



Recipes

Bonn Menu I

Rheinischer Sauerbraten (easy) Work time: 150 min, plus **48hrs** marinating time

Serves 6

Marinade: 750ml dry red wine 200ml red wine vinegar 2 large carrots 1 leek 1 celery root
 1 celery root 2 onions 4 juniper berries 2 whole allspice berries a few peppercorns
 1.2 kg braising beef/pot roast salt 30g lard or other fat, for browning the beef
 1 small tomato, sliced 50g golden raisins 75g Pumpernickel

For the Marinade: Mix the wine and vinegar. Finely chop the vegetables. Add the vegetables, along with the juniper and allspice berries and the peppercorns, to the wine-vinegar mix.

Place the beef in the marinade; it should be completely covered. Cover, place in fridge and marinate 48 hours.

To cook the beef: Remove the beef from the marinade and pat it dry. Strain the marinade, capturing the liquid and reserving the vegetables. Salt the beef. Melt cooking fat in a braising pot and brown the beef well on all sides. Remove beef to a platter. Add the marinade vegetables and the tomatoes and cook over med-high, browning well. Pour the marinade into the pot and bring to the boil; add the beef to the pot, turn the heat to low, cover and braise for 2 hours. Remove the beef from the pot and keep warm. Strain the sauce into a second pan. Add the golden raisins to the sauce and crumble the Pumpernickel into the pan. Boil for 2 minutes. Slice the beef and serve with the sauce.

Westfalian Pickert (Potato Pancakes) Work time: 30 minutes Serves 5

750g potatoes 3 eggs 200g flour 50ml milk 60ml cream 5g salt pork belly fat

Peel the potatoes and grate them. Mix with the other ingredients to form a dough. Grease a frying pan with a bit of the pork belly fat and drop large-sized soup spoonful's of dough into the pan, flattening the cakes with the back of the spoon. Cook over moderate heat until browned; turn and brown the other side.

Westfalian Food of the Gods Work time **5hrs 30 minutes**

500g sour cherries * 100g sugar 3 slices Pumpernickel bread 50g meringue cookies 75g hazelnuts
1 lemon 250g ricotta 250g whipping cream 1 tablespoon vanilla sugar 3 tablespoons grated chocolate

Wash and stone the cherries (or you can buy a jar – World Market sells this). Mix with half of the sugar. Toast the Pumpernickel and crush to fine crumbs when it cools. Crush the meringue cookies and roughly chop the nuts. Wash and dry the lemon, zest half of it and juice the entire lemon. Mix the zest and the juice with the ricotta and the rest of the sugar. Beat the cream, together with the vanilla sugar, to fairly stiff peaks. Fold gently into the ricotta mixture. In tall glasses layer the ricotta, cherries, Pumpernickel crumbs, cookie crumbs, and nuts. Cover the glasses with plastic wrap and chill in the fridge for 5 hours to allow the flavors to blend. To serve, top with grated (or shaved) chocolate.

Viennese Menu I

Individual Lobster Soufflés Maria

2 lbs. lobster 1/3 cup butter 2/3 cup flour 1 cup warm milk ½ teaspoon minced shallot
Salt, pepper, dash of cayenne pepper 3 truffles ¼ cup Madeira 3 eggs, separated + 2 whites
3 tablespoons whipped cream

Soak the truffles in Madeira for several hours. Preheat the oven to 375°F. Melt butter in a pan; stir in the flour and cook the roux, stirring constantly, until it starts to turn golden. Gradually add the milk and simmer 10 minutes. Add the shallot, salt & pepper to taste, and cayenne. Remove the sauce from the heat, stir in 3 egg yolks and the lobster. Chop the truffles and add to the mixture, with 2 oz. brandy (optional). Beat the 5 egg whites until very stiff, adding 3T of whipped cream. Fold this into the lobster mixture. Butter 6 individual soufflé dishes (larger ramekins) and pour in the lobster mix. Set them in a shallow pan of water and bake 15-20 min, or until puffed and golden. Serve immediately.

Consommé Elisabeth

6 cups beef consommé 3 leeks ¾ cup very thin egg noodles 3 artichoke bottoms
grated Parmesan

Bring the consommé to the boil and add just the white part of the leeks, sliced into 1/4 -inch slices. Simmer until the leeks are almost soft, about 12 minutes. Add the noodles and cook 8 minutes more. Dice the artichoke bottoms, add to the broth, and simmer 10 minutes. Season to taste with salt and pepper and serve with the Parmesan.

Beet Salad

8-10 small to medium beets ½ cup tarragon vinegar ½ cup water ½ teaspoon salt
¼ teaspoon pepper ¼ teaspoon caraway seeds 3 whole cloves 2 peppercorns
½ a bay leaf 2 tablespoons horseradish

Cook the beets, without peeling, greens and all, in salted water until tender, 20-30 minutes. Do not pierce them to test! Remove from water and remove the stems and leaves. Peel the beets, retaining all the juice. Cut crosswise into very thin slices into a serving dish. Put the vinegar and water into a pan and simmer the caraway, cloves, peppercorns, and bay leaf 9 minutes. Salt to taste. Strain the hot marinade over the warm beets and their juice. Add the horseradish and allow to cool; chill until ready to serve.

Wiener Rostbraten mit Zwiebel (Viennese Rib Steak with Onions)

2 ½-inch thick steaks, cut from a standing rib roast of beef 8 tablespoons butter 1-1/2 cup thinly sliced onion
Salt and pepper plates heated in the oven

The steaks must be trimmed of all fat. Pound the steaks well and season with salt and pepper. Dust lightly with flour. Heat a heavy skillet over med-high heat with 4 tablespoons of the butter. Add the steaks and sauté on one side for about a minute. Add the onion and the rest of the butter and continue to cook about 3 minutes, until the meat is browned. Turn and cook only long enough to seal in the juices. Transfer steaks to hot plates, pouring the onions and butter over. *Rostbraten* is sometimes served garnished with crumbled bacon and chopped parsley

Potatoes Anna

8 large potatoes, peeled and thinly sliced ½ cup melted butter grated Parmesan

Preheat the oven to 375°F. Soak the potatoes in cold water for 5 minutes. Drain and pat them dry. Arrange a layer of the potatoes in a large, buttered soufflé dish, sprinkling them with grated Parmesan. Continue layering potatoes and cheese until all the potatoes are used. Pour the melted butter over the top and bake for about 35 minutes. Reduce the oven to 350°F and bake another 20 minutes or more, until the potatoes are golden brown. Invert onto a heated platter to serve.

Sachertorte

6 ½ oz chopped semisweet chocolate 8 egg yolks 8 tablespoons unsalted butter, melted
1 teaspoon vanilla extract 10 egg whites pinch of salt ¾ cup sugar 1 cup sifted all-purpose flour
½ cup apricot jam, rubbed through a sieve

for the glaze: 3 oz chopped, unsweetened chocolate 1 cup heavy cream 1 cup sugar 1 egg
1 teaspoon corn syrup 1 teaspoon vanilla extract

Preheat the oven to 350°F. Butter two 9x1-1/2-inch round cake pans and line the bottoms with baking parchment. Butter and flour the parchment, shaking off excess flour. Melt the semisweet chocolate in a double boiler, stirring occasionally with a wooden spoon. Lightly whisk the egg yolks in a bowl and beat in the melted chocolate, butter, and vanilla. Beat the egg whites with a pinch of salt until they foam, then add the sugar, 1 tablespoon at a time and beat to very stiff peaks. Mix about 1/3 of the egg whites into the chocolate-yolk mixture, then pour this mixture over the remaining egg whites. Gently fold with a rubber spatula only until no streaks of whites are visible. Do not overmix! Pour the batter into the pans, dividing it evenly. Bake 25-30 minutes, until the layers are puffed and dry and a toothpick comes out clean from the center. Remove from oven and run a sharp knife around the pan edges. Turn them out onto a rack and remove the parchment. Allow cake to cool while you prepare the glaze.

In a heavy pan, combine the unsweetened chocolate, cream, sugar and corn syrup. Cook on low heat, stirring constantly, until the chocolate and sugar are melted, then raise the heat to medium and cook without stirring for 5 minutes, or until a bit of the mixture dropped into cold water forms a soft ball. IN a small mixing bowl, beat the egg lightly, then stir 3 tablespoons of the chocolate mixture into it. Pour this into the remaining chocolate and stir briskly. Cook over low heat, stirring constantly, for 3-4 minutes, until the glaze heavily coats a spoon. Remove from heat, add the vanilla, and cool to room temperature.

When the cake is completely cooled, spread one layer with the jam, stack the other layer on top and place them, still on the cooling rack, onto a rimmed baking sheet. Pour the glaze evenly over the cake, keeping the pan about 2 inches above the cake. Smooth the glaze with a metal cake frosting spatula and let the cake stand until the glaze stops dripping. Using several large spatulas or a small peel, transfer the cake to a serving plate and chill for 2-3 hours to set the glaze. Remove from refrigerator ½ an hour before serving.

Linzertorte

1 ½ cups all-purpose flour 1/8 teaspoon ground cloves ¼ teaspoon cinnamon ½ cup sugar
1 cup unblanched almonds, finely ground 1 teaspoon lemon zest 2 hard-cooked egg yolks, mashed
1 cup unsalted butter, softened 2 raw egg yolks, lightly beaten 1 teaspoon vanilla extract
1 ½ cups thick raspberry jam 1 egg, lightly beaten 2 tablespoons light cream
Confectioner's sugar

Sift the flour, cloves and cinnamon into a deep mixing bowl. Add the almonds, sugar, zest and mashed yolks. With a wooden spoon, beat in the butter, raw egg yolks, and vanilla. Continue to beat until the mixture is smooth and doughy. Form the dough into a ball, wrap in plastic wrap and chill at least one hour. Remove about ¾ of the dough from the ball and return the rest to the refrigerator. Butter a 9x1-inch springform pan (with a removable bottom). With your fingers, press the dough into the bottom and up the sides of the pan, to a thickness of about ¼ inch. Spread the jam evenly over this base. Remove the remaining dough from fridge and roll to a 6x9-inch rectangle on a floured surface. Cut the dough into ½-inch wide strips with a sharp knife. Arrange the strips over the jam in a crisscross, lattice pattern. Run a sharp knife around the edge of the pan to loosen dough extending above the jam. Press this down, with the lattice edges, into a border about ¼ inch thick. Lightly beat the whole egg with the cream and brush all of the exposed pastry. Refrigerate for half an hour. Meanwhile preheat the oven to 350°F. Bake the torte on a rack set in the middle of the oven for 45-50 minutes, until the pastry is lightly browned. Remove from oven, set cake on a large jar or can and slip the outside rim off. Allow to cool for 5 minutes and then remove to a cake plate. Allow to cool to room temperature, dust with confectioner's sugar, and serve.