



October, 2009

Hostess: Betsy Kehoe, Theresia Binder,
Robyn Clever, Mary Jane Vitkovich

Menu

German Split Pea Soup with Smoked Chicken Sausage
Chilled Cucumber Salad
Spatzle
Beef Rouladen with Sweet & Sour Cabbage
German Black Forest Cake



Appetizer

German Split Pea Soup
Garnished with Grilled Oktoberfest Smoked Chicken Sausage
German Beer

Split Pea Soup Recipe

- 2 Packages of Green Split Peas
- 3 Cups Water to 1 Cup Dry Peas
- 2-3 Smoked Ham Hocks or Ham Bone
- 6 Stalks of Celery Chopped
- 1 Large Onion Chopped
- 6 Carrots Chopped
- 2 Bay Leaves
- Add to Taste:
Salt, Pepper, Tarragon, Basil

Simmer for several hours until everything is very tender. Remove ham bone.

I take my hand blender and whip until completely smooth

Soup is served traditionally in a teacup with sausage garnish & pretzel on the side.

Chilled Cucumber Salad

2 cups thinly-sliced chilled English cucumbers

½ teaspoon salt

1 cup thinly-sliced onions

¼ cup vinegar

¼ cup water

1 tablespoon sugar

½ teaspoon dill weed

¼ teaspoon black pepper

1 dash cayenne

Place cucumber slices in a glass bowl and sprinkle with salt. Stir in onions.

Place remaining ingredients in 2 cup glass measure and beat with fork to combine. Pour Over cucumbers and onions and toss lightly. Refrigerate for at least 30 minutes.



Roulades of Beef

Rinds Rouladen

From the Binder Family recipes

Serves 18-20 portions

Ingredients

Rouladen

3 lbs top round, sliced 3/8 inch and gently pounded between plastic wrap to 1/8 in thick

6 TBS Dijon mustard

2 medium yellow onions, diced

10 strips lean smoked bacon, cut in 1/2 to give 20 long strips

Salt and pepper

Cooking Rouladen

2 TBS unsalted butter

2 TBS peanut oil or vegetable oil

1 large carrot, peeled and cut into 2 inch chunk

1 large yellow onion, peeled and diced

1 large celery rib, diced

1 red pepper seeded and diced

3 1/2 cups low sodium beef or 1 cup red wine and 2 1/2 cups low sodium chicken broth

Making Gravy- Mother Recipe Guide

Drain cooking juices and liquid

Set aside to allow fat to rise to surface. If you have time, refrigerate and skim fat off the top.

While the liquid is cooling, make the roux.

Roux formula: On Medium High heat---1 TBS unsalted butter + 2 TBS flour are sautéed until chestnut brown, then while whisking, add 2 cups of cooking liquid. Calculate how much roux to make by how much liquid you have. If the liquid is too little for the amount of gravy you would like to produce, add more broth.

Season to taste with salt and pepper, Lower heat until ready to serve.

Preparing the Roulades

Lay out the pounded beef slices on wax paper. Sprinkle both sides with salt and pepper. Spread about a teaspoon of Dijon on each slice top with bacon then onion.

Roll the beef and secure with toothpicks or kitchen string.

Cooking the Roulades

Heat butter and oil in a heavy skillet over medium high heat until the oil is shimmering. Brown the roulades well, 5-10 minutes, then remove from the pan and place in a Dutch oven.

To deglaze the skillet, add the onions and sauté until golden, add beef broth (or wine and chicken broth). Once the liquids have lifted the tasty brown bits off the bottom of the

skillet, add the broth, onion, and cooking liquids to the Dutch oven with the roulades. Add carrots, red pepper and celery. The liquid should nearly cover the roulades. Bring the liquid to a near boil, lower heat to simmer.

Cover the Dutch oven and simmer for 1 ¼ to 1 ½ hours or until the roulades can be easily pierced with a sharp knife point. Using a slotted spoon, remove the roulades to a shallow pan, cover with foil to keep warm and prepare the gravy.

Gravy:

Strain the roulade cooking liquid. Measure the amount of liquid and add broth to create the finished amount of gravy you want. (The less broth you add, the richer the finished gravy will taste.)

Cook on medium high heat the appropriate amount of roux for the liquid you have. Once the roux is chestnut brown, whisk rapidly and slowly pour in the liquid. Once all the liquid is incorporated, lower the heat and cook for a couple of minutes.

To Serve:

Remove the strings or toothpicks. Place the roulades on a platter and drizzle some of the gravy over the top. Serve the remaining gravy in separate bowl.

Guten Appetit!



Sweet- Sour Red Cabbage

Suess-Saurem Rotkohl

Recipe from the Binder Family Files

Serves 8

Ingredients:

1 TBS butter

1 TBS vegetable oil

1/2 medium sized onion, diced

1 (2-2 1/2 lb) head of red cabbage, cored and shredded (about 10 cups)

1/4 cup red wine vinegar

1/3 cup firmly packed brown sugar

1/4 round allspice

1/4 tsp ground cloves

1/2 cup low-sodium broth, chicken or beef

Salt and pepper to taste

2 TBS flour

1. Melt butter and oil in a large Dutch oven or deep saucepan. Sauté onions until soft and golden, about 2 minutes.
2. Add the cabbage, red wine vinegar, brown sugar, allspice, cloves and broth. Toss to mix.
3. Boil until cabbage is soft, stirring occasionally to prevent the sugar from burning. Add more broth as is necessary to keep from burning.
4. Check seasoning, add salt, pepper, sweet and sour as needed.
5. Sprinkle with flour. Mix and warm through for 2 minutes. This will cook the flour and thicken the cabbage. It will also give it a glossy sheen.



German Black Forest Cake

2 cups and 2 tbsp. all purpose flour
¾ cup unsweetened cocoa powder
¾ tsp baking soda
½ cup shortening
1 cup milk
3 cups whipping cream
1 21oz can cherry pie filling
2 cups sugar
1 ½ tsp baking powder
¾ tsp salt
3 eggs
1 tbsp. vanilla extract
¼ cup and 2 tbsp powdered sugar

Combine dry ingredients in large mixing bowl; stir until well mixed, Add Shortening, eggs, milk, and vanilla; beat mixture 3 minutes at low speed of electric mixer scraping bowl occasionally.

Grease two 9 inch cake pans lined on bottom with waxed paper. Pour batter into pans. Bake at 350 degrees for 30-35 minutes or until wooden pick inserted in center comes out clean. Cool cake in pans 10 minutes. Remove from pans and cool completely. Split cake layers in half horizontally to make 4 layers. Make fine crumbs using 1 cake layer; set crumbs aside.

Beat whipping cream until foamy; gradually add powdered sugar, beating until soft peaks form. Place 1 cake layer on cake platter; spread with 1 cup whipped cream and top with ¾ cups cherry pie filling. Repeat with second layer and then top with third cake layer.

Frost sides and top with whipped cream, reserving a small amount for garnish. Pat cake crumbs generously around sides of cake (there may be leftover crumbs). Spoon dollops of whipped cream around top of cake, spoon remaining pie filling on center of top. Chill well.

German Beer Song Lyrics

In München steht ein Hofbräuhaus / In Munchen steht ein Hofbrauhaus free midi mp3
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In München steht ein Hofbräuhaus

Melodie -

wiga Gabriel 1939

In München steht ein Hofbräuhaus:
Eins, zwei, g'suffa . . .
Da läuft so manches Fäßchen aus:
Eins, zwei, g'suffa . . .
Da hat so manche braver Mann:
Eins, zwei, g'suffa . . .
Gezeigt was er so vertragen kann
Schon früh am Morgen fing er an
Und spät am Abend kam er heraus
So schön ist's im Hofbräuhaus.

1. Da, wo die grüne Isar fließt,
Wo man mit "Grüß Gott" dich grüßt,
Liegt meine schöne Münch'ner Stadt,
Die ihresgleichen nicht hat.
Wasser ist billig, rein und gut,
Nur verdünnt es unser Blut,
Schöner sind Tropfen gold'nen Wein's,
Aber am schönsten ist eins:
In München steht ein

2. Da trinkt man Bier nicht aus dem Glas,
Da gibt's nur "die große Maß!"
Und wenn der erste Maßkrug leer,
Bringt dir die Reserl bald mehr.
Oft kriegt zu Haus die Frau 'nen Schreck,
Bleibt der Mann mal länger weg.
Aber die braven Nachbarsleut',
Die wissen besser Bescheid!
In München steht ein

3. Wenn auch so manche schöne Stadt
Sehenswürdigkeiten hat,
Eins gibt es nirgendwo wie hier:
Das ist das Münchener Bier.
Wer dieses kleine Lied erdacht
Hat so manche lange Nacht
Über dem Münchener Bier studiert
Und hat es gründlich probiert.
In München steht ein

Lyrics to Ein Prosit Der Gemütlichkeit :

Ein Prosit, ein Prosit
Der Gemütlichkeit
Ein Prosit, ein Prosit
Der Gemütlichkeit.



Ein Prosit



Left: German Pea Soup

Below: Cucumber Salad,
Rouladen, Red Cabbage,
Spatzle



Right:
Black Forest Cake

