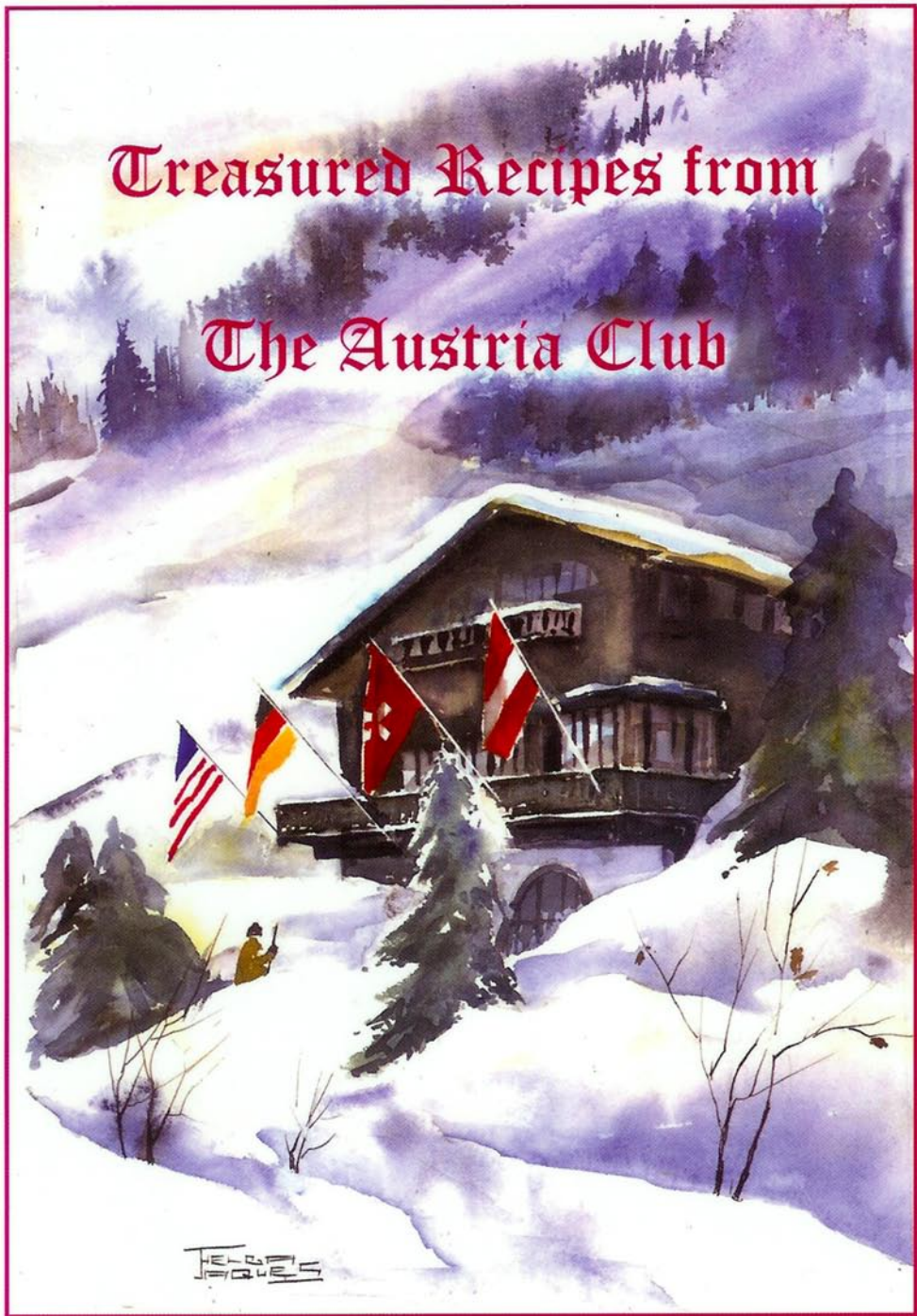


Treasured Recipes from
The Austria Club



Cook Book Sample

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SOUPS AND SALADS



BEER CHEESE SOUP

Kathleen Cotton

Good and hearty soup - serve with French bread.

3/4 c. butter or margarine	3 Tbsp. Parmesan cheese
1/2 c. finely chopped celery	2 (15 oz.) cans chicken broth
1/2 c. finely chopped onion	1 can beer
1/2 c. grated carrot	6 oz. grated Cheddar cheese
1/4 c. flour	

Combine first 4 ingredients in kettle and cook at low temperature until the veggies are cooked but not brown. Add the flour and Parmesan cheese. Stir well. Now add the chicken broth, beer, and the grated Cheddar cheese. Heat until the cheese is melted and the soup is hot. Do not boil. Serve with French bread and a tossed salad.

BOHEMIAN SOUP - BÖHMISCHE SUPPE

Old Austria

1 small head shredded white cabbage	2 level tsp. flour
1/2 c. sliced mushrooms	1/2 tsp. salt
1/4 c. butter	Pepper
3 strips bacon	1 tsp. caraway seeds
	4 c. beef or chicken bouillon

Heat butter. Add the shredded cabbage and finely sliced mushrooms. Mix well, then pour in most of the stock. Season with salt and pepper and caraway. Simmer until cabbage is soft. If the stock gets too much reduced, add some more.

Meanwhile, fry the diced bacon and drain off. Mix flour with some water or bouillon and slowly whisk into soup. Bring to boil again and add the fried bacon. Serve with white bread.

Hunger ist der best Koch - hunger is the best cook.

BROCCOLI-RAISIN SALAD

Kathleen Cotton

Unusual and piquant salad - guaranteed to have your guests asking for the recipe.

4 c. broccoli flowerettes
3 oz. chopped pecans
1 c. raisins
½ c. chopped red onion

6 slices cooked and crumbled bacon
1 c. sliced mushrooms
Salt and pepper

Dressing:

1 whole egg plus 1 egg yolk
½ c. sugar
½ tsp. dry mustard
1 Tbsp. cornstarch
¼ c. white vinegar

¼ c. water
¼ tsp. salt
1 Tbsp. unsalted butter or margarine, cut in pieces
½ c. lowfat mayonnaise

Mix broccoli, pecans, raisins, red onion, mushrooms, salt, and pepper.

For the dressing, whisk the first five ingredients together.

In a small saucepan, boil the vinegar, water, and salt. Now add the egg, sugar, mustard, and cornstarch mixture and whisk rapidly. Cook for one minute until thick. Remove from heat and whisk in the butter until melted and then add the mayonnaise. Cover and chill in the refrigerator. Put the dressing on the salad just before serving.

BRUSSELS SPROUTS SALAD - ROSENKOHL SALAT

Aleyne Bergman

1½ lb. Brussels sprouts or 2 (10 oz.) pkg. frozen sprouts
2 c. chicken broth
⅓ c. white vinegar
⅓ c. olive oil
½ tsp. tarragon
½ tsp. thyme

1 Tbsp. salt
¼ tsp. pepper
1 doz. cherry tomatoes, halved
1 Tbsp. chives
1 Tbsp. minced dill

If using frozen Brussels sprouts, cook as directed on the package, using chicken broth instead of water. If using fresh sprouts, wash well and trim all outer leaves. Bring chicken broth to a boil and add sprouts. Bring to a boil again and cook, uncovered, for 5 to 7 minutes. Cover and cook on low heat for 15 minutes or until tender. Drain and place in a bowl. Pour vinegar and oil over the hot sprouts and sprinkle with spices, salt, and pepper. Chill for 2 to 3 hours or overnight.

Halve the tomatoes. Add to the sprouts and taste for seasoning. Sprinkle with chives and dill. Serves 4 to 5.

VEGETABLES



ASPARAGUS WITH HAZELNUTS - SPARGEL MIT HASELNÜSSEN

Janet Fuetterer

Steam 3 pounds asparagus until it is just tender, but firm enough to that the tips will not break apart. Cut off the green tips. Reserve the rest of the asparagus stalks for another use. Saute the tips in $\frac{1}{4}$ cup butter with $\frac{1}{2}$ cup chopped hazelnuts for about 3 minutes. Saute 1 cup sliced mushrooms in butter until they are tender, but not brown, and add them with $\frac{1}{4}$ cup minced parsley and the grated rind of $\frac{1}{2}$ lemon.

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BABY ONIONS WITH SPINACH AND PARMESAN CHEESE

Mary Rauch

2 lb. baby onions	$\frac{3}{4}$ c. Parmesan cheese,
3 Tbsp. unsalted butter	grated
1 clove garlic, minced	$\frac{1}{4}$ c. heavy cream
8 oz. fresh spinach, rinsed	Salt and pepper to taste
well (remove stems)	3 Tbsp. bread crumbs

Heat oven to 400°. Place onions in large saucepan. Add water to cover. Heat to boiling. Simmer, uncovered, for 7 to 10 minutes. Drain. Cool. Remove skins and trim root ends. Melt 2 tablespoons butter in same pan over medium heat. Add garlic and cook 2 minutes. Stir constantly. Add spinach and cook until wilted and the liquid evaporates, 5 minutes. Stir in $\frac{1}{2}$ cup Parmesan and cream. Add onions and combine. Season with pepper and salt. Transfer to 1 quart baking dish. Combine the $\frac{1}{4}$ cup Parmesan and the bread crumbs and sprinkle over the onion mixture. Dot with butter. Bake about 20 minutes, until the top is browned. Serve hot.

CREAMY STUFFED MUSHROOMS - GEFUELLTE PILZE *Trapp Family Recipe*

- | | |
|-------------------------------------|--|
| 24 large mushrooms | 4 garlic cloves, finely chopped |
| 4 oz. cream cheese, softened | 2 Tbsp. green onion, finely chopped |
| ¼ c. grated Parmesan cheese | |
| ½ tsp. salt | |

Clean mushrooms. Gently twist out stems. Chop stems and green onions. In a bowl mash cream cheese and Parmesan cheese together using a fork. Add salt and chopped garlic and mix. Add stems and green onions. Stuff mushroom caps. Arrange on an ungreased baking sheet and bake at 350° for 20 minutes or until golden brown.

CROOKNECK SQUASH AND TOMATO SLICES *Elizabeth Winkelmann Issaquah, WA*

Preparation: 10 minutes. Baking time: 10 to 15 minutes.

- | | |
|---|---|
| 4 yellow crookneck squash, sliced ¼ inch thick | 2 Tbsp. wine vinegar |
| 4 medium tomatoes, sliced ¼ inch thick | 1 Tbsp. Dijon-style mustard |
| 2 green onions, minced | ½ tsp. salt |
| 4 Tbsp. olive oil | ¼ tsp. freshly ground black pepper |

In a lightly oiled 1 quart shallow baking dish, alternate squash and tomato slices. (Choose squash and tomatoes that will be about the same size when sliced.) Sprinkle with green onions. Combine oil, vinegar, mustard, salt, and black pepper. Drizzle over vegetables. Bake at 400°F for 10 to 15 minutes. Let cool 10 to 15 minutes before serving; the flavor will be superior. Serves 4. Calories 194 each.

Tips: Slices of eggplant when combined with the tomatoes and squash make a colorful addition. Bake 35 minutes. Top with Parmesan cheese. You can make this in advance and place it on the kitchen counter to serve later. You can also serve this dish as a salad. Drizzle more vinaigrette over vegetables and cool completely. Good served with fried chicken, corn on the cob, and herbed bread.

Recipe may be halved or doubled. For 8 servings, use a 1½ quart baking dish. Increase baking time to about 25 minutes.

BOILED TABLE-BEEF IN DILL SAUCE - TAFELSPITZ MIT DILLSAUCE UND APFELKREN

Old Austria

Austrian table-beef is beef from a special part of the upper leg. The meat is lean and fine grained.

1¼ lb. beef
2½ c. (about 2½ pt.) water
Salt
¼ c. beef liver to improve taste

½ bunch parsley
¼ head celery
Beef bones

Put the bones into cold salted water and bring to the boil. Add beef liver and meat and simmer for about half an hour. Add the cleaned and sliced vegetables. Continue to simmer until the meat is cooked through. Serve with potatoes. Serves 6.

Dill Sauce:

¼ c. butter
2 Tbsp. flour
1 Tbsp. chopped parsley
3 Tbsp. chopped dill
Salt

Pepper
Sugar
1 Tbsp. vinegar
Stock
4 fl. oz. sour cream (½ c.)

Heat butter and stir in the flour until it forms a smooth paste; add some cold stock and bring to the boil until you get a thick sauce. Add chopped parsley, salt, pepper, sugar, vinegar, and chopped dill. Stir in sour cream; heat up, but do not bring to the boil.

Serve with Apfelkren - Horseradish and Apples: Grate two peeled and cored apples and combine with one tablespoon shredded horseradish, 1 tablespoon lemon juice, pinch of salt, pepper, and sugar. Also sour cream to taste can be added.

Emperor Francis Joseph I, whom President Roosevelt once described as "simple and delightful", was known to be a very modest man. He preferred *Tafelspitz* to all other main dishes, and so in fact do the majority of the Viennese. In the country pork is preferred.

It is said that it is typically Austrian to take great pains over simple things. This is true about *Tafelspitz* and boiled beef in general. The more exclusive dishes are made for guests, but it is the boiled beef which the Austrian eats and enjoys himself, together with all kinds of vegetables, spinach, tomato sauce, cabbage, cabbage turnip, French beans, and asparagus.

The *Tafelspitz*, as an exception, is traditionally served with apple-horseradish sauce and dill sauce, secret garnishes which make it a really delicious dish, and probably a healthy one, too. Emperor Francis Joseph lived to the age of 86.

BRAISED VIENNESE PORK ROAST - WIENER SCHWEINEBRATEN

Aleyne Bergman

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| 1 (3 lb.) boneless pork loin
roast | ¾ c. chicken broth |
| ¼ c. bacon drippings | 2 Tbsp. flour |
| 1 c. chopped onion | ½ c. dairy sour cream |
| 1 c. chopped carrots | ¼ tsp. caraway seeds |
| 1 tsp. paprika | 1 tsp. capers, chopped |
| | 1 Tbsp. snipped parsley |

In an ovenproof skillet or Dutch oven, brown pork loin roast in bacon drippings; set aside. In remaining drippings, cook onion and carrots until tender, but not brown. Stir in paprika. Lay roast atop vegetables; add chicken broth. Bake, covered, in 350° oven for 1½ to 2 hours or until meat thermometer registers 170°. Remove roast to serving platter and keep warm.

Strain pan drippings; discard vegetables. Measure pan drippings; skim off excess fat. Add water to drippings, if necessary, to measure 1⅓ cups. Return to skillet or Dutch oven. Blend flour into sour cream; stir into liquid in pan. Cook and stir until thickened and bubbly. Stir in caraway seed, capers, and parsley. Serve with roast. Makes 6 servings.

FARMERS' FEAST - BAUERNSCHMAUS

R. Baumgarten

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| 1 qt. sauerkraut | 1 knackwurst per person |
| 1 can beer (or 1 c. white
wine) | 1 frankfurter per person |
| 1 onion, chopped | 2 pork chops, stuffed |
| 10 juniper berries | 1 ham, cooked (small end) |
| | 2 lb. potatoes, boiled |

Simmer the mixture of sauerkraut, beer, onion, and 10 junipers for 2 hours. Add water or more beer if necessary. After 2 hours of simmering, add 1 or 2 stuffed pork chops and the small end of cooked ham. After ½ hour, add 1 knackwurst per person, cut into ½ inch diagonally, and 1 frankfurter per person with both ends slit open. Cook ½ hour more. Serve with boiled potatoes, mustard, and pickles.

All ingredients quantities are variable.

There are as many variations of this peasant dish (and how it appears on elegant restaurant menus) as there are cooks. This is mine.

GERMAN APPLE CAKE

Evelyn Mineo

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| 1 c. sugar (or less,
depending on tartness of
apples) | 1 tsp. baking powder |
| 1 c. flour | 1 tsp. vanilla |
| 4 Tbsp. butter | 1 egg |
| | 4 large apples |

Topping (added after 25 minutes of baking):

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| 3 Tbsp. sugar | 1 tsp. cinnamon |
| 3 Tbsp. melted butter | 1 egg |

In mixer blend sugar, flour, butter, baking powder, vanilla, and egg until it is like cornmeal. Spread mixture in bottom of well buttered 9 or 10 inch springform pan. Peel, quarter, and seed apples. Slice apples $\frac{1}{8}$ inch thick. Place apples in slightly overlapping circles on top of crumb mixture. Bake in 350° oven for 45 minutes.

To make topping: Mix sugar, melted butter, cinnamon, and egg until smooth and the sugar dissolves. Spoon mixture over apples after the 45 minutes of baking. Bake 25 minutes more until top is firm. Cool in pan.

This has been a favorite of ours since 1982. I always make it with the first of our ripe apples.

GUGELHUPF

Erna Ellerman

Must use scale for weighing measurements.

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|--|--|
| 6 eggs (weight of 6 eggs
determines weight of
sugar) | Flour (weight of 5 eggs
determines weight of
flour) |
| Butter (weight of 6 eggs
determines weight of
butter) | |

Separate the eggs. Beat the egg whites (chopped nuts and raisins to your liking). Beat butter, sugar, and egg yolks till fluffy. Add nuts and raisins. Alternate egg whites and flour. Butter and flour high fluted pan with hole in center. Bake at 350° for 1 to 1½ hours. Check after 1 hour.

SACHERTORTE

*Sigrid Vierthaler
Hannelore Weber*

**5 oz. butter (½ c. and 3
Tbsp.)**

5 oz. sugar (¾ c.)

5 oz. chocolate

8 egg yolks

10 egg whites

4 oz. flour (1 c.)

2 oz. apricot jam

Covering:

6 oz. sugar (1 c.)

6 oz. finest plain chocolate

Beat the butter until quite fluffy. Melt the chocolate in the oven. Add this together with the sugar to the creamed butter. Add the egg yolks one after the other. Whisk the egg whites stiffly; fold in the flour and mix this carefully with the first mixture. Butter a cake tin, flour lightly, fill in with the mixture, and bake slowly in a 350° oven for 1 hour (test for doneness). When baked, take out, put on a wire tray, and turn at once onto another one. It is essential that this cake cools in the same position in which it was baked. When cool, cut top flat so that it can stand on this side, as the bottom part is used for covering and must be quite smooth. Warm the apricot jam slightly, spread over the cake, and cover with the chocolate icing.

Chocolate Icing: Bring the sugar to the boil with slightly less than ½ cup of water; cook until it forms a thin thread at the end of an inserted wooden spoon. Add the melted chocolate; mix well, there must be no lumps. Keep stirring until mixture is thick enough to pour over the cake. Leave to set and serve whipped cream in a bowl separately with the cake.

This is the most famous cake of Vienna, which in a way is rather strange, because it differs so much from any of the other typical Viennese cakes, which are mostly very rich and creamy. You may have heard one of the many stories concerning the Sachertorte and how and why it was first created. There are quite a number in existence and, of course, everyone claims that his or her story is the only true version. To this I must add mine, which goes like this: The famous Prince Metternich, who was one of the leading statesmen of the Vienna Congress, once said to Mr. Sacher, who was the founder of the well known hotel, "Why don't you make a plainer and more masculine gateau? All these rich creamy creations are only for sweet-toothed women." So Mr. Sacher made up the recipe for the above cake, and a very successful creation it proved to be!