



## International Recipes – German Cuisine

The following are a few recipes for some different staple German foods. Feel free to use them as a way to expand your own meal choices, a home-style meal for your international student if you notice they are missing their traditional food, or even as a nice activity for everyone to do together in the kitchen. We are always happy to see pictures of how recipes turned out!

### German Breakfast

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German breakfasts consist of a combination of different cheeses, meats, multiple jams and honey, boiled eggs, fruit and vegetables, and smoked fish.

A selection of freshly baked breads is also common.

A piece of liverwurst or Schlackwurst, a kind of German salami, could be seen as a special extra.

#### **Marion Cunningham's Boston Brown Bread Muffins:** Makes 12 muffins

<b><u>Ingredients:</u></b>	1 egg
1/2 cup rye flour	1/3 cup molasses
1/2 cup yellow cornmeal	1/3 cup packed dark brown sugar
1/2 cup all-purpose or whole wheat flour	1/3 cup vegetable oil
3/4 teaspoon salt	1 cup buttermilk
1 1/2 teaspoons baking soda	1 cup golden raisins



Heat oven to 400 F.

Butter a standard muffin pan.

Mix together the flours, cornmeal, salt, and baking soda.

In a separate bowl, combine the egg, molasses, sugar, oil, and buttermilk.

Blend well.

Stir the buttermilk mixture into the dry ingredients and mix well.

Fill the prepared muffin tins 3/4 of the way and bake for 15 minutes, until your tester comes out clean.

Serve hot with butter or cream cheese.

## German Lunch and Dinner

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Traditional German food is mostly a variety of bread, then the meats are usually preserved, and cheese. Veggies come in salads or are boiled.

**Bratwurst** is probably one of the more well known German foods. Below is a list of some other common foods that could help to give you international student a little taste of home.

**Bratkartoffeln** - Fried potatoes, often with diced bacon and/or onions.

**Königsberger Klopse** - Cooked meatballs served in a white sauce with capers.

**Kohlroulade** - German-style cabbage rolls.

**Pellkartoffeln** - Potatoes boiled or steamed before peeling (young potatoes may be eaten unpeeled), served with Quark and linseed oil, butter, or as a side dish with herring).

**Pfefferpotthast** - Peppered beef stew.

**Schweinshaxe** - Pork hock served grilled and crispy with Sauerkraut or boiled as Eisbein.

**Speckpfannkuchen** - Large, thin pancakes with diced, fried bacon.

**Gaisburger Marsch** - A famous stew made of meat, potatoes and several kinds of vegetables.

**Leberkäse** - A type of sausage baked in a mould and cut into slices. When eaten as a main course, it is sliced and served with an egg (must be sunny side up style), and mashed potatoes. For a quick lunch, it is usually eaten in a bread-roll with mustard, a bit like a hotdog. Some people eat the Leberkäse with hot mustard, others with sweet mustard.

**Kartoffelpuffer** - Grated potatoes that are mixed with eggs, spices and other ingredients, portioned and fried in a pan. Usually served with some kind of meat or sweet with applesauce.



## German Potato Pancakes

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### Ingredients:

2 eggs  
2 tbsps all-purpose flour  
1/4 tsp baking powder  
1/2 tsp salt  
1/4 tsp pepper  
6 potatoes (peeled and shredded)  
1/2 cup finely chopped onion  
1/4 cup vegetable oil



In a large bowl, beat together eggs, flour, baking powder, salt, and pepper. Mix in potatoes and onion.

Heat oil in a large skillet over medium heat.

In batches, drop heaping tablespoons of the potato mixture into the skillet. Press to flatten.

Cook about 3 minutes on each side, until browned and crisp. Drain on paper

## Slow Cooker Chicken and Dumplings

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### Ingredients:

4 boneless skinless chicken breast halves  
2 tbsps butter  
21 1/2 ozs condensed cream of chicken soup  
1 onion (finely diced)  
20 oz biscuit dough (refrigerated, torn into pieces)



### Directions:

Place the chicken, butter, soup, and onion in a slow cooker, and fill with enough water to cover.

Cover, and cook for 5 to 6 hours on High.

About 30 minutes before serving, place the torn biscuit dough in the slow cooker.

Cook until the dough is no longer raw in the centre.

## Slow Cooker Pulled Pork – With Root Beer!

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Pulled pork has become a common favorite all over. Many parents already have their favourite recipes for it as it is a great (and affordable) way to feed a family.

This unique recipe uses root beer!

It also recommends using pork tenderloin, but pork shoulder or butt could be more economical options for feeding hungry teenagers.

### Ingredients:

- 2 lbs pork tenderloin
- 12-ounce can or bottle root beer
- 1 (18 ounce) bottle barbecue sauce
- 8 hamburger buns, split and lightly toasted



### Directions:

Place the pork tenderloin in a slow cooker; pour the root beer over the meat.

Cover and cook on low until well cooked and the pork shreds easily, 6 to 7 hours.

Note: the actual length of time may vary according to individual slow cooker.

Drain well. Stir in barbecue sauce. Serve over hamburger buns.

Here is a link to a good pulled pork sandwich website:

[Root Beer Pulled Pork Sandwich](#)

## Awesome Slow Cooker Pot Roast

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### Ingredients:

- 2 (10.75 ounce) cans condensed cream of mushroom soup
- 1 (1 ounce) package dry onion soup mix
- 1 1/4 cups water
- 5 1/2 pound pot roast



In a slow cooker, mix cream of mushroom soup, dry onion soup mix and water.

Place pot roast in slow cooker and coat with soup mixture.

Cook on High setting for 3 to 4 hours, or on Low setting for 8 to 9 hours.

## German Potato Salad

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### Ingredients:

4 potatoes	1/3 cup water
4 slices bacon	1/4 cup white wine vinegar
1 tbsp all-purpose flour	1/2 cup green onions (chopped)
2 tsps white sugar	salt pepper



Bring a large pot of salted water to a boil. Add potatoes; cook until tender but still firm, about 15 minutes. Drain, cool and chop.

Place bacon in a large, deep skillet. Cook over medium high heat until evenly brown. Drain, crumble and set aside. Reserve bacon fat.

Add the flour, sugar, water and vinegar to skillet and cook in reserved bacon fat over medium heat until dressing is thick.

Add bacon, potatoes and green onions to skillet and stir until coated. Cook until heated and season with salt and pepper. Serve warm.

## Potato Dumplings

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### Ingredients:

2 lbs boiling potatoes (peeled and cut into 3/4-inch cubes)	1 tbsp butter (melted)	1 1/4 cups flour
crusts from 1 white bread loaf	salt	1 tsp pepper
	2 large eggs	1/8 tsp nutmeg

Preheat the oven to 400 degrees. Place the potatoes in a large saucepan with enough salted cold water to cover by 1 inch. Bring to a boil, then simmer until the potatoes are tender, 12 to 15 minutes. Drain in a colander, then transfer to a bowl and mash thoroughly. Spread the mashed potatoes on a plate and set aside to cool.

Meanwhile, on a rimmed baking sheet, toss the bread cubes with the melted butter and salt to taste. Bake until the croutons are crisp and slightly browned, about 10 minutes.

In a large bowl, lightly beat the eggs. Add the cooled mashed potatoes, 1 cup flour, 1 1/2 teaspoons salt, the pepper and nutmeg; stir with a large wooden spoon until a heavy dough forms. If the dough is too wet to form into dumplings, add more flour, about 1/4 cup at a time; the dough should be slightly sticky.

On a work surface, cut the dumpling dough into 12 equal pieces. Press a crouton into a piece of dough and shape the dough into a ball around the crouton (wet your hands to prevent the dough from sticking). Repeat with the remaining dough and croutons. 5. Bring a large pot of salted water to a boil. Carefully drop the dumplings into the water and cook until they float to the surface, about 10 minutes. Remove and serve.

## Soft Pretzels

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### Ingredients:

1 cup milk	5 tbsps unsalted butter (2 tablespoons for dough,
1 package active dry yeast	3 tablespoons for brushing on finished pretzels)
3 tbsps light brown sugar (packed)	1 tsp fine salt
2 1/4 cups all purpose flour (plus more for kneading)	1/3 cup baking soda coarse salt (to taste)

Warm the milk in a small saucepan until it's about 110 degrees (alternatively, warm it in the microwave for about 40 seconds); pour into a medium bowl and sprinkle in the yeast.

Let the yeast soften, about 2 minutes; stir in the brown sugar and 1 cup of the flour with a wooden spoon.

Melt 2 tablespoons of the butter and stir into the mix.

Add the remaining 1 1/4 cups flour and fine salt to make a sticky dough.

Add more flour if necessary (you'll probably need a few tablespoons) to form dough into a ball.

Turn dough out onto a lightly floured surface and knead, adding more flour if needed, until smooth but still slightly tacky, about 5 minutes.

Shape into a ball, place in a clean, lightly greased bowl and cover with plastic wrap.

Let rise in a warm spot until doubled in size, about 1 hour.

Preheat the oven to 450 degrees.

Line a large baking sheet with parchment paper and spray with non-stick cooking spray.

Punch the dough to deflate it, then turn out onto a lightly floured surface.

Divide the dough into 6 equal pieces.

Roll and stretch each piece with the palms of your hands into a 30-inch rope, holding the ends and slapping the middle of the rope on the counter as you stretch.

Form each into a pretzel shape (form a U-shape, then holding the ends of the rope, cross them over each other and press firmly onto the bottom of the pretzel).

Dissolve the baking soda in 3 cups warm water in a shallow baking dish.

Gently dip each pretzel in the soda solution, then arrange on a prepared baking sheet (re-shaping if necessary) and sprinkle lightly with coarse salt.

Bake until golden, 10 – 12 minutes.

Melt remaining 3 tablespoons butter and brush on baked pretzels.

## German Style Soft Pretzel

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### Ingredients:

1 lb all-purpose flour (unbleached, substitute bread)  
2 tbsps vital wheat gluten (with bread flour)  
1 tbsp brown sugar  
2 tps fine sea salt  
1 tbsp instant yeast  
9 ozs warm water boiling water (heatproof bowl or saucepan)  
1 tbsp baking soda  
1 tbsp sugar  
2 tbsps coarse salt (preference)



To make in food processor or large mixer: combine flour, gluten, brown sugar, salt, yeast.  
Add water until dough ball is formed. (This will take much longer in a mixer than a food processor).  
Remove from bowl and knead by hand for 2-5 minutes until dough ball is smooth.  
If you have an extra day, place dough in covered bowl into refrigerator for 8-24 hours;  
bring to room temperature before rolling out (approximately 25 minutes).  
If making the same day, allow dough to sit on counter top for 5-10 minutes before proceeding.  
Preheat oven to 450 degrees Fahrenheit. Boil water for dipping pretzels.  
Divide dough into six pieces and roll each piece into long thin pieces approximately 24" long.  
Take each piece and shape into upside down U.  
Lift up the ends and form a twist in the middle section of the piece.  
Bring the ends to the top of the pretzel and press into the dough.  
Proceed with shaping each piece.  
Add baking soda and sugar to boiling water.  
With large slotted spoon, dip each pretzel into the water solution for 5 seconds.  
Place on baking sheet lined with parchment paper and sprinkle with coarse salt.  
Place baking sheet in oven and reduce heat to 425 degrees F and bake for 10 minutes.  
Then turn the sheet and bake for another 10-15 minutes until all pretzels are nicely browned.

## Grilled Cheese Sandwiches with Sauerkraut on Rye

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### Ingredients:

1 cup sauerkraut (drained)  
8 slices rye bread (dark)  
2 1/2 tbsps butter (room temperature)  
8 swiss cheese (thin slices gruyere)  
german mustard (optional)



Warm sauerkraut in a small saucepan set over low heat.

Spread the butter on one side of each slice of bread. Flip the slices over and place two slices of cheese on four of the slices. Divide the sauerkraut between the slices of bread with cheese, and then top with another slice of bread, buttered side up.

Place a large skillet or griddle pan over medium heat. Add as many of the sandwiches as will comfortably fit. Cook until lightly browned, and then flip and brown on the other side. By this point, the cheese should be melted. Repeat process with remaining sandwiches.

Slice the sandwiches in half and serve with a little mustard on the side.

## Some Useful Links for More German Recipes

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**Recipe  
Link #1**

**Recipe  
Link #3**

**Recipe  
Link #2**

**Recipe  
Link #4**

