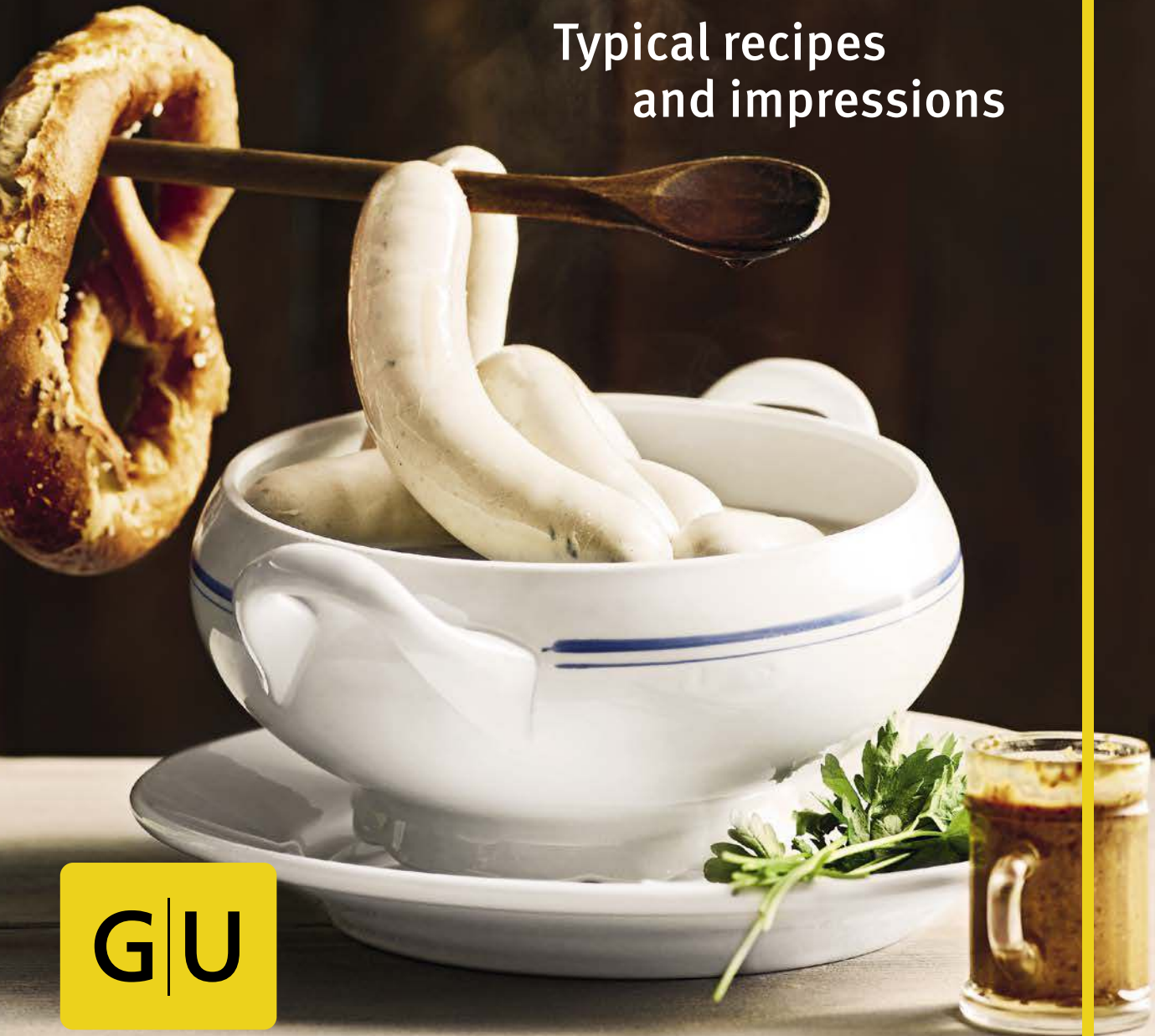


MONIKA SCHUSTER | ANNA CAVELIUS

TASTE OF BAVARIA

Typical recipes
and impressions



G|U

CONTENTS

OFF TO THE PEAKS OF PLEASURE!!
PAGE 9



BROTZEIT IS THE BEST TIME PAGES 12-47

Since there's nothing Bavarians love more than eating in the open air, we've got your Brotzeit picnic baskets covered – from sausage and radish salads to brawn. So it's off to the beer garden, where a fresh Bavarian beer awaits!



THERE'S NO TASTE LIKE HOME PAGES 48-97

What's for lunch? Whether it be a hot beef broth or a crispy Bavarian pork roast, whatever the Bavarians cook up in their kitchens they can be rightly proud of – it's always delicious. And most unlike anything served in any tavern around the world ...



BAVARIAN INTERPRETER
PAGES 241-243

INDEX
PAGES 243-253

IMPRINT
PAGE 254

EASY CONVERSIONS
PAGES 238-240



FRIDAY FOOD PAGES 98-127

Bavarians are Catholic, so Fridays – their day of penance – are meat-free. But that doesn't bother them at all, because they are just as fond of fish dishes or of course their beloved yeast dumplings.



LOVELY LEFTOVERS PAGES 128-147

Bavarians don't like letting things go to waste! And so, rather than into the bin, any leftovers go into the next dish, beautifully prepared and complemented by other ingredients – cheap and cheerful.



FESTIVE FEASTS PAGES 148-213

Holidays are a special time in Bavaria. The girls and boys all dress up to look their best – and things get pretty nice and tasty in the kitchen, too.



SWEET SEVENTH HEAVEN PAGES 214-235

... is where Bavaria's top treats will take you. Whether it be a doughnut in the morning, a cream puff in the afternoon, or a raspberry cream in the evening – you've got to have something sweet.





PORK KNUCKLE AS IT OUGHT TO BE

Together with the pork roast, the pork knuckle is probably one of the most popular and best-known hearty dishes hailing from Bavaria. The strong, marbled muscle flesh of a pig's back legs makes the roast knuckles particularly juicy.

A BAVARIAN ORIGINAL

SERVES 4:

1 large garlic clove
1 tsp caraway seeds
salt
2 large pork knuckles (c. 1.4 kg each)
300g onions
1 piece celeriac (c. 130 g)
1 carrot
400 ml meat stock (from the jar)
1 tsp cornflour
freshly ground black pepper
Plus: aluminium foil

HOW LONG IT TAKES: c. 30 min

IN THE OVEN: c. 3 hours 50 min

PER SERVING: c. 880 kcal | 87g p | 56g f | 7g ch

1 Preheat the oven to 160°C. Peel the garlic, cut into thin slices, sprinkle with ½ tsp caraway seeds and 1 tablespoon of salt, then chop very finely. Rub the pork knuckles on the meaty sides only and under the rinds with the spiced salt. Sprinkle the rind with salt and massage firmly into the rind.

2 Peel the onions, celeriac and carrot and chop into 1 cm cubes. Spread the vegetables in a deep roasting pan (c. 25 x 35 cm), place the pork knuckles on top. Put the roaster into the oven (centre, convection 140°C) and roast for 1 hour 15 minutes. Turn the knuckles over, roast for another 15 minutes. Pour in the meat stock and roast for 1 hour 30 minutes to 2 hours until tender (see tips), turning every 30 minutes.

3 Take the pan out of the oven, wrap the bones of the knuckles in aluminium foil. Stir ½ teaspoon of salt into a good dash of water and brush the rinds with a little of the salted water.

4 Increase the oven temperature to 250°C (convection 230°C). Place the pork knuckles onto a rack, put back into the oven (centre), and place a baking tray with water as a dripping guard underneath. Roast the knuckles for about 20 minutes until crisp, turning and brushing the rinds regularly with salt water. They should be nicely browned all over and have a crust.

5 Meanwhile, generously skim the fat off the vegetables and the stock (see tips). Put the pan on top of the stove, bring the stock to the boil. Stir the cornflour into 1–2 tbsp cold water until smooth, then stir into the stock, simmer for 3 minutes until you have a velvety sauce. Season with salt, pepper and the remaining caraway seeds.

6 Take the crisp pork knuckles out of the oven. Using a sharp knife, halve each one along the bones and serve with the sauce on preheated plates. Good with potato dumplings (p.88), red cabbage or Bavarian cabbage salad (pp.200/201).

USEFUL TIPS

The cooking time for pork knuckles may vary, so you should check after 3 hours by pushing a fork into the meat as to whether they are done.

Season the skimmed-off fat with salt and pepper, leave to cool and enjoy as dripping on bread.





POTATO DUMPLINGS

Choosing the right type of potato is of great importance – it's the only way to ensure the dumplings stick together and have plenty of flavour. Best suited are floury potatoes, such as King Edward and Maris Pipers.

LOVELY AND FLUFFY

SERVES 4

(makes about 8 dumplings):

For the dumplings:

2.5 kg floury potatoes

(e.g. Desiree or Maris Piper)

salt

½ pack dumpling aid (c. 2.5 g; prevents the dumplings from turning brown)

For the crumbed butter:

1 slice dry toast

2 tbsp butter

Plus:

potato ricer

potato grater

HOW LONG IT TAKES: c. 50 min

IN THE SAUCEPAN: c. 30 min

PER SERVING:

c. 390 kcal | 10g p | 5g f | 76g ch

1 To make the dumplings, wash the potatoes. Cook 500g in salted water for 20–25 minutes until done. Drain, then return to the stove, leave to steam over low heat for 5 minutes. Peel and leave to cool, then push through a potato ricer into a bowl.

2 Meanwhile, peel the remaining potatoes and finely grate them into a bowl. Sprinkle the gratings with dumpling aid, combine well and leave to stand for about 10 minutes (starch will separate and settle in the bottom of the bowl in this time). Then put the potato mash into a cloth and firmly wring out.

3 Add the raw potatoes and the settled starch to the boiled potatoes. Generously season the mixture with salt, combine well and shape into 8 even-sized dumplings. Put into a saucepan with plenty of boiling salted water and bring back to the boil. As soon as all the dumplings float to the surface, put the lid onto the saucepan at an angle and leave the dumplings to simmer over low heat for about 30 minutes.

4 To make the crumb butter, finely grate the toast. Melt the butter in a small frying pan. Add the crumbs and fry for about 2 minutes until golden. Lift dumplings out of the water and drain. Arrange on plates, drizzle with the butter and serve.





BREAD DUMPLINGS

Bavaria can't do without bread dumplings, especially when there's a lovely sauce to be mopped up – with roast pork, roast beef, goulash or game.

DELICIOUSLY LIGHT

SERVES 4

(makes about 8 dumplings):

150 ml milk
300 g day-old bread rolls cut into slices
or large cubes
1 large onion
4–6 sprigs flat-leaved parsley
2 tbsp butter
4 eggs (medium)
salt | freshly ground black pepper
freshly grated nutmeg
½ bunch chives

HOW LONG IT TAKES: c. 35 min

IN THE SAUCEPAN: c. 25 min

PER SERVING:

c. 325 kcal | 15 g p | 12 g f | 39 g ch

1 Heat the milk to lukewarm. Put the bread into a bowl and pour over the milk, leave to soak for 5 minutes. Peel and finely dice the onion. Rinse and shake dry, then roughly chop the parsley. Melt the butter in a frying pan, add the onion and fry for 3 minutes until translucent. Stir in the parsley.

2 Whisk the eggs and add with the onion mixture to the soaked bread. Season with salt, pepper and nutmeg, stir and leave to rest for 10 minutes. Divide the mixture into eight portions. With moistened hands shape into eight dumplings.

3 In a large saucepan, bring plenty of water to the boil, add salt. Put the dumplings into the water and cook for about 5 minutes, then cover and simmer gently over low heat for about 20 minutes. Rinse and shake dry the chives, snip into thin rings. Using a slotted spoon, lift the dumplings out of the water, into a bowl or plates and sprinkle with the chives.

USEFUL TIP

Depending on the bread you are using you will need to “juggle” with the milk quantities. If the bread is very dry, you may need another 50 ml milk. If the mixture is too moist, simply stir in 1–2 tablespoons of breadcrumbs.



PARTYTIME IN BAVARIA

A RICHTIGA KIRTA DAUAD BIS ZUM IRDA,
ES KO SE AA SCHICKA BIS ZUM MIGGA,
UND KON DE BEIRIN GUAD KOCHA,
DAUAD A DE GANZE WOCHA.

Which translates roughly as:

A true parish fair lasts 'til Tuesday.

But can even go to Wednesday.

And if the farmer's wife is a good cook,
it will run the entire week.

Many international visitors, especially those from further afield, consider Bavarian traditions, with armfuls of massive beer steins served by pretty girls in low-cut dirndl dresses, and strapping lederhosen-clad men blowing alpine horns, the epitome of the German lifestyle. At the time of the kingdom's founding in 1806, Bavaria had precious little in common with the other German territories. The fact that the Napoleonic land reforms saw Bavarians ultimately melded with Franks, Swabians and Palatines, despite their differing cultural roots, made for a predictably difficult start. Over the centuries, however, the inhabitants of this beautiful land became instilled with distinct way of life and fortitude and individuality. And even to this day, Bavarians remain passionate about fostering and passing on to future generations their uniqueness and customs.



The rural cycle of work and religious holidays has many occasions where Bavarians can celebrate their traditions. All provide a colourful array of traditional, church, village and forest festivals and processions in local costumes, with brass music, abundant beer-drinking and hearty food. There's the driving down of cattle from mountain pastures, the Gäuboden folk festival, the Georgiritt horse-back procession, the Leonhardi horse-carriage procession, the raising of the maypole, parish fairs, harvest thanksgiving, the Perchten parade with its scary masks and many more.

SIT DOWN, ...

... together we are more. Nowhere else are traditions preserved as intensively as in the Bavarian marksmen's clubs. To protect the country from "wilful invasion and harm", citizens and farmers in the early 1500s were examined and grouped into powerful, solid defence teams. The marksmen continue to symbolise the willingness "to defend Bavarian folk culture" to this day.

Worship of the Virgin Mary is closely entwined with this shooting tradition, as the Mother of Jesus is the patron saint of the "Gebirgsschützen" (Mountain Guards). For this reason, almost every village in Bavaria today still has a marksmen's club, with its corresponding annual "Schützenfest" – a festival combined with church service and street procession.

Even the most famous costume worn on all special occasions – lederhosen for men and a colourful corset for women – can be traced back to Upper Bavarian alpine dress. The "Gamsbart" (the tuft of chamois hair on the hats), which can end up costing several hundred pounds, is an essential touch as an authentic hat adornment.

Costumes can vary greatly depending on region, but any modern variations with trainers, inappropriate shirts or improper skirt lengths are widely frowned upon as abominations. After all, a costume, according to the express wishes of the House of Wittelsbach, should help to "strengthen Bavarian patriotism" and boost confidence vis-à-vis the Prussians. The costumes reach amusing, at times shocking, new lows every year at Munich's Oktoberfest, where people from all over the world celebrate all things Bavarian, wearing what they believe to be traditional garb.





CREAM HURRICANES WITH CHERRIES

Bavarians like to exaggerate a bit and they also like to have plenty on their plates, so a cream puff just won't do – it simply has to be a cream hurricane.

HEAVENLY SWEET

MAKES C. 4 PIECES:

For the dough:

70 g flour | a pinch of baking powder
120 ml milk | 1½ tbsp butter (c. 30 g)
a pinch of salt | 2 eggs (medium)

For the filling:

1 jar morello cherries (volume 680 g)
½ vanilla pod | 2 tbsp brown sugar
2 pieces organic orange zest (c. 5 cm each)
a pinch of ground cinnamon | 3 tsp cornflour
1 tbsp kirsch | 600 g cream
2 tsp vanilla sugar (see tip, p.135)

Plus:

icing sugar for dusting
piping bag with a star nozzle (c. 13 mm diameter)

HOW LONG IT TAKES: c. 45 min

IN THE OVEN: c. 20 min

PER SERVING: c. 745 kcal | 10g p | 58g f | 42g ch

1 Preheat the oven to 220°C (convection 200°C), line a baking tray with baking paper. To make the dough, combine the flour and the baking powder. In a saucepan, bring the milk, butter and salt to the boil. Add the flour, stir in with a wooden spoon until the dough comes away from the side, forms a ball, and a white coating appears on the base of the pan.

2 Put the dough into a bowl and briefly leave to cool. Then stir in the eggs, one at a time, with the whisks of a handheld mixer until you have a glossy, smooth choux pastry. Transfer the pastry into a piping bag with a star nozzle.

3 Pipe the choux pastry onto the baking tray as 4 flat rosettes (c. 7 cm diameter), leaving plenty of space between them. Put the tray into the oven (centre), pour a generous dash of water into the bottom of the oven and immediately close the oven door. Bake the cream hurricanes for 18–20 minutes until golden. Immediately clean the piping bag and the nozzle and stand them up to dry. Take the cream hurricanes out of the oven and place them on a cake grid to cool completely.

4 Meanwhile, make the filling. Drain the cherries in a sieve, catching the juice. Slit the vanilla pod open lengthways and scrape out the seeds. Melt the sugar in a saucepan over medium heat for 3 minutes until caramelized to light brown. Pour in the cherry juice and bring to the boil. Add the vanilla pod and the seeds, the orange zest and the cinnamon and cook for 5 minutes. Stir the cornflour into 2–3 tablespoons of cold water, add to the juice, cook for 3 minutes, stirring constantly. Lastly, stir in the kirsch and the cherries, take off the heat and leave to cool.

5 Halve the cream hurricanes crossways, put the cherries onto the lower halves. Beat the cream with the vanilla sugar until stiff and put it into the piping bag. Pipe the cream as giant rosettes onto the cherries, cover with the cream hurricane lids. Dust with plenty of icing sugar and serve.

USEFUL TIP

Placing water into the bottom of the oven creates steam inside which makes the dough rise beautifully so do not open the oven door while baking!





**A BAVARIAN BOOK TO COOK WITH,
TO MAKE YOU FEAST AND SMILE.
FOR FANS AND THE CURIOUS,
FOR LOCALS AND NEW BAVARIANS.
OPEN UP AND ENJOY!**

WG 454 Länderküchen
ISBN 978-8338-5931-1



9 783833 859311



www.gu.de

