

Cultural Heritage in Europe

European Cuisine Culture

Bavarian menu



For 4 persons

Grießnockerlsuppe (soup with semolina dumplings)

Ingredients for 4 persons:

80 g butter

2 eggs

Coarse salt

A bit of nutmeg

160 g semolina

500 ml meat broth/consommé

1 bunch of parsley chopped



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Beat the butter until foamy. Mix in the egg, salt and nutmeg. After and after stirring in enough semolina to obtain a malleable dough. Let it rest for 1 hour in a cool place.

In the meantime, bring a good 2 liters of water to boil, season with salt.

With a not too large spoon form small dumplings of dough and place them cautiously into the gently simmering water. Let them simmer for about 20-25 minutes until they are cooked through.

Do not put in too many dumplings at a time (they raise to twice their size). Place the drained dumplings in hot meat stock/consommé.

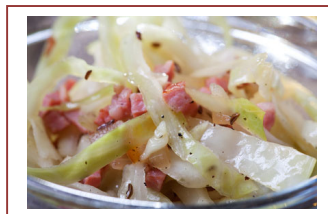
Serve the semolina dumpling soup sprinkled with chopped parsley.

Irene's recipe

Krautsalat (White cabbage salad)

Ingredients for 4 servings:

750 g white cabbage
1 teaspoon salt
100 g streaky bacon
1 small onion
3 tbsp. white wine vinegar
1/8 liter vegetable broth
1/2 teaspoon caraway seeds, whole or ground
1 teaspoon mustard
4 tbsp. hot oil



Quarter the cabbage, clean, wash and cut into fine strips. Mix with salt and leave covered until the other ingredients are ready.

Dice the bacon and fry it at low heat, turning frequently; it shouldn't get brown. Peel the onions, chop them finely, add them to the bacon and blanch them while stirring. Add vinegar and vegetable broth and bring all to boil, keep stirring to dissolve the roasting scrapings. Add the caraway seeds, mustard and oil and continue to stir for a few minutes.

Mix the cabbage with this marinade in a bowl, cover it and let it steep for about 3 hours. Season the coleslaw with plenty of pepper from the mill and season again with salt.

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Irene's recipe

Spätzle (Swabian noodles)

Ingredients for 4 servings:

400 gr. Flour (typ 550)
4 eggs (M)
2 tbsp. of oil
1 tsp. of salt
Approx. 250 ml water
A small piece of butter



Fill the flour in a larger bowl and press a trough into the middle. Add the eggs, milk, and salt. Stir everything to sticky dough. It is ready when it throws bubbles. To allow it to swell, it should remain covered for about 15 minutes. After that, stir the dough once more.

Provide a bowl for the ready spätzle, add a little butter.

Fill a wide, high pot with 3/4 litres of hot water. Add 3 tsp. of salt and 2 tablespoons of oil. Bring the water to boil.

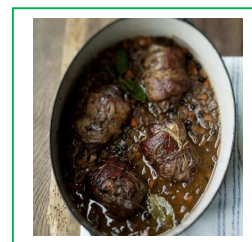
When the water boils, fill the dough little by little in the spätzle ricer and let the spätzle drop into the boiling water. Let boil briefly; when the spätzle reach the surface of the water, they are ready. Lift them out immediately with a dipper and put them into the bowl. Repeat the process until all the dough has been consumed.

Place the spätzle in the warm oven to keep warm. When all are ready, serve immediately.

Karin's recipe

Rinderrouladen (beef roulades)

This is a family receipt of the family Bauer. Carola's husband got it from his father who had it from his own father and he gave it to his son who is now a cook. The family Bauer used to have a traditional Bavarian restaurant in Munich Schwabing.



Ingredients for 4 servings:

For the roulades	For the sauce
4 Beef roulades (thin)	Celery
8 Bacon strips	2 carrots
4 pickled cucumbers (2 if they are big)	1 onion
2 big potatoes	Half a leek
1 celery	25 gr of butter
3 tbsp. of medium-strength mustard	Tomato paste
2 onions	Sweet pepper (sweet and spicy)
Butter, salt and pepper.	Finely ground allspice
	Garlic
	Lemon juice
	Salt, pepper, beef broth (eventually prepared with a cube or as powder), pickled cucumbers, water.

Cut the onion into thin slices, then fry them in butter (golden), then leave them to cool and mix with half of the medium-hot mustard.

Wash and peel the pickles, carrots and celery, cut into sticks 0.4 wide and 0.6 long.

Carefully lay out the pieces of meat lengthways, pound them wide without making holes in the meat, in the best case it should be paper-thin, salt and pepper the meat and then smear them with the onion-mustard mixture. Now place 2 slices of bacon next to each other on the meat.

Then place the sticks horizontally on the vertically lying bacon strips, place them close to the beginning of the beef piece so that more space is created when rolling up.

When rolling up make sure to fold in the ends so that the sticks are completely imbedded in the meat. Finally tie off the pieces of meat with a cooking string.

Wash and peel the leeks, 1 onion, the rest of the carrots and celery. Cut everything into walnut-sized pieces. Then quarter the pickle. Heat the pot with rapeseed oil, sear the roulades (turn the meat on all sides) and remove the meat.

Fry the pre-cut vegetables in the hot pot until golden, add tomato paste and fry briefly. Add water with beef jus. Reduce the sauce until it has lost 0.25%, pour in water (jus) again, repeat the process twice.

Add the roulades and pour water until the meat is completely covered. Add spices (lemon juice and Pickle water only at the end). Now simmer on a medium flame for 1h-1h 15min. Take out the roulades and reduce the sauce by 25-40% again. Thicken the sauce with cornflour or white roux. Add butter and season to taste (now 0.5 teaspoon lemon juice, 1 sip of pickle water).

Cut the roulade in the middle and top it with the sauce.

Carola's family recipe

Bayrisch Crème (Bavarian crème)

Ingredients for 4 servings:

300 ml milk
1 vanilla pod
5 gelatine leaves
4 egg yolks
100 g sugar
300 g cream



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Whisk the cream and put each gelatine leaf in cold water. Pour the milk into a pot, add the vanilla and heat it up. Then beat the egg yolks together with the sugar until it is creamy. Stir the warm milk into the egg mass and froth it up in a water bath at low temperature. Now, take out the gelatine from the water, squeeze it and put it step by step into the cream.

Now the cream has to cool down, so you pour it into a bowl and this bowl into a big one with ice. Stir the cream and add the whipped cream before it gelatinizes. Cover the cream and put it into the fridge for a few hours.

Enjoy this delicious dessert.

Maria's recipe

And to drink.....



A fresh white beer or a glass of lager

