

## Food of Belgium and Germany

Mussels Steamed in Beer

Sauteed Pork Chops with Apples and Reisling

Sweet Sour Red Cabbage

Classic Sauerbraten

Waterzooi de Poulet

### Mussels Steamed in Beer

1 tablespoon olive oil  
3 pounds mussels, scrubbed well  
3 cloves garlic, minced  
1 shallot, minced  
1 leek, thinly sliced and washed  
1 tomatoes, diced  
4 ounces clam juice or chicken broth  
4 ounces Belgian white beer  
2 tablespoons unsalted butter  
Salt and pepper

1. Add oil to a large sauté pan and bring to medium heat.
2. Add the garlic, shallots and leek and cook until softened.
3. Add the tomato, broth and beer. Bring to a simmer and add the mussels.
4. Cook until the mussels are steamed open; transfer with a slotted spoon to a serving bowl.
5. Remove pan from heat, stir the butter into the sauce and season with the salt and pepper. Pour over mussels.

### **Sauteed Pork Chops with Apples and Reisling**

1 tablespoon oil  
1 tablespoon butter  
4 thick cut pork chops  
2 shallots, minced  
½ cup finely diced tart crisp apples  
½ cup white wine  
½ cup apple cider  
Salt and pepper

1. Bring a large sauté pan to medium-high heat and add the oil and butter.
2. Season pork with salt and pepper. Add to pan and brown on both sides. Place pan in oven and cook until internal temperature reaches 140 degrees. Remove and transfer to serving platter.
3. Place pan over medium heat and add the shallots. Cook until softened.
4. Add the apples and cook until tender.
5. Add the wine and cook until reduced by half.
6. Add the apple cider and bring to a simmer. Cook 1 minute. Season with salt and pepper and serve over pork.

### **Sweet and Sour Red Cabbage**

¼ cup butter  
1 head red cabbage (about 2-¼ pounds), thinly sliced  
6 tablespoons sugar  
2/3 cup balsamic vinegar  
Salt and pepper

1. Melt butter in a large Dutch oven over medium heat.
2. Add cabbage and sauté until slightly wilted.
3. Add sugar; toss to coat evenly.
4. Add vinegar. Reduce heat to medium-low; simmer, covered, until cabbage is tender.
5. Season to taste with salt and pepper.

## Classic Sauerbraten

1 cup dry red wine  
1 cup red wine vinegar  
2 cups cold water  
1 medium onion, thinly sliced  
1 tablespoon black peppercorns, coarsely crushed  
1 tablespoon juniper berries, coarsely crushed  
6 whole cloves  
2 bay leaves  
1 teaspoon salt  
4 pounds boneless beef roast

3 Tablespoons butter  
2-½ cups onions, diced  
2-½ cups carrots, diced  
1-¼ cups celery, diced  
2 tablespoons flour  
½ cup water  
¾ cup gingersnap cookies, crumbled  
Salt and pepper, to taste

1. Preheat oven to 350 degrees.
2. Add first nine ingredients in a saucepan. Bring to a boil and simmer five minutes. Remove from heat and let cool. Marinate meat for two days.
3. Remove meat and dry with paper towels. Strain marinade and reserve.
4. Bring a large Dutch oven to medium-high heat and add the butter. Season beef with salt and pepper and add to pan; brown on all sides. Remove and set aside.
5. Add the vegetables and cook until lightly browned.
6. Add 2 cups of the reserved marinade, ½ cup of water and the reserved meat. Bring to boil, lower to a simmer, cover and transfer to the oven. Cook until completely tender, about 2 hours.
7. Transfer the roast to a heated platter and cover with foil to keep warm.
8. Skim fat from surface of braising liquid (if liquid is less than 1-½ cups, add more marinade). Add cookies and cook until completely dissolved.
9. Blend sauce until smooth. Season with salt and pepper and serve with meat.

## Waterzooi de Poulet

2 tablespoons butter  
2 carrots, peeled and thinly sliced  
2 leeks, chopped, rinsed and dried  
6 cups chicken stock  
2 potatoes, peeled and diced  
4 boneless skinless chicken breasts  
2 bay leaves  
1 cup heavy cream  
2 large egg yolks  
Fresh thyme  
Salt and white pepper

1. Melt butter over moderate heat in a large Dutch oven.
2. Add carrots and leeks and cook until softened; season with salt and pepper.
3. Add stock, potatoes, chicken and bay leaves and bring to a boil; lower to a simmer and cook until center of chicken is just done and vegetables are tender.
4. Remove chicken and skim surface of broth if necessary.
5. Mix cream and egg yolks in a small bowl. Temper with one cup of the hot stock. Add mixture back to pot.
6. Bring to simmer and cook without boiling until slightly thickened. Remove from heat.
7. Add chicken back to the pot, season with thyme, salt and pepper.