



After the Viennese Ball

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Aperol Spritz

Ingredients:

Prosecco, Aperol, Seltzer

Directions: Combine 3 cups prosecco, 2 cups Aperol and 1 cup seltzer into a pitcher. Pour into 4 ice-filled glasses. Garnish with orange slices. Yields 4 servings.

If preferred to make individual servings:

Ice

3 ounces (1 part) Aperol

3 ounces (1 part) Prosecco

1 ounce (a splash) club soda or sparkling unflavored water

Orange slice, for garnish

Butter lettuce salad with toasted pumpkin seeds

Dressing ingredients:

Makes about 1 cup of dressing. About 2 tablespoons per serving.

½ cup white wine vinegar

1/3 cup toasted pumpkin seed oil

1/3 cup canola oil

¼ teaspoon salt

¼ teaspoon coarse ground black pepper

½ teaspoon sugar

1 shallot finely minced

Instructions:

In a small jar or mixing bowl, add all ingredients and whisk vigorously with a small whisk or a fork until the dressing is emulsified (or well combined).

To make salad, toss vinaigrette over desired amount of butter lettuce. Serve topped with toasted pumpkin seeds.

Liptauer Cheese Spread

Ingredients:

8 oz cream cheese, or quark cheese if you can find it, softened to room temperature
4 tbsp unsalted butter softened to room temperature
1/2 tbsp Dijon mustard
1 tbsp capers
1 tsp Caraway seeds
2 tbsp white onion minced
2 stalks green onions chopped
1/2 tbsp paprika
1/2 tsp salt
1/8 tsp black pepper

Instructions:

Use an electric mixer to beat 8 oz cream cheese and 4 tbsp softened butter together until creamy.

Use a rubber spatula to mix in the rest of the ingredients.

Refrigerate overnight or at least 1 hour.

Enjoy with pretzels, vegetables, rye bread, or crackers.

Notes:

Cheese: Quark cheese is the common choice in Austria. If you can find it, use that. If not, cream cheese is a great and easily-locatable substitute. I can sometimes find quark at Whole Foods. If you use quark cheese, the texture may appear a little thinner.

Green Onions: Chop both the green and white parts if you want a lot of onion flavor. The raw onions in this recipe can be kind of strong. If you are sensitive to raw onions, you can omit the white onion. If you like a lot of onions, you can add more!
Paprika: Some people like a spicy dip and use hot paprika. I use sweet paprika. The higher quality the paprika, the more you'll be able to taste it in this recipe.

Use spicy paprika if you want a spicy dip or sweet paprika if you want a sweeter spread. Both are used in Austria.

Authentic Austrian Beef Goulash

Ingredients

- 2 1/4 lbs (1 kg) whole boneless beef shank (if not available, use shoulder/chuck roast or short rib)
- 1 3/4 lbs (800 g) yellow onions
- 1/2 tablespoon dried marjoram
- 1/2 tablespoon caraway seeds or ground caraway seeds (do not substitute cumin), see step 5
- 1 tablespoon (20 g) tomato paste
- 4 tablespoons (30 g) sweet Hungarian paprika
- 1 teaspoon hot paprika or a pinch cayenne pepper (optional)
- 1/2 tablespoon vinegar (any will do)
- 3/4 teaspoon fine salt
- 2 bay leaves (optional)
- Clarified butter or vegetable oil
- In addition: Large pot with lid

Perfect side dishes: Kaiser rolls, Spaetzle ([recipe here](#)), or Nockerl ([recipe here](#))

Instructions

1. Cut beef into 2-inch (5-6 cm) cubes. Only trim off thick outside fat, in case there is any. The interior fat will be rendered out during cooking which makes the beef tender and the sauce smooth and thick.
2. Peel onions and cut them in half, lengthwise. Cut into thin and even half-moon slices to ensure they all cook evenly later.
3. Heat 1 tablespoon clarified butter or oil in large pot over medium-high heat. Add beef and sear, turning occasionally, until beef is browned, about 5-10 minutes. The pot shouldn't be crowded or the meat won't brown nicely. Rather add beef in two batches. Add more oil if needed. Transfer beef to a large plate and set aside.
4. Add a tablespoon clarified butter or oil and the sliced onions to the pot. Cook for 8-10 minutes over high heat, stirring steadily. Reduce heat to medium-low and cook until the onions are golden brown and soft, stirring often, about 15 minutes.
5. *Note: This step is optional. You can add marjoram and caraway seeds as is (almost all recipes do so). I, on the other hand, always mince marjoram and caraway seeds to transform them into powder (or at least chop finely). Mince the marjoram with a sharp knife until powdery. This works very well and you'll be finished within 30 seconds. Now the trickier part: Usually, caraway seeds tend to be too firm to crush with a mortar and pestle. Either, grind caraway seeds with an electric grinder (coffee grinder), or chop them with a knife. I usually sprinkle the seeds onto a dollop of softened (clarified) butter and mince them with a sharp knife. The butter prevents the caraway seeds to jump off the cutting board. Add the seeds including the (clarified) butter during the next step.*
6. Add tomato paste, marjoram, caraway seeds, and paprika to the onions. Stir for about 20 seconds. Do not roast longer since paprika will get bitter if roasted for too long. To be on the safe side, you can add all the spices except paprika. Roast them for 1/2 to 1 minute. Now add paprika and stir for a few seconds.

Goulash (cont.)

Immediately add vinegar, followed by a cup (240 ml) of water. Stir well and let the onion-mix reduce until almost all liquids have evaporated, about 15 minutes.

Add another cup of cold water (for easier blending) and blend using an (immersion) blender, then return to pot. The sauce will be orange but will darken the longer it cooks.

Add salt, bay leaves, and beef with any accumulated juices to the pot. Stir to combine, cover with a lid, and return to a simmer over low heat. Only if the beef cooks low and slow it will get tender. This will take about 3 hours. The sauce will get darker in color and it will thicken slightly. Season to taste with salt (you will probably have to add a pinch or two).

In theory, the goulash is ready now. However, I highly suggest letting it cool overnight (put it in the fridge, lid on) and reheating the goulash the following day. This will enhance the flavor and texture. You can reheat it over the next couple of days, the goulash will only get better. Add a little water to thin, if needed. Store in the fridge in between.

Serve with a crunchy Kaiser roll and Austrian-style pasta like [Spaetzle](#) or [Nockerl](#). Enjoy

Egg Spaetzle

Source: The New German Cookbook by Jean Anderson and Hedy Wurz

Ingredients:

1 cup plus 2 tablespoons sifted all-purpose flour *(see note)

1/8 teaspoon freshly grated nutmeg

½ teaspoon salt

1 extra-large egg

6 tablespoons milk

3 tablespoons unsalted butter or margarine, melted

Directions:

Combine flour, nutmeg and salt in small bowl and make a well in the center. Wisk egg and milk in a measuring cup and pour into the well in the dry ingredients. Beat hard with a wooden spoon until the batter is bubbly and elastic (or use a food processor, giving the batter 3 or 4 one-minute pulses until smooth and elastic). (TB uses the stand mixer. First with the paddle, then dough hook.)

Push batter through spaetzle maker (or colander, ect.) into a large kettle of rapidly boiling salted water. Cook uncovered for 8 minutes, stirring occasionally. Remove spaetzle from boiling water into a large bowl of ice water using a slotted spoon and allow to stand until ready to serve - but no longer than an hour or two.

Drain spaetzle well in colander, then warm 4 to 5 minutes in the melted butter in a large sauté pan over moderately low heat, stirring now and then. Serve at once. Makes 4 servings.

Linzer Torte Bars

Ingredients

- 1 cup flour
- 1 cup confectioners' sugar
- 1 cup ground walnuts
- ½ cup butter, softened
- ½ teaspoon cinnamon
- 2/3 cup red raspberry preserves

Directions

Pre-heat oven to 375F.

Mix together flour, sugar, walnuts, cinnamon and butter in a bowl until crumbly.

Press 2/3 of mixture into an ungreased 9x9 inch baking pan. **Note:** I used more than 2/3 cup to cover the bottom of the pan and I greased my pan for easy removal.

Spread preserves over crust.

Sprinkle the remaining crumb mixture over the top of preserves, patting mixture down lightly.

Bake at 375F for 20-25 minutes or until light golden brown.

Cool completely before cutting into bars. I used round fluted cookie cutters rather than cut them into bars. If desired lightly dust with confectioners' sugar.