthways slits in each of the quartered apple pieces.
3. To make the cake mixture, work the softened margarine or butter with a hand mixer with whisk until it becomes smooth and homogenous. Gradually add the sugar, vanilla sugar, salt and lemon flavouring. Continue whisking until the mixture thickens.
4. Add 1 egg at a time, whisking each one for about ½ minute at the highest setting. Mix together the flour and baking powder sift and add to the butter or margarine and egg mixture in 2 stages, alternating with the milk, briefly stirring with the mixer at the medium setting. Spoon the cake mixture into the springform tin and smooth out the surface. Arrange the apple quarters like a wreath on top and pour the melted butter over the apples. Put the tin on a shelf in the oven.

Top/bottom heat: **about 180°C/350°F (preheated),**

Fan oven: **about 160°C/325°F (not preheated), Gas mark 4 (not preheated),**

Baking time: **about 45 minutes.**

Fancy Apple Cake (Continued)

5. To make the apricot glaze, rub the apricot jam through a sieve and bring to the boil in a small saucepan together with the water. Coat the cake with the apricot glaze immediately after taking the cake out of the oven. Release the springform tin and remove the cake. Leave on a rack to cool down.

Tip: You can also sprinkle 40 g/7 ½ oz raisins over the apples. The cake may be prepared 1–2 days in advance and it is also suitable for freezing.

Variation 1: Apple crumble cake. Mix together 100 g/3 ½ oz (1 cup) plain (all purpose) flour with 50 g/2 oz (1/4 cup) sugar and 1 sachet vanilla sugar or 2-3 drops natural vanilla essence in 1–2 tablespoons sugar, 1 pinch ground cinnamon and 80 g/3 oz (½ cup) softened butter in a mixing bowl, using a hand mixer with whisk. Sprinkle the crumble over the apples, then bake as described above, but do not cover with the apricot glaze.

Variation 2: Cherry cake very sophisticated. Instead of the apples, use 600 g/1 ¼ lb fresh, stoned, well-drained sour cherries or 1 can drained sour cherries, drained weight about 350 g/12 oz.

— Geri Spudich

BLACK FOREST CAKE



Preheat oven to 375°

Cake Mixture:

One cake mix - in this case dark chocolate/fudge

Add to it 4 large eggs

1/4 C water

1/4 C sugar

1/3 C oil

1 C sour cream

1 tsp. vanilla

Topping/Filling:

1 ½ pints whipping cream

Sugar or confectioner's sugar

2 cans Cherry Pie Filling

Beat cake mixture a couple of minutes and pour into 2 9-inch pans that you have sprayed with Pam with flour. Bake around 30-35 minutes until firm to touch. Cool about 10 minutes and invert on rack.

When cake layers are completely cool, whip 1 1/2 pints whipping cream that you have sweetened with a little sugar or confectioner's sugar. Frost the first layer and put about 3/4 cup of your filling on it. Add the second layer and frost the entire cake with whipped cream and pipe a fat border around the top edge of the cake. Fill in that area with the remaining cherry filling.

May also be baked as a pound cake or sheet cake. Adjust temperatures to pan size.

— Teresa Barczak
Recipe by Sandy Walsh