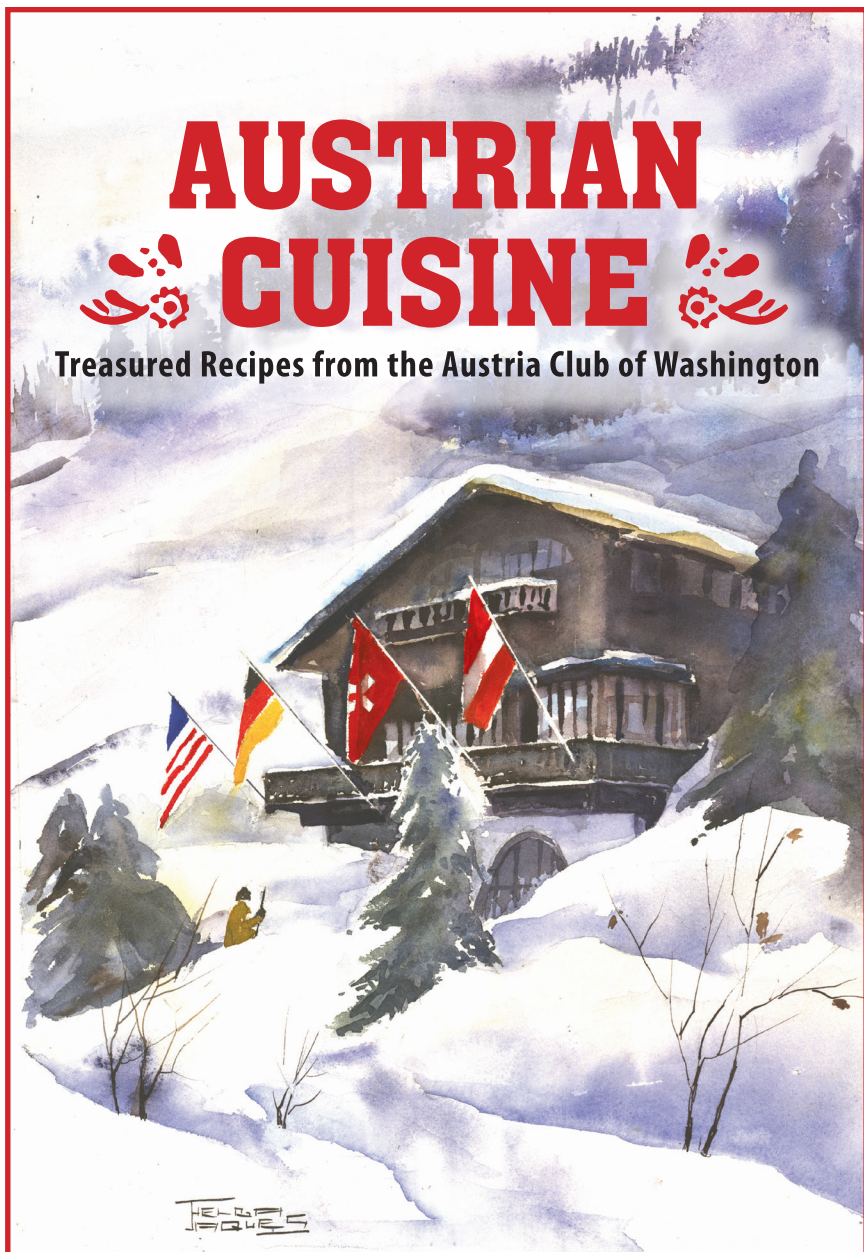


AUSTRIAN CUISINE

Treasured Recipes from the Austria Club of Washington



Edited by Martin Král

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AUSTRIA'S CULINARY TRADITION

The little country of modern Austria not only considers itself the heart of Europe but also has been central to the historic crossroads of the continent. Nowhere is this more apparent than in Austrian cooking, where the confluence of neighboring culinary influences meets a sturdy Bavarian-based cuisine in establishing a unique approach to food. Clearly, the influences of the centuries-old empire with its multi-national makeup have left their mark - that is our culinary heritage.

This cosmopolitan touch is celebrated in the distinctions of the Wiener Küche, a unique melange of Slavic, Hungarian, Italian, and Austrian countryside dishes. Vienna, then - and now - the capital, embraces tasty and artfully prepared dinners with the gusto other world cities reserve for business or politics. In proximity to the Hungarian plains, to Slovakia, and the Bohemian lands, Vienna borrows freely from their culinary treasures. It puts a special spin on old-style home cooking. Yet its signature dish - the Wiener Schnitzel - has its origins in Milan, Italy.

Similarly, another favorite, the Gulasch (or goulash) comes from the Hungarian steppes. It has been modified into a rich, savory beef stew. Many fans consider its preparation to be a sacrosanct commandment - much like chili-heads do. The Austrians also adopted the Hungarian *rétes* and made Strudel a main dish as well as a dessert.

From the Bohemian and Bavarian cuisine, the local kitchens enjoy a great variety of dumplings and main dishes. Not all of these involve meat. You see, the Catholic tradition of meatless Fridays still is followed, so this book includes a good selection of nourishing dishes. Salads and vegetables are not forgotten either, now that the Austrian palate has explored the world beyond local root vegetables and greens.

Austrians are renowned world-wide for their delectable and sumptuous desserts. Few cuisines can match the variety or flavors of baked goods and after-dinner noshes of that country's splendid relationship with the sweet side of life. Not only are its tortes exquisite confectionary constructions, even the most humble bakery goods are produced to high standards reflective of the intense competition among their purveyors. The gregarious Austrians, for whom social gatherings are exercises in *Gemütlichkeit* and conviviality, hold desserts in high esteem, so the quality of a dinner often is measured by that last course.

In this book, the effort was not just to compile family favorites, but we also sought to introduce the adventurous cook to the most popular dishes of Austria's regions. Don't be surprised, if you find them on your menu when dining in nearby tourist haunts. The country's cooks have always been willing to adopt dishes from other lands, as it was noted. Although most of the recipes herein have a traditional focus, the modern Austrian excels in modifying recipes to follow culinary fashion and nutritional trends. So, by all means, experiment with recipes, once you have followed their originals. You can always return to these pages and note your improvements.

There are a number of good Internet resources to consult if you desire to explore the cuisine further. Of course, the most extensive are in German: www.ichkoche.at and another on www.gutekueche.at have hundreds of recipes, most often with photographs. But several English-language food websites carry a selection of the best-known recipes. Not to be ignored are pertinent videos found on www.youtube.com, some in German like Austria's KuechenSchelle, but others also in English. Our favorite series is "Cooking with Oma" (a delightful Hungarian grandma prepares dishes with humor). Other videos introduce the viewer to some of the recipes found here. Grandma may no longer be around, but remember - you can still enjoy her cooking!

SOUPS



Semolina Dumpling Soup

Club Activities



SOUPS

BREAD SOUP BROTSSUPPE

Traditional

2 or 3 large slices dark rye bread
oil or lard
1 egg yolk
3 Tbsp sour cream
1 finely sliced sausage per plate
(Knackwurst or Frankfurter)
1 Tbsp chopped chives
½ tsp salt, pinch of pepper
1 tsp caraway seed
1 crushed clove garlic
1 qt beef bouillon or stock

Cut bread into small pieces and fry in hot cooking fat without browning. Add salt and pepper, caraway, and garlic. Pour in the stock and cook for about 15 minutes. Before serving, mix egg yolk and sour cream and add to soup, together with the sliced sausages. Heat, but be careful not to boil since the egg yolk will curdle. Add chopped chives and serve.

CREAMY CAULIFLOWER SOUP BLUMENKOHLSUPPE

Bobbie Mueller

1 medium cauliflower, broken into
buds
¼ cup chopped onion
4 Tbsp butter or margarine
¼ cup flour
3 cups chicken broth
2 cups milk
1 tsp Worcestershire sauce
1 cup sharp cheddar cheese,
shredded
snipped chives (optional)

Cook cauliflower in small amount of boiling salted water for 10 to 15 minutes or till tender. Drain and coarsely chop. In large saucepot sauté onion in butter 10 mins. Blend in flour; add chicken broth, milk, and Worcestershire. Cook and stir till it thickens slightly. Add cauliflower. Don't overcook. Stir in cheese (optional). Sprinkle each serving with chives.

We look forward to the Skagit Valley cauliflower season each year because we can never get enough of this soup.

Von Liebe und Suppe sind die ersten Löffel am Besten.
Of love and soup, the first spoonfuls are the best.

CURRY POTATO SOUP *CURRY KARTOFFELSUPPE*

Willi Klos

1 lb potatoes (russets)
2 Tbsp butter or margarine
1 Tbsp hot curry powder
3 cups vegetable broth
1 carrot
1 clove garlic
1 walnut-sized piece of ginger
1 to 2 Tbsp raisins
1 small white onion, sliced
1 Tbsp sliced almonds
chives, chopped

Peel potatoes and cut into even cubes. Sauté with a tablespoon of butter. Add salt and dust with curry. Take the pot from the stove and mix the curry thoroughly. Now add 2¼ cups vegetable broth and simmer for 20 minutes.

In the meantime, peel carrot and cut into small cubes. Combine with ginger and garlic, finely minced, and simmer in 1 Tbsp of butter. Add the raisins, the rest of the broth, and let it cook, uncovered, until the liquid is reduced. Add the onion, then almonds. Let simmer for 2 minutes. Puree the soup. Decorate the soup with the chives and the onion/almond mixture.

For 4 persons.

RICH POTATO SOUP *SÄMIGE ERDÄPFELSUPPE*

Christa Wukounig

2 qt beef stock
3 strips bacon
1 onion, chopped
2 Tbsp parsley, chopped
1 Tbsp flour
4 large potatoes, diced
marjoram
bay leaf
thyme
caraway
salt, pepper to taste
vinegar
1 cup sour cream
2 frankfurters, sliced thin

Chop bacon and fry with onion and parsley in skillet, then dust with flour. In a large saucepan, add these to beef stock. Add the diced potatoes and spices. Simmer until it thickens, then carefully add sour cream. (Pour small quantity of stock into the cream and stir. That keeps it from curdling.) Then add the sliced sausage.

EGGPLANT SUPPER SOUP

Helga Jaques

2 Tbsp olive oil
1 medium onion, chopped
1 lb lean ground beef
1 medium eggplant, diced
and peeled
1 clove garlic, minced, mashed
½ cup celery, sliced
1½ cups carrots, sliced
1 large can crushed tomatoes
3½ cans@ 14 oz beef broth
1 tsp salt
1 tsp sugar
½ tsp nutmeg
½ tsp pepper
½ cup small macaroni (optional)
1 Tbsp minced parsley
grated Parmesan cheese

Heat oil in large pan. Add onions and sauté until translucent. Add meat and brown. Pour off excess fat. Add the rest of the ingredients except macaroni and parsley. Cover and simmer for 35 minutes. Add macaroni and parsley. Simmer 10 mins. Sprinkle cheese on top of individual servings.

Serves 10.

*I received this from Judith Mc Nea, a great artist and cook.
A quick and easy dish for company.*

GOULASH SOUP GULASCHSUPPE

Traditional

½ lb diced meat (beef or pork)
2 cups chopped onions
¼ cup margarine or butter
2 Tbsp paprika
1 tsp salt
1 tsp garlic powder or
2 cloves fresh, minced
1 tsp marjoram
1 tsp caraway
3 medium potatoes, peeled
3 cups beef bouillon
1 Tbsp tomato puree

Fry the chopped onion in butter to caramelize. Add the diced meat and stir in spices. Continue frying, stirring constantly, being careful not to burn the paprika. Pour on stock and simmer until the meat is almost tender. Cut raw potatoes into small cubes. Add to the soup and simmer until soft. Add the tomato puree and serve.

This soup's origin is in the Hungarian bogracs gulyás (Kettle Goulash), which is more soup than stew. Find other recipes with a goulash base under Meat Dishes.

A popular substitution in Austria is using Frankfurters or the spicy Debreziner sausage for the meat. Instead of sweet paprika use hot (pimento) paprika for that extra kick that often is a hallmark of the Austrian Gulaschsuppe.

BEER CHEESE SOUP **BIERKÄSESUPPE**

Kathleen Cotton

*¾ cup butter or margarine
½ cup finely chopped celery
½ cup finely chopped onion
½ cup grated carrot
½ cup flour
3 Tbsp Parmesan cheese
2 (15 oz) cans chicken broth
1 beer (12 oz can)
6 oz grated cheddar cheese*

Combine first 4 ingredients in saucepan 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. Do not boil. Serve with French bread and a tossed salad.

CREAM OF ASPARAGUS SOUP **SPARGELCREMESUPPE**

Aleyne Bergman

*2½ qt chicken broth
1 small onion, quartered
1 carrot, scraped and sliced
1 parsnip, scraped, sliced
4 sprigs parsley, tied together with a string
1 lb asparagus, trimmed
¼ cup butter
¼ cup flour
1 cup heavy cream
2 egg yolks
24 asparagus tips, cooked in salted water
salt and pepper to taste*

In a large pot, bring broth to a boil and add onion, carrot, parsnip, parsley, and asparagus ends. Reduce heat, and simmer for about 20 to 25 minutes or until vegetables are tender. Strain into a bowl. Remove parsley and press the other vegetables through the sieve or puree in a blender. Pour the soup back into the pot. In a saucepan melt the butter. Add the flour; stir well and cook until just bubbly. Add cream, stirring continuously, and cook until slightly thickened. Beat the egg yolks; add to the cream mixture and beat well. Add the asparagus tips and more salt and pepper to taste. Simmer for a few minutes until the soup is slightly thickened. Serve immediately.

CREAMY LEEK SOUP **LAUCHCREMESUPPE**

Martin Král

*2 Tbsp butter
2 potatoes
2 cups chicken stock
1 leek stalk
½ cup flour
salt
1 cup cream*

Cut leek in ¼ in pieces. Heat butter in saucepan and add leeks. Allow to sauté for 5 mins. Then add flour and stir. Add stock and allow to thicken for 10 mins. Meanwhile, peel and cube potatoes, add to saucepan, cover and simmer for 20 mins. Season with salt and stir in cream. Serves 4.