

# Mutti's and Papa's RECIPES



By

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## Mutti's and Papa's Recipes

### Apple-Carrot Salad



#### 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.

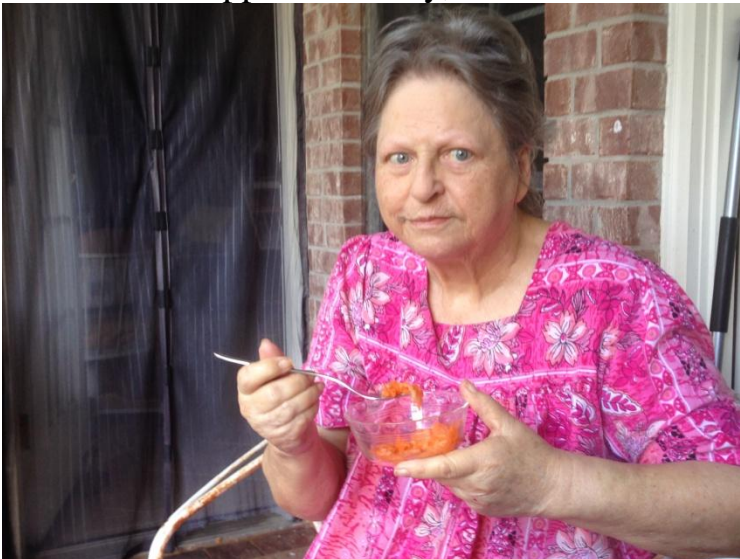
Grate peeled apples.

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.



## Beef Goulash

### 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.

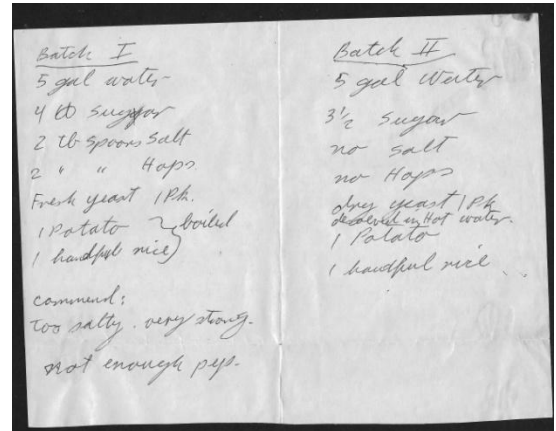
Cover and let simmer for about 2 hours. Stir and fill up with water now and then. Taste, and add spices, bouillon cubes or salt as needed.

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.

## Mutti's and Papa's Recipes

### Beer Brew



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.



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.



## Beer Brew continued

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.

## Mutti's and Papa's Recipes

### **Bowle mit Erdbeer (Wine Punch with Strawberries)**

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.



### **Bratäpfel (baked apple)**

**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.





### Feuerzangenbowle (Punch Bowl)

#### 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 Obige erwärmen, 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)

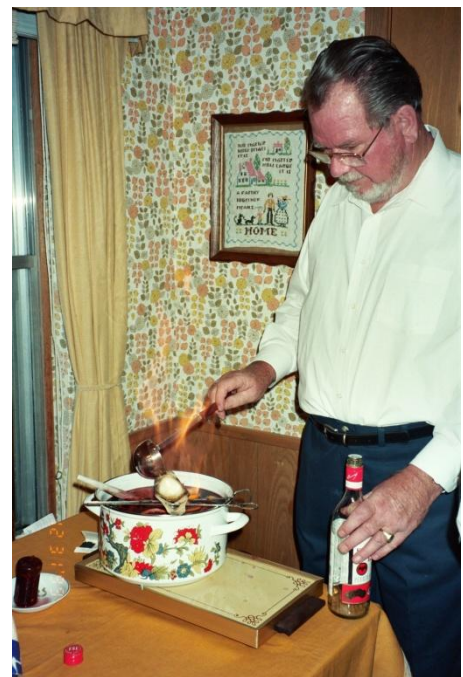
Before serving, place tongs across top of pot, put Sugar cone on tongs.

Pour 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**



## Mutti's and Papa's Recipes

### Glitchy Pound Cake

#### 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.



## Mutti's and Papa's Recipes

### Gurkensalat (Cucumber Salad)

#### 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.





### Kartoffelpfannkuchen (Potato Pancakes)

#### 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)**

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.





### **Ruladen**

#### **Ingredients:**

Each Ruladen 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.

## Mutti's and Papa's Recipes

### Salmon Fillet

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



### Schleissen (Silesian) Cookies

#### 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.

## Mutti's and Papa's Recipes

### **Spaghetti Sauce with Meat**

#### **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.



## Mutti's and Papa's Recipes

### Split Pea Soup

#### 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.





## Mutti's and Papa's Recipes

### Steak, T-Bone

Invite friends or family

Buy a thick T-Bone steak for each person

Buy a large Russett baking potato for each person

Marinate steaks in Italian Dressing  
Clean and wrap Baking potato in aluminum foil

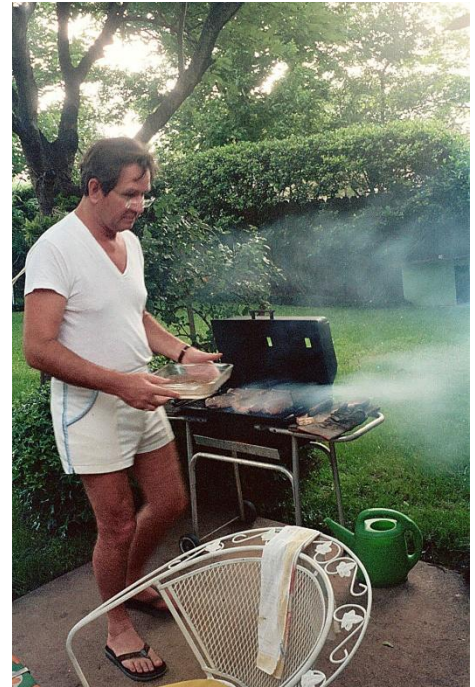
Grilling:

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

### 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.



### Wackelpudding

#### 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.



### **Zimtsterne (Cinnamon Star Cookies)**

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.





## Mutti's and Papa's Recipes





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