

THE TASTE OF GERMANY

Contemporary German Cuisine for all Seasons



www.germanfoods.org

The Taste of Germany

CONTEMPORARY GERMAN CUISINE
FOR ALL SEASONS

German cuisine means much more these days than just sausage, sauerkraut and beer. Rather it reflects today's Germany with its distinctive mélange of modernity and tradition. This collection of German recipes embodies this fusion of old and new with a fresh, modern twist to traditional recipes for today's taste-, quality-, and health-conscious cooks.



Each recipe uses top-quality imported German ingredients that are available in North America. World-class Bavarian cheeses and Black Forest hams, all kinds of pickled vegetables, gorgeous cookies, cakes and confections, hearty whole grain breads, legendary beers and a wide selection of seasonal fare are just some of the genuine German specialties available in retail stores and on the Internet*.

From spring brunches and summer grilling to Oktoberfest parties and holiday feasts, high quality and versatile German foods and beverages add unique taste and flavor to any recipe, whatever the season.

We hope you enjoy discovering more about this increasingly popular cuisine as you journey through the seasons with foods and beverages from Germany.

Guten Appetit!

ABOUT THE PUBLISHER — The German Agricultural Marketing Board promotes and markets German agricultural, food and beverage products at home and abroad. Our organization is headquartered in Bonn, Germany and has branch offices in 12 countries. For more information, please visit our web site www.germanfoods.org.

*Some of the products in this publication may be in limited distribution. Please check with the retailers listed on pages 65 – 66, who carry a broad assortment of German specialties and go to our web site (www.germanfoods.org) for a comprehensive list of stores in the U.S. that carry German imported foods and beverages. All rights reserved. This publication may not be reproduced or quoted in whole or in part or sold for financial gain by any means whatsoever without the written permission of the German Agricultural Marketing Board-CMA, 1800 Diagonal Road, Suite 210, Alexandria, VA 22314.

Contents

SPRING

Spring Noodle Soup with Fresh Peas & Prosciutto	6
Spring Beet Salad with Mirabo Walnut	8
Potato Pancakes with Three Toppings	10

SUMMER

Dark Beer-Marinaded BBQ Chicken	14
German-Style Barbecued Pork Sandwiches	16
Sauerkraut Turkey Burgers with Emmentaler Cheese	18
German White Bean & Pea Salad	20
Northern German Composed Salad	22

FALL

Rustic Tart with Caramelized Onions and Red Cabbage	25
Potato Pancakes with Caramelized Onions and Apples	28
Sesame Spätzle Salad with Red Cabbage, Snow Peas and Sweet Bell Pepper	37
Currant-Glazed Pork Tenderloin with Red Cabbage and Thyme Dumplings	38
Red Cabbage Stuffed Pork Loin with Bavarian Mustard Sauce	40
Almond-Cherry Soufflés with Warm German Chocolate Sauce	44
Creamy Sauerkraut with Chives	45
Chocolate-Pumpernickel Pudding with Apricot-Raspberry Compote	46

WINTER

Mini German Cheesecakes with Apricot Compote	52
Stollen Bread Pudding with Caramelized Bananas	56
Dunkel Gingerbread with Chocolate Chunks	58
Stuttgarter Spätzle	60
Sauerkraut Jalapeño Poppers with Bavarian Mustard Dip	62

RESOURCES

Online Resources for German Foods and Beverages	64
Where to Buy German Foods and Beverages in the U.S.	65 – 66



Frühling

SPRING — A TIME OF FESTIVALS AND FEASTS

As in many other countries, springtime in Germany symbolizes a period of renewal, the promise of sunny days ahead and, for many faiths, a time of religious significance. It's also a time of traditional festivities and feasts.

Easter (Ostern) is an important holiday in Germany and most businesses close for 4 days beginning on Good Friday (Karfreitag) and ending on Easter Monday (Ostermontag). German Easter traditions are similar to American customs, not surprisingly since many of them, such as the Osterhase (Easter bunny), were brought to our shores by German immigrants. Chocolate Easter bunnies and other German Easter confectionary can be purchased in specialty food stores and at online retail sites in the U.S.

Spring is an especially pleasant season for white asparagus gourmands who can satisfy their craving for Spargel during asparagus season, which runs from April to June. During *Spargelzeit*, you'll find white asparagus on appetizer, entrée and even dessert menus in practically every restaurant in Germany.

In May, Germans celebrate springtime with the ancient festival known as Maifest (May Festival) in many towns and villages. Maifest celebrations feature traditional dancing, food and the customary Maibock beer and Maiwein, a white wine flavored with woodruff, a fragrant herb.

In the U.S., spring is a popular time to entertain friends and family at brunches and lunches, whether it be for Mother's Day, graduation or a bridal shower celebration. For a unique Frühling feast on such occasions, try these fresh and easy springtime recipes.



SPRING NOODLE SOUP

WITH FRESH PEAS & PROSCIUTTO

Creamy, heavy split pea soup is traditional in Germany. This modern take on it is a much lighter, more healthful version, with lean German-imported smoked prosciutto (which is also available diced) as well as fresh spring peas. It would be an appropriate Abendbrot meal (see page 33), along with some hearty German bread and a glass of mineral water. Serves four as a side; recipe may be halved.

INGREDIENTS

- 2 (14½-ounce) cans low-sodium chicken broth
- 2 cups German imported wide egg noodles
- ¼ cup halved preserved pearl onions
- 1 cup fresh shelled peas, or 1 cup frozen petite peas
- ⅓ cup imported German diced, smoked prosciutto
- 2 tablespoons half and half



Frühling

DIRECTIONS

Bring broth and 1 cup water to a boil. Add noodles and boil gently, stirring occasionally, until almost soft. Add pearl onions, peas and prosciutto, and simmer 2 minutes. Turn heat to low and stir in half and half. Serve with a refreshing glass of sparkling German mineral water such as the *Apollinaris* or *Gerolsteiner* brand.



The Queen of Table Waters®

APOLLINARIS

Germany's best-known mineral water is all natural. Refreshing and thirst quenching, it satisfies the world's most demanding consumers.



Imported by Liberty Richter
www.libertyrichter.com

Visit us on the web at
www.Apollinaris.com.

SPRING BEET SALAD WITH MIRABO WALNUT

This light salad would be perfect with a thin sandwich of hearty German bread and Black Forest ham. The pickled beets bring only 8 calories to the recipe per serving. *Serves two as a side.*

INGREDIENTS

- 2 cups tightly packed chopped fresh watercress
- 1 cup imported German drained, sliced, pickled beets
- 3 tablespoons walnut oil
- 1 tablespoon white vinegar
- Salt and pepper
- 2 (1-ounce) slices *Mirabo Walnut* cheese or other German brie



Frühling

DIRECTIONS

Place watercress in a medium bowl. Slice beet slices into smaller pieces and place in another medium bowl. Whisk together walnut oil, white vinegar, and salt and pepper to taste. Pour half of dressing over watercress and toss. Pour other half over beets and toss. To serve salad, divide watercress between 2 plates. Divide beets between 2 plates, placing them to the side of the watercress. Finish with a slice of cheese on each plate, and more salt and pepper to taste.



**The makers of
Cambozola present**

Mirabo Walnut

A sophisticated soft-ripened
cheese with walnuts.



For more information please contact:

Champignon North America, Inc.

600 Palisade Avenue, Suite 25

Englewood Cliffs, NJ 07632

Tel: 201-871-7211

customer.service@champignon-usa.com

www.champignon-usa.com



POTATO PANCAKES

WITH THREE TOPPINGS

Serve these pancakes warm at a spring graduation or Mother's day brunch, and let your guests choose their toppings. As an easy alternative to making the pancakes from shredded potatoes, you could use a German potato pancake mix. Serve with a refreshing glass of sparkling mineral water.

Makes 16 to 20 pancakes.

INGREDIENTS

- 8 cups (loosely packed) frozen shredded potatoes
- 4 eggs, lightly beaten
- $\frac{1}{2}$ cup flour
- 1 teaspoon sea salt
- $\frac{1}{2}$ teaspoon freshly ground pepper
- Vegetable oil for frying
- Toppings (recipes next page)

DIRECTIONS

Combine potatoes, beaten eggs, flour, salt and pepper in a large bowl and stir well, until flour is no longer visible. Heat 1 inch of vegetable oil in a large skillet, and use a $\frac{1}{4}$ cup measure to scoop three piles of potato mixture into hot oil. Let fry on medium-high heat until golden brown, about 3 minutes. Turn cakes and press down with a spatula, flattening them as much as possible. Fry until golden brown, and remove onto paper towels. Repeat with remaining potato mixture. Serve pancakes immediately, or store refrigerated until ready to serve, and reheat in a 350° F. oven for 10 minutes.



Frühling

TOPPINGS

Black Forest Ham & Sauerkraut Combine 2 cups German sauerkraut in white wine, drained, and 4 slices of Black Forest ham, sliced into strips. Add 3 tablespoons light olive oil and 1 teaspoon German sweet mustard. Add 1 teaspoon fresh thyme. Stir gently and serve.

Smoked Salmon & Spicy Crème Fraîche Combine 6 ounces smoked salmon, 1 finely diced large scallion, $\frac{1}{4}$ cup crème fraîche, 1 tablespoon creamy horseradish, and 1 teaspoon minced fresh dill. Stir gently and serve.

BBQ-Curry Chicken Combine 3 tablespoons German curry ketchup**, 3 tablespoons barbecue sauce, and 2 tablespoons balsamic vinegar in a saucepan. Add the shredded meat of 2 cooked boneless, skinless chicken breasts. Cook on low heat, stirring occasionally, until warm throughout.

***Curry ketchup is available online. See page 64 for Internet resources.*

GEROLSTEINER®

Naturally Sparking

Truly Refreshing

In addition to its legendary beers, Germany is also well known for its mineral-rich sparkling waters from the springs of its famous mountain ranges. The carbonation and high potassium and calcium content are purported to aid digestion. Brands such as Gerolsteiner are favorites on the U.S. market as are juice and mineral water combinations, known as “Spritzers” or “Schorle.”





International

Barbecue Favorites from Hengstenberg



Sommer

SUMMER — THE GERMAN ORIGINS OF THE “ALL-AMERICAN” BARBECUE

Memorial Day represents the unofficial start of summer in the U.S., and Americans everywhere fire up their grills to engage in one of our nation’s favorite pastimes, namely the “All-American” cookout. Interestingly though, the essential ingredients of this quintessential American meal actually have Germanic roots.

Take, for example, the classic hamburger, which derives its name from the German city of Hamburg and was first introduced in 1904 by German-Americans living in St. Louis. German immigrants settling in Wisconsin in the 1800s were the first to begin making bratwurst sausages and the frankfurter, not surprisingly, gets its name from the German city of Frankfurt.

Then there’s the beer. The influence of German immigrants on the American brewing industry during the 19th century is still seen today in names such as Pabst, Schlitz, Busch and Coors. Anheuser-Busch owes its existence to German immigrants Adolphus Busch and Eberhard Anheuser, and it was a German immigrant by the name of Adolph Coors who founded the Coors Brewing Company in 1873.

German immigrants brought several other barbecue staples with them in the 19th century such as pretzels, sauerkraut and the original potato salad, which was made with a hot vinegar and bacon dressing.

Honor the German origins of the great American cookout by trying these tasty summer barbecue dishes using genuine foods and beverages from Germany. You’ll find authentic German barbecue favorites such as pickles, sauerkraut, bratwurst, mustard, pretzels, curry ketchup and beer in specialty stores and online.

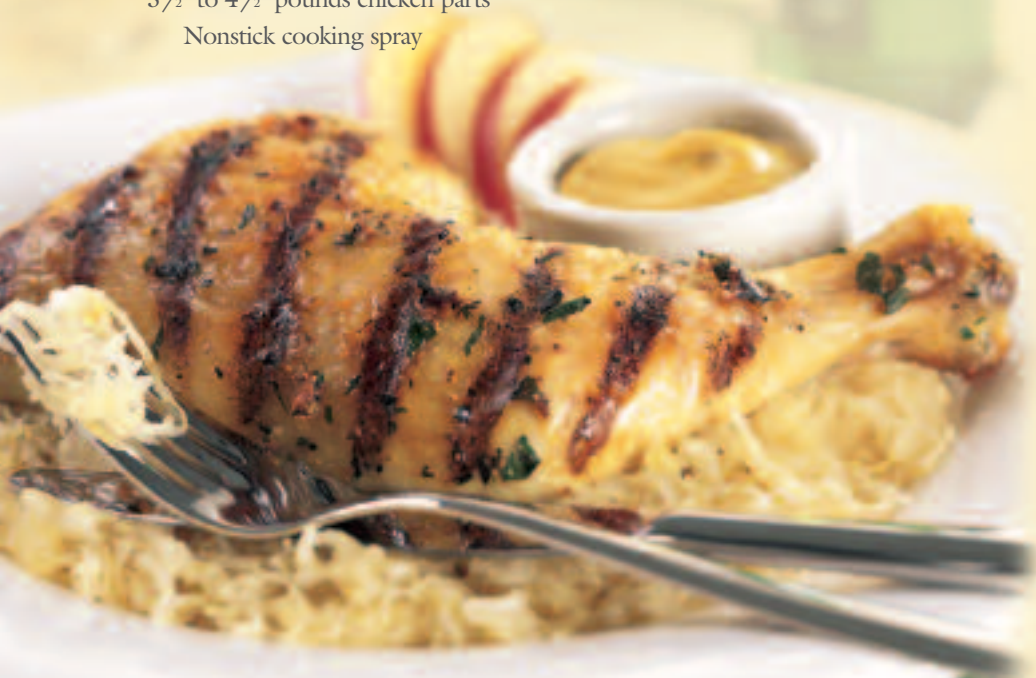


DARK BEER-MARINATED BBQ CHICKEN

Imagine sitting back on a sunny day with a good beer, a delectable meal, some cheerful music and lots of friendly people surrounding you. It's that festival spirit for which Germany is so well-known, and now is the perfect time of year to capture it in your own backyard with this tasty barbecue recipe. Make sure to have plenty of Germany's legendary brews on ice! *Serves four.*

INGREDIENTS

- $\frac{1}{2}$ cup peanut oil
- 1 teaspoon German mustard, preferably Düsseldorf-style
- 1 cup dark German beer
- $\frac{1}{4}$ cup lemon juice
- 4 cloves garlic, minced
- $1\frac{1}{2}$ teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon minced fresh basil
- 1 teaspoon fresh thyme leaves
- $3\frac{1}{2}$ to $4\frac{1}{2}$ pounds chicken parts
- Nonstick cooking spray



Sommer

DIRECTIONS

Whisk together peanut oil and mustard in a large bowl. Whisk in beer and lemon juice until mixture is smooth. Stir in garlic, salt, pepper, basil and thyme. Add chicken pieces and turn to coat well. Cover and refrigerate 2 to 12 hours.

In a charcoal grill, heat about 5 dozen charcoal briquettes until covered with white ash. Meanwhile, drain chicken and discard marinade.

Use large tongs to push hot briquettes to one side of the grill. Away from the grill, spray grill rack evenly with nonstick cooking spray; place on grill. Place chicken parts on grill rack, on the coals side. Cook uncovered until skin is crisp, about 10 minutes, moving and turning as needed with clean tongs to prevent charring.

Move chicken parts to the cool side of the grill; cover and cook until meat is opaque throughout and juices run clear, about 10 to 15 minutes more.

Serve with German mustard and sauerkraut, such as the Hengstenberg, Gundelsheim or Kühne brands.



GERMAN-STYLE BARBECUED PORK SANDWICHES

Serve these über-deutsche sandwiches for a casual summer party, with German potato salad and a cold lager or pilsner. *Serves six.*

INGREDIENTS

- 2 (12-ounce) pork tenderloins
- 3 tablespoons German hot mustard, plus more for bread
- Sea salt and freshly ground pepper
- Long or short pretzel baguettes*— allow 6 inches for each person
- 1 cup German curry ketchup**
- 2 German garlic barrel pickles, sliced



Summer

DIRECTIONS

Prepare grill to medium-high heat. Pat tenderloins dry and rub with mustard. Sprinkle with salt and pepper and place on grill. Grill for 10 minutes on each side, or until an instant-read thermometer inserted in thickest part reads 155° F. Slice baguettes into 6 six-inch segments; slice open and spread with more mustard.

Let cooked tenderloins stand, loosely covered with aluminum foil, for about 10 minutes (internal temperature will rise 5° to 10°). Slice very thinly and divide among prepared bread. Garnish with curry ketchup and pickles, and serve.

**Authentic German par-baked pretzel breads can be purchased online at www.priskas.com.*

***Curry ketchup is available online. See page 64 for Internet resources.*



*Importer of authentic
German Artisan Breads,
Pretzels, Brötchen, Tortes,
Pastries and Cakes*



Shop Online at www.priskas.com

236 Pedro Street, Venice, FL 34285

SAUERKRAUT TURKEY BURGERS

WITH EMMENTALER CHEESE

Try a fresh take on the standard burger — use ground turkey with sauerkraut and cheese. A great side dish would be a German potato salad, or a pasta salad made with German spätzle (see page 37). *Serves four.*

INGREDIENTS

- 1 pound lean (7% fat) ground turkey
 - 1½ cups (6 ounces) coarsely shredded German Emmentaler cheese, divided
 - 1 cup German sauerkraut with wine, squeezed dry
 - ¼ cup plain breadcrumbs
 - 1 egg white
 - 2 tablespoons medium-hot German mustard, plus extra for spreading on buns
 - ½ teaspoon caraway seeds (optional)
 - ¼ teaspoon salt
 - ¼ teaspoon freshly ground pepper
 - 4 pretzel rolls* or other sandwich rolls, split horizontally and toasted
- Accompaniments: pickles, red onion rings, sliced tomatoes, lettuce leaves



Sommer

DIRECTIONS

Combine turkey, 1 cup German Emmentaler, sauerkraut, breadcrumbs, egg white, mustard, caraway if desired, salt, and pepper in a large bowl and mix together with your hands. Shape into 4 (4-inch diameter) patties.

Heat a large nonstick skillet over medium heat until hot. Place burgers in skillet and cook, turning once, 4 to 5 minutes on each side or until cooked through. Sprinkle burgers evenly with the remaining $\frac{1}{2}$ cup of Emmentaler during the last 2 minutes of cooking.

Spread rolls with additional mustard, place burgers on buns, and top with desired accompaniments.

**Authentic German par-baked pretzel breads can be purchased online at www.priskas.com.*



ALL ABOUT SAUERKRAUT

Americans consume 387 million lbs. of sauerkraut each year so there's no disputing its popularity. Yet, what most Americans are probably not aware of is that it's surprisingly healthy and versatile. It's low in saturated fat and very low in cholesterol. It's also a good source of calcium and magnesium, and a very good source of fiber, vitamins C, K and B6, folate, potassium and iron.

One half cup serving of undrained sauerkraut contains a mere 19 calories, is fat free, contains about four grams of fiber and provides 25% of your recommended daily allowance of vitamin C. Moreover, recent studies suggest that this "Superfood" may help prevent breast cancer.

Incorporate this delicious and healthy vegetable into your diet by using it as a pizza topping, a low-calorie side dish, or as part of a salad or soup.

For more sauerkraut recipes, please visit our web site www.germanfoods.org.



GERMAN WHITE BEAN & PEA SALAD WITH HAM & CHIANTINO CHEESE

This salad is nutritious, colorful, chock full of tasty ingredients, and easy to toss together. It incorporates Chiantino, a German semi-soft cheese washed with red wine that is traditionally handmade in the Allgäu mountain region from fresh, wholesome cow's milk. If Chiantino is not available, you can substitute it with any German semi-soft cheese. *Serves four.*

INGREDIENTS

- 1 (16-ounce) can white beans such as Great Northern, drained and rinsed
- 1 cup cooked peas
- $\frac{1}{2}$ cup German pickled red cabbage from a jar
- 1 small Granny Smith apple, cored and sliced thinly
- 4 ounces (about $\frac{3}{4}$ cup) cubed Chiantino cheese or any German semi-soft cheese
- 4 slices Black Forest ham or prosciutto, sliced into thin strips
- $\frac{1}{4}$ cup salted sunflower seeds
- Marjoram Vinaigrette (recipe next page)
- Lettuce leaves (optional)



Summer

DIRECTIONS

Place all ingredients except vinaigrette in large bowl. Add vinaigrette and toss gently. Serve alone, or spooned over lettuce leaves if desired.

MARJORAM VINAIGRETTE

3 tablespoons extra virgin olive oil

1 tablespoon white wine vinegar

1 teaspoon minced fresh marjoram

1 teaspoon German hot mustard

$\frac{1}{2}$ teaspoon honey

Sea salt and freshly ground pepper to taste

Whisk together all ingredients in a small bowl until mixture is smooth and emulsified.

*Naturally good food
you can be fond of!*

www.fondofoods.com



Chiantino has a wonderful silky and smooth texture with the pleasant, pungent kick of a washed rind cheese.



NORTHERN GERMAN COMPOSED SALAD WITH CHAMPIGNON BRIE WITH GARLIC

This is a German version of a Salad Niçoise topped with Champignon Brie with Garlic. You can substitute any German brie if this variety is not available.

Serves six.

INGREDIENTS

- 1½ pounds baby potatoes, halved or quartered into bite-sized pieces
- ½ pound fresh green beans, trimmed and halved
- 1 cup sliced arugula leaves
- Coarse-Grain Vinaigrette (recipe next page)
- 1 cup halved grape tomatoes
- 1 tablespoon minced fresh chives, plus lengths of chives for garnish
- 1 (7-ounce) can German smoked herring in olive oil
- 2 ounces Champignon Brie with Garlic or any German soft-ripened cheese
- 3 German dill pickles, quartered lengthwise



Summer

DIRECTIONS

Place potatoes in a medium pot and cover with lightly salted water. Bring to a boil, and cook until fork-tender, about 15 minutes. Meanwhile, make vinaigrette. Drain potatoes and place in a large bowl; add vinaigrette and toss. Using a slotted spoon, divide dressed potatoes among four plates, leaving plenty of vinaigrette in bowl.

Place green beans in pot and cover with lightly salted water. Bring to a boil and cook until tender but crisp; drain and place in bowl with vinaigrette. Toss. Using tongs, divide among plates, arranging atop potatoes. Toss arugula in remaining vinaigrette, and divide among plates.

Add tomatoes and 1 tablespoon minced chives to bowl. Toss and divide among plates, arranging on top of arugula along with herring. Garnish plates with cheese, pickles and chives. Serve.

COARSE-GRAIN VINAIGRETTE

2 teaspoons German coarse-grain mustard

$\frac{1}{3}$ cup light olive oil

1 tablespoon white wine vinegar

Sea salt and freshly ground pepper to taste

Place mustard in a small bowl. Slowly whisk in olive oil until smooth. Whisk in vinegar, salt and pepper.

The makers of Cambozola present

Champignon Brie with Garlic

A double cream soft-ripened cheese, rich in character, with the fresh, delightful flavor of garlic and fine herbs.

For more information please contact:

Champignon North America, Inc.

600 Palisade Avenue, Suite 25

Englewood Cliffs, NJ 07632

Tel: 201-871-7211

customer.service@champignon-usa.com

www.champignon-usa.com





Herbst

FALL — WINE FESTIVALS IN GERMANY

Germany's approximately 1,250 wine festivals or "Weinfeste" are as diverse as the wines they celebrate and some date back 500 years. They take place in the courtyards of ancient castles, on village squares, on vineyard slopes and on city streets, and range in size and scope, from small counters serving two varieties to large street festivals featuring hundreds of booths and thousands of vintages.

All celebrate the harvest of the grapes whose products will be enjoyed throughout the world.

The food at such festivals is, as always, plentiful and includes classic German fare such as sausages, pretzels, confections, cheeses and meats and regional and local specialties such as Käsespätzle (cheese noodles) and Maultaschen (square dumplings with a savory filling, similar to ravioli).

Approximately 500 wine festivals take place in the towns and villages along the Rhine, particularly in the Rheingau region, while another 300 or more take place along the Mosel river, in the vicinity of the renowned Mosel Weinstraße (Mosel Wine Route). There are also festivals in the wine-growing areas along the Main and Neckar rivers.

In October, there are also numerous festivals celebrating the arrival of Federweißer, the new wine that has not yet fully fermented. Federweißer means literally "white as a feather"—so named for the milky color imparted by the fermenting yeast. It is available from early September to late October and is traditionally accompanied by Zwiebelkuchen, or onion tart, a pie made of onions, bacon, cream and caraway seed on a yeast dough.

A further contribution to Germany's diverse drinking culture is the German equivalent of apple cider known as "Apfelwein" (apple wine), which is produced and consumed mainly in the state of Hessen and particularly in Frankfurt am Main, which hosts an Apfelwein festival every year in late summer. Genuine German Apfelwein can be purchased in specialty stores in the U.S.

RUSTIC TART

WITH CARAMELIZED ONIONS & RED CABBAGE

Celebrate the wine harvest by inviting friends over for a German wine tasting evening. Serve a selection of crisp Rieslings with this take on the classic Zwiebelkuchen (onion tart), a traditional accompaniment to Federweißer, the first young wine of the season. *Serves six.*

INGREDIENTS

- 1 (16-ounce) portion frozen French bread dough, thawed
- Nonstick spray
- 3 medium yellow onions
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ cup imported German red cabbage with apples
- 4 ounces imported German brie
- 1 teaspoon minced fresh thyme

DIRECTIONS

Preheat oven to 400° F. Stretch bread dough into a 10-inch circle. Cover with plastic wrap and let rest for 10 minutes, then stretch into a 15-inch circle. Bake 15 to 20 minutes or until golden brown.

Meanwhile, peel and roughly chop onions. Heat nonstick spray in a large skillet and add onion slices and salt. Cook on medium heat, stirring occasionally, until soft; turn heat to medium-low and cover. Continue cooking, stirring occasionally, until onions are translucent and caramelizing. Add $\frac{1}{4}$ cup water and continue cooking until completely caramelized and no bitterness remains.

Spread onions onto pre-baked bread, leaving a $\frac{1}{2}$ -inch border around the edges. Top with cabbage and bits of cheese. Sprinkle with thyme. Bake 10 minutes, or until cheese is melted. Let cool for 5 to 10 minutes, then cut into wedges and serve.



German Wines

A BRIEF GUIDE

German wine is light, lively and fruity, thanks to Germany's unique climatic and geological conditions. With the exception of Saale-Unstrut and Sachsen in the east, the wine-growing regions are concentrated in the south and southwestern part of Germany. The long growing season and moderate summer temperatures bring forth filigree wines that are relatively low in alcohol. The diversity of German wine stems from the many soil types and grape varieties — there is no “uniform” type or style of German wine — and this diversity is reflected in Germany's 13 wine-growing regions.

Of all the grapes of Germany, the most noble is the Riesling — a variety that can do well even in stony soil and can subsist on a minimum of moisture. It is also frost-resistant and a very dependable bearer of high quality grapes, which have an acidity level that gives the wine a racy freshness and contributes to its long life. To reach its full potential, Riesling needs extra days of sun; ripening is very late, usually not until the latter half of October. Riesling produces elegant wines of rich character with an incomparable fragrance and taste that is often reminiscent of peaches, or, when young, apples.

German Wines are categorized by the degree of ripeness measured in natural grape sugar upon harvest:

QUALITÄTSWEIN MIT PRÄDIKAT [qmp]

German wine law refers to the following category as “quality wines with attributes;” these attributes represent graduating ripeness levels, which are in ascending order: Kabinett, Spätlese, Auslese, Beerenauslese (BA) and Trockenbeerenauslese (TBA).



Kabinett — Usually light wines made of fully ripe grapes. Generally light in alcohol and calories. Can be dry, medium-dry or sweet. These light wines are about 2 to 5% less in alcohol than Californian wines.

Spätlese (Late Harvest) — Wines of superior quality made from grapes harvested after the normal harvest. These wines are more intense in flavor and concentration than quality wines and Kabinetts. The later harvest lets the grapes dry and ripen on sunny autumn days, which increases the intensity of the fruit and the flavors. Can be dry, medium-dry or sweeter style.

Auslese (Select Picking) — Harvest of selected, very ripe bunches. Noble wines, intense in bouquet and taste. Often dessert wines are light and sweet, but they can be dry, medium-dry or sweet.

Beerenauslese or BA (Berries Select Picking) — Harvest of individually selected, overripe berries. Remarkably rich, sweet dessert wines.

Trockenbeerenauslese or TBA (Dry Berries Select Picking) — Harvest of individually selected berries, which are overripe and shriveled on the vine almost to raisins. Rich, sweet, luscious, honey-like wines.

Eiswein (Ice-Wine) — Wines of at least BA intensity, made from grapes harvested and pressed while frozen. Truly unique wines with a remarkable concentration of fruity acidity and sweetness.

QUALITÄTSWEIN BESTIMMTEN ANBAUGEBIETES [QbA] (Quality Wine of a Specified Appellation)

These wines may be chaptalized, a process that adds body to these otherwise lighter wines and makes them great simple day-to-day food wines.

Tafelwein (Table Wine) — Made from normally ripe and slightly under ripe grapes.

Information courtesy of Wines of Germany.
For more information about German wines,

POTATO PANCAKES

WITH CARAMELIZED ONIONS & APPLES

Using a German shredded potato pancake mix turns what sounds like a complicated dish into an easy weeknight treat for busy moms and hungry kids. Serve these pancakes as a vegetarian entrée, or with grilled pork or chicken. *Serves eight.*

INGREDIENTS

- 2 tablespoons unsalted butter
- 1 large onion, thinly sliced (about 1 pound)
- 2 medium Granny Smith apples, peeled and cut into thin wedges (about 1 pound)
- 1 tablespoon light brown sugar
- 1 teaspoon apple cider vinegar
- $\frac{1}{4}$ teaspoon salt
- $\frac{1}{4}$ teaspoon freshly ground pepper
- 1 (5.8-ounce) package Bavarian shredded potato pancake mix
- 2 cups water
- 6 tablespoons vegetable oil, divided
- $\frac{1}{2}$ cup sour cream or Quark*

**Quark is a German-style yogurt cheese.*



DIRECTIONS

Heat butter in a large nonstick skillet over medium-high heat. Add onion and cook, stirring occasionally, 8 to 10 minutes, or until onion is softened. Add apples and cook, stirring occasionally, 12 to 15 minutes or until apples and onions are very tender and golden brown. Stir in brown sugar, vinegar, salt and pepper. Cover and set aside to keep warm.

Combine potato pancake mix and water and whisk until smooth. Let stand 10 minutes to thicken. Heat a large nonstick skillet over medium-high heat. Add 2 tablespoons oil to the skillet. Working in batches of 5 or 6 pancakes at a time, drop about 2½ tablespoons of batter into skillet for each pancake, flattening with the back of a spoon to form 3-inch diameter pancakes. Fry until golden brown, 2 to 3 minutes on each side. Place on paper towels to drain. Repeat twice with remaining oil and batter to make 16 pancakes.

To serve, divide potato pancakes among 8 serving plates, top evenly with caramelized apples and onions and top each with 1 tablespoon sour cream or quark.

POTATOES — A GERMAN FAVORITE

Germany is the largest potato producer in the EU and grows over 200 varieties. There is an abundance of potato dishes in German cuisine using fresh potatoes, from Bratkartoffel (fried potatoes) and Pellkartoffel (potatoes boiled in their skins) to Kartoffelpuffer or Reibekuchen (potato pancakes).

But many busy cooks prefer to use processed potato products, particularly for labor-intensive recipes such as potato pancakes and potato dumplings, two of Germany's most famous potato dishes. These processed potato products are easy and quick to prepare and also require less storage space.



German Cheeses

Cheese making has a long tradition in Germany. Due to the varying landscapes and craft traditions of the regions, an impressive range of more than 150 cheese varieties have developed over the centuries. Germany is the second largest cheese producer in the world and many of its cheeses are exported to North America. Here's a guide to some of the German cheeses you'll find in U.S. supermarkets:

Allgäu Emmental — Allgäu Emmental, or Allgäuer Emmentaler, also known as Bavarian Swiss cheese, is one of Germany's best-known hard cheeses. It has a nutty flavor, is high in protein and keeps well in a refrigerator for weeks.

Butterkäse (Butter Cheese) — Germany's best-selling cheese, similar to Havarti in texture. It is a mild cheese with a delicate buttery taste, although it is made with buttermilk rather than butter.

Rauchkäse (Smoked Cheese) — Germany exports a variety of smoked cheeses to the U.S. such as Bruder Basil and Alpenjoy.

Sauermilchkäse (Sour Milk Cheese) — Sour milk cheeses such as Handkäse and Harzer Käse are made from skimmed, sour cow's milk, which make them low in fat.

Limburger — A pasteurized cow's milk cheese with a tangy, creamy, brie-like flavor and a very pungent aroma caused by bacteria living in the rind.

Tilsiter (Tilsit) — World famous German Tilsiter or Tilsit is a great all-purpose pale yellow cheese with small uneven holes. It has a pleasantly piquant flavor that improves with age.

Soft-Ripened Cheeses — The selection of soft-ripened cheeses from Germany include Mirabo Crème Fraîche, Champignon De Luxe Pfeffer Brie studded with Madagascar peppercorns, Champignon de Luxe Knoblauch with garlic, Rougette, an aromatic and slightly piquant washed rind cheese and Camembert and Brie from Alpenhain and Champignon.

Blauschimmelkäse (Blue Cheese) — Germany also produces a wide selection of blue cheeses such as Paladin Bavarian Blue, a tangy crumbly Roquefort-style cheese made in the Bavarian Alps, Cambozola, a soft-ripened Camembert-type blue cheese, Montagnolo, a buttery blue cheese with a pleasantly piquant taste and blue-veined cheeses such as Bergader Bavaria Blu, and Bergader Edelpilz.

Other Specialty Cheeses — Other specialty cheeses include: Chiantino, a semi-soft cheese washed with red wine, Hirtenkäse a rustic hard cheese, Bonarom, a semi-soft cheese flavored with chili and jalapeño or mountain herbs, König Ludwig Bierkäse, a semi-hard cheese ripened in dark beer, and cheese spreads such as Jermi's Crème Noblesse.



www.fondofoods.com



Naturally good food
you can be fond of!



Prosciutto



Abendbrot

*“Eat Breakfast Like an Emperor,
Lunch Like a King and
Dinner Like a Poor Man.”*

— German proverb

Literally translated, the word Abendbrot means “evening bread,” yet the term implies more than eating bread in the evening — it’s a simple evening meal in which the family comes together and shares the day’s news around the table.

A traditional Abendbrot meal in Germany is served between 6 and 7 p.m. and consists of breads, cheeses, deli meat and pickles and is often accompanied by a light salad and/or soup. Germans commonly consider it better to eat a larger lunch and a smaller dinner such as this — better for the metabolism and a good night’s sleep.

With the wide selection of German products available in the United States, preparing an authentic Abendbrot meal is quick and simple, and will fit the fast-paced lifestyle of Americans. For an authentic German Abendbrot you’ll want to include:

- Hearty whole grain breads such as sunflower seed, whole rye or pumpernickel
- A variety of German cheeses such as German Brie and Camembert, blue cheese, Emmentaler, Tilsit, Butterkäse and Limburger (see page 30)
- A selection of genuine German deli meats such as Black Forest ham, prosciutto and salami
- Bavarian- or Düsseldorf-style mustards
- Pickled gherkins, tomatoes, radishes, cucumbers
- A light salad (see page 8) or soup (see page 6)
- A glass of your favorite German beer
- German sparkling mineral water





Whole Grain
Goodness...



Delicious
Taste!

Since 1871, Mestemacher has been baking its natural, whole grain breads according to traditional German recipes. Our scrumptious wheat-free, high-fiber and low-fat breads make a tasty and healthy choice at any time of the day.

Oktoberfest

O'ZAPFT 'IS (THE KEG'S BEEN TAPPED)!

Known as the world's largest public festival, the Munich Oktoberfest, usually held during the last week of September and the first week of October, is enjoyed by six million visitors each year. During the two-week long event, more than five million liters of beer, 500,000 roasted chickens and over 400,000 sausages are consumed in beer tents serving the food and beers of sponsoring regional German breweries and restaurants.



Oktoberfest *(continued)*

The origin of Oktoberfest dates back to 1810, when citizens of Munich celebrated the royal wedding of Crown Prince Ludwig and Princess Theresa of Bavaria. The festival honored the newlyweds and included horse races in front of the city gates. The first agricultural show presenting Bavarian food products was added the following year, and in 1819 the city of Munich became the official organizer of the event. To honor the princess, the festival grounds were named after her — “Theresienwiese,” or “Theresa’s Meadow.” Still today, Oktoberfest takes place on the Theresienwiese grounds, known to locals as simply “Die Wiesn.”

Today, Oktoberfest does not involve horse races or weddings, but attractions such as carousels and other fairground rides have been gradually introduced over the years. From tents, several select German restaurants serve authentic German food to revelers from all over the world. And we can’t forget the most notable part of the Oktoberfest celebration — the beer! Only breweries that brew beer within Munich’s city limits are allowed to sell beer on the grounds of “Die Wiesn.” These breweries are Spaten, Augustiner, Hofbräu, Paulaner, Hacker-Pschorr and Löwenbräu — many of whom create a special “Oktoberfest beer” that is only served during the 16 days of the festival.

Fortunately, for those of us who can’t make it to die Wiesn for the world’s biggest party, hundreds of Oktoberfest events are staged across the U.S. every year — from New York to Seattle — where German culture, food and beverages are celebrated. With about 20% of the U.S. population claiming German ancestry, it’s no wonder that Oktoberfest is such a popular annual event!

So, why not kick off the festive season with your own Oktoberfest! Log on to www.germanfoods.org and we’ll show you how. You’ll find everything you need to know about the world’s biggest beer festival, where to find an Oktoberfest in North America and how to stage an Oktoberfest party or dinner with delicious recipes using authentic German ingredients. Take a look at the recipes on the following pages for sample menu ideas.



SESAME SPÄTZLE SALAD

WITH RED CABBAGE, SNOW PEAS AND SWEET BELL PEPPER

Spätzle is a German pasta with a satisfying texture that's perfect for a fresh take on pasta salad. This recipe makes a perfect side dish at an Oktoberfest party.

Serves six.

INGREDIENTS

- 1/3 cup seasoned vinegar
- 1/3 cup finely, diagonally-sliced scallions (green and white portions)
- 1/4 cup reduced-sodium soy sauce
- 1/4 cup Acacia honey
- 1 tablespoon grated fresh gingerroot
- 1 tablespoon Asian garlic-chili pepper sauce
- 1 (9-ounce) package German spätzle
- 1 tablespoon toasted sesame oil
- 1 tablespoon toasted sesame seeds
- 1/3 cup drained German pickled red cabbage
- 1/3 cup very thinly sliced fresh snow peas
- 1/3 cup very thinly sliced yellow or red hothouse sweet bell pepper*
- Fresh chopped cilantro and/or cilantro sprigs, for garnish (optional)



DIRECTIONS

Combine vinegar, scallions, soy sauce, honey, gingerroot and garlic-chili pepper sauce in a small bowl; whisk and set aside. Cook spätzle in boiling water according to package directions, or until tender; drain well. Immediately toss spätzle with the sesame oil. Once coated, add the sauce mixture and toss again. Chill. Just before serving, toss the cool or room temperature spätzle with sesame seeds. Then stir in cabbage, snow peas and bell pepper. (Alternatively, measure the cabbage, snow peas and bell pepper into three separate bowls. Add 1/3 of the spätzle into each bowl and toss. Serve “small plate” style in three separate mounds.) Garnish with cilantro, if desired. Serve as a side dish or salad.

**Alternative option: 1/3 cup drained, thinly sliced German baby corn on the cob.*

CURRENT-GLAZED PORK TENDERLOIN

WITH RED CABBAGE & THYME DUMPLINGS

This cozy, flavorful meal is perfect for a cool fall evening. *Serves six.*

INGREDIENTS

- $\frac{1}{3}$ cup + 1 tablespoon red or black currant jelly
- 1 tablespoon Bavarian beer vinegar or white vinegar
- 1 (2-pound) pork tenderloin
- Salt and pepper
- 1 tablespoon olive oil
- 3 cups drained German pickled red cabbage
- 1 (6.8-ounce) box Bavarian potato dumpling mix
- 2 teaspoons fresh thyme leaves, plus thyme sprigs to garnish



Herbst

DIRECTIONS

For tenderloin Preheat oven to 425° F. In a small bowl, combine $\frac{1}{3}$ cup currant jelly and vinegar, and set aside. Season tenderloin all over with salt and pepper, and rub with olive oil. Place on a rack in a shallow roasting pan. Roast 20 minutes. Spoon some glaze over tenderloin. Roast until a meat thermometer inserted in the center of tenderloin registers 160° F., about 15 more minutes. Remove from oven, spoon with remaining glaze and cover with foil. Let stand 15 minutes before slicing.

For red cabbage While pork is roasting, place cabbage in a saucepan on low heat. Cover and cook, stirring occasionally, until hot throughout; stir in 1 tablespoon currant jelly.

For potato dumplings While pork is roasting, prepare dumpling mix according to package directions, stirring in fresh thyme before cooking. (Most mixes require 5 to 10 minutes to prepare and 20 minutes to boil.)

To serve, slice tenderloin and arrange on a platter. Top pork with red cabbage and garnish with fresh thyme sprigs. Serve dumplings in a separate bowl.

RED CABBAGE — SUPERFOOD

Red cabbage is another so-called “Superfood” purported to have healthful benefits. Studies suggest that it could cut the risk of developing Alzheimer’s disease and it is also low in calories. Red cabbage is fiber- and calcium-rich and has twice the vitamin C of green cabbage.

Rotkohl or Rotkraut (red cabbage) as it is known in Northern Germany or Blaukraut (blue cabbage) as it’s known in the South (so named since it takes on a bluish/purple tinge when cooked) is a staple in German diets. It is a perfect accompaniment to meats and game and makes a particularly tasty side dish at holiday dinners. It can be eaten hot or cold, as a side dish, in salads, where it can add a splash of color, in soups and as a topping for sandwiches.

Some Germans make their own braised Rotkohl but in the age of convenience foods, many prefer to use red cabbage from a jar or can. There are several brands of genuine German Rotkohl or Apfelrotkohl (red cabbage with apples) available for purchase in U.S. retail stores and online.

RED CABBAGE STUFFED PORK LOIN WITH BAVARIAN MUSTARD SAUCE

Nothing says autumn like this weekend dinner recipe. The pumpernickel bread in the stuffing perfectly complements the caramelized onions, red cabbage and golden raisins. *Serves ten.*

INGREDIENTS

- 3 slices (8 ounces) German pumpernickel bread
- 3 tablespoons unsalted butter
- $\frac{1}{2}$ cup diced onion
- 2 cloves garlic, minced
- $1\frac{1}{2}$ cups German red cabbage, well drained
- $\frac{1}{2}$ cup golden raisins
- $\frac{3}{4}$ teaspoon salt, divided
- 1 teaspoon freshly ground pepper, divided
- 1 (4-pound) boneless pork loin roast
- 6 tablespoons Bavarian mustard
- $1\frac{1}{2}$ cups canned chicken broth, divided
- $\frac{1}{2}$ cup dry German Riesling or other dry white wine
- 2 tablespoons all-purpose flour



Herbst

DIRECTIONS

Preheat oven to 350° F. Place pumpernickel bread on a large baking pan and crumble into coarse crumbs. Bake, stirring once, 12 to 15 minutes or until lightly toasted. Set aside. Increase oven temperature to 450° F.

Melt butter in a large skillet over medium heat. Add onion and cook, stirring often, 5 minutes or until softened. Stir in garlic and cook 1 minute. Remove skillet from heat and stir in toasted pumpernickel crumbs, red cabbage, raisins, $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper.

Make a cut lengthwise down the center of the pork, cutting to, but not through the bottom. Open the butterflied portions, laying pork flat. Starting from the center of each half, slice lengthwise down the center of the pork, cutting to, but not through the bottom. Unfold pork so it lies flat. Place plastic wrap over meat and flatten to $\frac{3}{4}$ -inch thickness using a meat mallet or rolling pin.

Sprinkle top of pork with $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper and spread with 3 tablespoons Bavarian mustard. Spread the stuffing mixture evenly over pork and roll up, jellyroll fashion, starting with the long side. Secure with string and place seam side down in a shallow flameproof roasting pan.

Sprinkle outside of pork with the remaining $\frac{1}{4}$ teaspoon salt and $\frac{1}{4}$ teaspoon pepper and brush with 2 tablespoons remaining Bavarian mustard. Bake for 20 minutes. Reduce oven temperature to 350° F. Bake 25 to 30 minutes, or until a thermometer inserted diagonally 2 inches into pork (do not touch stuffing) registers 150° F. Transfer pork to a serving platter, cover loosely with foil, and let stand 15 minutes or until thermometer registers 160° F.

Place roasting pan across two stovetop burners over medium heat. Whisk together the chicken broth, wine and flour in a medium bowl and whisk into the pan drippings. Cook, whisking constantly, for 5 minutes, until mixture comes to a boil and thickens. Stir in remaining 1 tablespoon Bavarian mustard and remaining $\frac{1}{4}$ teaspoon pepper. Serve sauce with sliced pork loin.

Beer

GERMANY'S LEGENDARY BREWS

“One could be glad, if the air was as pure as our beer.”

— *Richard von Weizsäcker (former German Federal President)*

German beer is world-renowned for quality, consistency and purity. The superiority of the German brew is a direct result of the Reinheitsgebot, or German Beer Purity Law — an 800-year-old tradition, which states that German beer may only be brewed with hops, malt, yeast and water.

Germany has more than 4,000 different brands of beer and over 1,300 breweries. Most of the breweries are local or regional but the regional styles of beer are nationally and internationally well recognized. For example, Hamburg and northern Germany are known for their dry Pilsner beers. Berlin specializes in Berliner Weisse — “white” beer often flavored with a shot of syrup. Dortmund and the Ruhr Valley are world famous for their lager beers. Cologne has its light, refreshing Kölsch beers and neighboring Düsseldorf, the stronger, darker Altbier. Weizen (wheat) beers are also known all over the world.

More than 100 German beer brands are available in the U.S., most of which fit into the following categories:

Top-fermented beers (yeast works from the top)

Altbier	Amber beer with strong hop and malt flavor.
Weissbier	Wheat beer brewed from malted wheat and malted barley available in two varieties — Hefe (cloudy) for which the yeast is retained and Kristall (clear) where the yeast is removed.
Weizenbock	Very complex, strong winter brew wheat beer.

Bottom-fermented beers (yeast works from the bottom)

Export	Full-bodied beers that vary in malt character depending on the region in which they are brewed.
Helles	Pale or light beer with a mild hop character and a touch of malt sweetness.
Märzen/Festbier	Full-flavored golden beer with a delicate malt sweetness. Traditionally associated with the Munich Oktoberfest.
Pilsner	Lager-style pale beer with a strong hoppy taste and flavor.
Bockbier	Smooth, malty and warming.

SPATEN OKTOBERFEST.

The World's First Oktoberfest Beer



Seit 1897
SPATEN
München

The Original Munich Flavor

ALMOND-CHERRY SOUFFLÉS

WITH WARM GERMAN CHOCOLATE SAUCE

By themselves, these rich, flavorful soufflés are virtually fat-free. The German chocolate sauce is rich but not too sweet, as most German-produced chocolate contains a higher content of cocoa and less sugar than most American chocolate.

Serves six.

INGREDIENTS

Butter and sugar for preparing ramekins

1½ cups German pitted preserved Sauerkirschen (Morello cherries)

3 tablespoons lemon juice

½ teaspoon almond extract

5 large egg whites, room temperature

¼ cup sugar

Warm German chocolate sauce (recipe next page)

DIRECTIONS

Preheat oven to 350° F. Butter and sugar 6

8-ounce ramekins, place on a baking sheet, and set aside. Combine cherries, lemon

juice and almond extract in a blender and puree until very smooth and almost fluffy. Transfer to a medium

bowl and set aside. In a large, clean, metal bowl, beat egg whites on medium speed until very soft peaks form.

Continue to beat while slowly adding sugar in a steady stream. Beat until peaks are stiff but not dry. Use a rubber spatula to beat one-third of egg whites into cherry puree. Gently fold puree into remaining egg whites.

Divide this mixture among ramekins and smooth the tops. Bake just until well-risen and beginning to brown, 12 to 14 minutes.



Herbst

To serve, immediately bring soufflés to the table. Pass around warm chocolate sauce, so that each person may split his soufflé in the middle and spoon in sauce if desired.

WARM GERMAN CHOCOLATE SAUCE

Heat 2 or 3 inches of water in a small saucepan to a low simmer.

Combine 5 ounces coarsely chopped German milk chocolate with 3 tablespoons butter and $\frac{1}{4}$ cup heavy cream in a heatproof bowl that fits over saucepan — bowl should not touch water. Stir until chocolate melts. Remove from heat and stir well until smooth; serve immediately. (Sauce may be reheated by setting it over simmering water as in preparation.)

CREAMY SAUERKRAUT WITH CHIVES

Try this flavorful side dish at your Thanksgiving celebration as a welcome break from the norm. In this recipe, sauerkraut's tang is tempered with creamy crème fraîche. This complements roasted turkey, chicken or pan-fried pork chops, or it's a tasty baked potato topping. *Serves six.*

INGREDIENTS

- 1 teaspoon olive oil
- 3 cups drained German sauerkraut with caraway seeds
- $\frac{1}{2}$ cup crème fraîche, room temperature
- 2 tablespoons minced chives

DIRECTIONS

Heat oil in a saucepan. Add sauerkraut and stir. Turn heat to low and cover; cook until sauerkraut is hot throughout. Remove from heat, let cool slightly, and stir in crème fraîche and minced chives. Serve.

CHOCOLATE-PUMPERNICKEL PUDDING

WITH APRICOT-RASPBERRY COMPOTE

Top this pudding with some softly whipped cream or, better yet, some Quark (a soft, fluffy German yogurt cheese) enhanced with sugar and vanilla extract.

Serves ten.

INGREDIENTS

- 3 slices (about 8 ounces) German pumpernickel bread
- $\frac{3}{4}$ cup slivered almonds
- 1 (3 $\frac{1}{2}$ -ounce) bar German dark chocolate
- 1 stick unsalted butter, softened, plus additional for coating pan
- $\frac{1}{2}$ cup sugar, divided
- 6 eggs, separated
- $\frac{1}{4}$ cup raspberry liqueur
- 1 teaspoon ground cinnamon
- $\frac{1}{2}$ teaspoon ground cloves
- Apricot-Raspberry Compote (recipe next page)



DIRECTIONS

Preheat the oven to 350° F. Generously butter a 2-quart soufflé dish and set aside. Break bread into large pieces and place in a food processor. Pulse until bread is finely crumbled. (This should be about 2 cups of crumbs.) Do not clean food processor. Place crumbs on a large baking pan and bake, stirring once, 12 to 15 minutes or until lightly toasted. Set aside. Place almonds and chocolate in food processor and process until mixture is finely chopped. Combine with cooled breadcrumbs and set aside.

Combine butter and $\frac{1}{4}$ cup sugar in a large bowl and beat at medium speed with a mixer, about 2 minutes or until fluffy and light in color. Beat in egg yolks, one at a time, beating well after each addition. Beat in liqueur, cinnamon, and cloves. Add the pumpernickel mixture and beat at low speed just until mixed.

Using clean beaters, beat egg whites at high speed until foamy. Gradually add remaining $\frac{1}{4}$ cup sugar and beat until stiff peaks form. Gently fold the egg white mixture into the batter in three additions, stirring until all traces of white disappear after each addition. Spoon batter into prepared dish.

Place the dish in a large deep-sided roasting pan and pour water into the roasting pan to a depth of 1 inch. Carefully place into oven and bake 40 to 45 minutes, or until pudding is set. Carefully remove pudding from the water bath and cool on a wire rack 15 minutes before serving.

To serve, spoon pudding into shallow serving bowls and divide the fruit evenly among bowls.



APRICOT-RASPBERRY COMPOTE

$\frac{1}{2}$ cup water

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ cup raspberry liqueur

4 medium apricots, cut into wedges
(about $\frac{3}{4}$ pound)

$1\frac{1}{2}$ cups fresh raspberries (6 ounces)

Combine water and sugar in a small saucepan and bring to a boil, cook for 1 minute, or until sugar melts. Transfer to a large bowl and cool slightly. Stir in liqueur, apricots and raspberries. Cover and let stand at room temperature at least one hour, or up to 4 hours, stirring occasionally.



NIEDEREGGER
LÜBECK

WORLD FAMOUS MARZIPAN

Celebrating 200 Years



The secret of the traditional Niederegger marzipan recipe lies in the perfect ratio of quality almonds to sugar, and the subtle addition of an ingredient similar to rose water. Top quality marzipan coated with bittersweet chocolate – a taste that is uniquely Niederegger Marzipan. The classic marzipan bars are filled with real marzipan, no cream.

Winter

WINTER — HOLIDAY SPECIALTIES FROM GERMANY

Christmas (Weihnachten) is a special time of year for German families and particularly during the Advent period, the season is celebrated with a tempting array of cookies, confections and cakes. Here's a guide to the variety of German holiday specialties available in the U.S.

Advent Calendars

Advent Calendars with 24 covered windows, each filled with a square of chocolate.

Chocolate Novelties

Chocolates in the shape of snowmen, Santa Claus and other holiday themes.

Dominosteine

Chocolate-coated spiced gingerbread cubes with a jelly and marzipan filling.

Gingerbread Houses

Gingerbread kits to make your own authentic German gingerbread house.

Glühwein

A warm, spicy mulled red wine, which can be purchased ready-made or can be made from scratch using mulling spices.

Lebkuchen

Germany's world-famous gingerbread sold in various shapes and sizes, some with a chocolate coating.

Liqueur-Filled Chocolates

Gourmet chocolates filled with liqueurs such as brandy, cognac and eggnog.

Marzipan

German marzipan is available in the form of loaves, bars and animal shapes (especially the "good luck" pig) or packaged in beautiful gift boxes.

Pfeffernüsse

Sugar-glazed gingerbread cookies.

Spekulatius

A popular spiced German Christmas cookie in varieties such as butter, almond and chocolate.

Stollen

This unique, traditional, sweet yeast bread studded with dried fruit and nuts is Germany's most precious Christmas baked good. The most famous type is from Dresden and is available with or without a marzipan center.

For holiday recipes and more information about Christmas traditions in Germany, please visit our web site www.germanfoods.org.



Kaffee und Kuchen

A GERMAN CUSTOM WORTH ADOPTING

“Kaffee und Kuchen” (literally coffee and cake) is a fine German tradition akin to the English “Teatime,” a custom that brings families together with a touch of what Germans call “Gemütlichkeit” (roughly translated as “coziness”). Families and friends gather together in the mid to late afternoon to drink coffee and enjoy a slice of cake or two, often homemade. Typical cakes one might find at such a gathering include Schwarzwälderkirschtorte (Black Forest cake), Bienenstich (bee sting cake), Käsekuchen (German cheesecake made with quark and cream) and fruit-based tarts such as Zwetschenkuchen (plum tart). You can also purchase pastries from the corner Bäckerei (bakery) such as Mohnstückchen, a poppy seed pastry and Apfeltaschen, an apple-filled strudel type pastry pocket.

The cakes are, of course, almost always accompanied by a steaming hot cup of rich German coffee with cream or condensed milk. However, tea has become more popular in the last decade, particularly in Ostfriesland where it has always been traditional and where a quarter of all the tea in Germany is consumed.

“Kaffee und Kuchen” is perhaps a weekend tradition worth starting in your family and you’ll not have to travel to Germany to do so. Yummy quality cakes, cookies and cake mixes from Germany are available in many convenient forms in North America. You’ll find authentic German packaged specialty cakes, frozen gourmet treats such as apple strudel, tempting cookies, time-saving boxed cake mixes and a large selection of German coffees and teas in U.S. specialty stores and online.



TASTE THE FEODORA DIFFERENCE



Discover the Feodora difference. Feodora, Germany's renowned chocolatier, selects only the finest cocoa beans, natural ingredients, and has the highest quality processing.

CARL BRANDT, INC. www.carlbrandt.com



HARIBO

Peace, Love & Gummi Bears

Haribo Gold-Bears
are the #1 selling
gummi bear!

Kids and grown-ups love it so —
the happy world of HARIBO!



HARIBO OF AMERICA, INC. 1-800-838-BEAR

© 1999 Haribo, Inc. All rights reserved. Sugar 28, 20%

MINI GERMAN CHEESECAKES

WITH APRICOT COMPOTE

These festive little bites are much lighter in texture than most American cheesecakes. If you'd like, for a creamier texture you can substitute 2 pounds Quark* for the ricotta and sour cream. *Serves twelve.*

INGREDIENTS

- 2 pounds whole-milk ricotta
- $\frac{1}{4}$ cup sour cream
- $\frac{1}{2}$ cup heavy whipping cream
- $\frac{2}{3}$ cup sugar
- 1 vanilla bean
- 1 teaspoon grated orange peel, orange part only
- 4 eggs
- 12 round German Lebkuchen (German gingerbread cookies),
3 inches in diameter
- Apricot Compote (recipe next page)

**Quark is a German-style yogurt cheese.*



Winter

DIRECTIONS

Preheat oven to 350° F. Line a muffin tin with 12 paper muffin liners. Beat together ricotta, sour cream, whipping cream and sugar. Slit vanilla bean lengthwise and scrape out seeds; add seeds and orange zest to ricotta mixture. Beat in eggs 1 at a time.

Divide mixture among prepared muffin liners. Bake until a toothpick inserted in the center of one of the cakes comes out clean, 25 to 35 minutes. Cool on a rack, then refrigerate for at least 1 hour before removing paper liners. Invert each cheesecake on a gingerbread cookie, and top with warm apricot compote.

APRICOT COMPOTE

Heat 1 (16-ounce) jar German apricot preserves in a small saucepan.

Stir in $\frac{1}{4}$ to $\frac{1}{2}$ cup German apple juice or German brandy to thin.

Bring to a simmer and serve.

HISTORY OF LEBKUCHEN

Germany's tradition of baking flat, shaped gingerbreads known as Lebkuchen dates back to 1395 when they were first baked in Nuremburg using spices brought to the city via the famous spice routes of the Middle Ages. It was in Nuremburg that the first Lebkuchen bakery was documented and where in 1643 the first "sworn" Lebkuchen Baker's Guild was established.

Today Lebkuchen are manufactured all over Germany by both major companies and family bakeries, using traditional recipes passed down from generation to generation. However, only Lebkuchen produced within the city limits of Nuremburg may be called "Nuremburg Lebkuchen," which since 1996, has been a "protected geographical indication."





THE TASTE OF CHRISTMAS



THE SIGN OF
GOOD TASTE

www.bahlsen.com





FINE EUROPEAN FOOD SPECIALTIES



The very finest selection of European breads, cakes, cookies, chocolates, marzipan, teas, jams and confectionery — all world-renowned brands from the houses of Brandt, Mestemacher, Hans Freitag, Kuchenmeister, Niederegger, Feodora, Favorit, Coppennrath, Onno Behrends, Schuhmann, Friedel, Reimann and Halloren. Their tradition of quality, fresh ingredients and unique packaging have contributed to their growing popularity in America.

STOLLEN BREAD PUDDING

WITH CARAMELIZED BANANAS

Stollen is a German yeast bread that makes an easy bread pudding, because it comes already filled with currants, almonds, orange zest and cinnamon.

Saving time at the bread pudding stage allows more time to lovingly prepare accompaniments such as creamy vanilla sauce and caramelized bananas. This can be a satisfying end to the big holiday dinner, or the highlight of a holiday brunch or an afternoon holiday party. *Serves 16.*

INGREDIENTS

Cooking spray

4 eggs

$\frac{1}{3}$ cup sugar

2 cups milk

$\frac{1}{2}$ pint (1 cup) heavy whipping cream

1 teaspoon vanilla extract or scraped seeds from $\frac{1}{2}$ vanilla bean

$\frac{1}{2}$ (48-ounce) loaf German Stollen, stale, cut into crouton-sized cubes

1 ($3\frac{1}{2}$ -ounce) bar German dark chocolate, chopped

2 tablespoons pear brandy

Caramelized Bananas (recipe next page)



Winter

DIRECTIONS

Preheat oven to 350° F. Grease a 2-quart baking pan, and set pan into a larger pan. Add water to the larger pan, preparing a water bath in which the pudding will bake. In a large bowl, whisk together eggs and sugar. Whisk in milk, cream and vanilla. Transfer 1 cup of this custard mixture to a saucepan and set aside.

Add Stollen and chocolate to remaining custard mixture in the large bowl; stir well. Pour into prepared baking pan and bake until puffed and firm in the center, about 1¼ hours. Meanwhile, add pear brandy to reserved custard mixture and heat on medium-low, whisking constantly, until it thickens and coats the back of a spoon. (Be careful not to turn the heat too high or stop whisking, as the eggs might scramble.)

Remove pudding from oven and let cool before slicing. Meanwhile, prepare Caramelized Bananas. To serve, place a few warm banana slices on each plate, top with a square of warm bread pudding, and drizzle with warm custard sauce.

CARAMELIZED BANANAS

Slice 4 medium bananas. Heat 3 tablespoons butter in a skillet until melted. Turn heat to medium and stir in 3 tablespoons sugar. Add banana slices and cook until brown; turn with a spatula and cook again until brown. Remove from heat and serve.

STOLLEN — GERMANY'S FRUITCAKE

Since 1329, this unique “fruitcake” has been considered one of the most precious Christmas pastries in the world. The most famous kind of Stollen, which can be found at most local supermarkets during the festive season, is called Dresdner Christstollen, originating from Dresden, Germany. This tasty version bursts with nuts and fruit and is sure to change your mind about the term “fruitcake.” The Stollen is shaped with tapered ends and a ridge down the center, symbolizing the Baby Jesus in swaddling clothes, in which it was customary to wrap newly born children.



DUNKEL GINGERBREAD

WITH CHOCOLATE CHUNKS

Dark German beer adds depth and flavor to this moist and spicy gingerbread. Serve it with a German sour cherry or apricot jam if you like. *Makes: 1 cake/12 servings.*

INGREDIENTS

- 2½ cups all purpose flour, plus additional for dusting pan
- 1½ teaspoons baking soda
- 1½ teaspoons ground cinnamon
- ½ teaspoon ground cloves
- ½ teaspoon salt
- 1 cup dark German beer
- 1 cup molasses
- 1 tablespoon fresh grated ginger
- 1 stick unsalted butter, softened, plus additional for coating pan
- ½ cup sugar
- 1 large egg
- 1 (3½-ounce) bar German dark chocolate, finely chopped
- ⅓ cup (about 2 ounces) finely chopped crystallized ginger
- Confectioners' sugar to garnish (optional)



Winter

DIRECTIONS

Preheat oven to 350° F. Generously butter a 10-cup Bundt pan, dust with flour, and shake out excess. Whisk together flour, baking soda, cinnamon, cloves and salt in a medium bowl and set aside. Whisk together the dark German beer, molasses and ginger in a medium bowl and set aside.

Combine butter, sugar and egg in a large bowl and beat at medium speed with a mixer for 2 minutes, or until mixture is light and fluffy. In 3 additions, alternately beat in flour mixture and beer mixture at low speed until batter is smooth. Stir in chocolate and crystallized ginger. Spoon batter into prepared pan, smoothing top of batter.

Bake 30 – 35 minutes or until a wooden toothpick inserted in center of cake comes out clean. Cool in pan on a wire rack 10 minutes. Remove cake from pan and cool completely on a wire rack. Dust cake with confectioners' sugar, if desired.



Ritter Sport Dark Chocolate

*Smooth, creamy texture
with classic bittersweet taste.*

Perfect for eating and baking.

STUTTGARTER SPÄTZLE

For a little winter comfort German-style, try this tasty and colorful twist on the classic “Mac ’n Cheese” dish using German spätzle noodles and Emmentaler cheese. This quick and easy dish is pleasing both to the eye and to the taste buds and is sure to warm even the most dampened post-holiday spirits! *Serves six.*

INGREDIENTS

- 2¼ cups chopped German Black Forest ham
- ¾ cup sliced red onions
- 1 tablespoon minced garlic
- 1½ cups heavy cream
- ½ cup grated Emmentaler cheese
- ¾ cup blanched fresh or frozen peas
- 3 ounces Mâche salad greens, washed and dried
- 8 ounces German spätzle pasta cooked according to package instructions and drained.
- Sea salt and pepper to taste
- Grated German Emmentaler cheese to garnish



Winter

DIRECTIONS

Heat a large sauté pan over medium heat, add Black Forest ham and cook for 5 – 6 minutes. Add onions and continue to cook for 2 – 3 minutes until softened, stir in the garlic and continue cooking for one more minute.

Pour in the cream, stir in the grated cheese and cook until slightly reduced, about 1 minute. Add peas, Mâche and Spätzle pasta and heat through until Mâche greens are just wilted. Season to taste with salt and pepper, and garnish with freshly grated cheese, if desired.

ALLGÄUER EMMENTALER

Also known as Bavarian Swiss, Allgäuer Emmentaler is one of Germany's best-known cheeses. Made from pure Bavarian cow's milk it has a mild delicate flavor which, after ripening, intensifies to a characteristic sweet nuttiness.



SAUERKRAUT JALAPEÑO POPPERS

WITH BAVARIAN MUSTARD DIP

In this recipe, jalapeño peppers are stuffed with a mixture of German sauerkraut and cheese. They're batter-dipped and fried — and they're perfect for a Superbowl party, served with a selection of genuine German beers.

Makes 12 servings.

INGREDIENTS

- $\frac{1}{2}$ cup all purpose flour
- $\frac{3}{4}$ cup German Pilsner beer
- 12 large jalapeños, about 3 to 4 inches long
- $1\frac{1}{2}$ cups Bavarian-style sauerkraut with wine
- 8 ounces (2 cups) coarsely shredded German Tilsiter or German Emmentaler cheese
- 1 quart vegetable oil, for deep-frying
- $\frac{1}{2}$ cup cornstarch
- $\frac{1}{2}$ teaspoon salt
- Bavarian Mustard Dip (recipe next page)



Winter

DIRECTIONS

Combine flour and German lager beer in a medium bowl and whisk until smooth. Let stand at room temperature while preparing jalapeños.

Bring a large pot of water to a boil. Cut a lengthwise slit down one side of each jalapeño, starting just below the stem. Place jalapeños in the water, and return to a boil. Reduce heat and simmer 8 minutes or until jalapeños are just tender and not too soft. (Do not overcook. If chilis are too soft, they will be difficult to stuff without tearing.) Drain and refresh under cold running water. Wearing rubber gloves, carefully scrape out the seeds and membrane inside jalapeños using a small spoon or a melon baller. For hotter poppers, leave in some of the seeds.

Drain sauerkraut and squeeze out excess liquid. Place sauerkraut on several thicknesses of paper towels, top with additional paper towels and press to squeeze out liquid. Combine sauerkraut and Tilsiter or Emmentaler in a small bowl and stir to mix well. Carefully fill each jalapeño cavity with about 3 tablespoons of the sauerkraut mixture. (The edges of the peppers do not have to seal.)

Heat the oil for deep-frying in a large heavy deep-sided skillet or pot to 375° F. Place the cornstarch in a shallow dish and, working with a few jalapeños at a time, dredge in cornstarch. Dip each jalapeño in beer mixture to coat completely. Fry jalapeños in batches, about 3 minutes, or until lightly browned. Transfer to a paper towel-lined plate to drain. Sprinkle peppers with salt. Serve with mustard dip.

BAVARIAN MUSTARD DIP

$\frac{3}{4}$ cup sour cream

3 tablespoons Bavarian mustard

Combine sour cream and mustard
in a small bowl and stir to mix well.



Resources

Our web site www.germanfoods.org is a comprehensive resource tool for anyone interested in learning more about German foods and beverages. Log on for more information about the products listed in this cookbook, retail sources, promotions, events, recipes, restaurants and much more!

German imported foods and beverages can be found in a wide variety of stores nationwide, although some may be in limited distribution. Please check with the retailers* listed on these pages and log on to www.germanfoods.org for a more comprehensive list of German specialty stores and major chains that sell German imported products. You can also purchase German foods and beverages online from the following sites:

www.germandeli.com

www.igourmet.com

www.german-gourmet.com

www.ethnicgrocer.com

www.continentalsausage.com

www.germanlebkuchen.com

www.priskas.com

www.germangrocery.com

www.europeanfoods.com

www.delimeyer.com

www.germandelights.com

www.bavariasausage.com

**The German Agricultural Marketing Board-CMA has no affiliation with any of these retailers or Internet sites and does not expressly endorse them. This resource information is provided as a courtesy only.*



Suggested Retailers

ALABAMA

Karl's German Bakery Daleville
Klinger's European Bakery Vestavia

ALASKA

Alaska Sausage Co. Anchorage

ARIZONA

Deutsches Eck Sierra Vista
Edelweiss German Deli Phoenix
German Sausage Co. Phoenix
Guten Appetit Deli Sierra Vista
Old Heidelberg Bakery Phoenix
Oldtime Sausage and Deli Phoenix
Rheinland Deli Phoenix

ARKANSAS

Dunderbak's Pantry North Little Rock

CALIFORNIA

Alpine Market Torrance
Andronico's Market San Francisco Bay Area
Continental Gourmet Sausage Glendale
Crossroads World Market Hayward, Palo Alto
Dittmer's Gourmet Meats Mountain View
Eschenburg Delicatessen Huntington Beach
Globe European Delicatessen Costa Mesa
Gourmet Haus Staudt Redwood City
Lehr's German Specialties San Francisco
Michel's European Delicatessen Anaheim
Mollie Stones Markets San Francisco Bay Area
Münchener Haus Fremont
Sausage King & German Deli San Diego
Schreiner's Glendale
Shoop's Delicatessen Santa Monica
The Junket El Cerrito
Van Nuys German Deli North Hills

COLORADO

Alpenrose German Deli Security
Black Forest Deli Arvada
Continental Sausage Denver
Elke's German Deli Fountain
Grindelwald German Deli Colorado Springs
Helga's German Delicatessen Aurora
Old Heidelberg Pastry Shop Colorado Springs
Taste European Deli Englewood
Wimberger's Bakery and Deli Colorado Springs

CONNECTICUT

Adolf's Hartford
Best Wurst New Canaan

DELAWARE

Imperial International Deli Wilmington

DISTRICT OF COLUMBIA

Café Mozart / German Deli Washington
Rodman's Discount Gourmet Washington
Wagshal's Deli Washington

FLORIDA

A Taste of Europe Sarasota
Bavarian Colony Boynton / Jensen Beach
Bernie's Deli Venice
Emil's Sausage Pompano Beach
European Goodies St. Petersburg
European Gourmet Brandon
Geier's Sausage Kitchen Sarasota
German Baker Boy St. Pete Beach
International Wursthouse Largo
Karl Ehmer Sarasota
Mainzer's German Deli Miami
Mr. Dunderbak's Daytona Beach, Tampa
Ness Bakery Miami
Neumann's Deli & Restaurant Naples
Old Heidelberg Deli Fort Lauderdale
Pumpnickel's Titusville
Schiller's Deli Tampa
Schnickel Fritz Clearwater, Port Richie
Schwind's Deli Kenneth City

GEORGIA

Alpenland International Inc. Cleveland
Edelweiss Hospitality Inc. Sautee
Hofer's of Helen Helen

ILLINOIS

Alpenrose German Deli Carpentersville
Alpine Deli Niles
Alpine Delicatessen Villa Park
Delicatessen Meyer Chicago
Edelweiss Delicatessen Palatine
Koenemann Sausage Volo
Kuhn's Deli Deerfield, Des Plaines
Treasure Island Chicago, Wilmette

INDIANA

Heidelberg Haus Indianapolis
Himmel Haus Elkhart
Klemm's German Sausage Indianapolis

IOWA

Amana Meat Shop & Deli Amana

KANSAS

Au Marche Lawrence
Werner's Specialty Foods Mission

KENTUCKY

Deutsche Ecke Radcliff

MAINE

Morse's Sauerkraut Waldoboro

MARYLAND

Old World Deli and Bakery Randallstown
Mueller's Delicatessen Baltimore
Mueller's German Deli Hagerstown
Rodman's Wheaton, Kensington
Wine Beer & German Stuff Ashton

MASSACHUSETTS

Cardullo's Gourmet Cambridge
Karl's Sausage Kitchen Saugus

MICHIGAN

Erika's Delikatessen Grand Rapids
Nitsche's Sausage Roseville

MINNESOTA

Das Wurst Haus Lanesboro
Deutsches Haus Maplewood
German Specialty Imports Prior Lake
GutenTag Haus New Ulm
Ruth's German Haus Red Wing
Surdyk's Minneapolis

NEVADA

Café Heidelberg Las Vegas
International Market Place Las Vegas

NEW HAMPSHIRE

European Deli Nashua
European Delicatessen Amherst

NEW JERSEY

Alpine Deli and Pork Store Ringwood
Forked River Butcher Shop Forked River
Kocher's Ridgfield
Old World Market Berlin

NEW MEXICO

Alpine Sausage Kitchen Albuquerque

NEW YORK

Alpine Pork Store South Cairo
Forest Pork Store Huntington Station
Fred's Prime Market Long Island
German Grocery West Nyack
Hartmann's Old World Sausages Rochester
Karl Ehmer New York area
Koglin German Royal Ham New York
Schaller & Weber New York
Smokehouse of the Catskills Saugerties

NORTH CAROLINA

A Southern Season Chapel Hill
Chef's Market Matthews

OHIO

Jungle Jim's Cincinnati, Fairfield
Jürgen's Bäckerei und Konditorei Columbus
Kilgus Meats Toledo

OKLAHOMA

Siegi's Sausage Factory Tulsa

OREGON

Edelweiss Sausage and Deli Portland
Old Country Sausage Portland
Original Bavarian Sausage Tigard

PENNSYLVANIA

Alpine Meat and Wurst House Honesdale
Baldinger's Zelenople
Bavarian Specialties King Of Prussia

Clemens Markets Kulpville
Dunderbak's Market Café Whitehall
Fraulie's German Deli and Import Lemoyne
German Butcher Shop Reading
German Haus of Deli York
Josie's German Deli Mechanicsburg
The German Deli Lancaster

SOUTH CAROLINA

Deli Korner Charleston
Haus Edelweiss Greenville
Rococo German Bakery Charleston
The German Meat Market Columbia

TENNESSEE

Gourmet's Market Knoxville

TEXAS

Fiesta Mart Houston, Dallas, Austin
German Deli Southlake
Henk's European Deli Dallas
Kuby's Sausage House Dallas
New Braunfels Smokehouse New Braunfels
Spec's Houston area
Wurstmarkt Harker Heights

UTAH

Old Dutch Store Salt Lake City
Siegfried's Delicatessen Salt Lake City

VERMONT

Vermont Country Store Manchester Center

VIRGINIA

German Gourmet Falls Church
Heidelberg Bakery Arlington
The Swiss Bakery Burke

WASHINGTON

Alpenland Delicatessen Mercer Island
Alpine Delicatessen Spokane
Bavarian Meat Delicatessen Seattle
Continental Store Seattle
From Russia with Love Bellevue
German Sausage Haus Stanwood
Hans' German Sausage Burien
Hess Bakery and Deli Tacoma
Hesse's Lakewood
International Deli Bellevue
Liebchen Delicatessen Bellevue
Oscar's German Delicatessen Olympia

WISCONSIN

Alpine Boutique Milwaukee
Bavaria Sausage Inc. Madison
German Glass and Gifts German Town
Karl's Country Market Menomonee Falls
Unger's Famous Sausage Milwaukee
Willis Euro Market Leavenworth

See www.germanfoods.org for more listings.