

A man with a beard and intense gaze is wearing a crown made of french fries. In front of him is a plate of french fries and a sausage. The background is dark.

**My
Personal
Favorites**

COOKBOOK

GERMAN

CUISINE

Darrell Gibbs

MY PERSONAL

FAVORITES

GERMAN

CUISINE

DARRELL GIBBS

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Introduction

As a chef in the Canadian Armed Forces, I had the unique opportunity to be stationed in Lahr, Germany with the 1st Royal Canadian Horse Artillery from 1978-1983. During my time there, I had the pleasure of working alongside German chefs and collaborating with various other Armed Forces from the United States, Britain, Norway, and the Netherlands.

Germany is a country renowned for its rich history, fascinating culture, and, of course, its delicious cuisine. German cuisine is characterized by its hearty and comforting dishes, often made with simple and traditional ingredients. In this recipe booklet, we'll explore some of the most iconic and delicious dishes of German cuisine, from breakfast staples to hearty main courses and mouth-watering desserts.

We believe that to truly appreciate and enjoy German cuisine, it's essential to use authentic ingredients. The quality and freshness of the ingredients can make all the difference in the flavour and texture of the dishes. That's why we've carefully selected recipes that use traditional ingredients, so you can experience the authentic taste of German cuisine.

This recipe booklet includes 23 of my personal favorite recipes for classic German breakfast dishes such as German Pancakes, Soft

Boiled Eggs with Bread, and Bavarian Cream. For lunch, we have Schnitzel with Potato Salad, German-style Red Cabbage, and German Potato Soup. For supper, you can try your hand at making Sauerbraten, Schweinshaxe, and Käsespätzle. And to complement your main course, we've also included recipes for German Roasted Potatoes, Rotkohl (Red Cabbage), Spaetzle and my favourite bread item, a Brotchen.

And no German meal is complete without a sweet treat for dessert. You'll find recipes for the decadent Black Forest Cake, classic Apple Strudel, and the beloved Berliner Pfannkuchen.

We hope this recipe booklet will inspire you to try your hand at cooking German cuisine and discover new and delicious flavours. Whether you're cooking for your family or hosting a German-themed dinner party, these recipes are sure to impress your guests and leave them wanting more.

If you're interested in trying these dishes yourself, I highly recommend giving them a try. You don't need to be a chef to make them - just follow the recipes and let the flavours speak for themselves. German cuisine is truly something special, and I feel lucky to have experienced it firsthand during my time in Lahr.

Whether you're a foodie or simply looking to expand your culinary horizons, these dishes are sure to satisfy your taste buds and give you a taste of authentic German cuisine. So grab a beer, put on some traditional German music, and let's dive into the world of German cuisine together!



Traditional German Meals

Breakfast Menu Items

- Brotchen: Freshly baked German bread rolls, served with butter and jam.
- Bratwurst: Grilled or pan-fried sausages, often made with pork or beef and flavoured with herbs and spices.
- Leberwurst: A spreadable liverwurst sausage, typically served on bread or crackers.
- Weißwurst: A traditional Bavarian sausage made from veal and pork, often served with sweet mustard and a soft pretzel.
- Rührei: Scrambled eggs, often served with fresh herbs and diced ham or bacon.
- Obatzda: A creamy cheese spread made with Camembert cheese, butter, and spices, often served with bread or crackers.
- Muesli: A popular breakfast cereal made with oats, nuts, seeds, and dried fruits, often served with milk or yogurt.
- Frühstücksei: A soft-boiled egg, often served with a salt and pepper shaker and a small egg cup.

GERMAN CUISINE - MY PERSONAL FAVORITES

- Kaffee oder Tee: Coffee or tea, often served with milk and sugar.
- Orangensaft: Orange juice, freshly squeezed or from a carton.

Enjoy your traditional German breakfast! Guten Appetit!



Lunch Menu Items

- Schnitzel: Thinly pounded and breaded pork or veal, pan-fried until golden brown and crispy, served with a squeeze of lemon and a side of potato salad.
- Bratkartoffeln: Pan-fried potatoes, often seasoned with onions and bacon, served as a side dish with the schnitzel.
- Sauerkraut: Fermented cabbage, typically served as a side dish with meat dishes, providing a sour and tangy flavour.
- Kartoffelsuppe: A creamy potato soup, often flavored with bacon or sausage, served with freshly baked bread.
- Wurstsalat: A salad made with thinly sliced sausages, onions, and cheese, dressed with vinegar and oil, and served with bread.
- Leberknödelsuppe: A soup made with beef broth and liver dumplings, often served with a slice of bread.
- Spätzle: Soft and chewy egg noodles, often served with a creamy mushroom or cheese sauce as a vegetarian option.
- Rote Grütze: A sweet and tart berry pudding, typically made with red currants, raspberries, and strawberries, served with a dollop of whipped cream.
- Bier: German beer, served in a traditional stein or glass, often enjoyed with lunchtime meals.

Enjoy your traditional German lunch! Guten Appetit!



Supper Menu Items

- Schweinshaxe: A roasted pork knuckle, often served with a side of sauerkraut and mashed potatoes.
- Rindfleischstew: A hearty beef stew made with carrots, onions, and potatoes, often served with a slice of bread.
- Käsespätzle: A dish of soft and chewy egg noodles mixed with melted cheese and topped with fried onions, served as a vegetarian option.
- Kartoffelpuffer: Crispy potato pancakes, often served with a side of applesauce or sour cream.
- Sauerbraten: Marinated and slow-cooked beef, served with a side of red cabbage and boiled potatoes.
- Würstchen und Bohneneintopf: A hearty soup made with beans, carrots, and sausage, often served with a slice of bread.
- Kasseler mit Sauerkraut: Smoked pork chops served with a side of sauerkraut and boiled potatoes.
- Apfelstrudel: A flaky pastry filled with sweet and tart apples, cinnamon, and raisins, often served with a dollop of whipped cream.
- Glühwein: A warm, spiced wine often enjoyed during the winter months as a nightcap.

Enjoy your traditional German supper! Guten Appetit!



German Breakfast Recipes

Breakfast is often considered the most important meal of the day, and in Germany, it's no exception. German breakfasts are hearty and filling, with an emphasis on bread, eggs, and dairy products. Here are five classic German breakfast recipes that are sure to start your day off on the right foot:

1. **Bratwurst:** A sausage that is typically made from ground pork, although beef or veal may also be used. The meat is seasoned with a variety of spices, such as salt, pepper, nutmeg, and caraway seeds. Some recipes also include onions or garlic.
2. **German Pancakes:** German pancakes, also known as Dutch babies, are a popular breakfast dish that are similar to crepes or pancakes. They're made with a batter of eggs, milk, flour, and sugar, and are cooked in a hot skillet until puffed and golden brown. German pancakes are typically served with fresh fruit, whipped cream, or a dusting of powdered sugar.
3. **Soft Boiled Eggs with Bread:** Soft boiled eggs with bread, also known as "Eier im Glas" or "Egg in a Glass," is a popular German breakfast dish that's quick and easy to make. Simply cook eggs in boiling water for a few minutes until the whites are

set but the yolks are still runny. Serve the eggs in small glasses or egg cups, with a slice of bread on the side for dipping.

4. Bavarian Cream: Bavarian cream, or "Bayerische Creme," is a light and creamy dessert that's often served for breakfast in Germany. It's made with a custard base of eggs, sugar, and cream, which is then flavoured with vanilla and gelatine. The mixture is chilled until set, and then served with a dollop of whipped cream and a sprinkle of cocoa powder.

5. A German Brotchen is a small, round, crusty bread roll that is a staple in German cuisine. It is made from flour, yeast, salt, and water, and is typically eaten for breakfast or as a snack. Brotchen has a crispy crust on the outside and a soft, fluffy interior, making it perfect for spreading butter or jam on top. It can also be used as a base for sandwiches, especially popular in Germany as a vehicle for cheese, cold cuts, and pickles. Brotchen is a beloved traditional bread in Germany, and you can find it in bakeries all over the country.

These German breakfast recipes are simple, yet delicious, and perfect for a leisurely weekend brunch or a quick and easy weekday meal. So why not give them a try and start your day off the German way?

Classic Bratwurst Recipe

One of my all time favourite sausages is a bratwurst. Nothing compares to a bratwurst as I have learned from a German Sausage Master/Meister how to make them and they tasted great!

Bratwurst is a type of German sausage that is typically made from ground pork, although beef or veal may also be used. The meat is seasoned with a variety of spices, such as salt, pepper, nutmeg, and caraway seeds. Some recipes also include onions or garlic.

The meat mixture is then stuffed into natural or synthetic casings and formed into the distinctive cylindrical shape of bratwurst. The sausages are often grilled or pan-fried and served with mustard, sauerkraut, or other traditional accompaniments.

Classic Bratwurst.

Ingredients:

- 2 lbs. ground pork
- 2 tsp. salt
- 1 tsp. black pepper
- 1 tsp. ground nutmeg
- 1 tsp. caraway seeds
- 1/2 cup cold water
- Natural or synthetic casings

Instructions:

1. In a large mixing bowl, combine the ground pork, salt, pepper, nutmeg, and caraway seeds. Mix well using your hands or a wooden spoon.
2. Gradually add the cold water to the meat mixture, and continue to mix until the mixture is well combined and the water is evenly distributed.
3. Soak the natural or synthetic casings in cold water for about 30 minutes to soften them.
4. Stuff the meat mixture into the casings, twisting them into 4-6 inch links.
5. Bring a large pot of water to a simmer over medium-high heat. Add the bratwurst links to the pot, making sure they are fully submerged.
6. Poach the bratwurst in the simmering water for about 10-15 minutes, or until they are cooked through and reach an internal temperature of 160°F.
7. Remove the bratwurst from the pot using tongs and let them cool slightly.
8. Heat a grill or a grill pan over medium-high heat. Grill the bratwurst links for about 3-4 minutes per side, or until they are browned and crispy.
9. Serve the bratwurst hot, with mustard, sauerkraut, and your favourite toppings. Enjoy!

Note: If you don't have access to natural or synthetic casings, you can still make delicious bratwurst by shaping the meat mixture into patties and grilling them instead of poaching and casing them.

German Pancakes Recipe

Ingredients:

- 3 large eggs
- 3/4 cup milk
- 3/4 cup all-purpose flour
- 2 tablespoons granulated sugar
- 1/2 teaspoon salt
- 1/2 teaspoon vanilla extract
- 2 tablespoons unsalted butter
- Powdered sugar, for dusting
- Fresh fruit, for serving
- Whipped cream, for serving

Instructions:

1. Preheat your oven to 425°F (218°C).
2. In a large mixing bowl, whisk together the eggs, milk, flour, sugar, salt, and vanilla extract until the batter is smooth and free of lumps.
3. In a large oven-safe skillet, melt the butter over medium heat. Swirl the butter around the pan to coat the bottom and sides.
4. Pour the batter into the skillet and cook for 1-2 minutes until the edges start to set.

5. Transfer the skillet to the preheated oven and bake for 12-15 minutes, or until the pancake is puffed up and golden brown.
6. Remove the skillet from the oven and let the pancake cool for a minute or two.
7. Dust the pancake with powdered sugar and serve with fresh fruit and whipped cream.

Enjoy your German Pancakes! They're perfect for a weekend brunch or a special breakfast treat.

Soft Boiled Eggs with Bread Recipe

Ingredients:

- 4 large eggs
- 4 slices of bread
- 2 tablespoons unsalted butter
- Salt and black pepper, to taste

Instructions:

1. Bring a pot of water to a boil. Once boiling, gently place the eggs in the pot with a slotted spoon.
2. Reduce the heat to low and simmer the eggs for 6-7 minutes for a soft-boiled egg.
3. While the eggs are cooking, toast the bread slices to your preferred level of doneness.
4. Once the eggs are done, remove them from the pot with the slotted spoon and immediately place them in a bowl of cold water to stop the cooking process.
5. Once the eggs have cooled down, gently tap the shell with a spoon and peel them carefully.
6. Cut the eggs in half and season with salt and pepper to your taste.
7. Spread the butter on the slices of bread and serve with the soft-boiled eggs.

Enjoy your soft-boiled eggs with bread! This classic German breakfast is a simple and satisfying meal that can be enjoyed any time of the day.

Bavarian Cream

Bavarian Cream, also known as Crème Bavaoise, is a classic dessert that is rich, creamy, and indulgent. It's a versatile dessert that can be served on its own or used as a filling for cakes, pastries, and other desserts. Here is a recipe for a delicious Bavarian Cream that you can easily make at home:

Ingredients:

- 1 cup heavy cream
- 1 cup whole milk
- 1/2 cup granulated sugar
- 4 egg yolks
- 1 teaspoon vanilla extract
- 2 1/2 teaspoons unflavoured gelatine
- 3 tablespoons cold water

Instructions:

1. In a medium saucepan, heat the heavy cream, whole milk, and sugar over medium heat, stirring constantly until the sugar is dissolved.
2. In a separate bowl, whisk together the egg yolks until they are light and frothy.

3. Slowly pour the hot cream mixture into the bowl with the egg yolks, whisking constantly to temper the yolks and prevent them from curdling.
4. Return the mixture to the saucepan and cook over medium heat, stirring constantly, until the mixture thickens and coats the back of a spoon.
5. Remove the mixture from the heat and stir in the vanilla extract.
6. In a small bowl, sprinkle the gelatine over the cold water and let it sit for a few minutes to soften.
7. Place the bowl with the gelatine mixture over a pot of simmering water and stir until the gelatine is completely dissolved.
8. Stir the dissolved gelatine into the cream mixture until it is well combined.
9. Strain the mixture through a fine-mesh sieve
10. Pour the hot cream mixture over the softened gelatine and whisk until the gelatine dissolves completely.
11. Stir in the vanilla extract and let the mixture cool to room temperature.
12. Once the mixture has cooled, pour it into individual serving dishes or a large mold.
13. Chill the Bavarian cream in the refrigerator for at least 4 hours, or until it sets.

14. Serve the Bavarian cream with fresh fruit or a fruit sauce, if desired.

Enjoy your homemade Bavarian Cream!

Brotchen

The Brotchen is another of my personal favorites. A Brotchen, also known as German bread rolls, is a small, round, crusty bread roll that is a staple in German cuisine. It is made from flour, yeast, salt, and water, and is typically eaten for breakfast or as a snack. Brotchen has a crispy crust on the outside and a soft, fluffy interior, making it perfect for spreading butter or jam on top. It can also be used as a base for sandwiches, especially popular in Germany as a vehicle for cheese, cold cuts, and pickles. Brotchen is a beloved traditional bread in Germany, and you can find it in bakeries all over the country.

Ingredients:

- 3 cups all-purpose flour
- 1 tablespoon active dry yeast
- 1 tablespoon sugar
- 1 teaspoon salt
- 1 cup warm water
- 1 egg, beaten
- 2 tablespoons unsalted butter, melted
- Sesame seeds or poppy seeds, for topping (optional)

Instructions:

1. In a large mixing bowl, combine the all-purpose flour, active dry yeast, sugar, and salt.
2. Pour in the warm water and stir everything together until a sticky dough forms.
3. Knead the dough on a floured surface for 5-7 minutes, or until it becomes smooth and elastic.
4. Place the dough in a lightly greased bowl, cover it with a clean towel, and let it rise in a warm, draft-free place for about 1 hour, or until it has doubled in size.
5. Preheat the oven to 400°F.
6. Punch down the risen dough and divide it into 10-12 equal portions. Shape each portion into a round ball and place them on a greased baking sheet.
7. Brush the beaten egg over the surface of each Brotchen, then drizzle the melted butter on top. Sprinkle sesame seeds or poppy seeds over the top, if desired.
8. Bake the Brotchens in the preheated oven for 15-20 minutes, or until they are golden brown and sound hollow when tapped on the bottom.
9. Remove the German bread rolls from the oven and let them cool on a wire rack before serving.

Enjoy your delicious Brotchen! Serve them warm with butter, jam, or your favourite spread for a traditional German breakfast or snack.

German Lunch Recipes

Germany is well known for its hearty and filling lunch dishes. Whether you prefer meat or vegetarian options, German cuisine has a lot to offer. In this chapter, we will introduce you to some traditional German lunch recipes that you can easily make at home.

Goulash Soup

Ingredients:

- 1 pound beef stew meat, cut into small cubes
- 2 tablespoons vegetable oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 2 tablespoons paprika
- 1 teaspoon caraway seeds
- 1 teaspoon dried thyme
- 2 tablespoons tomato paste
- 1 cup beef broth
- 2 cups water
- 2 carrots, peeled and sliced
- 2 potatoes, peeled and diced
- 1 red bell pepper, diced

- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 bay leaf
- 1/4 cup sour cream
- Chopped fresh parsley for garnish

Instructions:

1. In a large pot or Dutch oven, heat the vegetable oil over medium-high heat. Add the beef and brown on all sides, then remove and set aside.
2. Add the onion and garlic to the pot and cook until softened, about 5 minutes.
3. Add the paprika, caraway seeds, and thyme and cook for 1 minute, stirring constantly.
4. Add the tomato paste, beef broth, and water, and stir to combine.
5. Add the beef back into the pot along with the carrots, potatoes, red bell pepper, salt, black pepper, and bay leaf.
6. Bring the soup to a boil, then reduce the heat to low and let simmer for 1-1.5 hours, or until the beef is tender and the vegetables are cooked through.
7. Remove the bay leaf and stir in the sour cream.
8. Serve hot, garnished with chopped fresh parsley.

Enjoy your delicious German Goulash Soup! Guten Appetit!

Schnitzel with Potato Salad

Ingredients:

- 4 pork or veal cutlets
- Salt and pepper
- 1/2 cup all-purpose flour
- 2 eggs
- 1/2 cup breadcrumbs
- 1/2 cup vegetable oil
- 2 tablespoons butter
- 1 lemon, cut into wedges
- 1 pound baby potatoes
- 1/4 cup chopped red onion
- 1/4 cup chopped parsley
- 2 tablespoons white wine vinegar
- 2 tablespoons olive oil
- Salt and pepper

Instructions:

1. Pound the pork or veal cutlets with a meat mallet until they are about 1/4 inch thick. Season with salt and pepper.
2. Place the flour in a shallow dish. Beat the eggs in another shallow dish. Place the breadcrumbs in a third shallow dish.

3. Heat the vegetable oil and butter in a large skillet over medium-high heat.
4. Dredge each cutlet in the flour, shaking off any excess. Dip in the beaten eggs, then coat with breadcrumbs.
5. Fry the cutlets in the skillet for about 3 minutes on each side, or until golden brown and cooked through. Drain on paper towels and keep warm.
6. Meanwhile, boil the potatoes until tender, about 15-20 minutes. Drain and let cool.
7. Cut the potatoes into quarters and place them in a large bowl. Add the red onion and parsley.
8. In a small bowl, whisk together the white wine vinegar, olive oil, salt, and pepper. Pour over the potato salad and toss to coat.
9. Serve the schnitzel with lemon wedges and the potato salad on the side.

Pork Schnitzel #2

Ingredients:

- 4 boneless pork chops, pounded thin
- 1/2 cup all-purpose flour
- 2 eggs
- 1 tablespoon Dijon mustard
- 1 cup breadcrumbs
- 1/2 teaspoon paprika
- Salt and pepper, to taste
- 1/4 cup vegetable oil

Instructions:

1. Season the pork chops with salt and pepper on both sides.
2. Place the flour in a shallow bowl. In another bowl, beat the eggs with the Dijon mustard. In a third bowl, combine the breadcrumbs with the paprika.
3. Dredge each pork chop in the flour, shaking off any excess. Dip it into the egg mixture, then coat it with the breadcrumb mixture, pressing it onto the pork chop to ensure it sticks.
4. Heat the vegetable oil in a large skillet over medium-high heat. Once the oil is hot, add the breaded pork chops to the skillet, being careful not to overcrowd the pan. Cook for 2-3 minutes on each side, or until golden brown and crispy.

5. Remove the pork chops from the skillet and place them on a paper towel-lined plate to drain any excess oil.
6. Serve the pork schnitzel hot with a side of lemon wedges, roasted potatoes, and a salad.

Enjoy your delicious Pork Schnitzel!

German-style Red Cabbage

Ingredients:

- 1 head red cabbage, thinly sliced
- 2 apples, peeled and chopped
- 1 onion, chopped
- 2 tablespoons butter
- 2 tablespoons brown sugar
- 1/4 cup red wine vinegar
- 1/4 cup water
- 1 bay leaf
- Salt and pepper

Instructions:

1. Melt the butter in a large pot over medium heat.
2. Add the onion and sauté until soft, about 5 minutes.
3. Add the red cabbage and apples and sauté for another 5 minutes.
4. Add the brown sugar, red wine vinegar, water, bay leaf, salt, and pepper.
5. Stir to combine and bring to a boil.
6. Reduce the heat to low and simmer for about 30 minutes, or until the cabbage is tender.
7. Remove the bay leaf and serve.

German Potato Soup

Ingredients:

- 2 tablespoons butter
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 pound potatoes, peeled and diced
- 4 cups chicken or vegetable broth
- 1 cup milk
- 1 teaspoon dried thyme
- Salt and pepper
- 1/4 cup chopped chives, for garnish

Instructions:

1. Melt the butter in a large pot over medium heat.
2. Add the onion and garlic and sauté until soft, about 5 minutes.
3. Add the potatoes, broth, milk, thyme, salt, and pepper.
4. Bring to a boil, then reduce the heat to low and simmer for about 20-25 minutes, or until the potatoes are tender.
5. Use an immersion blender or transfer the soup to a blender and puree until smooth.
6. If the soup is too thick, add more milk or broth to achieve the desired consistency.

7. Adjust seasoning to taste.
8. Serve hot, garnished with chopped chives.

These German lunch recipes are just a few examples of the many delicious and comforting dishes that German cuisine has to offer. By using authentic ingredients and following traditional recipes, you can recreate the flavours of Germany in your own home. We hope you enjoy cooking and savouring these meals with family and friends.

Supper Recipes

When it comes to hearty and satisfying meals, German supper recipes are hard to beat. Whether you're looking for something meaty and savory or cheesy and comforting, these dishes are sure to satisfy your appetite. Here are three classic German supper recipes that are perfect for any occasion:

Sauerbraten

Sauerbraten is a traditional German pot roast that is marinated in a mixture of vinegar, red wine, and spices for several days before being cooked. This process tenderizes the meat and infuses it with a rich, tangy flavor. The dish is typically served with a sweet and sour gravy made from the marinade and served with potato dumplings or noodles.

Ingredients:

- 3 lb beef chuck roast
- 1 cup red wine vinegar
- 1 cup red wine
- 2 cups beef broth
- 1 onion, chopped
- 2 carrots, chopped

- 2 celery stalks, chopped
- 2 bay leaves
- 6 peppercorns
- 4 cloves
- 1 tsp salt
- 1 tbsp sugar
- 2 tbsp vegetable oil

Instructions:

1. In a large bowl, whisk together the red wine vinegar, red wine, beef broth, onion, carrots, celery, bay leaves, peppercorns, cloves, salt, and sugar.
2. Place the beef chuck roast in the marinade, making sure it is fully submerged.
3. Cover the bowl with plastic wrap and refrigerate for at least 3 days, turning the beef occasionally.
4. Preheat the oven to 325°F.
5. Remove the beef from the marinade and pat it dry with paper towels.
6. Heat the vegetable oil in a Dutch oven or large pot over medium-high heat.
7. Add the beef and cook until browned on all sides, about 10 minutes.
8. Strain the marinade and add it to the pot.
9. Bring the mixture to a simmer, cover the pot, and transfer it to the oven.

10. Bake for 3 to 4 hours, until the beef is tender and can be easily shredded with a fork.

11. Remove the beef from the pot and cover it with foil to keep it warm.

12. Strain the liquid through a fine-mesh sieve and return it to the pot.

13. Bring the liquid to a simmer and cook until it has reduced by half and thickened slightly.

14. Slice the beef and serve with the sauce and your choice of side dish.

Sauerbraten #2

Ingredients:

- 3 lbs beef roast
- 1 cup red wine vinegar
- 1 cup water
- 1 onion, sliced
- 2 cloves garlic, minced
- 2 bay leaves
- 5 whole cloves
- 5 peppercorns
- 1 tsp salt
- 1 tbsp sugar
- 1 tbsp vegetable oil
- 1 tbsp flour
- 1 tbsp cold water

Instructions:

1. In a large bowl, mix together the red wine vinegar, water, onion, garlic, bay leaves, cloves, peppercorns, salt, and sugar.
2. Place the beef roast in the bowl, and make sure it is completely covered by the marinade. Cover the bowl with plastic wrap and refrigerate for at least 2 days.
3. Preheat your oven to 325°F.

4. Heat the vegetable oil in a large Dutch oven over medium-high heat. Remove the beef roast from the marinade and pat it dry with paper towels. Sear the roast on all sides until browned.
5. Pour the marinade over the beef roast, and bring to a boil. Cover the Dutch oven with a tight-fitting lid and transfer it to the oven.
6. Bake for 3-4 hours, or until the beef roast is tender and falls apart easily with a fork.
7. Remove the beef roast from the Dutch oven and set it aside on a cutting board.
8. Mix together the flour and cold water in a small bowl to make a slurry. Add the slurry to the marinade in the Dutch oven and bring to a boil. Reduce the heat and let it simmer for 5-10 minutes, or until the gravy has thickened.
9. Slice the beef roast and serve it with the gravy.

Schweinshaxe

Schweinshaxe, or roasted pork knuckle, is a staple of Bavarian cuisine. The meat is tender and juicy, with crispy skin and a flavourful seasoning. This dish is often served with sauerkraut or potato dumplings.

Ingredients:

- 4 pork knuckles
- 2 tbsp vegetable oil
- 2 tbsp caraway seeds
- 2 tbsp salt
- 1 tbsp black pepper
- 1 tbsp paprika
- 1 tbsp garlic powder
- 1 tbsp onion powder

Instructions:

1. Preheat the oven to 400°F.
2. Rub the pork knuckles with vegetable oil.
3. In a small bowl, mix together the caraway seeds, salt, black pepper, paprika, garlic powder, and onion powder.
4. Rub the spice mixture all over the pork knuckles.
5. Place the pork knuckles on a baking sheet lined with parchment paper.

6. Roast in the oven for 1 1/2 to 2 hours, until the pork is tender and the skin is crispy.
7. Remove the pork from the oven and let it rest for 10 minutes.
8. Serve hot with Sauerkraut and German Style Potatoes.

Käsespätzle

Käsespätzle is a traditional German dish that is a favourite of many. It is essentially a cheese pasta that is similar to macaroni and cheese. However, instead of using macaroni, Käsespätzle uses a special kind of pasta called spätzle, which is made by mixing flour, eggs, and salt, and then pressing it through a spätzle maker to form little noodles. Here's a recipe to make this delicious German supper:

Ingredients:

- 1 lb spätzle (Package or make fresh)
- 2 cups shredded Emmental cheese
- 2 cups shredded Gruyere cheese
- 1 onion, chopped
- 1/2 cup butter
- 1/2 cup chopped fresh parsley
- salt and pepper to taste

Instructions:

1. Cook the spätzle according to package instructions. Drain and set aside.
2. Preheat your oven to 350°F.
3. In a large skillet, sauté the chopped onion in butter until it is golden brown.

4. Add the shredded Emmental and Gruyere cheese to the skillet, and stir until the cheese is melted and the mixture is smooth.
5. Add the cooked spätzle to the cheese mixture, and stir until the noodles are coated evenly with the cheese.
6. Pour the mixture into a greased baking dish, and sprinkle with chopped parsley.
7. Bake for 10-15 minutes, or until the cheese is bubbly and golden brown.
8. Serve hot and enjoy!

Käsespätzle is a comforting and satisfying dish that is perfect for a cozy evening at home. The combination of the soft and chewy spätzle noodles with the rich and creamy cheese sauce is simply irresistible. Give this recipe a try and discover the magic of German cuisine.

Side Dish Recipes

German cuisine is known for its hearty and comforting dishes, but no meal is complete without a delicious side dish to complement the main course. In this chapter, we will explore some classic German side dishes that will elevate any meal.

German Roasted Potatoes

German roasted potatoes are a simple yet flavourful side dish that is perfect for any occasion. These potatoes are roasted to crispy perfection with a mix of herbs and spices, making them a delicious addition to any meal.

Ingredients:

- 2 lbs potatoes, peeled and cubed
- 1/4 cup olive oil
- 1 tbsp paprika
- 1 tbsp dried thyme
- 1 tbsp dried rosemary
- 1 tbsp garlic powder
- salt and pepper to taste

Instructions:

1. Preheat your oven to 400°F.
2. In a large bowl, toss the cubed potatoes with the olive oil and seasonings until they are coated evenly.
3. Spread the potatoes in a single layer on a baking sheet, making sure they are not overcrowded.
4. Bake for 30-35 minutes, or until the potatoes are golden brown and crispy on the outside.
5. Serve hot and enjoy!

German Roasted Potatoes #2

Also known as Bratkartoffeln

Ingredients:

- 2 lbs baby potatoes, halved
- 1 large onion, chopped
- 4 cloves garlic, minced
- 4 tablespoons vegetable oil
- 2 tablespoons unsalted butter
- 1 teaspoon paprika
- 1 teaspoon dried thyme
- Salt and pepper, to taste
- Fresh parsley, chopped, for garnish

Instructions:

1. Preheat the oven to 400°F.
2. In a large bowl, toss the halved baby potatoes with the chopped onion, minced garlic, vegetable oil, paprika, thyme, salt, and pepper.
3. Spread the potato mixture in a single layer on a baking sheet. Roast for 25-30 minutes, stirring occasionally, or until the potatoes are golden brown and crispy on the outside and tender on the inside.

4. In a large skillet, melt the unsalted butter over medium-high heat. Add the roasted potatoes and stir to coat them with the butter.

5. Cook the potatoes in the skillet for an additional 5-10 minutes, stirring occasionally, or until they are heated through and have developed a crispy crust.

6. Transfer the German roasted potatoes to a serving dish and garnish with fresh chopped parsley.

Serve the Bratkartoffeln as a side dish with your favorite German-inspired main course, such as schnitzel or Sauerbraten.

Enjoy your delicious German Roasted Potatoes!

Rotkohl (Red Cabbage)

Rotkohl, or German-style red cabbage, is a sweet and tangy side dish that pairs well with many German main dishes. This recipe is easy to make and can be served hot or cold.

Ingredients:

- 1 head red cabbage, shredded
- 1 onion, chopped
- 2 apples, peeled and chopped
- 1/4 cup vinegar
- 1/4 cup sugar
- 1/4 cup water
- 2 tbsp butter
- salt and pepper to taste

Instructions:

1. In a large pot, melt the butter over medium heat.
2. Add the chopped onion and sauté until it is soft and translucent.
3. Add the shredded red cabbage and chopped apples to the pot, and stir to combine.
4. In a separate bowl, whisk together the vinegar, sugar, water, salt, and pepper.

5. Pour the vinegar mixture over the cabbage and apples, and stir to coat evenly.
6. Cover the pot and simmer for 30-40 minutes, or until the cabbage is tender.
7. Serve hot or cold and enjoy!

Recipe for Spaetzle #1

Spaetzle is a traditional German egg noodle that is often served as a side dish with meat dishes or in soups. This recipe is simple to make and requires only a few ingredients.

Ingredients:

- 2 cups all-purpose flour
- 4 eggs
- 1/2 cup milk
- salt and pepper to taste

Instructions:

1. In a large bowl, whisk together the flour, eggs, milk, salt, and pepper until the mixture is smooth.
2. Bring a large pot of salted water to a boil.
3. Using a spaetzle maker or a colander with large holes, press the noodle dough through the holes and into the boiling water. Alternatively, you can drop small spoonfuls of dough into the water.
4. Cook the spaetzle for 2-3 minutes, or until they float to the surface.
5. Remove the spaetzle from the pot with a slotted spoon, and transfer them to a serving dish.
6. Serve hot and enjoy!

German side dishes are the perfect way to add variety and flavour to any meal. Whether you're making roasted potatoes, red cabbage, or spaetzle, these recipes are sure to impress. Give them a try and experience the deliciousness of German cuisine!

Spätzle Recipe #2

Ingredients:

- 500g all-purpose flour
- 4 large eggs
- 1 teaspoon salt
- 250ml water
- 2 tablespoons butter
- 1 onion
- 100g grated Emmentaler cheese

Instructions:

1. In a large bowl, mix the flour and salt. Make a well in the center and add the eggs.
2. Add water and mix everything well with a wooden spoon or fork. The dough should be thick and sticky.
3. Bring a large pot of salted water to a boil.
4. Meanwhile, heat a pan with butter and sauté the chopped onion until it becomes translucent.
5. Portion the Spätzle dough into the boiling water with a Spätzle board or a Spätzleschwob. The Spätzle are ready when they float to the surface.

6. Remove the cooked Spätzle from the water and add them to the pan with the onions. Sprinkle the grated Emmentaler cheese over it and mix everything well until the cheese is melted.

7. Season with salt and pepper to taste and serve.

Enjoy your meal!

Homemade German Sauerkraut

Ingredients:

- 1 head of cabbage
- 1 tablespoon kosher salt
- 1 tablespoon caraway seeds (optional)
- 1 quart-sized mason jar

Instructions:

1. Remove the outer leaves of the cabbage and set them aside.
2. Slice the cabbage into thin shreds using a sharp knife or a mandolin slicer.
3. In a large bowl, sprinkle the salt over the shredded cabbage and mix well. Use your hands to massage the salt into the cabbage for a few minutes until the cabbage starts to release its juices.
4. Add the caraway seeds to the bowl and mix well.
5. Pack the cabbage mixture tightly into the mason jar, making sure to leave about 1 inch of headspace at the top.
6. Pour any remaining liquid from the bowl into the jar to cover the cabbage completely.
7. Take the outer leaves of the cabbage you set aside earlier and fold them into a circle to fit inside the jar. This will help keep the cabbage submerged under the liquid.

8. Screw the lid onto the jar and place it in a cool, dark place for 1-4 weeks. Check the jar every few days to make sure the cabbage is still submerged in the liquid. If not, add a little bit of salt water (1 teaspoon salt per 1 cup water) to cover the cabbage.
9. After a week, taste the Sauerkraut. If it's tangy and sour enough for your liking, it's ready to eat. If not, let it ferment for another week or so.
10. Once the Sauerkraut is ready, transfer it to a clean jar and store it in the refrigerator. It will keep for several months.

Serve the Sauerkraut as a side dish with meat dishes, or use it as a topping for sandwiches and salads. Enjoy

German Dessert Recipes

Germany is famous for its delicious cuisine, and its desserts are no exception. From the classic Black Forest Cake to the sweet and flaky Apple Strudel, German desserts are loved all over the world. In this chapter, we'll be exploring some of the most popular German dessert recipes that you can try at home.

Black Forest Cake

The Black Forest Cake, or Schwarzwälder Kirschtorte, is a classic German dessert that's known for its rich chocolatey flavour and layers of whipped cream and cherries. Here's how you can make your own Black Forest Cake at home:

Ingredients:

- 1 ½ cups all-purpose flour
- 1 ½ cups sugar
- ¾ cup unsweetened cocoa powder
- 1 ½ tsp baking powder
- 1 ½ tsp baking soda
- ¾ tsp salt
- ¾ cup buttermilk

- ⅓ cup vegetable oil
- 2 large eggs
- 2 tsp vanilla extract
- ¾ cup boiling water
- 1 can cherry pie filling
- 2 cups heavy whipping cream
- ¼ cup powdered sugar
- 1 tsp vanilla extract
- Chocolate shavings, for garnish

Instructions:

1. Preheat your oven to 350°F (175°C). Grease and flour two 9-inch cake pans.
2. In a large mixing bowl, whisk together the flour, sugar, cocoa powder, baking powder, baking soda, and salt.
3. Add in the buttermilk, vegetable oil, eggs, and vanilla extract. Beat on medium speed until smooth.
4. Slowly pour in the boiling water, and mix until well combined. The batter will be thin.
5. Pour the batter into the prepared cake pans and bake for 30-35 minutes, or until a toothpick inserted in the center comes out clean.
6. Let the cakes cool in the pans for 10 minutes before transferring them to a wire rack to cool completely.

7. In a separate mixing bowl, beat the heavy cream, powdered sugar, and vanilla extract on medium-high speed until stiff peaks form.
8. To assemble the cake, place one layer of cake on a serving plate. Spread a layer of cherry pie filling on top, followed by a layer of whipped cream. Repeat with the second layer of cake.
9. Top the cake with chocolate shavings, and chill in the refrigerator for at least an hour before serving.

Apple Strudel

The Apple Strudel, or Apfelstrudel, is a sweet and flaky pastry that's filled with warm, spiced apples. It's a favourite dessert in Germany and is often served with a dollop of whipped cream or a scoop of vanilla ice cream. Here's how you can make your own Apple Strudel at home:

Ingredients:

- 2 cups all-purpose flour
- ½ tsp salt
- 1 large egg
- ½ cup lukewarm water
- 2 tbsp vegetable oil
- 4 large apples, peeled, cored, and thinly sliced
- ½ cup granulated sugar
- 1 tsp ground cinnamon
- ½ cup raisins
- 1 cup bread crumbs
- ½ cup unsalted butter, melted

Instructions:

1. Preheat your oven to 375°F (190°C).
2. In a large mixing bowl, whisk together the flour and salt.

3. In a separate bowl, beat the egg and water together, then add in the vegetable oil.
4. Add the wet ingredients to the dry ingredients, and mix until a soft dough forms.
5. Knead the dough on a floured surface for 5-10 minutes until your dough reaches an elasticity state.
6. Roll the dough out into a thin sheet, then transfer it to a clean, floured kitchen towel. Stretch and pull the dough until it's thin enough to read a newspaper through.
7. In a separate mixing bowl, combine the sliced apples, granulated sugar, ground cinnamon, and raisins. Mix well.
8. Sprinkle the bread crumbs over the rolled-out dough, leaving a 2-inch border around the edges.
9. Spoon the apple mixture over the bread crumbs.
10. Using the kitchen towel, carefully roll the strudel into a tight cylinder. Tuck the edges under and transfer the strudel to a greased baking sheet.
11. Brush the melted butter over the top of the strudel.
12. Bake for 35-40 minutes, or until the strudel is golden brown.
13. Let the strudel cool for 10 minutes before slicing and serving.

Berliner Pfannkuchen

The Berliner Pfannkuchen, also known as Berliner or jelly doughnuts, are a popular German dessert that's often enjoyed for breakfast or as a sweet snack. These fluffy, deep-fried doughnuts are filled with your favourite jam and dusted with powdered sugar. Here's how you can make your own Berliner Pfannkuchen at home:

Ingredients:

- 2 ½ cups all-purpose flour
- 2 tsp active dry yeast
- ¼ cup granulated sugar
- ½ tsp salt
- ⅔ cup milk
- 3 tbsp unsalted butter, melted
- 2 large egg yolks
- 1 tsp vanilla extract
- Vegetable oil, for frying
- Your favourite jam or jelly, for filling
- Powdered sugar, for dusting

Instructions:

1. In a large mixing bowl, whisk together the flour, active dry yeast, granulated sugar, and salt.
2. In a separate bowl, heat the milk until it's warm to the touch.
3. Add the melted butter, egg yolks, and vanilla extract to the warm milk, and whisk until well combined.
4. Pour the wet ingredients into the dry ingredients, and mix until a soft dough forms.
5. Knead the dough on a floured surface for 5-10 minutes, or until it's smooth and elastic.
6. Place the dough in a greased bowl, cover with a clean kitchen towel, and let it rise in a warm place for 1 hour.
7. Punch the dough down and roll it out into a thin sheet.
8. Use a cookie cutter or a glass to cut out circles of dough.
9. Place a small spoonful of jam in the center of each circle.
10. Fold the dough over to create a half-moon shape, and pinch the edges to seal.
11. Heat the vegetable oil in a large pot or deep-fryer until it reaches 375°F (190°C).
12. Carefully drop the doughnuts into the hot oil and fry until they're golden brown on both sides, about 2-3 minutes per side.
13. Use a slotted spoon to remove the doughnuts from the oil and place them on a paper towel-lined plate to drain.

14. Dust the doughnuts with powdered sugar and serve warm.

German desserts are a delicious and indulgent way to experience the country's rich culinary heritage. Whether you're in the mood for a decadent Black Forest Cake, a sweet and flaky Apple Strudel, or a fluffy, jam-filled Berliner Pfannkuchen, these dessert recipes are sure to satisfy your sweet tooth. So why not try your hand at making one of these classic German desserts today? Your taste buds will thank you.

Conclusion

We hope that this German recipe booklet has inspired you to try cooking traditional German dishes at home. German cuisine is rich in history and flavour, and with the right ingredients and techniques, you can experience the authentic taste of Germany in your own kitchen. Whether you're making a hearty sauerbraten for a special occasion or whipping up a batch of fluffy German pancakes for breakfast, there's something for everyone in this collection of recipes.

Remember, using authentic ingredients is key to achieving the true flavours of German cuisine. Don't be afraid to experiment with different spices and techniques to make the recipes your own. And most importantly, have fun in the kitchen!

Thank you for taking the time to read this booklet. We hope that you have enjoyed learning about German cuisine and that these recipes have inspired you to try something new. Happy cooking!

About the Author

Darrell Gibbs is the author of genealogy books called '22 Steps in Researching Your Family Tree', '38 Family Tree Research Resources' and 'New Leaves'. These books were written to give new family historians a starting point in researching their family research.

Darrell was born in Korbecke, West Germany growing up on army bases during the sixties and early seventies. He joined the Canadian Armed Forces in 1974 as a cook and progressed through the ranks to Master Warrant Officer. Darrell was posted to various bases in Canada, Germany, United Nations in Israel and onboard ship in the Arabian Gulf; retiring after a successful 29 year military career. He joined the Public Service in 2007 and retired in 2015. He also has a Computer Technician background and earned the 'President's Honour Award' at Sir Sanford Fleming College in Peterborough, Ontario.

Darrell is the loving father of three children and five grandchildren. He has many hobbies such as genealogy, playing guitar, woodworking, renovating, collecting hockey memorabilia, reading and writing. Darrell is a forever devoted Toronto Maple Leafs fan.

Today, he has taken up another hobby of leather crafting where he has a natural ability to handcraft carved veg tanned leather wallets (www.darrellswallets.com).

Darrell's future goal is to write a novel called WESSEX REIGN, a fictional historical book. WESSEX REIGN is about a fictional account of King Eadred, King of England in the 940's which he is hoping to be a trilogy called the UNITED ENGLALAND SERIES.

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Darrell

