



Flavours

GERMANY

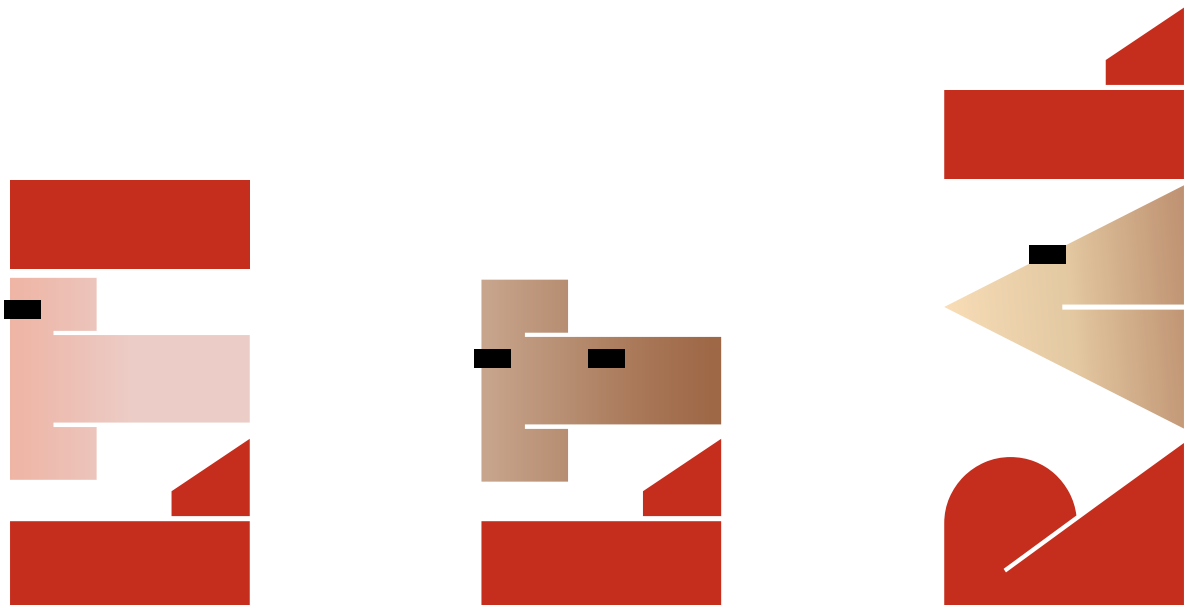
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about me

Working at the German Embassy in Warsaw, graduated Political Science, from Thuringia (Germany)

intro

German cuisine is said to be composed of heavy dishes based on meat and potatoes. However, influences of different cultures are having a great impact and different menus from all over the world can be found in restaurants of cities. Originally, meat - mostly pork and beef, in the shape of sausages and steaks - along with potatoes, cabbage and bread had been the main ingredient to all German dishes. There has always been a great regional variety. Many dishes are similar to the Polish cuisine, of course especially in the eastern regions. I mostly remember traditional dishes as the "Klöße", smashed potatoes in the shape of small balls, with pork, duck, beef or rabbit and red cabbage as a typical dish of my grandmother. The small potato balls are hand made and require a long preparation. We were eating them every Sunday and it is a typical dish offered in restaurants in hunting style that you can find in the country side of Thuringia and other, mostly southern parts of Germany. As many German students and young professionals I started eating less meat when moving to a city. I am vegetarian now and especially Berlin has a rich offer of vegan and vegetarian restaurants. Traditional German dishes are not "en vogue" in this milieu.



POTATO DUMPLINGS KLÖBE



40 min - 1 hour



The German word "Klob" (Plural: "Klöße") refers to a small ball - exactly the shape of the mashed potatoes. "Thüringer Klöße" is the name of the dish popular in my region, the central region of Thuringia. The dish is eaten on Sundays and on every important day during the year - for birthdays, religious holidays and family celebrations. It implies a rich host, since it is served with meat and a certain time for preparation is needed. "Klöße" are similar to the famous dish of the region of Bohemia.

ingredients

- 1 and 1/2 lbs russet potatoes (about 2 large)
- 1 and 1/2 tsp salt
- 1/8 tyżeczki tsp ground nutmeg
- 1/2 cup of all-purpose flour (or more)
- 1/8 cup cornstarch (or potato starch, much preferred, if you can get it)
- 1 large egg
- 2 slices sourdough bread or 2 slices white bread (good quality, not supermarket foam crap)
- 1 tbsp unsalted butter
- 1 tbsp corn oil or 1 tbsp vegetable oil

directions

- Trim crusts off bread and save them for another use
- Cut bread into 1/2-inch cubes and fry in butter and oil mixture until golden brown, transfer to paper towel to dry
- Cook scrubbed, unpeeled potatoes in large pot of boiling salted water until tender, about 45 minutes
- Drain, cool slightly and peel
- Cut potatoes into large pieces
- Refrigerate until cold, about 30 minutes
- Mash potatoes with fork or run through ricer into large bowl
- Mix in salt and nutmeg
- Add 1/2 cup flour and cornstarch
- Using hands, knead mixture in bowl until smooth dough forms, adding more flour by tablespoonfuls if dough is sticky
- Mix in egg
- Form dough into balls, using 1/4 cupful for each
- Insert bread cube into center of each dumpling; roll dumpling between palms to enclose bread cube completely and form smooth balls
- Working in batches, cook dumplings in large pot of nearly boiling salted water 10-15 minutes (or until dumplings rise to top)
- Using slotted spoon, transfer dumplings to large bowl
- Keep covered with a damp kitchen towel as remaining dumplings are cooked.
- You should place no more than 4-5 dumplings in your pot at any one time in order to prevent them from sticking together or touching during cooking, which will cause them to fall apart

EGG NOODLES SPÄTZLE



“Spätzle” is the name of the famous German egg noodles from the Baden-Württemberg region of southwest Germany. A Swabian specialty, it is also enjoyed in Austria, Switzerland and Hungary. It is a special type of egg noodle that is enjoyed with sauces and gravies as well as incorporated into a variety of different dishes. One example is “KaseSpätzle”, cheese “Spätzle” with crispy fried onions.

ingredients

- 4 cups all-purpose flour (you can also use whole wheat flour)
- 1/2 tsp salt
- 1/4 tsp freshly grated nutmeg (optional)
- 4 large eggs
- 1 1/4 cup milk or water (milk produces a richer Spätzle (add more flour if the dough is too runny, add more milk or water if it's too stiff))

directions

Add the flour, salt and nutmeg to the bowl of a stand mixer. Stir to combine. Crack the eggs into a small bowl and whisk them. Make a well in the center of the flour mixture and pour the eggs in it. Add the milk. Attach a dough hook to the stand mixer and „knead”, the dough for 16-20 minutes, or until bubbles appear (see pictured instructions for details). After 15 minutes or less of beating, use a wooden spoon to scoop and pull the dough. If bubbles/holes appear, the dough is done.


Bring at least 2 quarts of lightly salted water to a boil, then reduce to a simmer. Using a „Spätzle” maker of your choice, press the noodles into the simmering water and cook for about 2-3 minutes, or until the noodles float to the top. Use a slotted spoon to transfer the noodles to a colander, and then dump the noodles in a large bowl of ice water. Drain the noodles again and toss with a little vegetable oil or melted butter.

They can be stored in the fridge for at least a couple of days and then heated to serve.

To heat, melt some butter in a large skillet and toss the „Spätzle” in it to heat through.

SALATKA ZIEMNIACZANA KARTÖFFELSALAT



 1h 30 min

Two basic types of potato salad are made in Germany. In the north, the potatoes are held together with mayonnaise. In the southern regions of Swabia and Bavaria and in Austria, "Kartoffelsalat" is mixed with hot broth, oil and vinegar. Potato salad seems to be simple, but it still is perceived as one of the most popular and famous German dishes. It is often served with sausages, mostly the famous "Wiener" pork sausages. This dish is offered on Christmas Eve as well as the 31 st of December. It stands for simplicity and a humble meal.

ingredients

- 2 pounds potatoes
- 3/4 cup of hot beef or chicken broth
- 1 finely chopped onion
- 1/3 cup of oil
- 1/4 cup of Vinegar
- 2 tbsp Brown or Dijon mustard
- 1 tbsp of sugar
- salt and pepper - to taste
- Chives or parsley, chopped (optional) - 1 to 2 tbsp

directions

Place the potatoes into a large pot and add enough cold water to cover them by an inch or two. Place over medium-high heat and bring to a boil. Reduce heat to medium, and continue to boil until the potatoes are cooked through and a sharp knife pierces them easily. Drain and set aside to cool.

When the potatoes are cool enough to handle, peel them if you like. Then cut the potatoes in half and then cut them into thick slices. Put the potatoes in a large bowl and carefully stir in the hot broth and onions. In a small bowl, whisk together the oil, vinegar, mustard, sugar, salt and pepper until smooth. Stir this vinaigrette into the potatoes, along with the chopped chives or parsley.

Adjust seasoning to taste and serve warm, at room temperature or cold.

„Kartoffelsalat" is best if you let it rest an hour or two.



about us

For 16 years we have been working towards protection of human rights and providing free legal assistance to foreigners, refugees and stateless persons. Through this recipe ebook we would like to share with you our intercultural experience that comes from our daily work with persons coming from all over the world. We believe that learning about the customs and the cuisine of different cultures is a great way of building a more open society!

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