

von Schweinitz Family RECIPES

By

Helga von Schweinitz

Released June 2023
by
Helga von Schweinitz

Printed in the United States of America

This book is in the open domain. You may quote or use portions as you see fit. But remember, a memory is for a life time, but a good reference is forever.

Introduction

The original version of this book of recipes was put together as a Christmas present for Helga's son, Christopher in 2018. At that time, the book only contained the few favorite recipes from Helga and Hans. Now, in this 2020 version, more recipes have been included, along with personal notes. And of course, more pictures.

In addition, some favorite recipes from daughter, Bettina, and son, Christopher have been included. Bettina traded recipes quit often with her Mutti (Helga). Many times, they collaborated in finding or modifying the recipes to meet Bettina's palette (Bettina loves chocolate and has a sweet tooth, Helga not so much). Christopher has many favorites that are included.

A full stomach is a reality.
The feeling of safety or security is an illusion.

Contents

Apple-Carrot Salad	7
Artichokes, Baked with Parmesan Cheese	8
Bananas smashed	9
Bratkartofeln (Fried Potatoes)	10
Bread: Banana Bread	11
Bread: Beer Bread.....	12
Bread: Bread Chocolate Pudding	13
Beer Brew	14
Beer Mix Drink (Radler or Shandy).....	16
Bratäpfel (baked apple).....	17
Bread: Beer Bread.....	18
Brei or Haferflocken (Oatmeal)	19
Brownie: Brownies, Cake Like	20
Brownie: Brownie in a Mug.....	21
Cake: Fruit Cocktail (Helga's version)	22
Cake: Mutti's Glitchy Pound Cake	23
Cake: Bettina's Glitchy Pound Cake, Chocolate.....	24
Cantaloupe with Ice-cream	25
Chicken, Fried	26
Cookies: Bettina's Favorite Dog Cookies	27
Cookies: Holiday Cookie Dough	28
Cookies: Lemon Butter Cookies	29
Cookies: Nußsterne (Almond Stars Cookies)	30
Cookies, Sandies.....	31
Cookies, Schleissen (Silesian) or also Pfeffernüsse.....	32
Cookies: Zimtsterne (Cinnamon Star Cookies), Egg yolk version.....	33
Cookies: Zimtsterne (Cinnamon Star Cookies), Egg white version	34
Crackers: Whole Wheat Crackers	35
Crepes.....	36
Crust, Pie	37
Dip: Dill Dip.....	38
Dip: Zesty drained yogurt Dip	39
Flambees, Banana	40
Goulash (Beef stew).....	41
Gurkensalat (Cucumber Salad)	42
Herring: Eingelegte Bratheringe	43
Herring: Rollmöpse (Rollmops Soured Herring).....	44
Ice-cream, Vanilla.....	45
Kartoffelpfannkuchen (Potato Pancakes)	46

Kartoffelsalat (potato Salad)	47
Marmalade, Cranberry Preiselbeermarmelade.....	48
Marzipan.....	49
Marzipan, Königsberger.....	50
Meat Balls using onion soup	51
Meat Balls in Mushroom Gravy	52
Muffins: Wheat Germ Chocolate Muffin	53
Muffins: Veggie Muffins	54
Pancakes: Potato	55
Pancakes, simple	56
Pecans.....	57
Pie: Key Lime Pie	59
Pie: Zwiebelkuchen (Onion cake)	60
Pudding: Pineapple Rice	61
Pudding: Pink Raspberry Pineapple	62
Pudding: Wackelpudding (very Purple)	63
Quiche meat and vegetables with mushrooms.....	64
Quiche Spinach.....	65
Rolls: Resurrection Rolls	66
Rouladen.....	67
Salmon Fillet BBQ	68
Salmon Fillet in Oven	69
Salsa: Bettina's Salsa Spread	70
Sauces, Cheese.....	71
Sauces, made from Salmon	72
Sauces, Tangy	73
Seasoning: No-Sodium Seasoning	74
Soup: Barley Soup	75
Soup: Beef Stew Soup	76
Soup: Bone Marrow Soup.....	77
Soup, Chicken.....	78
Soup, Split Pea.....	79
Spaghetti Sauce with Meat.....	80
Steak, T-Bone	81
Stuffed Bell Peppers	82
Sauerbraten, quick	83
Sweet Potatoes Casserole or Pie.....	84
Tacos Filling	85
Taco vegetable filling Pinwheel	86
Torte: Malakowtorte Helga's.....	87

Torte: Ruckzuck Tortenboden for Obsttorte.....	88
Turkey Breast á la Helga.....	89
Waffles, simple	90
Wine: Bowle mit Erdbeer (Wine Punch with Strawberries)	91
Wine, Glüwein.....	92
Wine: Feuerzangenbowle (Punch Bowl)	93
Wine: Sangria	94
Wine: Zilker Hillside Formosa.....	95
Original Recipes Images	96
Miscellaneous Photos.....	139
Last Page	140

Apple-Carrot Salad



Source: Helga

Ingredients:

Apples, peeled

Carrots, peeled

Lemon juice

sugar

How much apple to carrot combination is done to taste.

How fine to grate apples and carrots is done to taste.

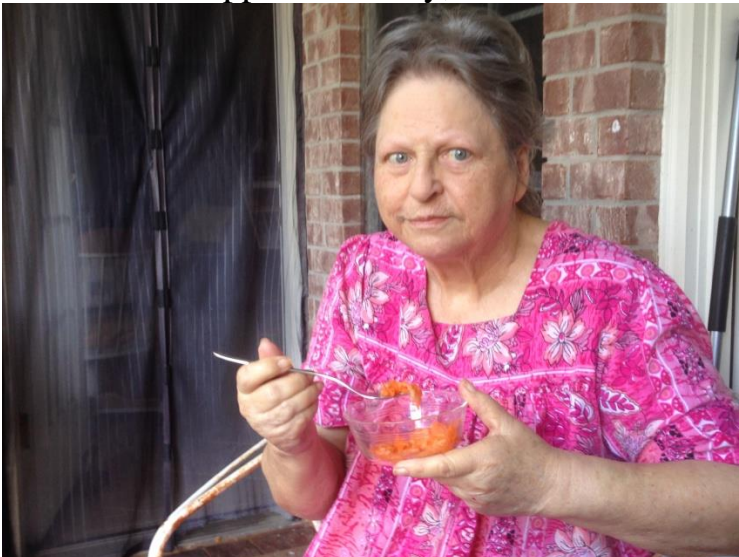
Grate peeled apples.

Add some drops of lemon juice to keep apples from turning brown.

Grate carrots to apple mix.

Add some sugar to taste.

If carrots and apples were dry, can add some water.



Artichokes, Baked with Parmesan Cheese

Source: Helga

Ingredients:

18 oz Artichokes, hearts, frozen, quartered.

1 tablespoon fresh lemon juice

1 stick butter, melted

Salt

Pepper

3 tablespoons chopped pecans, ground or finely chopped

2 tablespoons grated parmesan cheese

1 teaspoon dry Italian seasoning, crushed fine

1 garlic clove, medium, minced

1 teaspoon extra virgin olive oil

Preheat oven to 375°F. Grease 9 x 13 inch Pyrex (or glass) dish.

Place the artichokes in a colander and rinse well with cold water. Drain well, and pat dry. If still whole, cut into quarters. Place in dish. Add melted butter, salt and pepper. Toss well to cover artichokes.

In bowl, mix pecans, cheese, Italian dressing, clove and oil. Spread or crumble mix on top of artichokes.

Bake for 15 minutes. If not done, increase temperature to 425°F and bake another 10 minutes. Until topping is golden brown in color.

Bananas smashed

Source: Helga

Ingredients:

Bananas – very soft

Sugar

Peel then smash the banana(s) into a small bowl

Sprinkle sugar on banana(s)

Enjoy

This makes a quick after school or mid-afternoon snack. The banana is healthy and the sugar provides a quick pick-me-up.

Can actually does this with any fruit, but we always enjoyed the banana(s) the best.

Bratkartofeln (Fried Potatoes)

Source: Helga

Ingredients:

Cooked potatoes

Butter or olive oil

Onions, sliced and diced

Bacon or ham pieces

Egg(s)

Salt

Pepper

Peel the potatoes and slice (not too thick, not too thin).

Add butter or olive oil to frying pan and heat.

Add onions and brown

Add potato slices, bacon (or ham)

Continue to fry

Add salt as desired

Put raw eggs in cup and blend

Add egg blend to frying pan mixture.

Remove from heat when eggs are done.

Bratkartofeln made for a quick evening meal. Especially since we often baked extra potatoes on the grill when ever Papa made steaks. Then the next evening the baked potatoes were just perfect for making Bratkartofeln. For added flavoring, some leftovers from other meals could be added. The Bratkartofeln could be a small meal or be added to meat and vegetables to make a normal evening meal.

During Papa's dating years in Germany (before he met Mutti), he would often have "Bratkartofel Verhältnis" or Fried Potato Relationship. After the war (WWII) store bought food was in short supply and Papa lived alone in town, so he had little access to garden produced food. Many young men lived alone in the towns. It was popular for these young men to have a relationship with a young woman whose family had a garden. A favorite produce in these backyard gardens was potatoes. These young women (or their mothers) would fry-up some potatoes to impress their new boyfriend. The question always was, is the young man in the relationship because he like the young woman, or is he hungry and just wants a meal of potatoes.

Bread: Banana Bread

Source: Helga

Ingredients:

1 cup sugar

1 cup thinly sliced ripe bananas

½ cup shortening or margarine

2 eggs

1 ½ cups all purpose or unbleached flour

1 teaspoon baking powder

½ teaspoon soda

½ teaspoon salt

½ cup chopped nuts

Heat oven to 350°F. Grease and flour bottom of 9x5 loaf pan. In large bowl, blend first four ingredients. Beat 2 minutes at medium speed. Add flour, baking powder, soda and salt. Blend until moistened. Beat 2 minutes at medium speed. Stir in nuts. Pour into prepared pan. Bake 50-60 minutes until toothpick comes out clean.

Bread: Beer Bread

Source: Bettina

Ingredients:

3 cups wheat flour

1 tablespoon sugar

1 ½ tablespoon baking powder

¼ teaspoon salt

22oz bottle of beer (1pint)

1 tablespoon dried dill weed

1 teaspoon Parsley

Beer options: Bud is not so good

Becks, Heineken, Shiner, and St Paul Girl are good

Grease 2 loaf pans. Combine the flour, sugar, baking powder and salt into a mixing bowl. Stir in the beer and dill and mix until just combined. Scrape the batter into prepared loaf pans and bake at 375°F for 55 to 60 minutes or until brown on top and a knife inserted into the center comes out clean. Allow to sit in the pan for 10 minutes, then remove and cool on a rack.

Bread: Bread Chocolate Pudding

Source: Helga

Ingredients:

4 slices of bread, cubed

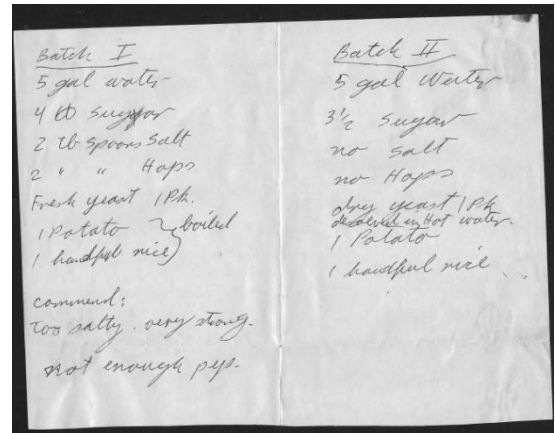
Chocolate chips

Nuts

Package of sweet custard Mix

Make custard per package. Mix bread, chips, nuts, and custard. Put into baking dish and bake for 25 minutes at 350°F. Serve warm.

Beer Brew



Source: Hans

Utensils needed:

bottle capper

Caps

Bottles

Crock - 10 or 5 gallons

Beer Hydrometer

cheesecloth

Ingredients for 5 gallons:

5 pounds sugar

1 pack dry yeast

1/2 can Blue Ribbon Malt Light
or Dark

1 sliced potato

1 handful of rice

1/4 pounds raisins

5 gallons of water

1. Bring water to the boil and fill crock 1/2 full
2. In a separate container mix 1 gallon of water with 5 pounds sugar and 1/3 can of malt. Cook this mixture for about 3 minutes.
3. Add mixture to the water in the crock and add more boiled water to fill crock 1 inch from top. Let this mixture cool to room temperature.
4. Dissolve yeast in a cup of luke warm water and add this to the mixture.



Beer Brew continued

5. Add to mixture one handful of rice, and one potato (peeled and quartered). Place in a sack of cheesecloth 1/4 pounds of raisins. Add cheesecloth to mixture.
6. This mixture will build up a lot of foam within the first 12 hours, this foam must be skimmed off every 3 hours until no foam is building anymore.
7. After no foam builds up anymore (about 12 hours) remove the raisins in the cheesecloth from the mixture. Insert the hydrometer. Store in room temperature until the hydrometer drops to the red mark (about 72 hours).
8. When the hydrometer shows the red line at the brew level, the brew is ready to bottle and cap. Clean bottles and caps with hot water, fill them 4/5 full and cap. Store the beer in a dark place at room temperature for 2 weeks and do not move them, this would stir up the settlements.
9. Place bottles in the refrigerator, do not shake them, and then, finally, open the bottle carefully and pour slowly into a glass, leave the settlements in the bottle and "Prost".
10. The amount of sugar and malt, ark or light, can be changed to your likes. More or less sugar will increase or decrease the alcohol contents, more or less dark or light malt will add color and flavor.
11. The key to making goo home brew is in the cleanliness of the utensils used. Bacteria in the initial stages 1 through 8 of the brew ill make the beer taste rotten, green, and bottles will explode.



Beer Mix Drink (Radler or Shandy)

Source: Hans

Ingredients

Local Beer, such as Shiner in Texas.

7-up

Mix 50/50 beer and 7-up

Note: Hans spent his early years in central to south Germany. And his favorite pastime was to take bicycle holidays. So he called this drink "Radler" which means cyclist in German. Other parts of Germany use the name "Shandy". After 2014, when Hans' health greatly declined and he had difficulty drinking enough liquid to stay hydrated, his preferred drink was a "radler".

Bratäpfel (baked apple)

Source: Helga

Ingredients:

apples

butter

sugar 1/2 teaspoon each apple

cinnamon 1/2 teaspoon each apple



Mix sugar and cinnamon together

Wash apples. Cut apples in half. Cut out cores and cut "Bowl" into each apple. Puncture into apple around "Bowl"

Fill "Bowl" with some butter and cinnamon/sugar mixture.

Place in glass casserole dish or on greased cookie sheet.

Bake at about 325°F for 30 minutes. or until apples are well wrinkled.



Bread: Beer Bread

Source: Bettina

Ingredients

3 cups wheat flour

1 tablespoon sugar

1 ½ tablespoon baking powder

¼ teaspoon salt

22oz bottle of beer (1pint)

1 tablespoon dried dill weed

1 teaspoon Parsley

Beer options: Bud is not so good

Becks, Heiniken, and St Paul Girl are good

Grease 2 loaf pans. Combine the flour, sugar, baking powder and salt into a mixing bowl. Stir in the beer and dill and mix until just combined. Scrape the batter into prepared loaf pans and bake at 375°F for 55 to 60 minutes or until brown on top and a knife inserted into the center comes out clean. Allow to sit in the pan for 10 minutes, then remove and cool on a rack.

Brei or Haferflocken (Oatmeal)

A favorite morning meal or bedtime snack was oatmeal. Our family often just called it “Brei” which means mush in German. Oatmeal is Haferflocken in German.

Helga would often make Brei with milk and a pinch of salt. And boil the mixture until it was just becoming stiff.

Then she would make a mixture of sugar and cinnamon, which we could sprinkle on the Brei.

Brownie: Brownies, Cake Like

Source: Bettina

Ingredients:

3 squares unsweetened chocolate

½ cup butter

1 cup sugar

2 eggs

1 teaspoon vanilla

½ cup whole wheat flour

1 teaspoon baking powder

Grease

Melt chocolate, set aside. Blend butter and sugar then beat in eggs. Add baking powder. Blend in chocolate, vanilla and flour. Spread into greased 8" square pan. Bake at 325°F oven, 30-35 min. Cool before cutting.

Brownie: Brownie in a Mug

Source: Bettina

Ingredients:

1/2 cup flour and sugar mixture to taste (more flour than sugar)

1 teaspoon Baking Soda

2 Tablespoon (13g) cocoa (natural, unsweetened) or 1 Packet cocoa

Pinch of salt

Pinch of Cinnamon

1/4 cup water (60ml)

2 Tablespoon canola oil or vegetable oil (not olive oil for flavor is too strong)

In microwave safe large mug, place flour, sugar, cocoa, salt, and cinnamon. Stir with fork to break up any clumps.

Add oil and water, stirring until mixture is smooth.

Place mug in microwave and heat on high until mixture is cooked all through. About 1 minute and 40 seconds.

Let cool before eating.

Cake: Fruit Cocktail (Helga's version)

Source: Helga

Ingredients:

Cake

2 cups flour

1 1/2 teaspoon baking soda

1 1/2 cup sugar

2 eggs

1/2 teaspoon salt

1 teaspoon vanilla extract

1 small can (16oz) fruit cocktail with juice

2 pie pans

Crumble

3/4 cup white sugar

1/2 cup finely chopped pecans or walnuts

1 teaspoon maple imitation flavor

Topping

1/2 can condensed or evaporated milk

1/2 cup sugar

1 stick butter

1 teaspoon vanilla extract

Make cake: In bowl, mix all cake ingredients together.

Butter the two pie pans.

Pour mixture equally into the two pie pans.

Make Crumble: In bowl mix all crumble ingredients together.

Sprinkle over cake in pans.

Bake at 325°F for about 40 minutes.

Make Topping: Put all topping ingredients into a saucepan. Simmer for about 10 minutes. Pour over warm cakes.

Cake: Mutti's Glitchy Pound Cake

Source: Helga

Ingredients:

1 cup butter

2 ½ cups sugar

1 cup milk

¼ cup sour cream

(sour cream can be replaced with one
teaspoon baking soda or powder
mixed in the flour)

3 cups flour

1 teaspoon salt

5 eggs

1 tablespoon vanilla

1 teaspoon lemon juice



Blend butter and sugar; add milk and sour cream.

Add flour, salt, eggs and flavoring.

Blend thoroughly but do not beat.

Grease and flour 2 pan loafs.

Bake at 350°F for about 75 minutes.

Remove from oven and draw flat knife between cake and pan to seperate.



Cake: Bettina's Glitchy Pound Cake, Chocolate

Source: Bettina (her variation of Helga's Glitchy Pound Cake)

Ingredients:

- 1 cup butter
- 2 cups sugar
- 1 cup yogurt
- 1 teaspoon baking soda
- 1 teaspoon baking powder
- 3 cups whole wheat flour
- 1 teaspoon salt
- 5 eggs
- 1 tablespoon vanilla
- 1 teaspoon lemon juice
- 2 squares chocolate grease

Melt chocolate and set aside. Melt butter. Blend butter and sugar; add yogurt. Add baking powder and baking soda. Add chocolate. Add flour, salt, eggs, vanilla and lemon juice. Beat thoroughly. Bake at 350°F in greased and floured pan for about 75 minutes. Can use 2 loaf pans.



Cantaloupe with Ice-cream

Source: Helga

Ingredients:

Cantaloupe, from Fridge

Vanilla ice-cream (or any other flavor)

Vanilla Wafers

Cut Cantaloupe in half and remove seeds

Scoop ice-cream into the center bowl(hole)

Top off with Wafers

Enjoy

We enjoyed these as a weekend afternoon snack. Especially in the Texas summer heat.

Chicken, Fried

Source: Helga

Ingredients:

Comment: Thighs are best

8 to 10 pieces frying chicken

1/3 cup flour

1 teaspoon salt

1/4 teaspoon pepper

1 teaspoon salad herbs, if desired

Crisco or Spry

Wash chicken,, pat dry with paper towel. Coat with flour (mixed with seasoning). Heat Crisco or Spry in pan and add chicken. Cook over medium heat uncovered, turning chicken pieces occasionally until brown, about 45 minutes.

Cookies: Bettina's Favorite Dog Cookies

Source: Bettina

Ingredients:

2 cup flour (more if needed)

1 teaspoon baking powder

1 teaspoon baking soda

1 teaspoon salt

1 cup cold water

1 tablespoon beef bouillon concentrate

2 tablespoon cooking oil

Combine and mix first 4 ingredients in bowl. Add water, bouillon, and oil; mix well. Add flour until like bread dough. Place on two ungreased baking sheet sprinkled generously with flour. Turn patty to coat second side with flour. Roll out even. Score into less than $\frac{1}{2}$ - $\frac{3}{4}$ -inch squares using a knife. Bake at 350°F until crisp and done, 15 to 20 minutes. Let cool in air before putting in container and sealing.

Cookies: Holiday Cookie Dough

Source: Helga

Ingredients

3 oz cream cheese

1/2 cup unsalted butter

1/4 cup packed brown sugar

1/2 teaspoon salt

1 teaspoon vanilla extract

1 2/3 cups flour

In bowl, combine all ingredients except for flour. Mix until blended. Add flour and stir with a wooden spoon until dough forms a ball. Knead 1 or 2 minutes; adding a bit more flour if the dough becomes sticky. Chill.

Roll out dough on floured surface and cut into desired shapes. Place on ungreased cookie sheets and bake at 350oF oven until edges are very lightly browned (8-20 minutes).

Makes 2 or 3 dozen cookies, depending on shape.

Cookies: Lemon Butter Cookies

Source: Bettina

Ingredients

COOKIES:

2 cups flour - un-sifted

¼ teaspoon baking powder

¼ teaspoon salt

2-3 large lemons. Process into 1 tablespoon grated peel and 2 tablespoons juice

¾ cup butter or margarine, softened

½ cup granulated sugar

½ teaspoon vanilla extract

wax paper

1) Stir together dry ingredients, flour, baking powder and salt

2) In large bowl with blender on medium speed, beat butter, granulated sugar and confectioners' sugar together until real creamy. About 5-10 minutes. Beat in lemon juice, lemon peel, and vanilla until blended. Beat in flower mixture just until blended.

3) Divide dough and shape into multiple logs. Each ½ - ¾ inch in diameter. Can have larger diameter and divide later. Wrap each in wax paper and refrigerate overnight.

4) Preheat oven to 350f (2002) or 325F(2003)

5) Cut each log into ¼ - ½ inch slices with ½ - ¾ inch in diameter. Place slices 1 ½ inch apart on un-greased but wax papered cookie sheet. Use thick cookie sheet.

6) Bake 10-12 minutes or until very lightly browned at edges (or not browned at edges and spongy in center). Turn in oven at 5 minutes for more even baking.

7) Cool on cookie sheet for 2 minutes (center begins to thicken). Then transfer to wire rack to cool completely (center now firm).

ICING:

confectioners' sugar

lemon juice from remaining lemons or concentrated lemon juice

Mix confectioners' sugar and lemon juice until thick and smooth. Use butter knife to smear onto cookies. Or put into microwave to make liquid.

Cookies: Nußsterne (Almond Stars Cookies)

Source: Helga

Cookie ingredients:

250g butter softened

250g grated almonds

250g (8.8oz or 1 cup) flour

150g (5.29oz) sugar

2 egg yolks

a little lemon juice

a dash of cinnamon ground

Vanilla icing ingredients:

1 Tablespoon vanilla extract

250g of confectioners' (powder) sugar

about 4-5 Tablespoons of hot water

In a bowl, moisten butter with flour. Add other cookie ingredients as you knead mixture into a smooth dough.

Preheat oven to 350°F.

Place dough on board. Roll out and cut into stars. Place stars on greased cookie sheet.

Bake cookies for ?? minutes at 350°F until slightly brown in color.

When cooled, cover stars with warm icing.

Cookies, Sandies

Source: Helga

Ingredients:

1 cup butter

$\frac{1}{4}$ cup powdered sugar

2 cups flour

2 teaspoon vanilla

1 tablespoon water

Cream butter, sugar, vanilla, and water. Add flour. Form into small balls, 1 inch diameter. Place on ungreased cookie sheet, keep seperated because they will flatten. Bake at 300°F until golden. When cooled off a little, cover with icing.

Cookies, Schleissen (Silesian) or also Pfeffernüsse

Source: Hans

Ingredients:

(750 g) 5 cups flour
(700 g) 2 cups liquid honey
(30 g) 3 level teaspoon cinnamon
(5 g) ¼ level teaspoon cloves,
ground
(100 g) 3.5 oz candied orange,
lemon, or any candied or dried fruit
(20 g) 3 Tablespoon Potash or
baking soda
1 lbs finely ground nuts (pecans are
okay)
juice of ½ lemon



Cut candied or dried fruit into very small pieces. Mix with all dry ingredients. Add luke warm honey and lemon. Knead well. Roll out into 1/4 inch sheets(not all at once). Cut out shapes. Bake at medium heat (300°F) for about 13-15 minutes. Cookies will come out soft but quickly become hard. Makes about 60 cookies.

For those that will not be eaten, decorate with icing or just with nut pieces. Gently puncture hole through cookie and use string to hang as decoration.



Those cookies that you don't want to use as decoration should be put into a tightly closed container together with a small piece of apple. Do not put icing needed on these, but can add icing before serving. Put a piece of wax paper on top of cookies before adding the piece of apple. Lay apple on top of wax paper. The cookies turn very soft after 4-6 weeks. During storage the oil of the nuts softens the cookies and the apple adds flavor and moisture. When container is opened, the apple will be spoiled, so gently lift apple out by using the wax paper and discard.

Like so many 19th century immigrants to Texas, my husband, Hans, grew up in Silesia (Schlesien). His dearest memories include the making of these gingerbread tasting cookies, a process which kept his little boy's hands busy on long winter evenings.

Cookies: Zimtsterne (Cinnamon Star Cookies), Egg yolk version

Source: Helga

Cookie ingredients:

3/4 cup butter or margarine

1/2 cup sugar

2 egg yolks

2 cups flour

1 or 2 teaspoon cinnamon

Icing ingredients:

Powdered sugar

Cinnamon

Hot water



Soften butter.

Mix butter, egg yolks, cinnamon, and sugar.

Slowly add flour until away from bowl.

Knead well to blend. Kneading is important so do well.

In small batches, knead again and roll out (about 1/4 inch thick), then cut out star shapes.

Lubricate cookie sheet or use parchment paper (not wax paper which will stick to cookies)

Bake at low heat (300°F) for about 20 minutes until edges are golden

Makes about 24 cookies

For icing mix powdered sugar with water and a little cinnamon. Put on cookies while icing is still warm.



Cookies: Zimtsterne (Cinnamon Star Cookies), Egg white version

Source: Helga

Cookie ingredients:

6 egg whites

500g (16oz or 2 cups) sugar

500g almond flakes or ground

100g lemon rind, grated, can be dried

1 Tablespoon cinnamon ground

30g flour

Icing ingredients:

Powdered sugar

Cinnamon

Hot water

Soften butter.

Beat egg whites until stiff.

Slowly add sugar until well mixed.

Add almonds, lemon rind, and cinnamon.

Slowly add flour until away from bowl.

Knead well to blend almond oil. Kneading is important so do well.

In small batches, roll dough out on board until about 3mm thick (1/4 inch), then cut out star shapes.

Lubricate cookie sheet or use parchment paper (not wax paper which will stick to cookies)

Bake at low heat (300°F) for about 20 minutes until edges are golden

Makes about 24 cookies

For icing mix powdered sugar with water and a little cinnamon. Put on cookies while icing is still warm.

Crackers: Whole Wheat Crackers

Source: Bettina

Ingredients:

- 2 cup whole wheat flour
- 1 teaspoon baking powder
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 cup cold water
- 2 tablespoon cooking oil
- 3 teaspoons wheat gluten (for protein)

Combine and mix first 4 ingredients in bowl. Add water and oil; mix well and shape into 2 or 3 flat patties of equal size (about 175g each). 2 patties for spongy crackers and 3 patties for crispy crackers. Cover dough; let stand 120 minutes. Place 1 patty on ungreased baking sheet sprinkled generously with whole wheat flour. Turn patty to coat second side with flour. Roll very thin. Score into 2-inch squares using a knife. Repeat with second and third dough patty. Bake at 350°F until crisp and done, 15 to 20 minutes. Let cool in air before putting in container and sealing.

For Donuts: Roll ½ - ¾ inch thick.

Crepes

Source: Helga

Ingredients:

1 ½ cups milk

3 eggs

1/3 teaspoon salt

1 cup flour

Mix everything to a creamy batter. Refrigerate for an hour if possible.

Brush pan with butter or other shortening, heat. Pour 2-3 tablespoons batter into pan, roll around to coat bottom. Cook for 1 minute over medium heat, turn, cook other side for 20 seconds. Tip out onto plate. Stack several crepes with wax paper between them, keep warm in oven. Fill and roll up to serve with: strawberries, applesauce, shrimps, spinach, cheese sauce, taco meat, chocolate pudding, raspberries etc.

Crust, Pie

Source: Helga

Ingredients:

1 cup sifted flour

½ teaspoon salt

¼ cup shortening

2 1/3 tablespoon cold milk

Add salt to flour, add shortening in small pieces, mix to a crumble with fingers. Slowly add milk, knead into a ball, roll out, press into a pie dish. Prick bottom with fork several times. Bake for about 10 minutes at 400°F.

Dip: Dill Dip

Source: Bettina

Ingredients

yogurt (can use drained yogurt) or sour cream

Mayonnaise (optional)

Seasoning:

1 Table spoon parsley

1 Table spoon minced onion, dried

1 teaspoon beau monde (seasoning salt)

1 teaspoon dill weed

MIX: 1 cup yogurt or sour cream

1 cup mayonnaise (optional)

3 Tablespoon seasoning

Dip: Zesty drained yogurt Dip

Source: Bettina

Ingredients:

2 cups Dannon plain nonfat yogurt (cannot contain pectin)

.7 to 1 oz packet dry salad dressing mix (Italian, zesty Italian, garlic & herb, Roasted Garlic, Ranch)

coffee filter or muslin

Sieve

Bowl

In bowl combine yogurt and dressing mix. Mix well. Line strainer with coffee filter. Place another bowl under strainer to catch liquid (whey) that drains from yogurt. Spoon yogurt mixture into coffee filter. Cover and refrigerate for 12-24 hrs (I find 24 is better). Remove yogurt (now constancy of sour cream) from strainer and place in container with lid. Keep refrigerated.

Liquid, or whey, can be saved in freezer, and later used in cooking.

Flambees, Banana

Source: Helga

Ingredients:

4 or 6 bananas, peeled

1 stick butter

$\frac{1}{4}$ cup sugar

$\frac{1}{4}$ tablespoon frozen orange juice concentrate or $\frac{1}{2}$ real orange

$\frac{1}{4}$ cup cola

dash of cinnamon

rum or bourbon, higher than 100 proof

Put all ingredients in frying pan (except for bananas), simmer and stir until syrupy. Add whole bananas, warm them on both sides. Pour $\frac{1}{2}$ cup of rum over it, light. Can be flambeed at table if kept warm over candle or a hot plate.

Goulash (Beef stew)

Source: Helga

Ingredients:

Beef (round steak, roast, rough meat
can be used) cut into cubes

oil

garlic

pepper

paprika

water

beef bouillon

bay leaf

onion, sliced

carrot, sliced

dash wine

bacon, smoked or bacon pieces

Your favorite spices

salt

flour or corn starch

sour cream



Trim fat off beef and throw fat away.

Add oil to large Pot and add beef. Sprinkle garlic, pepper, and paprika on beef. Brown over high heat.

Slowly add water, bouillon cubes, bay leaf, a sliced onion, a carrot, a dash of wine if you like, and bacon. Add your favorite spices as desired.

Cover and let simmer for about 2 hours. Stir and fill up with water now and then. Taste, and add spices, bouillon cubes or salt as needed.

Remove Bay Leaf. Mix some flour (or corn starch) with water and sour cream. Add to gravy, stir until it thickens.

Serve over rice, noodles, mashed potatoes or potato dumplings.

Gurkensalat (Cucumber Salad)

Source: Helga

Ingredients:

2 cucumbers

½ teaspoon salt

3 teaspoon Italian salad dressing
dill weed

¼ medium onion or ¼ cup green
onions

pepper

1 tablespoon sour cream



Peel and slice cucumbers very thinly. Sprinkle salt on slices, stir and let sit for at least 15 minutes.

Drain liquid.

Add Italian salad dressing, dill weeds, diced onions, dash of pepper, and sour cream.

Cover and let sit in refrigerator for a few hours to blend.

Serve chilled.



Herring: Eingelegte Bratheringe

Source: Helga

Ingredients:

1 kg Herring (unsmoked)

salt

20g flour

80g fat for frying

50g onion slices

1 teaspoon mustard

6 to 8 Peppercorns

1/4 cup oil

1/8 cup water

Wash the herring. Cut off their head, dry them. Rub inside and outside with salt. Cover outside with flour.

In skillet, heat fat for frying. Put breaded herring into fat to fry until golden brown.

In casserole dish, layer bottom with onions, mustard, and peppercorns. Lay fried herring on top. Mix oil with warm water and pour over herring. Put lid on casserole. Put casserole in fridge for 4 to 6 days. Then herring can be eaten.

Herring: Rollmöpse (Rollmops Soused Herring)

Source: Helga

Ingredients:

4 to 6 salted herrings
1 tablespoon mustard
2 small cucumbers, cut into long slices
2 small onions, cut into fine strips
1 tablespoon Capers
6-8 Peppercorns
2 small bay leaves
1/4 cup oil
1/8 cup water

Debone the herrings. Soak herrings in water for 12 to 24 hours. Dry herrings.

For each herring: Cover one side with mustard. On top of mustard, place a slice of cucumber, a few strips of onion, and a few capers. Roll herring together and hold together with skewer or large toothpick. Lay each finished rolled herring in a casserole dish.

Mix oil with warm water, peppercorns, and bay leaves. Pour mixture over rolled herring (rollmopsse). Cover and place in fridge for 4 to 6 days. Then herring can be eaten.

Ice-cream, Vanilla

Source: Hans

Ingredients:

30 egg yolks

3 pints cream

375 grams sugar

1 teaspoon salt

2 teaspoons rum

1 teaspoon peppermint schnapps

1 teaspoon vanilla extract

Blend all ingredients together. Put into ice-cream maker. Follow instructions on machine. Or ask Hans.

Kartoffelpfannkuchen (Potato Pancakes)

Source: Helga

Ingredients:

2 lbs raw potatoes, peeled

2 eggs

1 medium onion

6 heaping tablespoon flour

dash of salt (about 1/4 teaspoon)

1 good squirt of lemon juice (to keep color fresh)

Oil for pan frying (olive oil is ok)



Grate potatoes and onion. If potatoes turn dark, sprinkle with lemon juice.

Add eggs and salt. Add flour. Mix batter.

Heat oil in frying pan. With a Tablespoon, spoon batter into frying pan and flatten to make a small pancake. Brown both sides over medium heat.

Can be kept warm on cookie sheet in oven.

Best served with apple sauce or cranberry sauce.



**Kartoffelsalat (potato Salad)**

Source: Helga

Ingredients:

6 medium potatoes boiled, peeled and diced (best is red potatoes)

4 tablespoon of Italian salad dressing

4 to 6 eggs hard boiled, peeled and diced

1 medium diced onion (can add some green onion for color)

3 pickles diced

1 to 2 cups diced ham (or turkey, or browned bacon bits)

½ cup radishes diced

mayonnaise

Cook and then dice potatoes. Add Italian dressing to potatoes and stir. Let soak while preparing rest of ingredients.

Prepare dry ingredients. Add to potato mixture.

Start with ¾ cups mayonnaise and add more until salad looks moist.

Keep cold and serve cold.

Best if made several hours before meal time, to let flavors blend together.

Marmalade, Cranberry Preiselbeermarmelade

Source: Helga

Ingredients

2 cups fresh cranberries

1 10oz package frozen strawberries

1 medium orange (with peel)

1/2 cup water

3 cups sugar

1/2 bottle pectin (certo)

Grind cranberries and orange

Mash Strawberries

Combine all ingredients except pectin in a large kettle

Place over low heat and stir until sugar is dissolved.

Bring to boil (full rolling boil) over high heat.

Boil 1 minute.

Remove from heat and stir in pectin.

Put in clean, dry jelly jars.

Makes 6 jars.

Marzipan

Source: Hans

Ingredients:

20 oz sliced almonds

16 oz powdered sugar

3 tablespoons bitter almond concentrate

2 tablespoons rosewater or rum (flavoring)

Water as needed

CoCo powder or icing

Ground almonds to a fine powder. Since this is a dry grinding, it is best to use a grinder, rather than blender.

Mix almond powder with powder sugar, almond concentrate, and rosewater.

Add water until mix is slightly doughy. Let stand 24 hours.

Add a little more powder sugar and kneed. Oils from almonds will bind dough. Split into small amounts and form into balls. Roll balls into CoCo powder or cover with icing.

Marzipan, Königsberger

Source: Hans

Ingredients:

3 cups finely ground almonds

1 pound confectioner sugar

1 teaspoon almond extract

4 tablespoons orange juice

1 egg white

Mix together almonds, confectioners' sugar, almond extract, and orange juice. Knead until thoroughly blended. Shape into a large flat rectangle. Wrap in aluminum foil and chill for several hours.

Meat Balls using onion soup

Source: Helga

Ingredients:

2 lbs hamburger

1 package dried onion soup

dried bread crumbs if hamburger is fat

1 egg

Sauce: 1 8oz jar grape jelly

1 6oz jar mustard

Mix the above, form small balls and let simmer for hours over very low heat
or in crock pot in sauce;

Meat Balls in Mushroom Gravy

Source: Helga

Ingredients:

4 slices of white bread

1 large chopped onion

2 teaspoon baking powder

2/3 cup milk

1 can cream of mushroom soup

1 lb hamburger meat

salt

pepper

Cube bread without crust, soak in milk, beat until it looks like whipped cream. Mix with other ingredients. Form small balls, put in casserole, cover with mix of soup and ½ can of water. Bake for 1 hour at moderate heat.

Muffins: Wheat Germ Chocolate Muffin

Source: Bettina

Ingredients:

1 ½ cups all purpose flour or wheat flour

½ cup wheat germ

½ cup sugar (raw is best)

1 tablespoon baking powder

½ teaspoon salt

1 cup water

½ cup yogurt

¼ cup vegetable oil (optional)

1 egg

2 or 3 squares chocolate unsweetened

Optional Seasoning: Cinnamon

Heat oven to 400°F. Grease 23/24 muffin cups or use aluminum cups.

Combine flour, wheat germ, sugar, baking powder and salt. Add remaining ingredients, melting and adding chocolate last Mix until just moistened. Fill prepared muffin cups ½ full. Bake 20 to 25 minutes or until crusty brown.

Muffins: Veggie Muffins

Source: Bettina

Ingredients:

3 cups vegetables (onion, carrots, green peppers, okra, peas, spinach, quick oats, string beans, corn)

Vinegar

2 cups potatoes

1 ½ cup flour

2 tablespoon baking powder

1 tablespoon baking soda

2 eggs

½ cup yogurt

¼ cup vegetable oil

Heat oven to 400°F. Grease 23/24 muffin cups or use aluminum cups.

Blend vegetables with vinegar in blender. Add potato and water and blend again. Blend in remaining ingredients. Add water or flour if needed to make muffin constancy.

Fill prepared muffin cups ½ full. Bake 20 to 25 minutes or until crusty brown.

Pancakes: Potato

Source: Helga

Ingredients:

2 lbs raw potatoes, peeled

2 eggs

1 onion

2 heaping tablespoon flour

dash of salt (about ¼ teaspoon)

1 good squirt of lemon juice (to keep color fresh)

Grate potatoes and onion; add other ingredients. Heat oil in pan, add batter making a pancake out of each heaping tablespoon. Brown both sides over medium heat. Can be kept warm on cookie sheet in oven. Serve with applesauce.

Pancakes, simple

Source: Bettina

Ingredients:

2 cups wheat flour

1 teaspoon baking powder

½ teaspoon baking soda

2 ½ cups milk

¼ cup vegetable oil

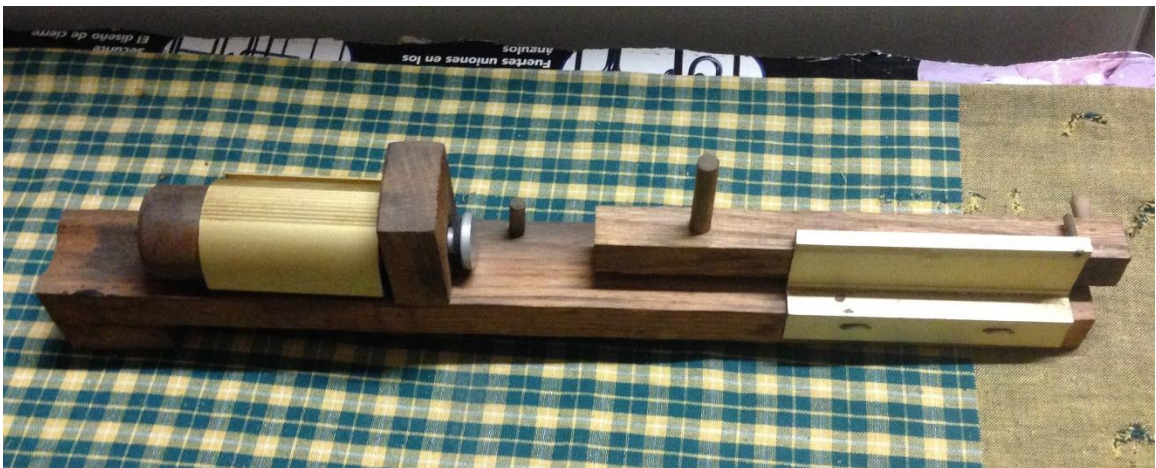
Combine first 3 ingredients in bowl; mix well. Add milk and oil; stir until smooth. Stir batter down before using each time. For each pancake, pour about ¼ cup batter into a pan.

Pecans

In Village Circle Austin, we had over 6 Pecan trees. Sometimes the ground would be covered in Pecans. Since a few of the trees were next to the driveway, we would hear the nuts falling on the cars. Us kids would have to bend down to collect the pecans, while the adults could use a “slinky on a stick” that would pick-up the pecans as if they were golf balls. Once collected we would spend hours removing the shells. For years we would use different contraptions and nut crackers. The best was the rubber-band powered catapult.



Helga using one of the earlier contraptions to remove the husk from the Pecan.



The rubber-band powered catapult. The rubber-band is missing.



“Slinky” like contraption on a stick used to pick-up the pecans.

Pie: Key Lime Pie

Source: Bettina

Ingredients

Crust:

Follow directions on back of Honey Maid Graham cracker crumbs box - use 9" pie plate. Except bake at 325F for about 15 min. Remove from oven and cool to room temp.

Or buy ready made Graham cracker crust.

FILLING:

½ cup lime juice

4 teaspoon lime zest (from 4 limes)

4 egg yolks from large eggs

1 (14oz) can sweetened condensed milk

- 1) Whisk egg yolks and lime zest in a bowl till tinted light green (This takes about 2 minutes)
- 2) Beat in milk, then lime juice and set aside at room temp till thickens.
- 3) After it thickens, pour into cooled crust.
- 4) Bake 15 min at 325F until the center is set but still wiggles when shaken.
- 5) Cool to room temp
- 6) Refrigerate for at least 3 hours before serving.

Pie: Zwiebelkuchen (Onion cake)

Source: Helga

Ingredients

Dough:

2 cups flour

1/2 cup cold butter

1 1/2 package yeast

3/4 cup warm milk

1/4 teaspoon salt

Cookie sheet 15"x11" with sides

Filling:

4 big onions

6 slices bacon

1 cup sour cream

4 eggs

1/2 teaspoon salt

Make dough: Put flour in a bowl. Add butter and knead into a crumbly mixture. Dissolve yeast and salt in warm milk and add to flour. Knead into a smooth dough. Spread dough onto a greased cookie sheet.

Make Filling: Cut bacon into small pieces and heat for several minutes in a large skillet, do not brown. But onions into strips, add to bacon and simmer over medium heat for about 15 minutes, stirring frequently. Meanwhile, in another bowl, whip 4 eggs, add sour cream and salt (whip with either a fork or in a blender). Take onions from heat, and add to egg mixture, stir and distribute on top of dough.

Bake at 400°F for 30 minutes. Serves 4 average men.

The filling can be enhanced by a few drops of Worcester Sauce and/or freshly ground pepper.

Pudding: Pineapple Rice

Source: Helga

Ingredients:

1 can (15 1/4 oz) crushed pineapple

1/2 cup Instant Rice

1 package (3 oz) instant vanilla pudding mix

1/2 cup miniature marshmallows

1/3 cup chopped pecans, finely

Whipped cream, optional.

2 teaspoons sugar, maybe

Glass casserole dish

Drain pineapples and reserve juice.

In pineapple juice, cook rice. If juice is not pineapple syrup, add 2 teaspoons sugar to juice. Bring juice to a boil; stir in rice, simmer 2 minutes, remove from heat, cover and let steam 5 minutes. Then while rice is hot add marshmallows and mix to melt marshmallows.

Make instant vanilla pudding mix per directions.

In large bowl, combine vanilla pudding and rice mixture. Add pineapples and pecans.

Place in fridge to chill. Can be eaten right away, but tastes better the next day when the nuts have softened just a little.

Second try: I used instant pudding, which is cold. So I added the marshmallows to the cooked rice while it was hot.

Pudding: Pink Raspberry Pineapple

Source: Helga

Ingredients

3 cup serving raspberry jello powder (do not make)

1 lb cottage cheese

1 can (15oz) crushed pineapples with juice

1/2 cup small marshmallows

3/4 cup pecan pieces

1 lb cool whip, slightly defrosted

In mixer, cream the cottage cheese.

In bowl, put in creamed cottage cheese. Add raspberry jello powder. And blend.

Add Pineapples with juice, marshmallows, and pecan pieces.

Put into fridge for several hours. Before serving, blend in cool whip in swirls or layer on top.

Pudding: Wackelpudding (very Purple)

Source: Helga

Jello Mix Ingredients:

6 oz package raspberry jello
20 oz can blueberry pie filling
20 oz can crushed pineapple, not
drained
2 cups boiling water



Topping Ingredients:

8 oz cream cheese, room
temperature
1 cup sour cream (or a little less)
2/3 cup sugar
1 teaspoon Vanilla
1 cup chopped pecans

In a big bowl add water to jello powder, stir well

Add blueberry pie filling and pineapple to jello (with liquid), stir well

Pour into 7 x 11 inch pie dish (or casserole dish)

Place in fridge until hard

Combine all topping ingredients into a blender and mix.

Smear on top of hardened Wackelpudding.

Put back into fridge and serve Cold.



Quiche meat and vegetables with mushrooms

Source: Helga

Ingredients:

3 8-inch unbaked pie shells (graham is best)

2 cups cooked meat, cubed (ham is best)

asparagus

2 cups grated sharp cheddar cheese

6 eggs

3 cups cream

dash nutmeg

black pepper

large can mushrooms

Spread meat, vegetables, drained mushrooms and cheese on pie shells. Put remaining ingredients in bowl and beat. Pour into pies. Bake at 350°F for about 35-40 minutes.

Quiche Spinach

Source: Helga

Ingredients:

1 small package of spinach, cooked, salted and drained

Butter

1/2 onion, diced, sautéed in butter

5 eggs

1/4 cup sour cream

1/2 cup milk

salt

pepper

paprika powder

curry powder

1 pie shell, pre-baked

In skillet, add butter and onions, and sauté onions.

In bowl, blend eggs until well mixed. Add to eggs, the sour cream, milk, salt, pepper, paprika, and curry powder.

Drain spinach of water as much as possible. Make sure that pieces are cut small. Add spinach to mixture in bowl.

Empty bowl mixture into pie shell. Bake at 400°F for almost 1 hour.

Rolls: Resurrection Rolls

Source: Bettina

Ingredients:

2 Cans of Crescent Rolls

45-75 small marshmallows

½ Cup melted butter

¼ Cup granulated sugar

2 Tablespoon cinnamon

Preheat oven to 350 degrees.

Easter isn't just about the Easter bunny. We also celebrate the resurrection of our Lord and Savior Jesus Christ. A creative way to tell the story of Jesus' burial and resurrection is to make Resurrection Rolls. Here's the recipe and the story to tell while assembling the rolls.

The story

Jesus is God's son who was sent to earth to pay the price for our sin. While here on earth He never sinned. The white of this marshmallow represents the purity and sin-free nature of Christ.

After Jesus died his body was prepared for burial. After he was buried, his friends prepared him to be buried with oil and spices. Dip the marshmallow in butter, then in sugar and cinnamon.

Jesus was wrapped in linen and placed in a tomb with a large rock rolled in front. Wrap 3 to 5 small marshmallows in one triangle of dough covering it completely like a ball (rock). Make sure to seal seams and ends.

Complete the process for all 16 triangles and marshmallows.

Place in the oven for 10-12 minutes.

Allow rolls to cool. Say after 3 days, his friends went to visit the tomb but the rock was rolled away and two angels said, "why are you looking for the living among the dead?"

Reveal that when you take a bite of the roll the marshmallow has disappeared, leaving an empty "tomb."

**Rouladen**

Source: Helga

Ingredients:

Each Rouladen contains

3"x6" Roast Sliced thin

2 Pickles slices

2 Bacon stripes

3 Onion slices

Dash Garlic Powder

One spread mustard

oil for browning

sewing thread or stick

For sauce

1 beef bullion

flour for thickening

Water

Sprinkle garlic powder on each slice, spread mustard on one side. Slice onions, pickles and bacon into strips. Put two strips of each kind on mustard side of beef. Roll the slice and secure with clip or sewing thread. Brown on all sides.

Add beef broth or stock to cover meat and simmer for at least one hour.

Thicken gravy with flour and serve with boiled potatoes, noodles, or dumplings.

Make plenty of gravy, especially when served with dumplings.

Salmon Fillet BBQ

Source: Hans

Ingredients:

4 lbs Salmon fillets (best if skin is still on one side)

1 lime

2 onions, sliced

1/2 cup butter

salt

pepper

Thoroughly clean and wash the salmon. Do not remove the skin of the salmon. Place salmon on heavy-duty aluminum foil. Cut into side of fillets to create a pocket. Stuff salmon with the sliced onions, butter, salt and pepper. Smear butter on the outside of the salmon and squeeze the lime juice over salmon. Sprinkle outside with more salt and pepper. Wrap the salmon tightly in the foil so as to make as "air-tight" as possible, may need two layers of foil. Place on the hot BBQ for 25-30 minutes then turn over and bake the other side for 15 minutes. Remove and enjoy.

Salmon Fillet in Oven

Source: Helga

Ingredients:

1 pound of Salmon Fillets makes 2 or 3 servings.

Ingredients for each pound of Salmon

1/2 cup mayonnaise

1 Teaspoon mustard

1/2 teaspoon dill weed

1/4 teaspoon garlic powder

1 Tablespoon lemon juice.

Cut fish into serving pieces, place in
bake dish.

Combine ingredients and spread on top
of fish.

Cover with aluminum foil.

Bake at 425° F

15-17 minutes for pink center

Up to 35 minutes for white center



Salsa: Bettina's Salsa Spread

Source: Bettina

Ingredients:

4 tomatoes

3 green bell pepper (remove seeds inside)

1 cucumber

3 jalapeno (remove seeds inside)

1 pound carrots

1 pound Jicama (Remove outer rim, only use inside)

vinegar

small onion sliced

salt, pepper

Other spices as preferred: celery, curry powder, garlic

Put each ingredients into a blender. Add water if required. Blend until finely chopped. Pour resulting mixture into sieve. Put sieve over a bowl and let liquid drain. Can use liquid into the blender to chop up remaining vegetables.

The drained vegetables will make the spread. Good to put on bread or over anything. The liquid is a good vegetable broth.

Sauces, Cheese

Source: Helga

Comment: good over noodles, crepes, cauliflower, etc.

Ingredients:

3 tablespoon butter

3 tablespoon flour

1 cup milk

$\frac{1}{4}$ teaspoon salt

dash pepper

1 cup grated cheese

Heat butter until melted. Stir in flour until smooth. Slowly add milk, stirring with wooden spoon. Heat to boiling until mixture thickens. Add remaining ingredients, stirring until cheese melts.

Sauces, made from Salmon

Source: Helga

Ingredients:

1 1/2 diced onions

Butter

1 lb Salmon (smoked wild sockeye is best)

water

Olive oil

1 cup whipping cream

1 cup crème fraîche (like sour cream)

12 oz cream cheese

In mixer or blender, put salmon and water together and blend.

In bowl, mix onions, butter and olive oil together. Put onion mix into skillet.

Add puréed salmon to onion mix. Simmer for a while to let water cook out.

In bowl, mix whipping cream, crème fraîche, and cream cheese.

Add cream cheese mix to puréed salmon mix in skillet. Let simmer to blend.

Best served over farfalle (noodles).

Sauces, Tangy

Source: Helga

Comment: good over meat balls, wiener

Ingredients:

Sauce: 1 8oz jar grape jelly

1 6oz jar mustard

Mix, pour over meat, simmer over low heat.

Seasoning: No-Sodium Seasoning

Source: Bettina

Ingredients

Seasoning

- 3 Tablespoons Parsley cut small flakes (bone, heart health, eyes)
- 1 Tablespoon Dill Weed cut small size (health, digestive)
- 1 Tablespoon Garlic Powder (colds, blood pressure, cholesterol)
- 1 Tablespoon Onion Powder (cold, diabetes, bone health)
- 1 Tablespoon Cinnamon Ground (Diabetes, insulin resistance, digestive)
- 2 Teaspoons Ginger Ground (digestive health, nausea, muscle soreness)
- 2 Teaspoons Paprika Powder (digestive, iron absorption)
- 2 Teaspoons Turmeric Ground or Cur-cumin (antioxidant, radical cells)
- 1 Teaspoon Cumin Powder or Ground (iron, blood sugar, cholesterol)
- 1 Teaspoon Lemon pepper crystallized (vitamin C, liver)
- 1 Teaspoon Mustard Ground Dry (blood sugar, selenium, blood pressure)
- 1 Teaspoon Oregano Powder or Small Cut (antitoxin, inflammation)
- 1 Teaspoon Pepper Ground Black (cholesterol, blood sugar)
- 1 Teaspoon Sage Powder or Rubbed (blood sugar, memory, cholesterol)
- 1 Teaspoon Thyme Ground (copper, iron, manganese, colds)
- 1/2 Teaspoon Cloves Ground (liver, bone, blood sugar, digestive)
- 1/2 Teaspoon Red Pepper dried Jalapeno, crushed (cholesterol, blood sugar)

Mix all together in a large spice container. Sprinkle on food for flavor.

Soup: Barley Soup

Source: Bettina

Ingredients

1 lb package of barley
1 package of Knorr gravy for meat (Bourgany)
3 large potatoes, peeled and cubed small
½ medium white onion, peeled and slices
½ lb carrots, peeled and cut
2 stalks celery, cut
4 jalapeno, cut
3 bay leaves
1 lb of sausage (optional)

Spices

water

Put onion, carrots, jalapeno, and celery in blender. Add water and blend. Put blender mixture and everything else in large pot. Add water to cover over one inch. Boil for about one hour. Stir regularly, more frequently in last 15 minutes. Keep adding water when bubbles begin to spit. Soup is ready when barley is soft. Turn off heat. Put in containers.

Soup: Beef Stew Soup

Source: Bettina

Ingredients:

2-3 potatoes- cubed small

1-2 lbs beef- cubed small

spices

pepper

oregano

dill

parsley flakes

bay leaf

Vegetables – finely cubed

1 tomato

1 green bell pepper

¼ lb carrots

2 stalks celery

others

Put in large pot with 3-4 cups water and boil until potatoes are done. About 1 hr

Soup: Bone Marrow Soup

Source: Bettina

Ingredients:

Beef bones still with some marrow and meat

Bouillon cubes or powder

Spices

Vegetables cut fine

1)Boil Bones with Marrow (use thigh bones)

Add Bouillon and spices

Can add some veggies at beginning, these will get soggy and become part of sauce

2)Boil until marrow is no longer raw or until the marrow falls off.

3)Remove bone marrow from bone, put marrow back into soup. May give bones to dog.

4)Add remaining veggies, these will stay more firm

5)Boil until done.

6)At end, can thicken sauce with a flour/water slurry, or by adding some corn starch.

Soup, Chicken

Source: Helga

Comment: good for sick people or Papa; can be frozen for late use.

Ingredients:

Whole Chicken or pieces

Water

Chicken or beef bouillon cubes or powder

1 bay leaf

1 diced onion

herbs (parsley, dill, oregano or whatever tastes)

a diced carrot

celery

Put whole chicken or pieces in pot, cover with water. Add chicken bouillon cubes or powder, 1 bay leaf, 1 diced onion, herbs (parsley, dill, oregano or whatever tastes), a diced carrot, celery, and simmer just at boiling point for at least one hour or until bones come out easily. Take chicken out and let cool. Cut up meat, give skin and innards to pet. Put meat into soup.

Before serving, cook some instant rice in separate pot. Put some rice in soup bowl, serve soup over rice.

Soup, Split Pea

Source: Helga

Ingredients:

1 lb package of split peas (or Lentils, or Black Beans)

2 Tablespoon or cubes of dried Chicken Bouillon(or envelope of dried gravy)

3 large potatoes, peeled and cubed

½ medium white onion, peeled and slices

½ lb carrots, peeled and cut or small

2 stalks celery, cut

3 bay leaves

1 lb of sausage or ham or bacon (optional)

Spices of choice

water



Put everything in large pot. Add water to cover over one inch.

Boil for about one hour. Stir regularly, more frequently in last 15 minutes.

Keep adding water when bubbles begin to spit.

Soup is ready when split peas soften and turn to mulch.

Turn off heat. Remove bay leaves.

If soup is not smooth enough smash with potato masher.

Can be frozen for later use.



Spaghetti Sauce with Meat

Source: Helga

Ingredients:

2 pounds ground beef

2 or 3 packages of Spaghetti Sauce

Mix (any brand) 1.5 oz each

1 or 2 x 15 oz can Tomato Sauce (2
cans for more liquid sauce)

12 oz can Tomato Paste

Olive Oil

Water or beef broth, as required, about
15 oz



Put ground beef and olive oil in large
pot. Brown beef.

Let cool then remove excess fat if needed.

Reheat and add other ingredients.

Simmer for over 30 minutes to blend flavors.

Can be frozen for future enjoyment.

Steak, T-Bone

Source: Hans

Ingredients:

Invite friends or family

Buy a thick T-Bone steak for each person

Buy a large Russet baking potato for each person

Marinate steaks in Italian Dressing

Clean and wrap Baking potato in aluminum foil

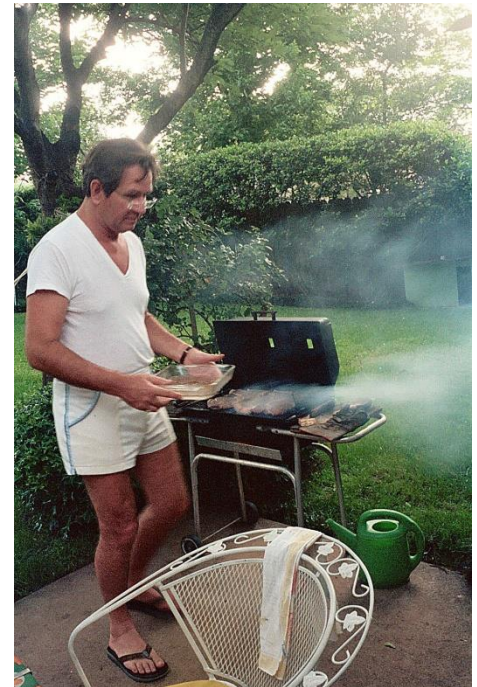
Grilling:

Place baking potatoes in with barbeque briskets

Place steaks on grill

Give guests and family a "Bowler mit Erdbeer" drink or a home brewed beer.

When steaks and potatoes are ready - Serve and enjoy



Papa started his grilling career with rotisserie chicken in Roswell New Mexico, 1962-1966

Stuffed Bell Peppers

Source: Helga

Ingredients:

1 ½ lbs ground beef
1 cup uncooked instant rice
1 large onion minced
2 tablespoon olive oil
1 teaspoon salt
¼ teaspoon black pepper
½ cup beef broth
23 oz jar Ragu Italian looking
Tomato Sauce
6 large green peppers



Preheat oven to 350°F.

In large pot, sauté beef, rice, onion in oil for 5 minutes.

Season with salt and pepper.

Add broth and 1 ¼ cups Ragu Sauce.

Cover and simmer for 5 minutes.

Core peppers and simmer in boiling water for 5 minutes.

Drain peppers.

Place peppers in buttered baking dish and fill peppers with beef rice mixture.

Spoon remaining sauce over peppers

Bake for 10 minutes.

Variations

To increase flavor of mixture can add a package of Taco Mix or Spaghetti Mix.

Can also heat extra Ragu Sauce and spoon over finished peppers for more plate appeal.



Sauerbraten, quick

Source: Helga

Ingredients

3 or 4 lbs chuck roast
2 tablespoons vegetable oil
3 tablespoons brown sugar
1 teaspoon ground ginger
1/8 teaspoon ground cloves
1/2 teaspoon ground all spice
1 bay leaf
1 1/2 teaspoon salt
1 teaspoon ground black pepper
3/4 cup chopped onion
1 1/2 cup water
1 2/3 cup red wine vinegar
2 to 4 tablespoons flour

In pot, add vegetable oil and brown roast.

Combine all spices, 1 cup water, onions, and vinegar. Pour over roast.
Cover and simmer up to 2 to 3 hours.

Combine flour and 1/2 cup water. Add to roast drippings for gravy.

Sweet Potatoes Casserole or Pie

Source: Helga

Ingredients:

6 medium sweet potatoes

2/3 cup brown sugar

1 cup melted butter

1/2 cup orange juice

1 to 1 TableSpoons Grand Marnier (booze)

Nutmeg to taste

1/2 cup chopped pecans or half pecans

1/2 cup marshmallows for garnish

Preheat oven to 350F degrees.

Wash sweet potatoes and place in baking pan or cookie sheet.

Bake for one hour.

After the first 15 minutes, puncture the sweet potatoes on top and bottom with fork.

After one hour of baking, remove the sweet potatoes from the oven and peel while hot.

Cut potatoes in chunks and place in food processor. Process until smooth.

Add the sugar, butter, orange juice and Grand Marnier and continue to process until blended and smooth.

Transfer to a 2-quart baking dish and bake for 20 minutes.

Sprinkle on nuts and marshmallows and return to oven until toasty.

Serves 6 to 8



Tacos Filling

Source: Helga

Ingredients:

12 taco shells

1 lb ground beef

¼ cup chopped onions

1 cup shredded lettuce

1 package Taco Seasoning mix

1 cup grated Cheddar cheese

½ cup diced Tomatoes if desired

Bottle of Taco Sauce

Brown meat slowly in pan, spooning off fat and pressing out the juice while doing so. Add Taco seasoning mix, stir. Fill in warmed up Taco shells, add cheese, lettuce, onions and Taco Sauce (if desired) Chopped onions can be put into meat instead of being added later.

Taco vegetable filling Pinwheel

Source: Helga

Ingredients

2 packages (8oz each) cream cheese, room temperature

1 package (0.4oz) ranch salad dressing mix

1/2 cup minced sweet red pepper

1/2 cup minced celery

1/4 cup sliced green onions

1/4 cup sliced stuffed olives

3 to 4 flour tortillas (10 inch size)

In mixing bowl, beat cream cheese and dressing mix until smooth. Add red pepper, celery, onions, and olives; mix well. Spread about 3/4 cup on each tortilla. Roll up tightly; wrap in plastic wrap. Refrigerate at least 2 hours. Slice into 1/2 inch pieces. Makes 15-20 servings.

Torte: Malakowtorte Helga's

Source: Helga

Ingredients:

5 boxes ladyfingers

2 sticks unsalted butter

1 cup powdered sugar

1 package instant vanilla pudding

1 1/2 cup cold milk

1/8 cup rum

1/2 cup very strong, cold coffee

1 egg yolk

Glass casserole dish (Rectangle is better than circular)

Waxed paper

Whipped cream

To make cream:

Make instant pudding using 1 1/2 cup milk and 1/2 cup coffee.

In food processor, cream butter and egg yolk and sugar together.

Gradually add to food processor, the cold vanilla pudding. If it curdles, don't worry, still use.

Make DIP: with 1 cup milk mixed with 1/8 cup rum.

Dip ladyfingers in DIP, put a layer on bottom of casserole dish

Cover layer with cream. Make 3 layers of ladyfingers and cream. It is barely enough cream for 3 layers. On top layer can use whipped cream to complete.

Use ladle to remove from dish.

Torte: Ruckzuck Tortenboden for Obsttorte

Source: Helga

Ingredients:

2 sticks of butter

2 1/2 cups sugar

3 cups flour

1/2 teaspoon baking powder

1/4 cup sour cream

1 cup milk

5 eggs

1 teaspoon vanilla extract

1/2 teaspoon salt

Two Torten pie crust round pans. (pie will have rim when turned up-side-down)

Grease and flour for pans

In small bowl, mix baking powder and flour together.

In large bowl, cream the butter, add sugar and blend. Add flour/baking powder mix to butter mix and blend. Add milk and sour cream and continue to blend. Add vanilla and salt, and blend. Gradually add all 5 eggs and blend between each egg. Will make at least 2 Torten (pie crusts).

Grease and flour Torten pans. Divide mixture between two pans. bake at 350°F for 10 to 20 minutes, until light brown.

When cooled, turn up-side-down, so that rim is no on top.

Fill with soft fresh fruit (strawberries are good) or cooked fruit like apples, plums, rhubarb or just vanilla pudding mixed with fruit cocktail. Always let some juice be soaked up by the cake.

Cover the Torte with "Tortenguß" if you can find it, or cover it with "jello" to match the taste of the fruit. Use "jello" just before it gets solid.

Turkey Breast á la Helga

Source: Helga

Ingredients:

Breast of chicken, cut into small pieces

Italian Dressing

Mustard powder

garlic powder

soy sauce

A1 sauce

Sour cream

flour

water

To make marinate mix together Italian dressing, mustard powder, garlic powder, soy sauce, and A1 sauce.

Place pieces of chicken in marinate and let soak for 2 hours.

Put chicken pieces and chicken into a skillet, cover and simmer for an hour, stirring occasionally.

Make a slurry with sour cream, flour, and water. Add to marinate to thicken.

Serve over rice or noodles.

Waffles, simple

Source: Helga

Ingredients:

1 $\frac{3}{4}$ cup flour

2 teaspoon baking powder

$\frac{1}{2}$ teaspoon salt

1 tablespoon sugar

3 eggs

7 tablespoons oil

1 $\frac{1}{2}$ cup milk

Sift dry ingredients. Mix liquid ingredients. Mix dry and liquid ingredients until blended. Pour $\sim 1 \frac{2}{3}$ cup batter on gridles. Bake until dark ~ 5 minutes.

Wine: Bowle mit Erdbeer (Wine Punch with Strawberries)

Source: More Hans than Helga

1 to 2 pounds strawberries are washed, halved or quartered and put in a punch bowl with 3 tablespoons sugar.

Cover and let it sit for 20 to 60 minutes.

Add 1 bottle of wine (an inexpensive white wine will do, not too sweet, not too dry).

Cover again, let it sit for 1 to 2 hours.

Add 2 more bottles of very cold wine.

Optional: add 1 or 2 bottles of Champagne (in addition to the wine).

Optional: 1 or 2 glasses of Rum, Curacao or Cognac can be added to the fruit right before the first bottle of wine is added.

Serve cold in a glass (with a spoon for the fruit).

For the most fun, serve with a strong straw. And have a competition to see who can suck up all the strawberries through the straw.



Instead of strawberries one can make a peach bowle with sliced, ripe Texas peaches. Peel the skin off first.

On a very hot Texas day, when people drink mainly for the liquid, one should add sparkling water or 7-up to the punch instead of champagne.



Wine, Glüwein

Source: Hans

Ingredients:

24oz Red Wine

1 cup water

1 cinnamon stick

2 cloves

1/2 lemon, sliced

1/3 cup sugar

Mix all ingredients in crock -pot and heat till almost boiling.

Do not let it come to a boil!

Reduce heat and serve.

Limit: 2 cups per person - no exceptions!

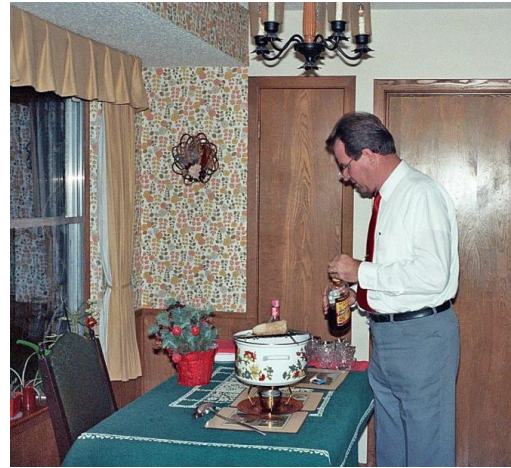
Rose wine can be used and even diluted with a cup or more of water depending on the brand used. It is best to heat up mixture and taste before serving.

Wine: Feuerzangenbowle (Punch Bowl)

Source: Hans

Ingredients

2 Flaschen Rotwein, Bordeaux (2 bottles of Red Wine)
 2 Zitronen, in Scheiben (2 Lemons, sliced)
 2 Apfelsinien, in Scheiben (2 Apples, sliced)
 3 Nelken (3 whole cloves)
 1 Tee-Ei mit "Mullin" spices (1 teaspoon ground cinnamon and cloves)



Das Obrige erwärman, aber nicht kochen (put all ingredients into pot and heat without boiling).

Remove from heat and bring to table to serve.

Ingredients to serve

1/2 Flasche 150 proof Rum (1/2 bottle Rum)
 Zuckerhut (Sugar cone)
 Tongs to hold Zuckerhut (Sugar cone)

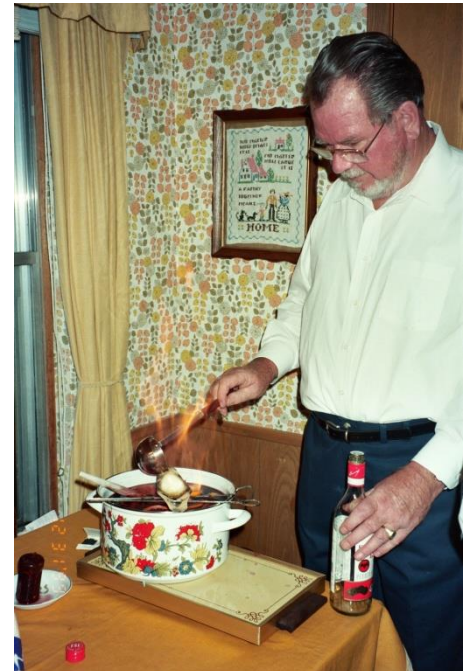
Before serving, place tongs across top of pot, put Sugar cone on tongs.

Pure Rum onto Sugar cone (excess rum can run into pot)

Stand back and light Rum/Sugar cone.

Enjoy

Warning: Warm alcohol - limit to 2 cups per person



Wine: Sangria

Source: Helga

Ingredients

1 gallon Burgundy wine

2 cups sugar

2/3 cup lemon juice

6 oz can frozen orange juice

Mix all ingredients and put in fridge until ready to serve.

Put 10oz of club soda in a punch bowl. Add wine mixture.
Add slices of oranges and lemons.

Wine: Zilker Hillside Formosa

Source: Hans

Ingredients:

Frozen fruit, strawberries are best, cut into chunks

White wine

7-up (or Sprite)

Straws

Put frozen fruit in bottom of glass. And mix of wine and 7-up to taste.
Use straw to drink.

Two notes:

1: The fun of this drink, is that you are supposed to smash the frozen fruit enough that you can suck it up through the straw. First to finish the fruit wins.

2: Although this drink is named for a favorite outdoor theater in Austin Texas, the family enjoyed this drink before moving to Texas. But the name came from Christopher. He was not old enough to enjoy wine until we moved to Texas.

Original Recipes Images

Aol Food. <http://recipe.aol.com/recipe/baked-artichokes-with-parmesan-cheese/81244>

Baked Artichokes with Parmesan Cheese

Provided by dLife

Prep: 5 mins Cook: 15 mins Ready in: 20 mins

18 oz Artichokes, hearts, frozen (2 9oz packages)

1 tablespoon fresh lemon juice

3 tablespoons chopped pecans, ground

2 tablespoons grated parmesan cheese

1 teaspoon dry Italian seasoning, crushed

1 garlic cloves, medium, minced

1 teaspoon extra virgin olive oil

Cooking Instructions

Preheat the oven to 375 F. Coat a 9" glass pie plate with cooking spray.

Place the artichokes in a colander and rinse well with cold water to separate. Drain well, then pat dry with paper towels. Place in the prepared pie plate and sprinkle with lemon juice.

Combine the pecans, cheese, Italian seasoning, garlic, and oil in a small bowl. Sprinkle the mixture evenly over the artichokes.

Bake for 15 minutes or until topping is golden in color.

Nutritional Information: Per Serving—Calories: 130.1 Carbohydrates: 12g Protein: 5.1g Cholesterol: 12.1mg Sodium: 3.8mg Fiber: 0.4g Saturated Fat: 1.3g Total Fat: 8g

This recipe has been added to the following public cookbooks:
Debbie's Collection of Great Recipes, billys notable cooking, when you want the very best!, Diabetes Cookbook

Was very good the way I did it:
I thawed 3 packages of 16 oz quartered frozen artichokes, drained them well, put them in 9x13 pyrex dish. Added salt + pepper and 1 stick of melted butter, tossed it well. Then I crumbled the topping on top. Baked at 375° for 15 minutes and found artichokes were not yet hot, only warm. So I added 10 more minutes at 425°.

Artichokes with cheese

Banana Flambé

1 stick Butter

6 Bananas or less

 $\frac{1}{4}$ cup Sugar $\frac{1}{2}$ of Orange juice or $\frac{1}{2}$ tsp. of pro concentrate ^{better,} _{less liquid} $\frac{1}{4}$ cup Cola or less for less

dash cinnamon

Bourbon or Rum the higher the better, over 100

Simmer in pan until liquid is syrupy.

Pour Bourbon over it, ignite. (Flambéing
at table in fire proof dish for effect, but keep
hot over candle flameHas to simmer for quite a while. Better:
Add bananas to liquid while it is still
simmering to warm them up.

HOME BREW RECIPEUTENSILS NEEDED

BOTTLE CAPPER (SEARS) \$4.95
 CAPS (ROSWELL SEED) 144ea \$1.50
 BOTTLES(ANY BUT MUST BE AMBER IN COLOR)
 CROCK (10 or 5 Gallons, Roswell Seeds)
 BEER HYDROMETER(ROSWELL SEEDS) 2.60\$

INGREDIENTS FOR 5 GALLONS

5 LBS SUGAR
 1 PACK DRY YEAST
 $\frac{1}{2}$ CAN BLUE RIBBON MALT LIQH
 OR DARK(FUR'S SUPER MARKET)
 1 SLICED POTATO
 1 HANDFUL OF RICE
 $\frac{1}{2}$ lbs rasins
 5 GALLONS OF WATER

1. Bring water to the boil and fill crock $\frac{1}{2}$ full.
2. In a separate container mix 1 gallon of water with 5 lbs sugar and $\frac{1}{2}$ can of malt. Cook this mixture for about 3 minutes.
3. Add mixture of par. 2 to the water in the crock and add more boiled water to fill crock 1 inch from top. Let this mixture cool to room temperature.
4. Dissolve yeast in a cup of luke warm water and add this to the mixture.
5. Add one handful of rice, one potato peeled and quartered, and $\frac{1}{2}$ lbs of rasins in a sack of cheesecloth.
6. This mixture will build up a lot of foam within the first 12 hours, this foam must be skimmed off every 3 hours until no foam is build anymore.
7. After no foam builds up anymore(about 12 hours) remove the rasins in the cheesecloth from the mixture and insert the hydrometer. Store in room temperature until the hydrometer drops to the red mark (about 72 hrs)
8. When the hydrometer shows the red line at the brew level, the brew is ready to bottle and cap. Clean bottles and caps with hot water, fill them $\frac{4}{5}$ full and cap. Store the beer in dark place at room temperature for 2 weeks and don't move them, this would stir up the settlements.
9. Place bottles in the refrigerator, don't shake them, and then, finally, open the bottle carefully and ~~pour~~ pour slowly into a glass, leave the settlements in the bottle and "PROST".
10. The amount of sugar or malt, dark or light, can be changed to your likes. More or less sugar will increase or decrease the alcohol contents, more or less, dark or light malt will add color and flavor.
11. The key to making good home brew is in the cleanliness of the utensils used. Bacteria in the initial stages 1 thru 8 of the brew will make the beer taste rotten, green, and the bottles will explode.

GOOD LUCK

Beer Brew

Batch I

5 gal water

4 lb sugar

2 tb spoon salt

2 " " Hops

Fresh yeast 1 pk.

1 potato } should

1 handful rice

Comment:

too salty. very strong.

not enough pop.

Batch II

5 gal water

3 1/2 sugar

no salt

no Hops

Fresh yeast 1 pk.
should use hot water.

1 potato

1 handful rice

Eingelegte Bratheringe

1 kg grüne Heringe, etwas Salz, 20 g Weizenmehl,
80 g Fett; 50 g Zwiebelscheiben, 1 Eßl. Senfkörner,
6-8 Pfefferkörner, $\frac{1}{4}$ l Essig, $\frac{7}{8}$ l Wasser.

Man nimmt die Heringe aus, wäscht sie, schneidet ihnen die Köpfe ab, trocknet sie ab und reibt sie von innen und außen mit Salz ein. Danach werden sie in Mehl gewendet und in dem heißen Fett goldbraun gebraten. Man legt sie mit Zwiebelscheiben, Senfkörnern u. Pfefferkörnern in einen Steinopf, vermischt den Essig mit dem abgekühlten, gekochten Wasser und gießt ihn über die Bratheringe. Nach 4-6 Tagen können sie gegessen werden.

Bratheringe

Last Christmas I mentioned making a vegetable dip out of yogurt and spices. It actually tastes better than it looks.

Mix together

1 T parsley

1 T dried minced onions

1 t beau monde (or celery salt or Bon Appetit)

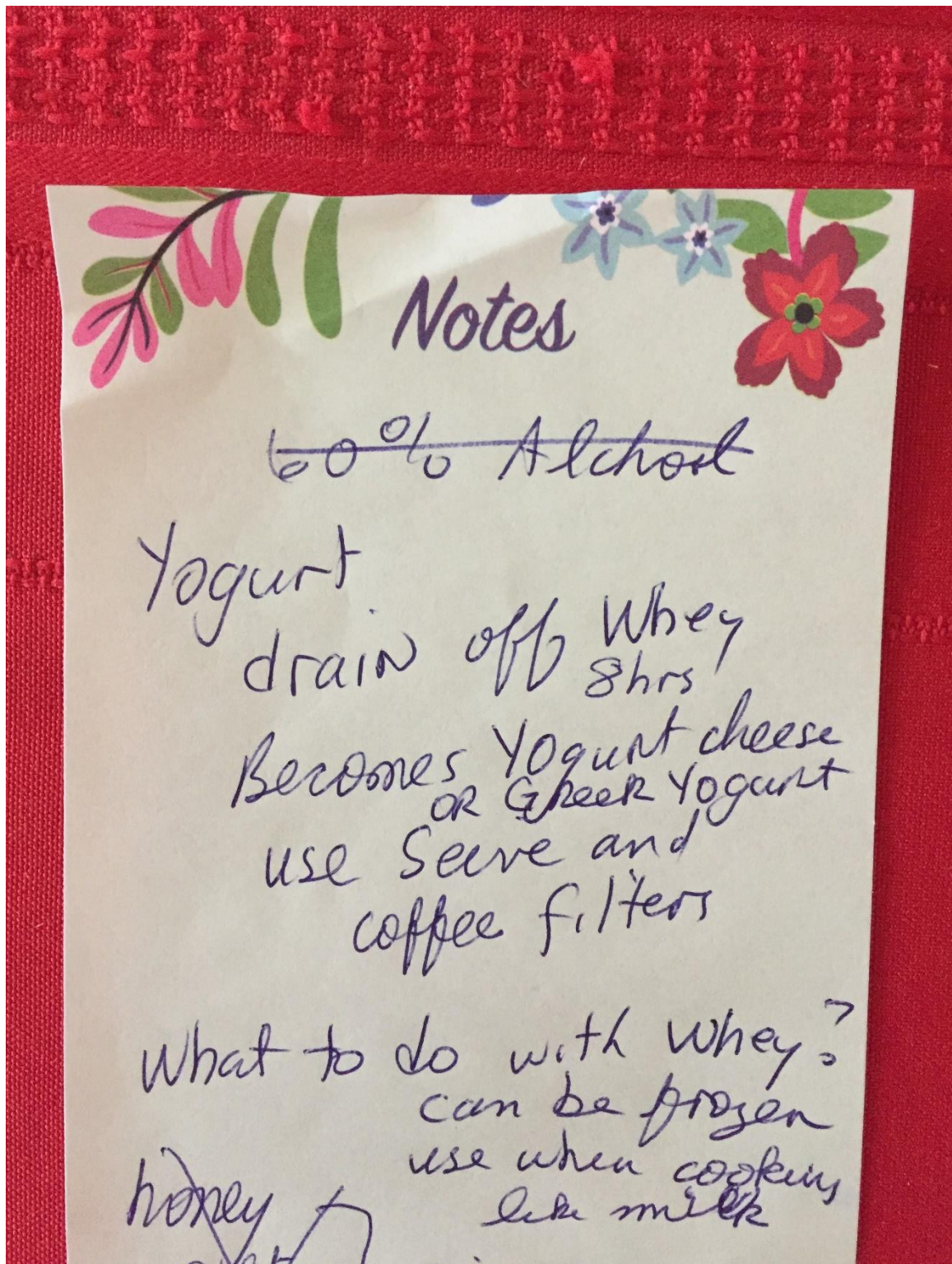
1 t dill

In one cup of ~~plain~~ plain yogurt blend in one or one-and-a-half tablespoons of spice mix.

Again, hope you find some nice slopes in Europe and that the confirmation is full of friends and relatives.

Love
Tina

Dip Dill



Dip: Drained Yogurt

Erdbeer* Bowle

1 to 2 lbs strawberries are washed, halved or quartered and put in a punch bowl with 3 T-spoons sugar.

Cover and let it sit for 20 to 60 minutes.

Add 1 bottle of wine (an inexpensive ^{white} wine will do, not too sweet, not too dry).

Cover again, let it sit for 1 to 2 hours.

Add 2 more bottles of very cold wine.

Optional: add 1 or 2 bottles of Champagne* *
(in addition to the wine).

Optional: 1 or 2 glasses of Rum, Curaçao or Cognac can be added to the fruit right before the first bottle of wine is added.

Serve cold in a glass (with a spoon for the fruit).

* Instead of strawberries one can make a peach bowle with sliced, ripe peaches (peel the skin off first)

* * On a very hot Texas day when people drink mainly for the liquid, one should add sparkling water or 7up to the punch instead of champagne.

Left overs can be kept in the refrigerator for a few days in a bottle or closed pitcher.

Erdbeer Bowle

Feuerzangenbowle

2 Flaschen Rotwein (Bordeaux)

2 Zitronen (in Scheiben)

2 Apfelsinen (in Scheiben)

3 Nelken

1 Tee-Ei mit "Mullin" spices

Das Obige erwärmen, aber nicht kochen.

$\frac{1}{2}$ Flasche 150 % Proof Rum

Zuckerhut

Feuerzangenbowle

Fruit Cocktail Cake (Helga's version)

(A) 2 c. flour

 $\frac{1}{2}$ tsp. baking soda $\frac{1}{2}$ c. sugar

2 eggs

 $\frac{1}{2}$ tsp. salt

1 tsp. vanilla

1 sm. can fruit cocktail
with juice (~16oz)(B) $\frac{3}{4}$ c. brown or white sugar* $\frac{1}{2}$ c. finely chopped pecans
or walnuts

(*) usually take white sugar)

(C) $\frac{1}{2}$ can condensed or
evaporated milk $\frac{1}{2}$ c. sugar

1 stick butter or margarine

1 tsp. vanilla

1 tsp. (imitation) maple flavor (optional)
Use it if I take white instead of brown sugar.

Mix ingredients (A)
and put in 2 buttered
pie plates. Bake for
Sprinkle (B) over it
and bake at 325°
for ~40 minutes.

Put (C) in saucepan
and simmer for about
10 minutes. Pour
over warm cakes.

"A full stomach is a reality.
The feeling of safety or
security is an illusion."

Fruit Cocktail Cake

SOUR CREAM POUND CAKE

- 1 cup butter
- 2 1/2 cups sugar
- 1 cup milk
- 1 cup sour cream
- 3 cups flour
- 1 teaspoon salt
- 3 eggs
- 1 tablespoon vanilla
- 1 teaspoon lemon flavoring
- 1 teaspoon almond flavoring

Blend together the butter and sugar. Alternately add milk and sour cream. Then add flour, salt and eggs, beating thoroughly after adding each egg. Stir in flavorings and place batter in a large cake pan. Bake at 350 degrees for one hour and 15 minutes or until done. For a more buttery cake, increase baking time slightly.

Every decorated cake has a simple layer of frosting under the decorations. Here's my own recipe for that basic frosting.

BASIC FROSTING

- 1 1/2 cups shortening
- 1 teaspoon salt
- 1 tablespoon uncolored vanilla
- 1 teaspoon flavoring (lemon, almond, etc.)
- 1 cup water
- 2 pounds sifted powdered sugar

In a mixer, cream together the shortening, salt, vanilla and flavoring until it is the consistency of mayonnaise. To this mixture, gradually and alternately add water and sugar. The icing will be affected by the amount of humidity in the air, so feel free to

Mutti's Glitchy Cake original recipe.

Keeps Shape Beautifully
Not very sweet, can be decorated with
sugar glazing

#125

Holiday Cookie Dough *

3 oz. cream cheese	$\frac{1}{2}$ teaspoon salt
$\frac{3}{4}$ cup unsalted butter	1 teaspoon vanilla
$\frac{1}{4}$ cup packed brown sugar	1 $\frac{2}{3}$ cups flour

Combine all ingredients except flour and mix until blended. Add flour and stir with a wooden spoon until dough forms a ball. Knead 1 or 2 minutes; adding a bit more flour if the dough is very sticky. Chill.

Roll out on a floured surface and cut into desired shapes. Place on ungreased cookie sheets and bake in a 350° oven until edges are very lightly browned (8-10 minutes). Makes two or three dozen depending upon size.

Holiday cookie dough

Helga H. von Schweinitz
2319 Village Circle
Austin, Texas 78745
Phone (512) 441-2089
Fax (512) 441-3121

For a meatless meal:

Kartoffelpfannkuchen
(Potato Pancakes)

4 potatoes, grated medium fine
1 medium onion, chopped fine
1 large egg (or whites of 2 eggs)
6 tablespoons flour
 $\frac{1}{2}$ teaspoon salt
 $\frac{1}{2}$ small lemon

oil for pan-frying.
(Olive oil is okay
nowadays, but my
mother would never
have used anything
so exotic)

Grate potatoes into water with juice of $\frac{1}{2}$ lemon, then drain
and squeeze out lightly. Add the rest of the ingredients.
Drop spoonfuls of batter into hot oil and flatten them
out. Brown both sides over medium heat.

Serve with apple sauce or cranberry sauce and
sugar. Serves 2 people.

Most important must be my mother's repeated
warnings: "Don't ever fry anything in oil unless
you are wearing an apron !!!"

Kartoffelpfannkuchen English

Kartoffelpfannkuchen

2 Pfund rohe Kartoffeln	2 lbs. of raw potatoes
2 Eier	2 eggs
1 Zwiebel	1 onion
50 g Mehl*	$\frac{1}{2}$ cup of flour*
1 Prise Salz	1 level teaspoon salt

* The amount of flour varies with the size of the potatoes.

Peel potatoes and onion. Grate both. If potatoes turn dark, sprinkle with some lemon juice. Add flour and salt. Stir. Heat oil in frying pan. Spoon batter into oil and flatten into little patties and brown on both sides. Serve with apple sauce, blackberries or cranberries.

Kartoffelpfannkuchen German

For Jill

fixed

Kartoffelsalat

The best potatoes are medium or small red potatoes. They stay firm if not overcooked. 1 medium or 2 small potatoes per person. For 10 good eaters: ingredients are approximate and can be changed according to what is available.

10 m. potatoes, cooked boiled in peel. When a pointed knife goes to the center easily, they are done. Drain and shock under cold water. Peel and slice.

5 hard boiled eggs, diced

1 good sized onion, diced

2 good sized pickles, diced

1 cup ham, diced (browned bacon bits are okay if ^{you have} no ham)

5 radishes, diced (if available)

Italian dressing (or oil/vinegar/salt)

Mayonnaise (light or regular)

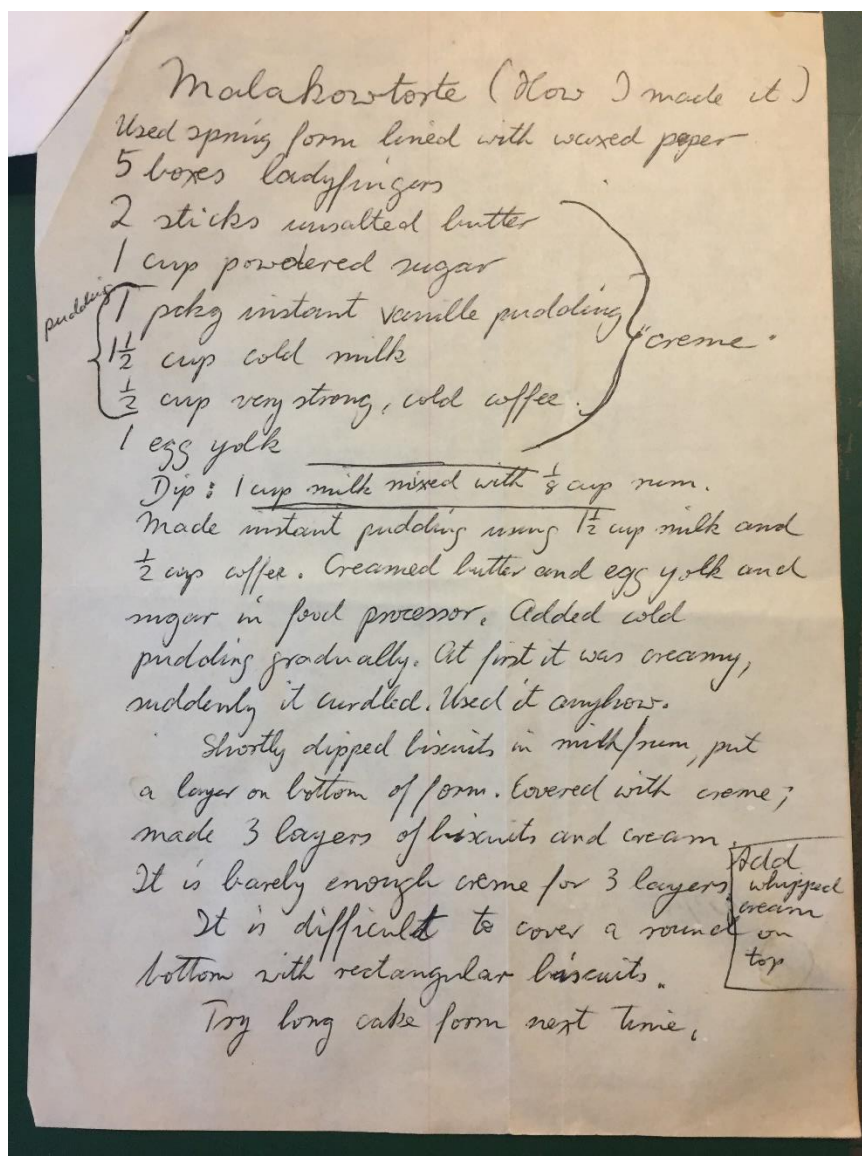
After potatoes are sliced, pour several T-spoons of Italian dressing on them, stir, let soak while you prepare the other items.

Add mayonnaise as last item, stir carefully for a while.

Start with $\frac{3}{4}$ cup mayonnaise, add more if salad looks too dry.

Keep cooled. Garnish with parsley or tomato or radishes before serving. Best if made a few hours before meal time.

Kartoffelsalat written for Jill



Malakowtorte

meat balls

4 slices of white bread
1 large onion, chopped
2 tsp. baking powder
 $\frac{2}{3}$ cup milk
1 can mushroom soup
1 lb. minced beef (hamburgers)
seasoning

Cube bread without crust and soak in milk, beat until it looks like whipped cream. Mix

Meatballs in mushroom gravy

with meat, onions, baking powder and seasoning. Form small balls, put in casserole, cover with soup and $\frac{1}{2}$ can of water. Bake for 1 hr in moderate oven.

Almond Stars or Nut Stars (Mandel- oder Nusssterne)

250 g butter

250 g grated almonds or nuts

250 g flour

150 g sugar

2 egg yolks

a little lemon juice

a dash of cinnamon

vanilla icing

On a board mix butter with flour, add other ingredients as you knead it into a smooth dough. Roll out and cut out stars. Bake them on a greased cookie sheet. When cooled, cover stars with icing (gradually add 4 or 5 Tablespoons of hot water and 1 T-spoon of vanilla to 250g of confectioners sugar. Spread while still warm)

Nussterne cookies, almond stars, nut stars

Did it without marshmallows, but added sugar.

SWEET

HEAVENLY RICE

DESSERT

Pine apple

instant pudding, cold, works better because it does not burn on the bottom of pot.

1 can (15 1/4 oz.) crushed pineapple, drained
 1/2 cup HEB Instant Rice
 1 pkg. (3 oz.) vanilla pudding mix

1/2 cup miniature marshmallows
 1/3 cup chopped pecans
 whipped cream, optional

Drain pineapple and reserve 3/4 cup juice. Bring juice to a boil; stir in rice. Simmer 2 minutes; remove from heat, cover and let steam 5 minutes. Prepare pudding mix according to package directions. Fold marshmallows into hot pudding. Add pineapple, pecans, and rice; chill. Garnish with whipped cream, if desired. **Makes 6 servings (about 1 cup each).**

I left out the marshmallows and added 2 tsp of sugar. The extra sugar was necessary since I had taken pineapple cans which had no syrup or added sugar. I also added more nuts. This dessert tastes even better the next day when the nuts have softened just a little. For 20 people I doubled the recipe.

Helga

Second try: I used instant pudding which is cold. So I added the marshmallows to the cooked rice while it was still hot.

Pineapple Rice dessert

Ray Power's Pink Dessert, how I did it.

3 cup serving raspberry jello powder stirred into
1 lb creamed cottage cheese. Add
1 can crushed pineapple with juice (~ 15½ oz)
½ cup small marshmallows
1 lb cool whip, slightly defrosted
¾ cup pecan pieces

Let stand in fridge for several hours

Pink Dessert



TASTE OF HOME PHOTO

Red pepper, onions and olives give these Christmas Party Pinwheels a lot of pep.

if you use 1/2 cup celery, use a little less dressing mix *very good! for any occasion*

Colorful pinwheels whet your appetite

These easy-to-make appetizers will disappear more quickly than footprints in a snowstorm.

Red and green vegetables in the filling contribute to the festive quality of these flavorful morsels. The recipe is from Janis Plourde of Smooth Rock Falls, Ontario.

Christmas Party Pinwheels

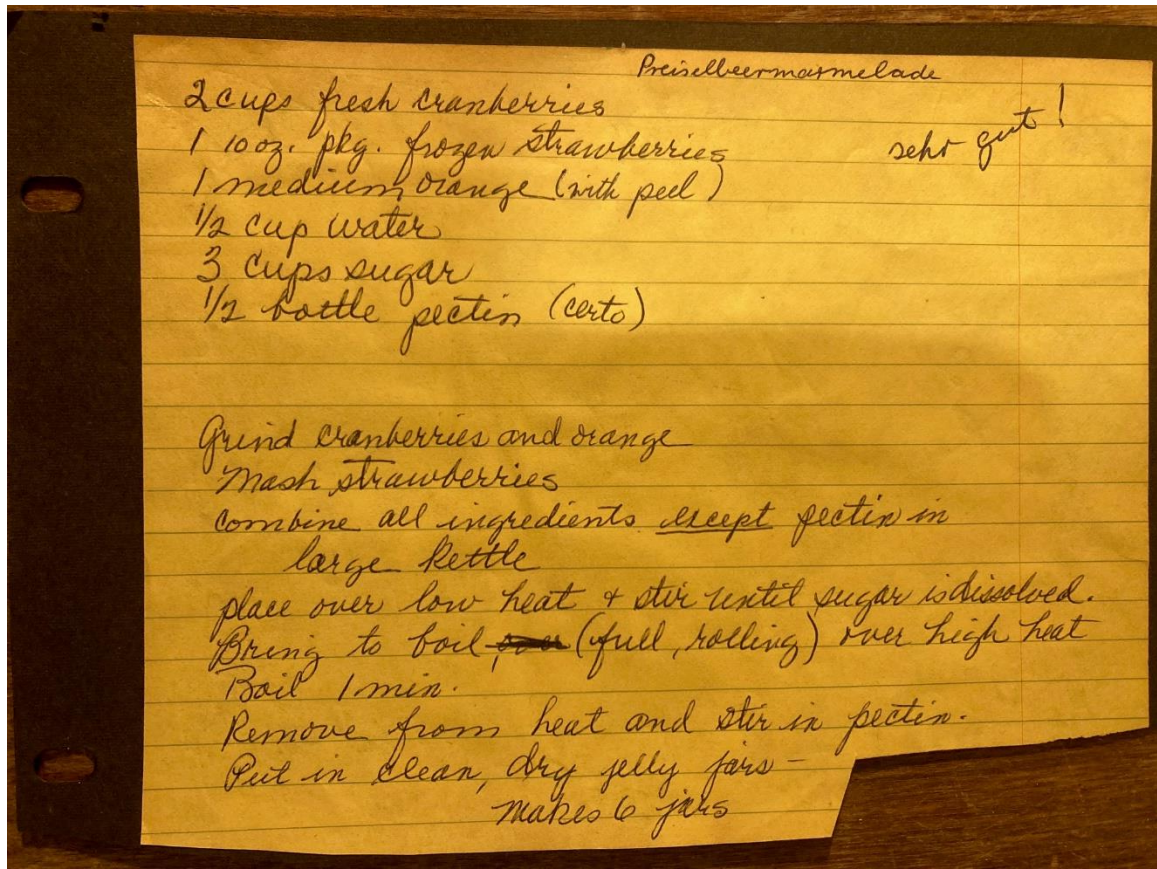
- 2 packages (8 ounces each) cream cheese, room temperature
- 1 package (0.4 ounces) ranch salad dressing mix
- 1/2 cup minced sweet red pepper

- 1/2 cup minced celery
- 1/4 cup sliced green onions
- 1/4 cup sliced stuffed olives
- 3 to 4 flour tortillas (10-inch size)

In mixing bowl, beat cream cheese and dressing mix until smooth. Add red pepper, celery, onions and olives; mix well. Spread about 1/4 cup on each tortilla. Roll up tightly; wrap in plastic wrap. Refrigerate at least 2 hours. Slice into 1/2-inch pieces. Makes 15 to 20 servings.

This recipe was furnished by Taste of Home magazine, published by Reiman Publications in Greendale. For a sample copy, send \$2 to Taste of Home, Suite 3840, P.O. Box 990, Greendale, WI 53129-0990.

Pinwheel



Preiselbeermarmelade

Rollmopsse

4-6 Salskerninge, 1 Essl. Senf, 2 kl. Gurken,
2 Zwiebeln, 1 Essl. Kapern, 6-8 Pfefferkörner,
2 kl. Lorbeerblätter, $\frac{1}{4}$ l Essig, $\frac{1}{8}$ l Wasser.

Salskerninge werden 12-24 Std. gewässert, entgrätet und gewaschen. Man bestreicht die Hälften mit Senf, belegt sie mit Gurkenstücken, feingeschnittenen Zwiebeln u. Kapern, rollt sie vorsichtig auf und hält sie mit einem kleinen Hölzchen zusammen. Die Rollmopsse werden mit Pfefferkörnern und Lorbeerblättern in einen Steintopf gelegt; man vermischt den Essig mit dem abgekühlten, gekochten Wasser und schüttet ihn über die Rollmopsse. Sie können in 4-6 Tagen gegessen werden.

Rollmopse Herring

Rouladen

1 slice of beef (a minute steak or a sliced roast) per person.
onions, pickles, bacon, mustard, beef stock or broth or gravy.

Sprinkle garlic powder on each slice, spread mustard on one side. Slice onions, pickles and bacon into strips. Put two strips of each kind on mustard side of beef. Roll the slice and secure with clip or sewing thread. Brown on all sides. Add beef broth or stock to cover meat and simmer for at least one hour. Thicken gravy with flour and serve with boiled potatoes, noodles or dumplings. Make plenty of gravy, especially when served with dumplings. ("Pfanni" dumplings are available in the Commissary) Red cabbage (also available in the commissary in a jar) is a favorite vegetable with Rouladen.

Rouladen

iChef Archive
Recipe Search
Keywords: _____
Ingredients: _____
Find

iChef Recipe Archive
Home --> Recipe Archive --> Seafood Home

Recipe Archive: Seafood
A|B|C|D|E|F|G|H|I|J|K|L|M|N|O|P|Q|R|S|T|U|V|W|X|Y|Z

L.j's Juicy Bbq Salmon.

Categories: Fish, Bar-b-q, Main dish
Yield: 4 people

4 lb Salmon
1 Lime
2 Onions, sliced
1/2 c Butter
Salt
Pepper

Thoroughly clean and wash the **salmon**. Place **salmon** on heavy-duty aluminum foil. Stuff **salmon** with the sliced onions, butter, salt and pepper. Also smear butter on the outside of the **salmon** plus squeeze the lime juice over as well. DO NOT REMOVE THE SKIN OF THE **SALMON**. Sprinkle with more salt and pepper. Wrap the **salmon** tightly in the foil so as to make as "air-tight" as possible...usually two layers of foil. Place on the hot **Bbq** for 25 - 30 minutes then turn over and bake the otherside for 15 minutes. Remove from **Bbq** and serve with "new" mint potatoes and fresh peas. This is absolutely delicious!

E-mail This Recipe

Sections
■ Feature Archive
■ Le Vin Archive

12/12/00

Salmon BBQ

QUICK AND EASY SALMON FILLET RECIPES**1 Pound of Salmon Fillets Makes 2 or 3 Servings**

MICROWAVE / BAKE: Cut fish in serving pieces; place in microwave dish. Combine 1/2 cup light mayonnaise, 1 tsp. dijon mustard, 1/2 tsp. dill weed, 1/4 tsp. garlic powder and 1 Tbsp. lemon juice. Spread on top of fish. Cover, microwave MEDIUM 5 minutes; rotate dish and microwave MEDIUM 5 minutes until fish begins to flake. Let stand 5 minutes. Or bake 425° 15 - 17 minutes.

PAN-FRY: Heat 1 Tbsp. oil in skillet over medium heat; cook 1 cup sliced mushrooms, 1 chopped tomato and 1 clove minced garlic for 2 minutes. Season fish with lemon pepper and 1/2 tsp. each: dill weed and basil; cook fish 5 - 6 minutes. Turn fish and top with 4 lemon slices and the cooked vegetables. Cook fish 5 - 6 minutes until fish flakes.

BROIL: Place fish on oiled broiler pan. Brush fish with a mixture of 2 Tbsp. teriyaki sauce and 1 Tbsp. oil. Broil 4 inches from heat 5 minutes; turn and cook 5-6 minutes until fish flakes. Serve with lemon wedges.

Landlock Seafood Co.

1815 Trinity Valley Dr., Carrollton, TX 75006
972 / 241-7500

SERIES 2

NUTRI-FACTS PER 3 OZ.:

Calories - 120	Protein - 17 g.
Fat - 5 g.	Sodium - 37 mg.
Cholesterol - 47 mg.	

*I baked it
25 minutes*

Very good and moist.

*I served it for 20 people, baked
in oven, tight aluminum foil over top
of baking dishes*

Salmon fillet oven

Salmon Sauce

gehackte Zwiebeln $1\frac{1}{2}$ cup
in Butter andünsten (nicht
bräunen)

Smoked wild sockeye
Salmon ($\sim 1\frac{1}{4}$ lbs) 1 lb

Grind salmon with a little
water in mixer,

add cover onions with
olive oil

add ^{pureed} salmon to onions
and simmer for a while to
let water cook out.

add 1 cup whipping cream

" 1 " creme fraiche

" $12\frac{1}{2}$ " Phil. cream cheese ^{12oz}
let simmer

serve over Falfalla

Salmon Sauce

Sandies

Cream 1 cup butter and $\frac{1}{4}$ cup confectioner's sugar.
Add 2 tsp. vanilla and ^{1/2} tsp. water. Add 2 cup flour;
mix well (if desired add $\frac{1}{2}$ or 1 cup chopped pecans)
Form into small rolls, 1 $\frac{1}{2}$ inch long. Bake slowly on
ungreased cookie-sheet at 300° until golden.
While hot roll in confectioner's sugar

Sandies cookies

Quick Sauerbraten

^{3 or}
1 4lb Chuck Roast
2 Tbl veg. oil
3 Tbl br. vinegar
1 tsp ground ginger
1/8 tsp gran. cloves
1/2 " " allspice
1 Bay leaf
1 1/2 t salt
1 t gran. pepper
3/4 cup chopped onions
1 1/2 c water divides
2/3 c red wine vinegar
~~2 3/4~~ 2 to 4 T flour

Brown meat, combine all spices + 1 c water,
pour over meat, cover, simmer in oven
up to 2 to 3 oven,
Add flour to dripping for gravy

Saurbraten

Schlesische Pfefferkuchen

Silesian Gingerbread Cookies

- (750 g) 5 cups flour
 (700 g) 2 cups liquid honey
 (30 g) 3 level tsp cinnamon
 (5 g) $\frac{1}{4}$ " cloves, ground
 (50 g) Orange (candied) or (403 diced fruit + peel)
 (50 g) Lemon (candied)
 (20 g) Potash or baking soda (about 3 tsp)
 1 lbs ground nuts (peans are okay)
 juice of $\frac{1}{2}$ lemon

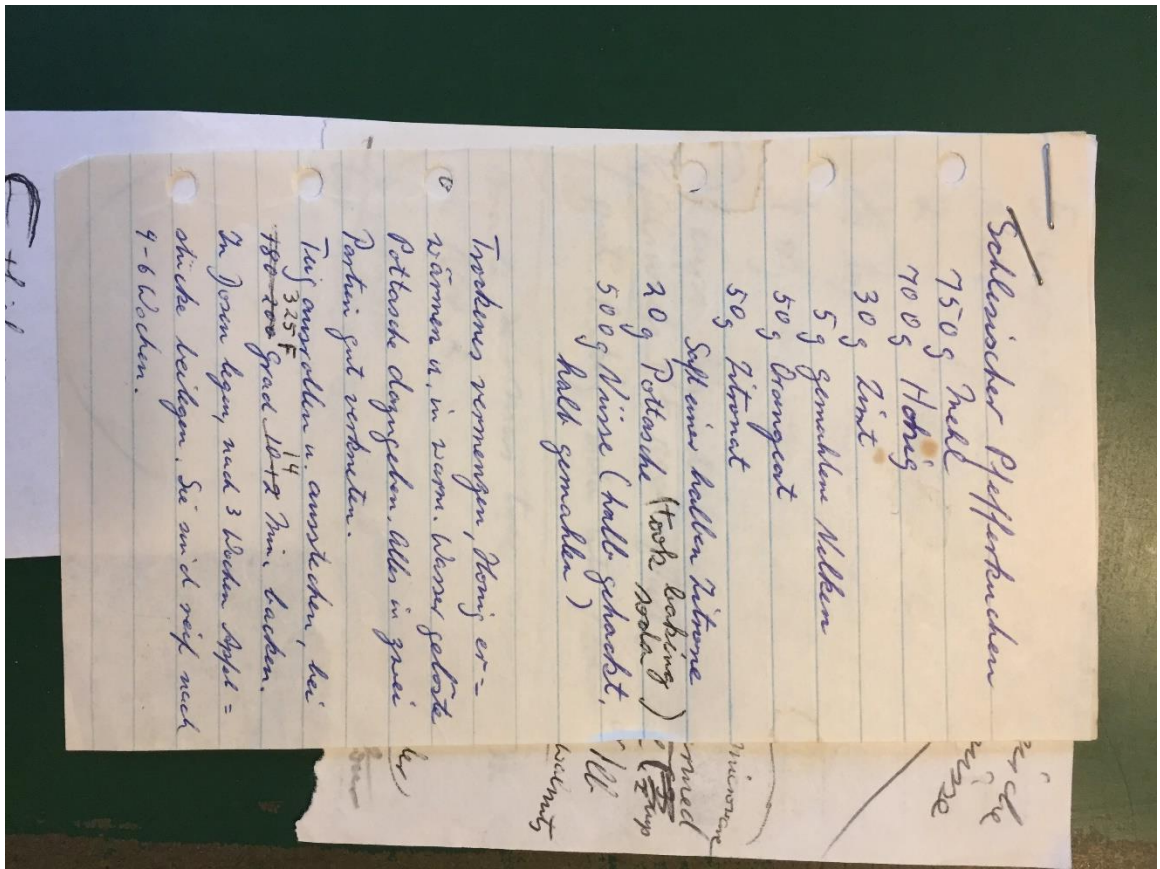
Mix all dry ingredients. Add luke warm honey.
 Knead well. Roll out (not all at once). Cut out
 x-mas shapes like x-mas trees, bells, stars etc. (or balls)
 Bake at medium heat. Cookies will be hard.
 Punch in a hole in each one you want to hang up.
 Decorate with icing or just with almond pieces.

Those cookies that you don't want to hang on
 a tree should be put into a tightly closed
 can together with a small piece of apple.
 They'll turn very soft after a few weeks. No
 icing needed on these.

300°F 15 minutes circle
 300°F 13 " squares

Makes $15 \times 4 = 60$

Schleissen Cookies



Schleissen Cookies

Schlesische Pfefferkuchen
Silesian Gingerbread Cookies
Submitted by Helga von Schweinitz

Measurements are loosely translated from the metric system of an old German recipe and successfully tried out by me.

These cookies should be baked several weeks before planned consumption because a few minutes after they leave the oven they turn hard as bullets. They should then be stored in a closed container so that the oil from the nuts and the honey have time to soften the cookies. They need no icing unless it is wanted for decorating purposes.

They have a mild gingerbread taste and are, of course, very healthy (gesund). They also make good Tannenbaum decorations.

5 cups of flour
2 cups of luke warm liquid honey
1/4 level teaspoon ground cloves
3 level teaspoons of cinnamon
3 level teaspoons of potash or baking soda
4 cups of ground walnuts (use pecans if you live in Texas)
juice of half a lemon

Mix all dry ingredients. Add the warm honey. Knead well. Roll out (not all at once). Cut out Christmas shapes or form little balls and flatten them. Spray cookie-sheet with PAM (optional). Bake at medium heat (300 degrees is fine) for 15 to 20 minutes. Don't let them turn dark.


It is wise not to put icing on the cookies until they are used for either decoration or when they have softened.

To add moisture to the air in the storing container one can place pieces of apple loosely wrapped in foil inside.

Guten Appetit!

Schleissen Cookies

Pfeffernüsse



German-Texan Heritage Society
P.O. Box 684171
Austin, Texas 78768-4171
Telephone (512) 482-0927 or 1(866) 482-GTHS (4847)
E-mail: info@GermanTexans.org

Recipe Collection Sheet		For office use only	Recipe No.
Follow instructions to the right Category (check one): <input type="checkbox"/> Appetizers & Beverage <input type="checkbox"/> Soups & Salads <input type="checkbox"/> Vegetables and Side Dishes <input type="checkbox"/> Main Dishes <input type="checkbox"/> Breads & Rolls <input checked="" type="checkbox"/> Desserts <input checked="" type="checkbox"/> Cookies & Candies <input type="checkbox"/> This & That			
Recipe Title ▲ <i>Silesian Honey Nut Cookies (Schlesische Pfeffer-nüsse)</i>			
Submitted By ▲ <i>Helga von Schweinitz</i>			
Address ▲ <i>2319 Village Circle, Austin TX 78745</i>			
Phone Number (include area code) ▲ <i>512-441-2089</i>		E-mail address ▲ <i>helgavs@aol.com</i>	
Ingredients: (use abbreviations: pt. qt. pkg. env. C. tsp. T. oz. lb. gal. doz. sm. med. lg.) <i>5 cups flour</i> <i>1/4 tsp ground cloves</i> <i>3 level tsp. cinnamon</i> <i>2 level tsp. potash or baking soda</i> <i>4 oz. chopped orangade</i> <i>juice of 1/2 lemon</i> <i>2 cups ground walnuts or pecans</i> <i>2 cups chopped walnuts or pecans</i> <i>2 cups lukewarm liquid honey</i>			
Directions: <i>Mix flour and cloves, cinnamon, baking soda, orangade, lemon juice and nuts. Add honey. Make a dough. Form balls of about 1 1/2" diameter and flatten them to 3/8" thickness. (Or roll out dough and cut out Christmas shapes). Bake at 300°F for 15-20 minutes. Don't let them turn dark. Do not add icing until they are ready to eat. They have to be stored in a closed container with a piece of apple for 4 to 6 weeks before they soften.</i>			
Heritage Note: <i>Like so many 19th century immigrants to Texas, my husband, Hans, grew up in Silesia (Schlesien). His dearest memories include the making of these gingerbread tasting cookies, a process which kept his little boy's hands busy on long winter evenings. During storage the oil of the nuts softens the cookies which at first are like</i> <small>Not more than 375 characters (letters and spaces) - about 50 words</small> <i>bullets.</i>			

Collection Sheet Instructions
 Type or print clearly in ink not pencil and place only one recipe per form.
 If more room is needed, use another sheet of equal size and staple together.
 List all ingredients in order of use in ingredients list and directions. Split into two columns.
 Include container sizes (e.g., 16 oz. pkg., 24-oz. can).
 Keep directions in paragraph form not steps.
 Use names of ingredients in the directions (e.g., "Combine flour and sugar." DO NOT use statements like "Combine first three ingredients"
 Include temperatures, and cooking, chilling, baking and/or freezing times.
 If you submit more than one recipe remain consistent with the spelling of your name for each recipe that you contribute.
 Your recipe should fit one of the stated categories.
 Not more than two recipes from any one person, immediate family or bed and breakfast.
 See reverse side for instructions to write Heritage Note

Schleissen Cookies

Spinach Quiche

1 sm. pg spinach, cooked,
salted and drained

$\frac{1}{2}$ onion, dried, sautéed in
butter

5 eggs.

$\frac{1}{4}$ c. sour cream

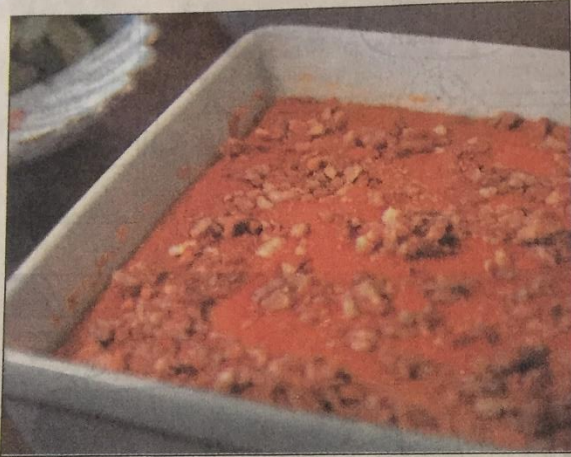
$\frac{1}{2}$ c. milk

salt, pepper, paprika, curry

1 pie shell, pre-baked.

Bake for almost 1 hour
at ~~400~~ 400°

Spinach Quiche

Austin American-Statesman **FOOD & LIFE** Wednesday, November 16, 2005

Thanksgiving got even happier when Mom dared to put a little booze in the sweet potatoes.

Mom's Top Shelf Sweet Potatoes

6 medium sweet potatoes
 ¾ cup brown sugar
 1 cup melted butter
 ½ cup orange juice
 (1 to 2 Tbsp. Grand Marnier)

(Nutmeg to taste)
 ½ cup chopped pecans or 1 cup
 miniature marshmallows for
 garnish

*I used high pulp
 juice, bottom of bottle.
 Great effect on taste.*

Preheat oven to 350 degrees. Wash sweet potatoes and place in baking pan or cookie sheet. Bake for one hour. After the first 15 minutes, puncture the sweet potatoes on top and bottom with fork. After one hour of baking, remove the sweet potatoes from the oven and peel while hot. Cut potatoes in chunks and place in food processor. Process until smooth. Add the sugar, butter, orange juice and Grand Marnier and continue to process until blended and smooth. Transfer to a 2-quart baking dish and bake for 20 minutes. Sprinkle on nuts or miniature marshmallows and return to oven until toasty. Serves six to eight.

— Brenda McGowan, chef-owner of Ms. B's

Sweet Potato casserole

Tortenboden for Obsttorte

2 sticks of butter or margarine
2½ cups of sugar
3 cups of flour
½ tsp of baking powder
¼ cup of sour cream
1 cup of milk
5 eggs
1 tsp vanilla
½ tsp salt

Cream the butter, add sugar, mix baking powder with flour and add to batter, add milk and sour cream, add vanilla and salt, add eggs. Makes 2 Torten and some cup cakes.

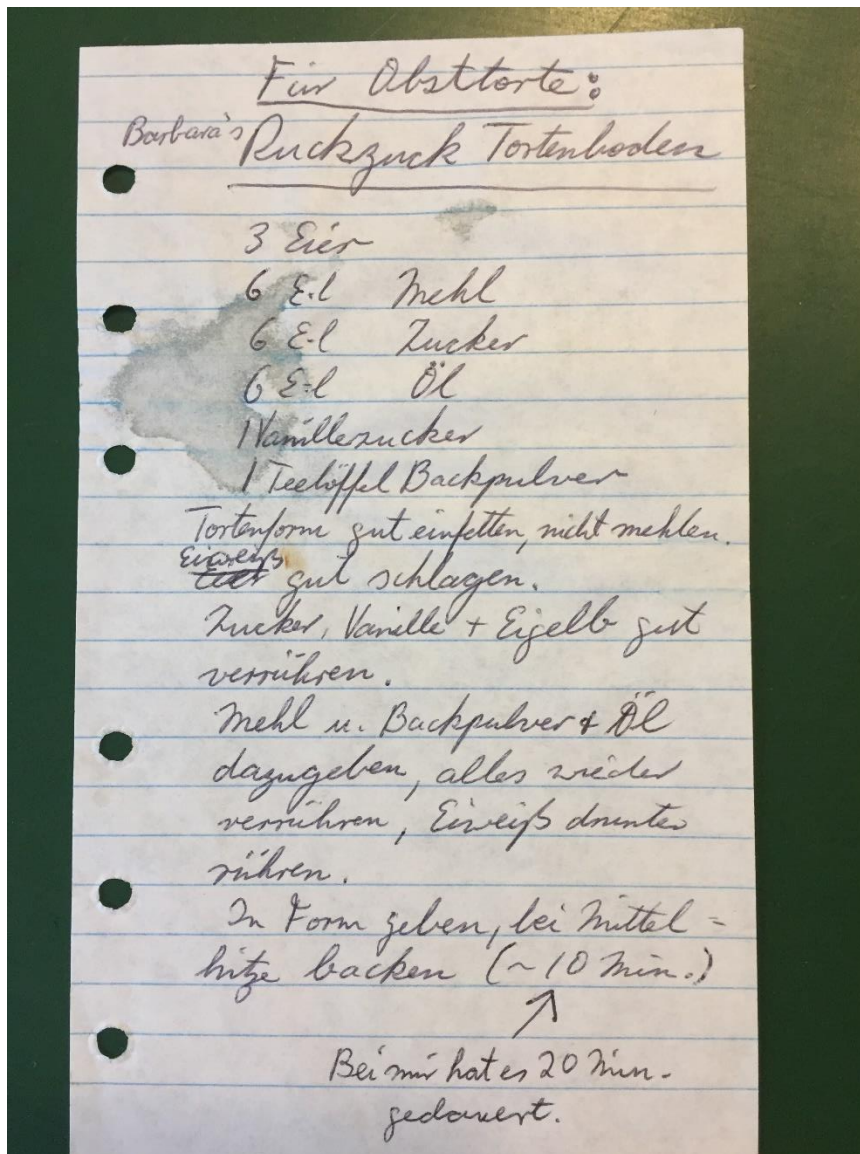
Grease and flour pans. Fill with just less than half the batter for each pan. Use the rest for cup cakes. Bake at 350° until light brown.

Each Tortenboden can be frozen for use in emergencies.

Turn upside down. Fill with soft fresh fruit (strawberries are good) or cooked fruit like apples, plums, rhubarb (don't forget the sugar) or just vanilla pudding mixed with fruit cocktail. Always let some juice be soaked up by the cake.

Cover Torte with "Tortenguß" if you can find it, or cover it with Jello to match the taste of the fruit used. Use Jello just before it gets solid.

Tortenboden for Obsttorte



Tortenboden Ruckzuck

Turkey Breast à la Helga

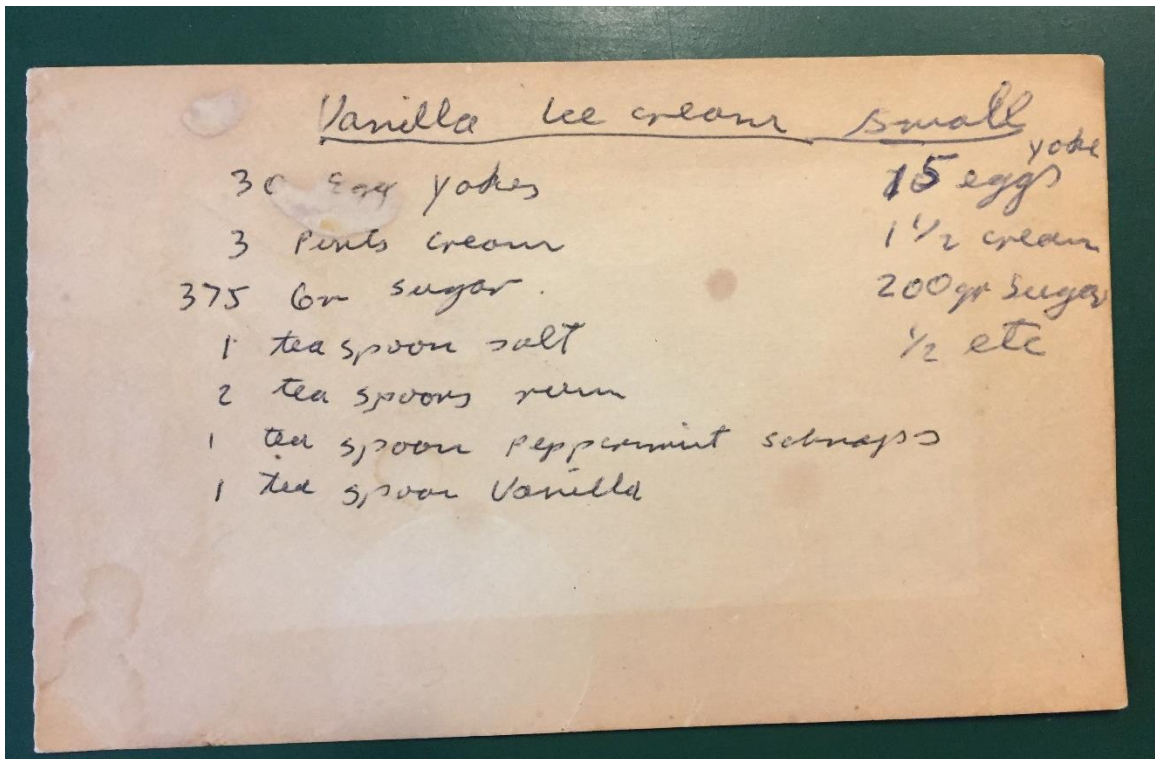
Cut breast into small pieces.

Marinate in : Italian dressing,
mustard powder, garlic powder,
soy sauce, A-1, etc. for
about 2 hours.

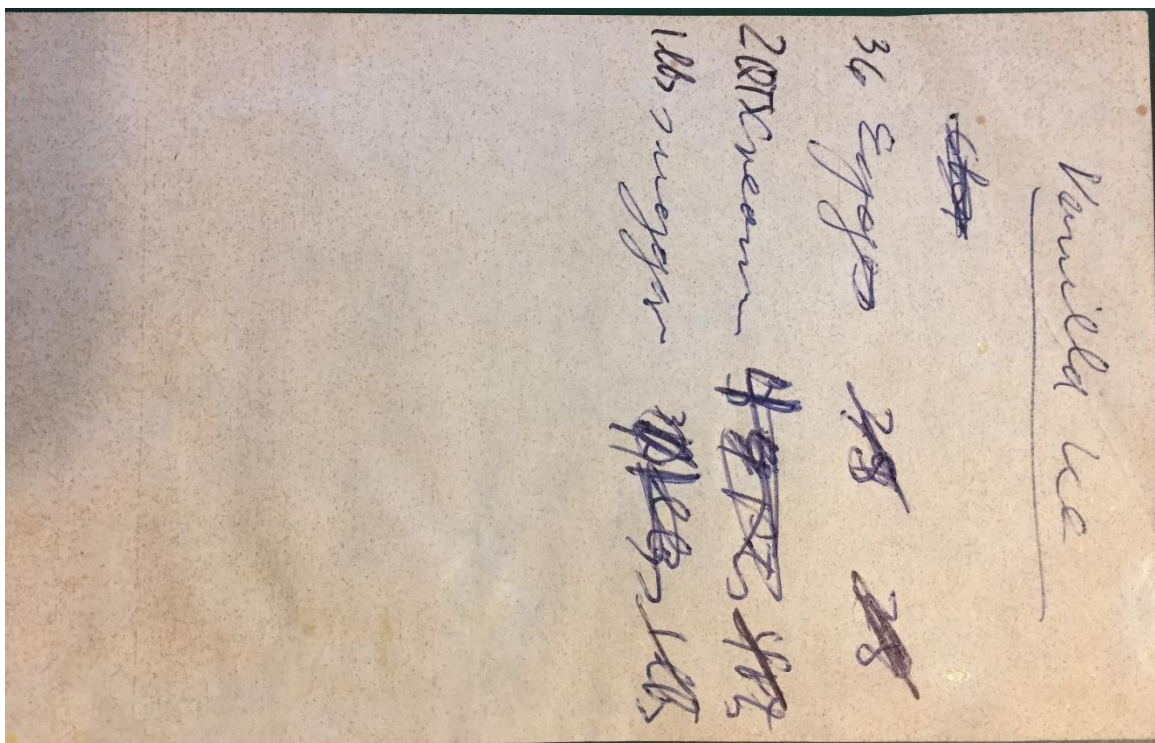
Simmer in covered skillet in
the marinade for an hour, stirring
occasionally. Thicken with a
mix of sour cream, flour and
water.

Serve over rice or noodles

Turkey Breast



Vanilla Ice-cream



GLÜHWEIN

24 oz. Red wine (Box wine from Sam's)
1 c. water
1 cinnamon stick
2 cloves
½ lemon, sliced
1/3 c. sugar

Mix all ingredients in crock-pot and heat till almost boiling. Do not let it come to a boil!
Reduce heat and serve. **Limit: 2 cups per person – no exceptions!**

(Rose wine has been used for the last 3 or 4 years and we even diluted that with a cup more of water depending on the brand used – it is best to heat it up and taste before serving to the customers. CK)

Wein gluhwein

Sangria

1 gal Burgundy wine

2 cups sugar

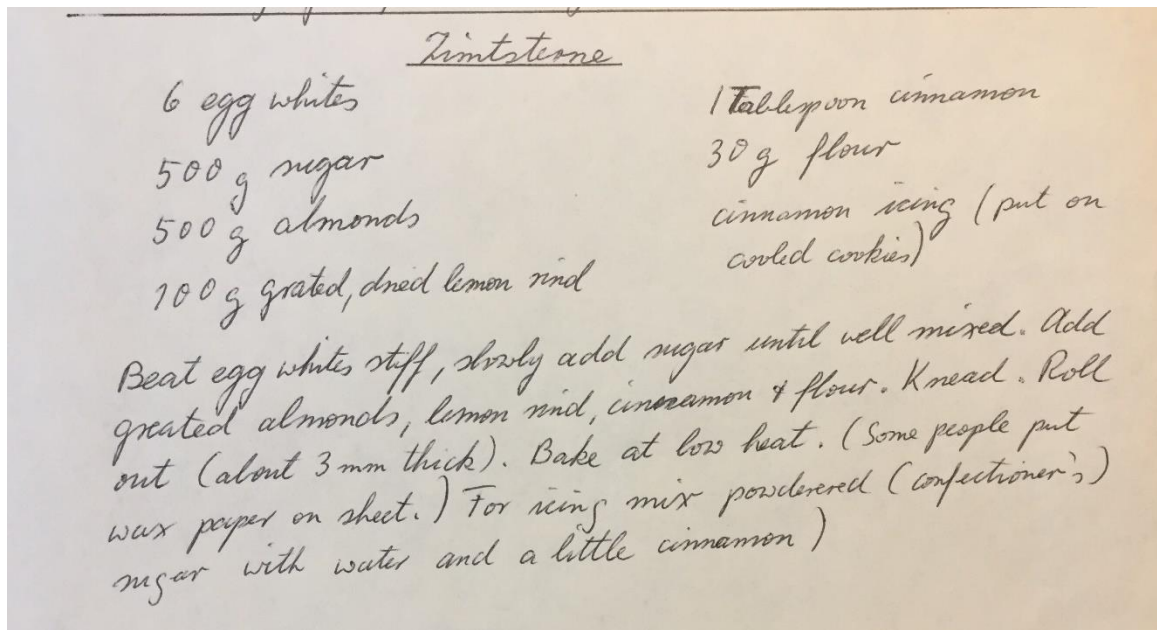
$\frac{2}{3}$ cup lemon juice

6 oz can frozen orange juice

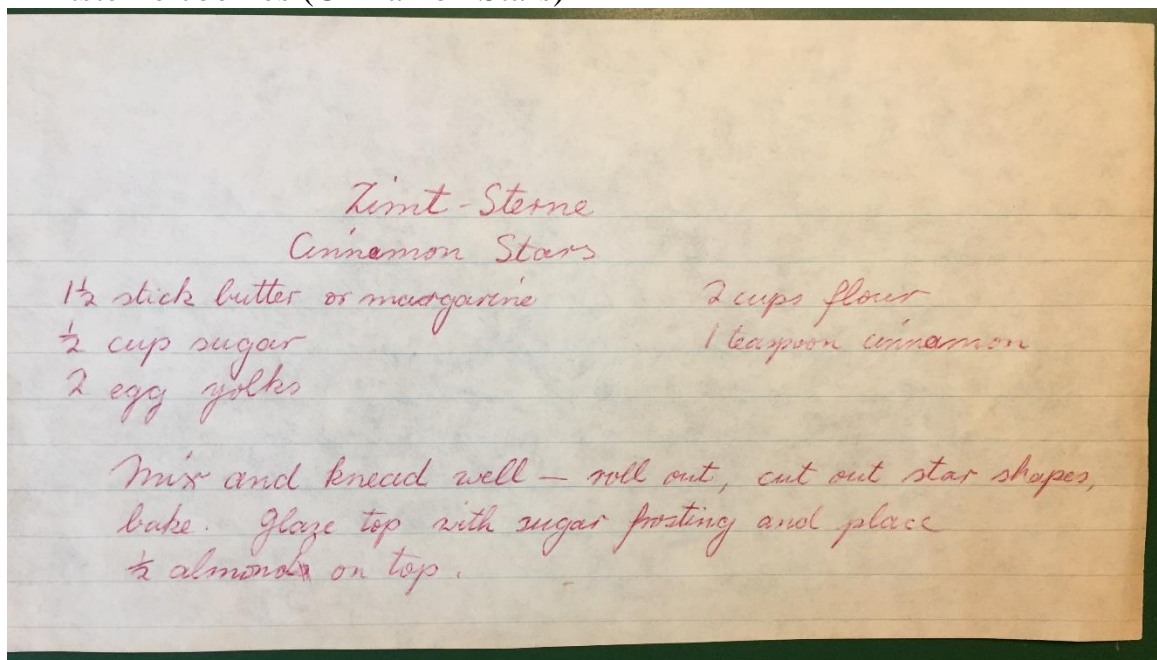
Put in fridge until ready to serve

Put (10 oz) bottles Club Soda in
punch bowl, add mixture from
fridge, add slices of orange and
lemon

Wine Sangria



Zimtsterne cookies (Cinnamon Stars)



Zimtsterne cookies

Zwiebelkuchen

<u>Dough:</u> 2 cups flour	<u>Topping:</u> 4 big onions
½ cup cold margarine	6 slices of bacon
½ pkg yeast	1 cup sour cream
¾ cup warm milk	4 eggs
¼ tsp salt	½ tsp salt

Put flour into a bowl. Add margarine and knead both to a crumbly mixture. Dissolve yeast and salt in warm milk and add to flour. Knead into a smooth dough and spread out on a greased cookie sheet (app. 15" x 11").

Cut bacon into small pieces and heat for several minutes in a large skillet, do not brown. Put onions into strips, add to bacon and simmer over medium heat for about 15 minutes, stirring frequently. While the onions are simmering, whip 4 eggs, add sour cream and salt (either with a fork or in a blender). Take onions from heat, add egg mixture, stir and distribute on top of dough.

Bake in a 400° oven for 30 minutes. Serves 4 average men

(The topping can be enhanced by a few drops of Worcester Sauce and/or freshly ground pepper, but the original recipe does not ask for it.)

Guten Appetit!

Zwiebelkuchen Onion Pie

Miscellaneous Photos



Helga and Bettina in 1964 in Mutti's Kitchen, Roswell New Mexico



Bettina and Helga in 1964 in Bettina's kitchen, Roswell New Mexico



Helga about 1990 in Village Circle Austin Texas



Helga about 2000 in Village Circle Austin Texas



Helga about 2010 in Ganton Court, Pflugerville Texas

Last Page