

German Beer and Food

Braised Sausages with Dark Rye Bread

Glazed Roast Pork Tenderloin with Red Cabbage

Sautéed Chicken with Reisling Sauce

Authentic Sauerbraten

Potato Pancakes

Dark Rye Bread

Makes 2 loaves

3 cups all-purpose flour

¼ cup unsweetened cocoa powder

2 packages dry yeast

1 tablespoon caraway seed

1 tablespoon salt

1/3 cup molasses

2 tablespoons melted butter

1 tablespoon sugar

2 cups water

2 tablespoons vegetable oil, plus more for brushing

3-½ cups rye flour

1. In the bowl of a stand mixer, combine the all-purpose flour, cocoa, yeast and caraway seeds.
2. In a separate bowl, stir together the molasses, butter, sugar, water and 2 tablespoons of oil.
3. Add mixture to dry ingredients. Using a flat beater, mix at low speed until ingredients combine. Switch to a dough hook, and with machine at low speed add the rye flour in 1 cup increments until soft dough forms.
4. Turn out onto lightly floured surface; knead until smooth. Cover; let rest 20 minutes. Punch down and divide in half. Shape into 2 round loaves on greased baking sheets. Brush with small amount of oil. Slash tops with knife.
5. Cover; let rise until doubled. Bake at 400 degrees for 25-30 minutes. Remove, transfer to wire rack and cool.

Traditional German Sausage Styles	
Name	Description
<i>Bierschinken</i>	Large slicing sausage with chunks of ham and pistachios.
<i>Bierwurst</i>	Coarse-textured slicing sausage flavored with juniper berries and cardamom.
<i>Blutwurst</i>	Blood sausage that is usually eaten sliced and cold or fried like black pudding.
<i>Bockwurst</i>	Smoked sausage usually made from finely ground veal; spiced with chives and parsley: traditionally served with Bock beer.
<i>Bratwurst</i>	Pale, smoked sausage made of finely minced veal, pork, ginger, nutmeg and other spices; usually comes raw and must be cooked.
<i>Braunschweiger</i>	Spreadable smoked liver sausage enriched with eggs and milk; the most well known of the liverwurst sausages.
<i>Cervelat</i>	Similar to Italian salami, a slicing sausage of pork and beef, spices and often mustard or garlic.
<i>Frankfurter</i>	The genuine German variety contains finely chopped lean pork with a bit of salted bacon fat, and is smoked; reheat in simmering liquid.
<i>Knockwurst</i>	Short, plump smoked sausage that contains finely minced lean pork, beef, spices and, notably, garlic. Poach in flavorful liquid and serve with sauerkraut.
<i>Wienerwurst</i>	Believed to be the origin of American frankfurter; beef and pork flavored with coriander and garlic
<i>Weisswurst</i>	German for "white sausage". It is very pale and delicately flavored; made of veal, sometimes beef and pork, cream and eggs; a specialty of Munich and traditionally served at Oktoberfest.

Caramelized Onions

4 tablespoons vegetable oil
 2 pounds yellow onions, thinly sliced
 4 tablespoons hot mustard
 Salt and pepper

1. Bring a large skillet to medium-low heat and add the oil.
2. Add the onions and cook, stirring occasionally, until deep golden brown, about 30 minutes.
3. Stir in the mustard and season with salt and pepper.

Glazed Pork Tenderloin with Red Cabbage

4 slices smoked bacon, sliced
½ head red cabbage, thinly sliced
3 tablespoons cider vinegar
1 tablespoon dark brown sugar
½ teaspoon caraway seeds
Fresh parsley

1 tablespoon oil
1 tablespoon butter
2 pork tenderloins, trimmed and cut into thick medallions
¼ cup apple jelly
2 tablespoons Dijon mustard
Fresh thyme
Salt and pepper

1. Cook bacon in heavy large skillet over medium-high heat until crisp, about 5 minutes. Transfer to paper towels to drain. Add cabbage to skillet and sauté until softened.
2. Whisk vinegar, sugar and caraway in small bowl. Add to cabbage and sauté until cabbage is wilted but still crisp-tender, about 5 minutes more. Add reserved bacon and parsley; season with salt and pepper.
3. Preheat oven to 400 degrees. Bring a large skillet to high heat and add the oil and butter.
4. Season pork with salt and pepper. In a small bowl mix together the jelly, Dijon and thyme.
5. Saute the pork, turning once, until nicely browned on both sides. Brush with jelly glaze and transfer to the oven. Cook until internal temperature reaches 150 degrees. Remove, let rest five minutes and serve with cabbage.

Sauteed Chicken with Reisling Sauce

1 tablespoon oil
1 tablespoon butter
4 chicken breasts
2 shallots, minced
8 ounces button mushrooms, quartered
1 cup Reisling wine
½ cup heavy cream
Fresh tarragon
Salt and pepper

1. Preheat oven to 400 degrees. Bring a large skillet to high heat and add the oil and butter.
2. Season chicken with salt and pepper. Saute the chicken, turning once, until nicely browned on both sides. Transfer to the oven and cook until internal temperature reaches 160 degrees. Remove and set chicken aside to rest; keep warm.
3. Bring the pan to medium heat and add the shallots. Cook until softened. Increase the heat and add the mushrooms. Saute until nicely browned and just tender.
4. Deglaze pan with white wine. Cook until reduced by half. Add the heavy cream and cook until reduced and flavor are combined. Season with tarragon, salt and pepper. Serve over chicken.

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. 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.
2. Preheat oven to 350 degrees. Remove meat and dry with paper towels. Strain marinade and reserve.
3. 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.
4. Add the vegetables and cook until lightly browned. Add the flour and cook 1 minute more.
5. Add 2 cups of the reserved marinade and bring to a simmer, scraping up browned bits on bottom of the pan. Add meat and additional liquid if needed. Bring to boil, lower to a simmer, cover and transfer to the oven. Cook until completely tender, about 2 hours.
6. Transfer the roast to a heated platter and cover with foil to keep warm. 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.
7. Blend sauce until smooth. Season with salt and pepper and serve with meat.

Potato Pancakes

4 large russet potatoes
2 medium onions
2 eggs
¼ cup milk
3 tablespoons flour
Fresh parsley
2 tablespoons butter
2 tablespoons oil
Salt and pepper

1. Peel and grate the potatoes; squeeze excess water out. Grate the onions and add to bowl with the potatoes.
2. Blend the eggs, milk and flour together. Mix into the potato mixture and season with parsley, salt and pepper.
3. Bring a 10-inch nonstick skillet to medium heat and some of the butter and oil. Add 1/3 of the mixture and cook, turning once, until deep golden brown on both sides. Repeat with remaining potato mixture. Serve warm.