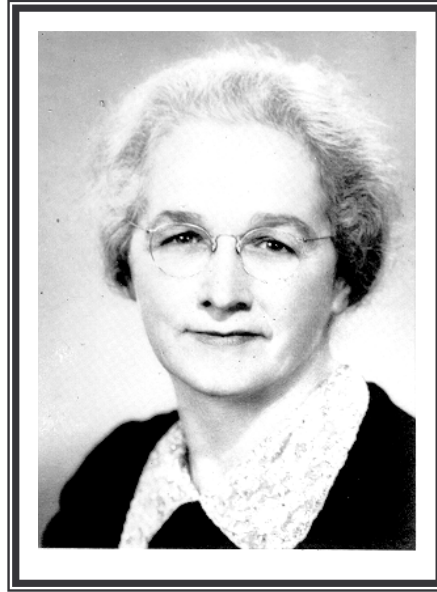




RECIPES
from a
GERMAN GRANDMA



Grandma Block

*This book has been compiled, edited and produced
by Aileen and Stephen Block, with contributions by
Louise MacAllister, Emily Barnes and Rose Block.*

To Emma Streib Block,
Mother, Grandmother, Great-grandmother, and good friend,
we dedicate this book. We remember her not only for her
superb cooking, but also for her generosity, good humor and
devotion to her family.

Along with her recipes, we have included some history,
biography, and anecdotes. These have been gathered by
members of the Block family who wish to preserve Emma's
German culinary heritage and honor her memory. One of our
purposes is to recall some of the homespun ways of a more
family-centered time, and perhaps to weave some of them into
our own lives.

The cover design is a Steinsfurt street scene,
painted by Aileen Block
and adapted for this book by the artist.

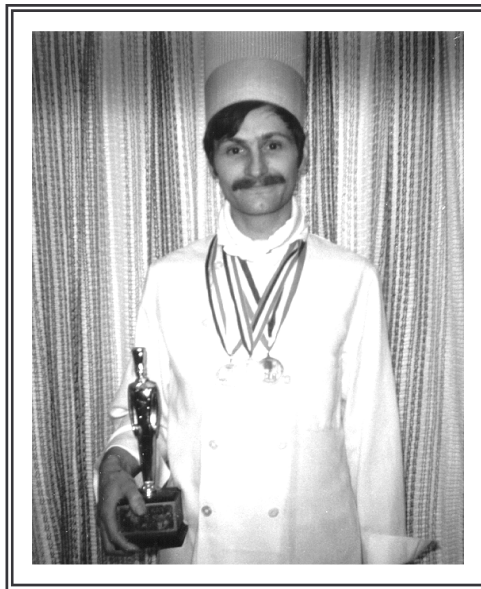
*Note to the reader: The
spelling of quite a number of German words may vary when
translated to English text. For convenience in printing, special
characters, such as umlauts, have been omitted here.*

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Chef Stephen Block, a grandson of Emma's, with a few of his culinary competition medals and a trophy

INTRODUCING GRANDMA BLOCK

Emma Streib Block was born in 1889, in Steinsfurt, a small German village. The Streibs were a large family, with eleven children; Emma had three brothers and seven sisters. Their mother had died, at the age of forty-two, when the youngest boy was born. Most of the children, when they reached the age when they could leave home, came to America looking for a brighter future.



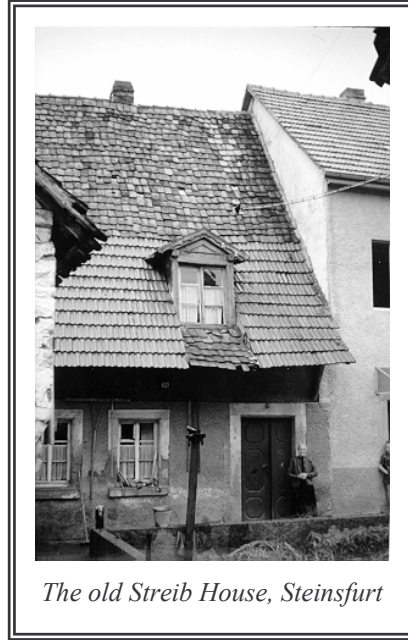
Emma, her sister Barbara, and her brother Jacob. This photo was taken in 1895

They came, two or three at a time, found work and saved their money, then bought tickets for the next ones to make the crossing. Eventually, their father made the voyage also. When Emma came to America, she was only a young teenager, but an older brother and sister came with her. Another older sister had a good job as a domestic servant in Portland, in the home of a well-to-do Jewish family who could afford lots of help, so Emma went to work there.

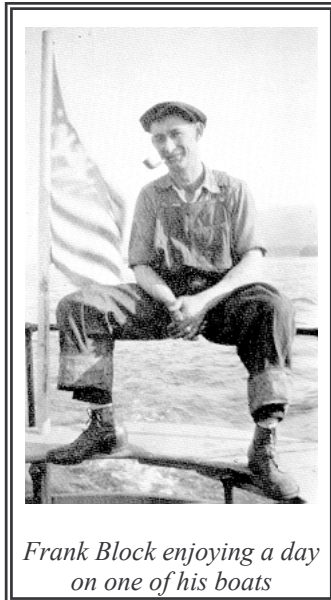
The Streib girls had brought their German recipes with them, of course, but it was while Emma worked as a servant in America that she really learned how to cook.

The family that employed Emma had come from Germany too, and knew the German ways of preparing food. She also learned much from her older sisters.

Several of the girls found husbands among the German-American community. Emma first married William Feustel, during World War I. He was killed in France shortly after the birth of their daughter, Louise.



The old Streib House, Steinsfurt



Frank Block enjoying a day on one of his boats

Emma then met and married a second-generation German, Frank B. Block, who made his living on the river, with a tugboat and other boats—and lived on a houseboat. This did not seem an ideal place to raise a child, so the three of them soon moved to a large house firmly anchored on land. The next year, baby Frank E. Block was born.

Emma's second husband was the eighth of nine children in the Block family. His parents, Antone and Henrietta Sommers Block, had come from Germany, and were managing the old Portland Hotel. Henrietta did a great

deal of the cooking at the Hotel, while Antone managed the Bar and did various other duties around the place. Henrietta was an industrious person, keeping a large garden outside town, raising all sorts of vegetables to use in the Hotel's kitchen. It is said that she brought loads of produce to town in a horse-driven wagon. She always wore a long dark blue or black dress, generally with an apron over it. We know that she was an outstanding cook. Alas, she didn't leave us any of her recipes! Nevertheless, her influence lingers and adds flavor, as well as another tradition of good cooking, to the story of the Block family.



After settling down in their own homes, cooking for husbands and children, the Streib sisters kept the German traditions alive. They all belonged to German social groups, which provided opportunities for picnics, dances, and big social meals. The wives in the group traded recipes among themselves, enlarging their collections of German dishes.



As they made more friends in their own neighborhoods and churches, each family became introduced to other ways of cooking. The women would get together for afternoon “kaffe-klatches,” for which each hostess would bake something special. They exchanged recipes too, and Emma ended up with a wealth of mixed-American cooking lore in addition to the strictly German dishes she’d been used to. Her recipe books and files are filled with recipes written by friends, clipped from magazines and newspapers, and scribbled on scraps of paper. Some of the oldest ones are written in German, and are falling apart from age and much use.

Like many old-fashioned cooks, she seldom got out the recipe books for most of her cooking. In fact, she never had any written-down recipes for some of her often-made specialties, such as Sauerbraten, Spaetzles, Gefulte-noodles, and coffeecakes. She knew them all so well that she just made them from memory and by “feel”—and invariably produced great meals. She loved cooking, took pride in it, and found great satisfaction in seeing her family and friends eat heartily.

Although Grandma Block left us in 1985, at the age of 96, we still treasure her legacy of wisdom, love, and family cooking. This book contains many of her favorite German recipes, as well as notes about her life in Germany and America. In addition, we've included other recipes, from varied sources, which have been especially enjoyed by members of her family.

Even though Emma Block cherished her German heritage, she was quick to adapt to this country's ways and was very proud to be an American!



*Frank,
Louise, and
Emma,
shortly after
their
marriage in
1921*

GRANDMA and GRANDPA BLOCK'S HOUSE

The Block's house in Portland was a big two-story bungalow, with a spacious porch in front. It had a living room, a dining room with a large round oak table, and a "back room" which served as a sewing-room, sitting-room, and Grandpa's smoking-room.

There was also a good-sized kitchen adjoined by a screened back porch. Upstairs were three bedrooms and a storage room.

Beneath all this was a large basement, with laundry tubs, an old Maytag, clotheslines for hanging the washing on rainy days, an extra cook-stove, Grandpa's workshop, a wood-room, a furnace, and a combination Fruit Room and "Ratskeller." This was a small sitting-room where Grandpa and a friend or two could sit and visit while enjoying a glass—or several—of home-made wine. It also had shelves for storing canned goods, jars of jelly and jam, and the many jars of peaches, tomatoes,

green beans, and pickles that Grandma had put up during the summer and fall.

The kitchen was really the heart of the Block's home. It had cupboards, dark with many coats of varnish, clear to the ceiling. The counter was covered with linoleum, and there were built-in sliding bread-boards for extra space. There were two large tip-out bins; each bin would hold at least 25 pounds of flour or sugar, and each had its own good-sized scoop. A large combination wood-and-gas stove occupied most of one wall, with a built-in wood-lift beside it. The wood-lift was like a small elevator, with a windlass to operate it. It was wound down into the basement, filled with firewood, then wound back up to kitchen level. Not many houses had such a convenience!

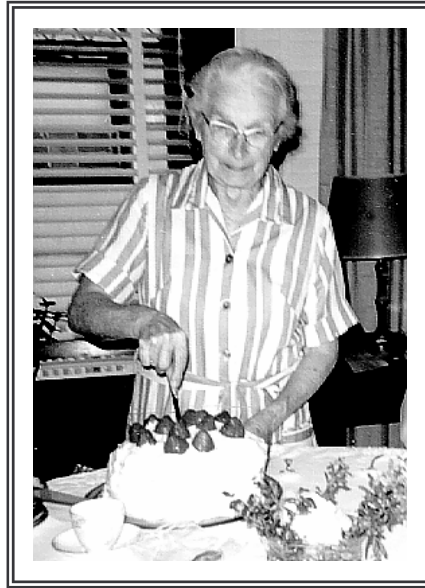
The window was over the sink, and on the wall at the right side of the sink there was a shallow cupboard that held small glasses and other things. It had, at the top, a secret compartment for various valuables or other items they didn't want to lose. The grandchildren loved to investigate it—but by the time they came along, nothing of much consequence was kept there. (There were also secret compartments under one or two of the stairway treads.) The kitchen also had a small gate-leg table, folded and pushed against the wall when not in use for cozy breakfasts or lunches.

When Grandma was a child in Steinsfurt, all the family members were expected to be at their appointed places at dinner-time. Before each meal, Grossvater (Grandfather) would say the blessing: "Komm Herr Jesus, Sei unser Gast, Un segne was Du uns bescheret Hast. Amen." (The children in America would use the English version: "Come, Lord Jesus, be our guest, and let these gifts to us be blest. Amen.")

Grandma's kitchen and dining room are remembered fondly—old-fashioned, warm, and fragrant. Best of all, they were happy places.



*Grandma's dining room,
looking toward the swinging door to the kitchen.
Left to right: Aileen Block, husband Frank Block, and Emma Block*

GRANDMA COULD BE CLEVER !

When questioned about putting so many eggs and so much real butter into her baked goods, Grandma Block replied with a homey old maxim: “If you don’t put nothin’ in, you don’t get nothin’ out!”

During World War II, when butter was scarce and expensive, she had to switch from butter to margarine. She used margarine in some of her cooking and even baked with it when she had to. She put it on the table for buttering bread and rolls—but Grandpa absolutely refused to use it. He could tell the difference between that and real butter, he insisted. So little by little, Grandma started mixing bits of margarine, a little more each time, into each cube of butter that went to the table—carefully forming the mixture into butter-like cubes. Before very long, Grandpa was eating pure margarine and didn’t ever realize it! He still bragged that he could always tell the difference.



COFFEECAKES & BREADS

In Grandma Block's village in Germany, carts like these are still used for a variety of purposes. Now, just as in Grandma's day, children find endless fun in playing with them. Grandma and her sisters used a cart exactly like this one to carry their unbaked loaves of bread, well protected by large cloths, to the town's big brick oven to be baked.



Because the family was large, they had to make many loaves each week, and their own stove was too small to handle the job. Grandma laughed as she told us, "The baker said our bread was the best in the whole town, and always wanted us to give him a loaf. He kept asking, but we never gave him more than a taste!" Coffeecakes and cookies were always baked at home, under the loving supervision of one of the older sisters. They all took great pride in making these, like their bread, the very best in town.

COFFEECAKES AND BREADS

- Apfel or Schwetche Kuchen 15-16
(Apple or Plum Coffeecake)
- Apfel or Kase Strudel 17-20
(Apple or Cheese Strudel)
- Overnight Pancakes 20
- French Toast 21
- Cinnamon Toast Fingers 21
- Cinnamon Rolls 22
- Schnitzbrot, Biernebrod (Hutzelbrod) 24
(Dried-apple or dried-pear bread)
- Schnitzbrod (2) (smaller recipe) 25
- Stollen (Braided Coffeecake) 27-28
- Streusel Coffeecake (Coffeecake with Crumb topping) 29-30
- Zucchini Bread 31
- Pineapple Zucchini Bread 31
- Rye Buns 32

Old-time Household Hint:

"To try the oven: A French authority gives these rules for testing the heat of an oven: "Try it with a piece of white paper. If it is too hot, the paper will blacken or blaze up; if it becomes light brown, it is fit for pastry; if it turns dark yellow, it is fit for bread and the heaviest kind of cake. If light yellow, the oven is fit for sponge cake and the lightest kinds of dessert."

Grandma Block always followed this advice, in the days before she got an oven thermometer. A piece of paper was stuck into the oven door, half in, half out. After 30 seconds or so, it was pulled out, and the color indicated the heat of the oven.

APFEL KUCHEN or SCHWETCHE KUCHEN

(Apple or Plum Coffee-Cake) Apples and plums are customarily used, but peaches, nectarines and pears are delicious too. The Custard filling may be used with any fruit topping—it's just traditional to have it with the plum cake. Start with this basic sweet dough, which is enough for 2 large cakes or 3 smaller ones.)*

BASIC COFFEE-CAKE DOUGH

2 eggs, well beaten
¼ C. milk, warmed
1 pkg. (or 1 TB) dry yeast
¼ C. warm water
½ C. butter (1 stick, melted but not hot)
¼ C. sugar
½ tsp. Salt
1 tsp. Grated lemon peel
3 C. flour, more if needed

1. Pour lukewarm water, yeast, and sugar in mixing bowl. **2.** Add melted (not hot) butter, warmed milk, salt, lemon peel, and beaten eggs. Mix well. **3.** Add flour, 1 cup at a time, mixing well after each cup. Add more flour, if necessary, to make a smooth dough, and turn out onto a floured surface. **4.** Knead very lightly. **5.** Let rise for about 1 hour; punch down and let rest for 10 minutes. **6.** Spread dough in 2 well-greased 9-inch round or square cake pans, pushing it up on the sides as for pie crusts.

TOPPING FOR APFEL KUCHEN (1 Apple cake)

2 medium sized apples **2 TB bread crumbs**
1/3 C. sugar (white or **2 tsp. Cinnamon**
brown) **4 TB melted butter**

Peel and core apples, then cut into ¼ inch slices. Arrange in overlapping circles (or in random fashion if in a hurry) on top of dough. Drizzle melted butter over the fruit and crust, sprinkle with cinnamon, sugar and crumbs. Let rise for 30 minutes. Bake at 350° for 35 or 40 minutes.

TOPPING FOR SCHWETCHEKUCHEN

(1 large Plum cake)

1 ½ lb. Italian (or other)	¼ C. bread crumbs
plums	2 tsp. Cinnamon
¼ to ½ C. white or brown	¼ C. melted butter
sugar	

Form dough into pan as for Apfel Kuchen. Mix sugar, crumbs, and cinnamon together. Sprinkle about 1/3 of this mixture over the crust, Arrange sliced plums in overlapping rows over dough. Drizzle melted butter over crust and fruit. Sprinkle with mixture of sugar, crumbs, and cinnamon. Let rise 30 minutes. Bake as for apple cake. If desired, add the following custard filling, after partially baking crust and fruit, then adding custard before finishing the baking process..

CUSTARD FOR SWETCHEKUCHEN

After arranging plums on the dough, sprinkle them with cinnamon, sugar and crumbs. Let dough rise for 30 minutes, then bake for 7 minutes at 375°. (Covering the crust lightly with aluminum foil may help to avoid excess browning.) Remove from oven, and pour this mixture over the plums:

1 beaten egg	1 TB. sugar
1/3 C. cream	

Beat all together, pour over partially-baked cake, and continue baking at 350° for 15 minutes longer, or until the custard is set.

*We recommend that you bake one of these fruit coffeecakes at a time, unless you are serving several hearty eaters. For a small family, you might want to either use ½ of the recipe or use the rest of the dough for Cinnamon Rolls or a Streusel Kuchen.

APFEL STRUDEL

(Apple Strudel)

In Grandma Block's part of Germany, Strudel was not usually made—at least, not in her family. She learned about it from her German friends after she came to America. The group of German and Austrian families would get together and have Strudel-Fests at one of the big halls where there were cooking facilities—large work-tables and ovens. There, the women would have a grand time working together, and the families would enjoy the singing and dancing as well as the Strudel.

Though Grandma never made Strudel by herself, one of her German friends would come over to the Block's house and help her make it—they would chop apples together, stretch the dough together, and roll it up and bake it together. It was much more fun with a friend, anyway! After it was done, they would each have a slice of the Strudel, with a cup of coffee, and consider the whole project time well spent.

Oven: 350°.

Generously butter 2 large baking sheets.

STRUDEL DOUGH

2 C. sifted all-purpose flour

1/3 teaspoon salt

1 small egg, beaten

2 teaspoons cooking oil

3/4 C. lukewarm water

1. Sift flour and salt into a large bowl and make a well in the center.
2. Add the beaten egg and cooking oil and mix well.
3. Stirring constantly, gradually add the lukewarm water. Keep the mixture a smooth paste and keep mixing until a soft dough is formed.
4. Turn dough (dough will be sticky) onto a slightly floured pastry board.
5. Hold dough above board and hit it hard against the board about 120 times. Dough will become smooth and elastic and leave the board easily.
6. Knead slightly and pat into a round. Lightly brush top of dough with cooking oil. (Not olive oil.) Cover with

inverted bowl and allow to rest 30 minutes. Meanwhile, prepare the following:

FILLING for STRUDEL

- 1 C. butter, melted and set aside to cool**
 - 4 medium size cooking apples (about 1 ¼ pounds)**
 - 2 TB Vanilla extract**
 - 2 TB brown sugar**

 - 2 TB white sugar**
 - 1 ½ tsp. Cinnamon**
 - ½ tsp. Allspice**
 - 2 Tablespoons brown sugar**

 - 1 C. walnuts, chopped finely**
 - 2 tsp. grated lemon peel**

 - 2 TB butter**
 - ¾ C. fine dry bread crumbs (about 2 slices bread)**
 - 2 TB dark seedless raisins**
 - 3 TB Currants**
- 1.** Wash, core, and pare apples. Cut into slices about 1/8 in. thick and put into bowl with Vanilla extract and 2 Tablespoons brown sugar. Toss lightly to coat slices evenly. Set aside for at least 30 min., tossing occasionally.
 - 2.** Mix together white sugar, Cinnamon and Allspice. Blend in 2 Tbs. brown sugar and set this mixture aside.
 - 3.** Chop walnuts and set aside. Grate Lemon peel and set aside. Melt 2 Tbs. butter in skillet and toss dry bread crumbs in butter until thoroughly coated.

ROLLING AND STRETCHING THE DOUGH:

- 1.** Cover a table (about 48 in. by 30 in.) with a clean cloth, allowing the edges to hang down.
- 2.** Sprinkle with about ½ C. flour, most of it in the center of the cloth.
- 3.** Place dough in the center of the cloth and roll into a square. If necessary, sprinkle

more flour under the dough so it doesn't stick. With a soft brush, lightly brush off any flour on top of dough, and brush top with cooking oil. (Oil aids in preventing holes during stretching.)

4. With palms of hands down, reach under dough to its center (dough will rest on backs of hands) and lift slightly, being careful not to tear the dough. To stretch dough, gently and steadily pull arms in opposite directions. Lower dough to table as you walk around table, pulling to one side and another, but not too much in one place. Keep dough close to table. (If any torn spots appear, do not try to patch.) Keep pulling and stretching dough until it is as thin as tissue paper. 5. With scissors, cut off thick outer edges of dough. Allow stretched dough to dry for a short time--not more than 10 minutes.

FILLING, ROLLING and BAKING:

1. Paint dough with $\frac{1}{4}$ C. of the cooled melted butter. 2. Sprinkle the buttered bread crumbs evenly over $\frac{1}{2}$ the buttered dough, in the center, leaving sides free of filling so they can be folded over the apples. 3. Cover the crumbs with apple slices, sprinkle lemon peel over apples. 4. Toss on evenly the chopped nuts, raisins and currants. Sprinkle the spiced sugar mixture over the nuts and fruit. 5. Drizzle mixture with $\frac{1}{2}$ C. melted butter. 6. Fold dough on 3 sides over the filling. Beginning at the narrow folded end of dough, grasp tablecloth with both hands. Holding it taut, slowly lift cloth, rolling dough over filling. Pull cloth toward you, again lift cloth, and slowly and loosely roll dough until it forms a large jelly-roll. 7. Cut Strudel into halves, and lifting half on cloth, gently roll onto baking sheet. Brush off excess flour from each roll. Cut off ends of dough and pinch together so filling won't ooze out during baking. Roll may be shaped into a large circle or "horse-shoe" shape if desired. Brush top and sides with melted butter. 8. Bake at 350° for 35 to 45 min., or until golden brown. Baste and brush about 4 times during baking with melted butter. 9. When Strudel makes a crackling sound when touched, it is done. (The baked dough should not be smooth.) 10. Remove to

cooling rack; cool slightly. Sift confectioner's sugar over top if desired. Cut in two-inch slices and serve warm.

CHEESE STRUDEL FILLING

Apple Strudel's popularity in our family was rivaled by Strudel made with a cottage cheese filling.

Make and stretch dough by the above directions. Spread the following combination over the dough:

2 ½ lb. cottage cheese, pressed through potato ricer or sieve
(Ricotta eliminates this step)

1 ½ cubes butter

5 or 6 eggs, separated

1 C. sugar

½ tsp. cinnamon

1 tsp. Grated lemon peel (optional)

Cream butter, add cheese and beaten yolks, sugar, lemon peel, and cinnamon. Fold in beaten egg whites. Spread, roll, and bake as for Apple Strudel.

BREAKFAST SPECIALS

When grandchildren would come to stay overnight, they often found interesting things waiting for them at breakfast time.

Grandma loved to surprise them with goodies they wouldn't normally get at home.

OVERNIGHT PANCAKES

1 C. milk

1 lump of butter

Dash of salt

1 tsp. Sugar

2 thick or 3 thin slices

**of substantial bread (not the "fluffy" kind,) crust trimmed;
(day-old bread is fine, but not stale bread)**

½ C. flour

1 tsp. Baking powder

2 eggs, separated or whole

1.Heat the milk; add butter, salt and sugar. Soak the bread in the milk mixture overnight. 2. In the morning, add the flour, baking powder, and beaten egg yolks. Fold in beaten egg whites. (Adding the beaten whole eggs works well too.) If batter is too thin, add 1 more slice of finely diced bread and a little more flour.) Fry as for any other pancake. (Specialty breads, such as Oatmeal, Sourdough, or Whole Wheat, give a special taste to this recipe.)

FRENCH TOAST

Grandma felt that French Toast should not be made with ordinary bread. She insisted that for proper French Toast, French bread (day-old if possible) was far superior. Amounts will vary according to the number of folks at the table.

French bread

Eggs

Milk

1.Beat eggs and milk together. 2. Cut French bread into slices 1 inch thick. 3. Dip slices in milk and egg mixture, allowing several seconds each to allow the bread to soak up the liquid. 4. Fry in butter or oil over medium heat, turning once. Serve with syrup, jam, or powdered sugar.

CINNAMON TOAST FINGERS

These were truly special, and a sweet memory for the grandchildren.

Toasted bread slices

Cinnamon

Butter

Sugar

Toast the slices, butter them, and sprinkle sugar and cinnamon on them. Cut into strips about 1 inch wide, and serve while warm. Be prepared to make more.

. CINNAMON ROLLS

Grandma's Cinnamon Rolls were round and puffy, baked separately on cookie sheets rather than all together in a square pan. We could never get enough of them.

First, boil enough potatoes to make 1 cup of mashed potatoes. Then, dissolve:

1 yeast cake (or 1 pkg. Dry yeast)

In: ¼ C. lukewarm potato water

Mix together: **1 C. mashed potatoes**

2 slightly beaten eggs

1 cup flour

1 tsp. salt

¾ cup sugar

¾ C. melted shortening

1 C. hot potato water

Yeast and potato water mixture.

Before baking, spread dough with:

¼ C. butter

4 tsp. cinnamon

1 C. brown sugar

1 C. raisins

(These may be varied to taste)

Powdered sugar and water for glaze

5½ C. flour: (To be added after the sponge mixture has risen)

1. Add all together 1 C. mashed potatoes, 2 eggs, 1 cup flour, 1 tsp. salt, ¾ C. melted shortening, 1 cup hot potato water, yeast and potato water mixture and beat well to make a sponge. Let this rise 2 hours. Sift about 2 cups of flour into above mixture and mix. **2.** Knead in the remainder of the flour (3 ½ cups) on the board. **3.** Put dough in a greased bowl and let it rise 2 hours.* **4.** Punch it down and roll or pat the

dough into rectangle. **5.** Brush with melted butter and put brown sugar, cinnamon, and raisins on the dough. **6.** Roll up like a jelly roll and cut into slices about 1 inch thick. Place separately on greased cookie sheets and let rise $\frac{1}{2}$ hour or more. **7.** Bake for about 25 minutes at 375°. **8.** Glaze, while hot, if desired, with icing made of powdered sugar mixed with water.

*Note: Rising time could be considerably shortened by increasing the yeast to 2 cakes or packages. The use of a KitchenAid or other electric mixer would make this recipe easier! Also, the Basic Coffeecake Dough recipe on page 13 makes very good cinnamon rolls.

In a hurry? Use packaged hot roll mix, adding an egg, sugar, and a little butter; or get frozen bread dough or biscuit dough from the supermarket and proceed from there.

SCHNITZBROT or BIERNEBROT

(Apple Bread or Pear Bread. Also called “Hutzelbrot,” meaning bread made with dried apples, pears, or other fruit. Here are Grandma’s original directions, translated from her German recipe.)

Grandma block and her sisters always thought of the “Schnitzbrot” as a necessity for the Christmas season—a tradition they had brought with them from Germany. At their old Steinsfurt home, they had a great pear tree, as well as apple and plum trees. There were always apples to keep in the cellar for the winter cooking, as well as pears to use as long as they would keep. They peeled, sliced and dried bushels of fruit, as canning in glass jars wasn’t done there at that time. It was from their stock of dried pears that they made the “Schnitzbrot” each year. They also used apples in the same way. This recipe must have been their original one, as it makes enough to feed a very large family—which theirs was! Since the recipe was written in German, our friend Jane Niggebrugge kindly translated it for us.

Note: Chef Stephen has tested this venerable recipe, and has found that it makes about 15 loaves. You might want to halve or quarter the amounts. A smaller recipe, which has been adapted to be more suited to today’s needs, will be found following this one.

Since amounts of liquid ingredients may vary, you may need more or less flour than is indicated.

5 lbs. pear slices (dried)

3 lbs. prunes

1 lb. raisins, soaked in a glass of wine

1 lb. shelled and slivered almonds

$\frac{3}{4}$ lb. shelled walnuts

1 lb. figs, cut into quarters

$\frac{1}{4}$ lb. chopped citron

$\frac{1}{4}$ lb. orange peel, and peel from 2 lemons

$\frac{1}{3}$ C. powdered cinnamon

1 TB. Ground cloves
1/3 C. anise powder (Optional)
1 juice-glass Kirsch, if one likes
9 lbs. sifted flour (36 C.)

Cut up fruits in small pieces. The Prunes must be free of seed-pits. Add sugar to taste, if fruits are not sweet enough. Cook fruits in enough water, till tender, add raisins soaked in wine, cool slightly. Transfer to large pan or dish and add all other ingredients, except flour, mix and cover. When cooled, mix in 9 lbs. of self-rising flour and knead well. Form in a ball, sprinkle with flour, and let rest. After rising period (about 30 min.) shape into small loaves, put on greased and floured baking sheets, let rest and rise again. Bake at 350°, till browned. Brush with sugar water or fruit juice of choice. If one should prefer a bread dough, mix 5½ lb. of regular flour with 3 pkgs. of yeast or sourdough starter, add fruit and nuts, then the remainder of the flour and follow the same procedure.

SCHNITZBROT or BIERNEBROT (2)

(Dried apple or pear bread: about 1/3 of the amounts in Grandma's original.) You may even want to cut these amounts in half, as this is still a fairly large recipe. Some folks may prefer their Schnitzbrot slightly sweeter and less chewy than Grandma's, so we have included some brown sugar and butter in this one. Since amounts of dried fruit and the water needed to re-hydrate them may vary, more or less flour may be needed to make the dough. It is hard to predict accurately how many loaves may result.)

1 lb. dried apple, pear, or apricot slices, or combination of these*

¾ lb. dried pitted prunes

¼ lb. raisins

Simmer the dried fruits in a small amount of water, just until tender and most of the water is soaked up.

(Continued on the following page)

SCHNITZBROT, continued

- ½ lb. chopped walnuts**
- 2 oz. chopped citron** (optional)
- Grated peel of 1 orange**
- Grated peel of 1 lemon**
- Juice of 1 lemon**
- ½ C. brown sugar** (optional)
- ½ C. butter, softened** (optional)
- 1 tsp. ground cloves**
- 1 tsp. powdered anise** (You may have to grind the seeds with mortar and pestle)
- 2 tsp. cinnamon**
- 2 ¼ lb. flour, =9cups**—may need more, according to juice on fruit.
(Use 3 C. of the flour for the sponge). 1. Mix together to make a sponge
- 1 C. warm water**
- 2 TB Sugar**
- 2 pkg. dry yeast**
- 3 C. of the flour**

.Let stand 1 hour in warm place, until double in bulk..

In the meantime, mix together the fruits, lemon and orange peel and nuts, including lemon juice and water left from cooking fruit.

Add brown sugar and butter and mix well.

- 4.** Mix together 5 C. flour and the spices in large bowl. **5.** Add the sponge and the fruit mixture. Mix well until flour is quite moist. **6.** Put remaining flour on a bread board and knead until flour is all taken up. (Extra flour may be needed if dough is too moist to handle.) Put in a greased bowl and let rise until doubled, about 1½ hours, in warm place.
- 7.** Punch down and divide into loaves; set into greased loaf pans. Let rise until double. **8.** Bake in slow 300° oven for 1 hour. Reduce heat to 250° and bake ½ hr. longer. **9.** Remove

pans, cool on rack. May be brushed with powdered sugar glaze while still hot. Makes 4 to 6 loaves.

We used dried apples and apricots, along with a fresh peeled and cut-up pear. When using fresh fruit, peel, core, and cut up fruit, simmer briefly until tender, and use as above.

STOLLEN

(Braided Coffee-cake)

Grandma's Stollen was one of her very special productions. The dough was always beaten, at great length, using her bare hand and beating in only one direction. She was sure that this procedure made the dough strong and very light. The Christmas Stollen had candied fruit added to the dough, but Stollen was also made without fruit, and just decorated with almonds. The following recipe has been adapted for use with a KitchenAid Mixer.

Oven: 335-350°

7 C. flour

1 C. sugar

½ lb. butter, softened

2 pkg. dry yeast

6 eggs (grade AA large. Should be 1 1/3 C. eggs)

½ tsp. Mace

2 tsp. salt

Grated rind of one lemon

1 ½ C. milk, lukewarm

Optional: ¾ – 1½ Cups finely chopped candied fruit, mixed with "golden" raisins

1 beaten egg for glaze

1 C. blanched almonds to decorate outside.

1. In the large KitchenAid bowl, starting with mixing paddle: dissolve yeast in milk, add 2 Cups flour and ¼ Cup sugar to make a sponge. Mix and let stand while assembling other ingredients. (About 15 min.) **2.** Add eggs, butter, lemon rind, 1 Cup flour, ¾ Cup sugar, salt and Mace; mix till smooth. **3.** Add fruit. **4.** Add remaining flour, 1 Cup at a time, changing to

dough hook when the mixture becomes too stiff for the paddle.

5. Knead for about 15 min., or until dough is smooth and shiny, scraping sides of bowl when necessary. If it is sticky because of the moisture in the fruit, add a little more flour. Dough will be soft, so don't add too much more flour. (If moisture in fruit makes dough sticky, add a little more flour.

6. Put into large greased bowl to rise in warm place, about 2 hours, or till doubled. **7.** Turn out on floured board, cut into 4 pieces. (Knead a little flour into each if dough is too soft. **8.** Cut each piece into 3, roll each section into a short rope about 1 ½ -2 inches in diameter and about 9 inches long. **9.** Lay these 3 side by side, pinch together at one end, and gently braid, loosely, just a few crossings. **10.** Transfer to cookie-sheet (either greased or non-stick.) **11.** Repeat with the other 3 pieces, putting each finished braid on a separate cookie sheet. **12.** Allow to rise till nearly double. (Additional rising will take place in oven.) **13.** Brush with beaten egg, decorate with halves of blanched almonds, and bake at 335-350° for 25-30 minutes. Sprinkle with powdered sugar if desired.

TO BLANCH ALMONDS: Put 1 Cup shelled almonds into pan, cover with hot water, bring to boil. Turn off heat, allow to stand for 5-10 minutes. Drain hot water off and cover almonds with cold water, letting them stand for a few more minutes. Skins will readily slip off when pinched. Split each almond in half; otherwise they are too bulky, do not cling to the dough as well, and are too hard to cut through after Stollen is baked.

STREUSEL COFFEE CAKE

This was Grandma's old-fashioned method. German housewives were generally at home most of the day, so they could pay special attention to letting their baked goods rise several times. This process made the coffee cakes light and fluffy, but took lots of time. While the dough was rising, they could do a washing, dust the living room, or mend some socks.

Oven: 400°

1 ½ yeast cakes or packets	3 ½ C. sifted flour
1 tsp. Sugar	¼ C. butter
1 C. milk, scalded and cooled	½ C. sugar
	2 eggs
	½ tsp. Salt

Dissolve yeast and 1 tsp. Sugar in lukewarm milk. 2. Add 1 ½ Cups flour. Beat until smooth. Cover and let the sponge rise in warm place until light, about ¾ hour. 3. Cream butter. Add the sponge mixture. Add well-beaten eggs, remaining flour and salt. 4. Knead lightly on floured board. Place in well-greased pan or bowl. Cover and let rise for about 2 hours. 5. Roll out to 1½ inches thick, place in well-greased shallow pan, and let rise again until light (about 1 ½ hours). 6. Prick top with a fork, brush with melted butter, sprinkle with topping, and let rise another ½ hour. 7. Bake at 400° for about 20 minutes.

STREUSEL TOPPING

(In Grandma's family, the Streusel topping was called "Streikels.")

¼ C. butter
¼ C. sugar
½ Cup flour
½ C. dry bread crumbs, crushed or ground fine
1 tsp. Cinnamon

(Continued on next page)

Cream butter, adding sugar gradually. Mix well. Add remaining ingredients. Stir until well mixed, dry and crumbly.

Note: This is a good coffee cake to make when you're going to be home all day. But if you'd like to simplify the process, use 2 cups of biscuit mix; add ½ package of dry yeast, ½ Cup milk, an egg and ½ cup sugar, mix well and knead lightly. Put in a large pie tin or cake pan, sprinkle on the topping, let rise until puffy, then bake. Even Grandma sometimes took shortcuts!

ZUCCHINI BREAD

Though this bread has little to do with German cooking, except as a variation of Schnitzbrot, it was one of Grandma Block's summer favorites. Her garden usually produced a lot more zucchini than she could eat, so she found a number of different ways of dealing with them. After she no longer had a garden, her friends kept her supplied with the surplus from their prolific plants. Her recipe file contains numerous recipes for Zucchini cake, Zucchini relish, Zucchini bread and more. On the following pages are two of her better Zucchini bread recipes.

ZUCCHINI BREAD

Oven: 350°

3 eggs, beaten well

1¾ cups sugar

1 C. cooking oil

2 C. grated zucchini

3 tsp. Vanilla

3 C flour

2 tsp. baking powder

1 tsp. baking soda

3 tsp. cinnamon

1 tsp. salt

Combine beaten eggs, sugar, oil, grated zucchini, and vanilla.

2. Mix together the flour, baking powder, cinnamon and salt. 3.

Add the dry ingredients to the first mixture and beat well. 4.

Bake in 2 greased bread pans at 350° for 1 hour; if 3 or 4

smaller pans are used, bake ½ to ¾ hour.

PINEAPPLE ZUCCHINI NUT BREAD

Louise contributed this luscious variation on Grandma's basic Zucchini bread recipe:

Oven: 350°

With rotary mixer, beat to blend:

3 eggs

2 C. sugar

1 C. salad oil

2 tsp. vanilla

Continue beating mixture till thick and foamy. With spoon stir in:

2 C. coarsely shredded

1 tsp. salt

zucchini

½ tsp. baking powder

1 (8 ¼ oz.) can well

1 ½ tsp. cinnamon

drained crushed

¾ tsp. nutmeg

pineapple

1 C. chopped walnuts

Combine:

1 C currants or white

3 C. flour

raisins

2 tsp. soda

Stir gently into zucchini mixture till blended. Divide batter into 2 greased and floured 5 x 9 loaf pans. Bake at 350° for 1 hour. Cool in pans for 10 min. before removing.

RYE BUNS

In Germany, rye bread was often on the family's table. Grandma seldom baked Rye bread in her American home, though, as she found a wonderful bakery where she could buy superb rye loaves—fragrant and crusty and full of old-country flavor. When her children were young, she used to take them with her on the bus to downtown Portland and go to Mosler's Bakery for the freshly baked rye bread. In later years, she found a recipe for small buns made with rye flour, and often made them when the family came to visit. They became great favorites among the children. Although these are not from one of her original German recipes, she enjoyed baking them, and the rye flavor is reminiscent of the Old Country.

2 pkgs. dry yeast

1 ½ C. lukewarm water

¼ C. molasses

1/3 C. sugar

1 tsp. salt

2 TB butter or soft shortening

2 ½ C. rye flour*

2 ½ to 3 C. white flour

1 TB or more Caraway seed (optional)

1. In mixing bowl, dissolve yeast in moderately warm (not hot) water. 2. Stir in molasses, sugar, salt, shortening, and caraway seed. 3. Mix in Rye flour until smooth. 4. Mix in white flour with hand until it handles easily. 5. Turn out onto lightly floured board, knead and let rise. 6. Punch down and let rise a 2nd time, for about 1 hour. 7. Divide into 2 parts. Roll each part into a 12 x 8 rectangle. Cut each rectangle into 6 squares, then cut each square in half diagonally, making 12 triangular buns from each rectangle. 8. Place 1 inch apart on greased baking sheets; let rise until double in bulk, about 1 hour. 9. Heat oven to 400°. Bake about 10 minutes, or until nicely browned. Makes 24 buns.

*If a lighter rye dough is desired, reduce the amount of rye flour to 2 cups and increase the white flour to 3½ cups.



CAKES, PUDDINGS, & DOUGHNUTS



When Grandma and Grandpa Block were married, in 1921, this decoration topped their wedding cake. It shows a young couple sitting together in a swing, and on the base is displayed the word, "CONSTANCY." It was next used on the occasion of their silver anniversary, in 1946. When their son, Frank, was married in 1947, the same decoration topped the wedding cake. In 1972, it was placed on the cake in this picture, celebrating Frank and Aileen's 25th anniversary.

CAKES, PUDDINGS, AND DOUGHNUTS

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Grandma Block liked to have her knives kept nice and sharp. Grandpa would sharpen them for her quite often, but occasionally he'd forget. Once, when our "Tante Louise" was helping Grandma cut up the ingredients for a fruitcake, she found that the knife she was using was dull. She scolded, "Emma, you could ride all the way to Deutschland and back on this blade, and never even get scratched!"

There were certain customs to be observed with any object that was sharp or pointed. You could never hand a knife to another person. You had to lay it down on the counter or table and let the other person pick it up. The same held true for scissors, needles, pins, even knitting needles. This was a sensible rule, but it started as a superstition. "If you hand a sharp thing to someone, you're sure to have a fight before the day's over!"

QUEEN'S BIRTHDAY CAKE
(Geburtstag Torte or Kranz Torte, Crown Cake)

This large, very rich, almond-flavored cake was made only for very special occasions, when there would be a gathering of the family. Tradition says that these cakes, or variations of them, were made in Germany and the Netherlands on royal birthdays.

Grandma learned this recipe from her older sister, our "Tante Louise." It has taken considerable time to approximate her recipes and method, in spite of the fact that some of us watched her in the process of making it, and even took notes. She doubled the recipes for cake, filling, and topping. For most families, a single recipe should be sufficient. Grandma Block kept this cake on a table on her cool, screened back porch, but since few of us have a place like that any more, it should probably be kept in your refrigerator to keep the filling fresh.

This sponge cake recipe is from her tattered "*Neighborhood Cook Book*", which was first published in 1912. It is the one she always used, and makes a wonderful cake.

Oven: 325°

7 egg whites

5 egg yolks

1 C. fine granulated sugar

1 C. flour, (sifted before measuring)

Flavoring to taste (vanilla is fine)

Cream of tartar, scant 1/3 tsp.

1. Beat yolks till thick, and set aside. 2. Add a pinch of salt to the whites, and whip to a foam; add the cream of tartar and whip until very stiff, 3. Add sugar and mix well. 4. Add yolks and beat in. 5. Add flavoring. 6. Add the flour last, and fold lightly through. 7. Bake in tube pan or spring-form pan in a

moderate oven (325°) from 40 to 60 minutes. Invert to cool. This is important, as if it is cooled right-side up it will “fall.”

Grandma Block used a very large spring-form pan to bake her double-recipe cake in, inverting it to cool after the cake was done. After removing the sides from the pan, she split the cake horizontally into 3 layers, and put them together with very generous amounts of a creamy, almond-flavored filling. The topping was a buttery burnt-sugar glaze with ground almonds.

FILLING FOR QUEEN’S CAKE

1 to 1½ C. milk

½ C. sugar

¼ C. flour or 2½ TB cornstarch

3 to 4 well-beaten egg yolks, or 2 eggs + 2 yolks

Flavoring (a few drops of almond, rum, or vanilla extract)

½ lb. butter, room temperature

About 1/2 C. ground almonds

1. Mix sugar, flour or cornstarch, and beaten egg yolks (or eggs + yolks) in the top of a double boiler (over boiling water, not in it; don’t let the water touch the pan you’re going to mix and cook in.)
2. Beat this mixture until light.
3. Add the milk, gradually. (Smaller amount of milk will make a stiffer filling.) Add flavoring. Stir until all is well blended.
4. Cook, stirring constantly, until it begins to thicken.
5. Remove from heat and allow to cool to room temperature.
6. Beat in the butter, little by little.
7. Add the almonds and mix well.
8. When filling is cool, spread it on the two lower layers; saving the un-spread layer for the top. The filling should be at least ¼ inch thick.
9. Stack the layers, then frost with burnt-sugar-almond glaze.

This makes a custard-like filling. Some cooks prefer a butter-cream filling, flavored with a few drops of almond flavoring or a bit of rum. A recipe for this follows on the next page.

BUTTER-CREAM FILLING FOR QUEEN'S CAKE

1 C. sugar

6 egg yolks; large

1 C unsalted butter (NOT margarine)

3/4 C. water

A few drops of almond flavoring or 1 TB rum

1. In a small bowl, beat the butter until soft and light, then set aside. **2.** Boil sugar and water to 238 degrees F. (soft ball stage). **3.** Beat egg yolks until very light and fluffy, 5 to 10 minutes. **4.** While still beating the egg yolks, add the sugar syrup in a thin stream. Beat 5 minutes more, until very thick and doubled in bulk. **5.** Slowly beat in the rum or other flavoring. **6.** Beat butter into the egg mixture a little at a time. Continue beating until thick. Chill until the mixture can be spread. (If the mixture is too soft, beat in additional butter and chill a little longer. Spread on two of the layers and stack them, with the unspread layer on top. Glaze with the following topping:

ALMOND GLAZE FOR QUEEN'S CAKE

(Grandma's recipe for the topping has been lost, so here is our friend Jane Niggebrugge's recipe.)

1 C. sugar

1/2 tsp. almond, vanilla, or rum extract (more or less, as desired)

1 cube butter

3/4 C. cream

1 1/2 C. chopped almonds (Grandma usually used less—about 1/2 C. Chef Stephen finds that the larger amount is better.)

1. Melt the sugar in a heavy skillet and let it cook till golden brown. Take the pan off the heat. **2.** Mix in cream and butter till melted, add extract and nuts. **3.** Beat well until thick enough to spread; if it is too stiff, add a little bit more cream. Glaze the

cake. Spread quickly over cake and let it run down on the sides, smoothing quickly with spatula. Place the cake in a cool place to “set” before serving.

KASE-KUCHEN

(Cheese cake)

This is Grandma Block’s original recipe, probably 100 years old. It uses old-fashioned cottage cheese, but ricotta will work well too. There is no cream cheese in this one.

CRUST

For 9 or 10-inch pie or cake pan:

1½ cups flour

2 eggs

1 thick slab off a roll of butter (about 1 stick, 1/4 lb.)

Pinch of baking powder

¾ cup sugar

A little lemon rind

Put all together and work like pie crust. Pat into place in pie or cake pan..

FILLING:

1 cup Cottage Cheese (old fashioned kind)

mixed or put through strainer to make a smooth paste.

1 cup sugar

5 egg yolks

5 stiffly-beaten whites

1 teaspoon flour with cheese

½ pint cream

Slice in a few almonds very fine

Some juice of lemon

Pour this mixture into the crust.

Put a little sugar and cinnamon on top. Bake in pretty warm oven (375°) for one hour.

FRUIT CAKE

Grandma Block started her Christmas baking at least a month ahead of time. Since the fruitcake must be left to “ripen” for several weeks, it was generally made first. This recipe makes several loaves. (There are much simpler ways to make fruit cake, but this is “the way Grandma did it!”)

Oven: 250°

1 lb. butter	1 wine glass brandy
1 lb. sugar	(½C.)
4 ½ C. flour	1 wine glass sherry
10 eggs	(½ C.)
1tsp. each of mace,	¼ C. rum
cinnamon, nutmeg and	1 tsp. Vanilla extract
cloves	1 tsp lemon extract
1 large orange, grated	1 tsp. Rosewater
peel and juice	1 lb. almonds
1 large lemon, grated peel	1 lb. pecans
and juice	1 ½ lb. raisins (white)
1 glass(6 oz.)currant jelly	¾ lb. citron
or other tart jelly	1 lb. cherries (candied)
	1 lb. pineapple (candied)

1. Cut up all fruits and nuts.
2. Cream butter, sugar and eggs.
3. Add spices, grated orange and lemon rind and juice of both.
4. Then add jelly and liquors.
5. Dredge fruit and nuts with part of the flour, then use the rest in the cake batter.
6. Add fruits and nuts to cake batter and mix well.
7. Turn into well-greased, paper-lined bread pans.
8. Bake at 250o for 3 hours with a pan of water set in the oven.

After the baking was finished, Grandma would let the loaves cool and wrap each one in a clean cloth. She would then take

them to her basement food-storage place, saturate the cloths with rum, whiskey or brandy,* put them in closed containers (she had several large, round storage tins with tight covers) and leave the cakes to absorb the flavors. She would check them every few days, and if the moisture needed refreshing, the cloths got a fresh dousing with the liquor. By the time they were quite “ripened,” the cakes were mellow and moist, with a delicious hint of what they’d been basted with. Grandma was always quite sure that her fruitcake was the very best. She was right.

**Since Grandpa Block made wine each year, and sometimes made “schnapps”—or brandy—there was always some liquid refreshment that could be used for basting the fruitcakes.*

KARTOFFEL TORTE

(Old Fashioned Chocolate Potato Cake)

Chocolate was not always readily available in Grandma’s German village. It was scarce and expensive, so it was saved for very special occasions. Variations of this recipe are included in many German cookbooks. Here is Grandma’s favorite version, though she didn’t bake it very often.

2 Cups Sugar	4 eggs
1 Cup butter	2 Cups all-purpose flour
½ Cup milk	2 tsp. Baking powder
3 squares bitter chocolate, melted	1 tsp. Lemon extract
1 Cup mashed potatoes (cold)	1 tsp. vanilla
1 Cup walnuts, cut in pieces—not too fine	1 tsp. Cinnamon
	1 tsp. Cloves
	1 tsp. Allspice
	1 tsp. Nutmeg

Cream sugar and butter; add vanilla and lemon extract. Add eggs, one at a time. Add milk and mashed potatoes. Sift all dry ingredients together and add to mixture. Add nuts. Turn batter out into a pan, 13 x 9 x 2 inches, lined with paper and greased. Bake at 350° till done. (35-40 min.) Test with a toothpick. Cool and turn out. Ice with Chocolate icing or serve plain.



This picture shows a part of Emma's old Steinsfurt home, showing the chicken-house and woodshed. In the foreground are piles of newly-cut wood ready to be stored.

The house and cooking stoves were heated with wood, and it took a lot of it to see them through a winter. The chicken-house and woodshed adjoined the house, as did several other farm-type buildings, making a square compound. Their farm land was outside the town, as it was the old custom for people to build homes together in a village for protection from robbers.

CARROT PUDDING

One of Grandma Block's favorite old-fashioned Christmas traditions was the annual making of Plum Pudding. The ingredients were steamed in a pudding mold for several hours, and served hot. Packed solid with calories, it was eaten in thin wedges, with Hard Sauce. Since most of us don't make the Plum Pudding, here is her recipe for Carrot Pudding. It is a bit lighter and less solid, but still quite good. (If you yearn for real Plum Pudding, the recipe is on the following page. Or, you could buy a canned Plum Pudding from the supermarket!)

1 cup raisins	1 cup flour
1 cup chopped dates	1 cup sugar
1 Cup candied fruit	1 teaspoon soda
(cherries, pineapple,	1 teaspoon cloves
citron, etc)	½ teaspoon nutmeg
1 cup grated apples	½ teaspoon allspice
1 cup grated carrots	½ Salt
½ cup suet (available at the meat counter in your market; you may have to ask your butcher)	½ cup nuts.

Mix well, fill a greased pudding-mold about $\frac{3}{4}$ full and cook in a larger kettle of gently boiling water for about three hours. Turn out on a platter and serve hot with Pudding Dip (below) or Hard Sauce (recipe follows Plum Pudding.)

If you don't have a pudding-mold, you could use a covered double boiler, a smooth-sided coffee can or even a deep bowl. Be sure the top is covered tightly with aluminum foil, (do not use a plastic coffee-can lid) and that the water you boil it in doesn't reach the foil and leak into the pudding! A rack in the bottom of the kettle will keep the bottom of the pudding from burning.

PLUM PUDDING

Although this recipe is usually thought to be English, it was also popular in Germany. Grandma Block always felt that no Christmas dinner was complete without it. It was brought to the table surrounded by blue flames, having been doused with Brandy and lighted in the kitchen. Served in very small slices, with Hard Sauce or Pudding Dip, it really filled us up, in case we weren't already full of turkey, stuffing, mashed potatoes and gravy, peas and carrots and hot rolls.

2 cups seedless raisins	2 Tbs. Ground cinnamon
2 cups currants	1 Tbs. Ground nutmeg
2 cups brown sugar	½ tsp. Ground cloves
½ Cup citron, cut fine	½ tsp. Ground allspice
2 Cups finely chopped suet	1 wineglass brandy
1 grated lemon rind and juice	(1/2-3/4 C.)

Start the preparation the night before you intend to steam the pudding.) Prepare all the above ingredients first; put into a large bowl, with suet and sugar on top. Press down tight so as to keep the flavors from escaping. Leave covered till the next day. Next morning, take:

¾ loaf of white bread, soaked in water. Squeeze out as dry as possible, add to the ingredients in the bowl. Then beat in, one at a time,

8 eggs. Add:

1 ½ C. flour, sifted with:

1 tsp. baking powder. Mix all ingredients together thoroughly.

Grease the pudding-mold well. Fill it about $\frac{3}{4}$ full, and put the cover on. This recipe will make 2 puddings, so if you don't have 2 pudding-molds, use an empty coffee-can (or shortening can) and cover it tightly with aluminum foil. (Poke a few small holes in the top of the foil to allow expansion.) Boil these in a large cooking-pot with a rack or some small rocks in the bottom to keep the mold or can from touching bottom. Submerge molds or cans to within 1 or 2 inches of the tops—don't allow

water to come completely to the tops. Simmer for about 4 hours, adding boiling water to the pot as the water evaporates. Keep the water at a slow boil, and cover the pot during cooking time.

Serve warm, with Hard Sauce or Pudding Dip.

HARD SAUCE

¼ lb. butter (1 stick) softened
 1 Cup powdered sugar
 1 (or more) tsp. Brandy, rum, whiskey, or vanilla,
 In a small mixing bowl, cream the butter, add the powdered sugar and flavoring, and whip till creamy. An electric mixer makes it easier. Put in small serving bowl, cover well, and chill.

PUDDING DIP

2 cups powdered sugar
1 egg
2 tablespoons melted butter
A few drops of Vanilla
 Beat eggs a little, add sugar, butter and vanilla. let set a while and add 2 pints of whipped cream.
 You can mix the eggs, butter and sugar the day before.
 You can use about three TB sherry instead of vanilla.

“FLOATING ISLAND” DESSERT

Serves 5 or 6

Tante Louise used to make this quite often for the children of the family. Grandma learned the recipe from her, and occasionally made it too. It may not be particularly German, as we know of families from other countries who also have it among their recipes. One of the youngsters in our family remarked that he had been disappointed when he first saw this dessert. He had pictured little islands with tiny palm trees growing out of them! The recipe Grandma used isn't available (if she even used one) but the recipe on the following page tells how we've made it recently.

MERINGUE “ISLANDS” (Oven 300°)**4 egg whites****1/8 teaspoon salt****¼ teaspoon Cream of Tartar****5 tablespoons sugar****1 teaspoon of vanilla or a few drops of almond extract**

Whip egg whites with salt and Cream of Tartar until stiff. Add sugar gradually, whipping constantly. Add flavoring and whip until stiff peaks form.

Make six mounds of the meringue on a non-stick baking sheet. Bake in a slow oven for 10-15 minutes, or until meringues are set and slightly browned. Let them cool while you make the custard.

CUSTARD SAUCE FOR “FLOATING ISLAND”**(Microwave Version)****4 large eggs****4 large egg yolks****1/2 cup sugar****1/tsp. salt****2 tbsp. cornstarch****2 cups milk****1 cup evaporated milk****2 tsp. vanilla****2 tbsp. Rum, sherry****flavoring, or a little****grated lemon rind**

Make the “Islands” as above. Beat 4 eggs and 4 egg yolks together until light, in a microwave-safe bowl. Beat in sugar, cornstarch, milk and evaporated milk. Microwave at high for 2 minutes. Whip with wire whisk. Continue cooking at short intervals, stirring often with wire whisk, until mixture is thickened enough to coat a spoon. Don’t overcook. Add vanilla and rum or other flavoring. Serve either warm or chilled, with “Islands” of Meringue.

This may also be made in a saucepan or double-boiler on the stove, as Grandma did it. (If you use a saucepan, keep the burner on low heat, stir constantly, and be careful not to let the sauce boil!) Stir it often, and strain out any lumps. (*continued*)

Pour the custard into a large serving-bowl—if you have a fancy one, it will make the occasion even more festive. Top it with the meringue islands, and serve it at the table.

The bowl and custard, with floating dollops of meringue, make a tempting sight! The dessert may then be dished up into individual dessert-bowls (soup-bowls are fine), with each serving of custard topped by an island. (Our Dutch friend sprinkles the meringue tops with finely-chopped candied ginger. Other toppings may be delicious too.)

COOKIE PUDDING

We looked forward to this pudding each year, in January or February. Any leftover Christmas cookies were broken up, combined with beaten eggs, milk, diced bread and some sugar, and baked in a casserole or individual custard cups. The pudding was especially good if some Hazelnut cookies were in the mixture. She had no standardized recipe, and the pudding differed each time according to the amount and type of the leftover cookies. (Even just Bread Pudding was good, served plain or with a bit of jam or jelly.)

Use any Bread Pudding recipe, substituting broken-up cookies for about $\frac{1}{2}$ or $\frac{3}{4}$ of the bread, and lowering the amount of sugar to compensate for the sweet cookies. (Allow the cookies to soak in the milk for a while if they're quite hard). Here is a basic Bread Pudding recipe:

BREAD PUDDING

4-6 servings Oven 350°

2 C. bread cubes
2 C. milk, warmed with
3 TB butter
¼ C. sugar
2 eggs, beaten slightly
Dash of salt
½ tsp. vanilla
1 C. raisins (optional)

Warm the milk and butter till butter melts. Add bread, eggs, sugar, and other ingredients as desired. Mix and pour into buttered baking dish. Bake at 350° for 1 hour, or until small knife inserted into the center of the pudding comes out clean. Serve plain or with a sauce—just a dab of jelly on each serving is a nice garnish.

BERLINER PFANNKUCHEN

(Jelly-filled Doughnuts)

BISMARCKS (Custard-Filled Doughnuts)

1 C. milk	½ C. sugar
1/3 C. butter	2 eggs, well beaten
1 pkg. dry yeast	1 tsp. vanilla or other
1 tsp. salt	flavoring
¼ C. lukewarm water	Jelly or custard for filling
4 C. all-purpose flour	

1. Scald milk. **2.** Soften yeast in water and set aside. **3.** Put sugar, butter, and salt into a large bowl. **4.** Pour scalded milk, while still hot, over ingredients in the bowl. When it's lukewarm, add 1 C. flour and beat till smooth. Stir softened yeast, mix well. **5.** Measure out 2 ½ -3 C. flour. **6.** Add about half the flour to the mixture and beat till smooth. **7.** Add the beaten eggs, then enough flour to make a soft dough. Knead. **8.** Make the dough into a ball and put in a warmed, greased bowl—brush the top with oil or melted butter. Cover and let stand in warm place till doubled in bulk. **9.** Punch down the

dough and turn out onto floured breadboard and let it “rest” for 10 minutes.

For Berliners (Jelly Doughnuts): Cut with cookie-cutter into 3-inch rounds. Place a teaspoonful spoonful of jelly on one round, cover with another round and pinch edges together. Turn them over, smooth side up, cover and allow them to rise about 15—30 minutes. Heat oil in deep skillet, heavy saucepan, or electric fryer, to 365°. After the rounds have risen, fry them in the deep oil, a few at a time to avoid crowding, turning with tongs when brown on the bottoms; remove and drain on paper towels.

For Custard-filled Bismarcks: Roll dough slightly thicker than for jelly doughnuts (1/2--3/4 inch), cut into rounds and allow to rise, covered, for 15-30 minutes. Fry in deep oil as described above. Cool them and split each partially in two horizontally, leaving a part of one side uncut, for a “hinge”, if desired. Fill them with Custard Filling and close them. (If you like lots of custard, you may have to scoop out a little bit of the doughnut, or use a spoon to press a hollow, to enlarge the cavity.) After filling, these may be frosted (chocolate icing is good) or sprinkled with powdered sugar.

CUSTARD FILLING FOR BISMARCKS

1½ C. milk, warm

½ C. sugar

¼ C. flour or 2½ TB cornstarch

3 to 4 well-beaten egg yolks, or 2 eggs + 2 yolks

Flavoring (Rum, Almond, or Vanilla extract)

2 TB butter

1. Mix sugar, flour or cornstarch, and beaten egg yolks (or eggs + yolks) in the top of a double boiler (over boiling water, not in it; don't let the water touch the pan you're going to mix and cook in.) **2.** Beat this mixture until light. Add the warm milk, gradually. Add flavoring. Stir until all is well blended. **3.** Cook,

stirring constantly, until it begins to thicken. **4.** Remove from heat and beat in the butter. When custard is cool, fill the doughnuts, using a spoon or pastry bag.

SUGARED DOUGHNUTS

The basic doughnut recipe may be used to make regular doughnuts, also. Just use a doughnut cutter instead of a plain circle-cutter. (Be sure to fry the “holes,” too!) Roll in sugar while warm

SCHNEIDERFLECKEN

(“Tailor’s Scraps”)

These odd-shaped little dough scraps, like doughnuts, are deep-fried in hot oil. Unlike doughnuts, they are not made from raised dough, and are thin and crisp.

4 eggs, well beaten

6 Tbs. cream (whipping cream or half and half)

Salt

A little sugar (about 1 tsp.)

Enough flour to make a medium-stiff dough; about 3 ½ cups.

Cooking oil or shortening for deep-frying

- 1.** Mix all the ingredients, adding more flour if necessary.
- 2.** Knead lightly, and let stand for at least one hour.
- 3.** Roll dough quite thin—like a very thin pie-crust or cookie dough. Cut into odd shapes—about 2 inches square, or triangles, etc. about that size.
- 4.** Heat cooking oil in a deep skillet.
- 5.** Put in a few pieces of the dough. Deep-fry the “scraps” quickly until light brown, turning once if necessary.
- 6.** Remove to paper towels to drain, and put in some more to fry.
- 7.** When all are done, sprinkle them with powdered sugar. They’re wonderful, whether served warm or cool.

ROSETTES

You will need a Rosette Iron to make these. The irons usually come in sets, and can be found in most cooking-equipment stores and catalogs. The rosettes are made in a flower-shape, are thin, crackly, fragile, and delicious. Grandma made them especially for the children and grandchildren.

2 eggs, beaten

1 C. flour

1 tsp. sugar

1 C. milk

¼ tsp. salt

1. Add sugar and salt to eggs. **2.** Stir in flour and milk alternately. **3.** Heat cooking oil in deep skillet to 370° (at this temperature, a bread cube will brown in 1 minute.) **4.** Immerse rosette iron to heat and coat it with oil, then dip it into the batter. Don't let the batter come quite to the top of the rosette iron. **5.** Put the coated iron back in the oil, covering it completely, for 20-35 seconds. **6.** Remove cooked rosette with a fork, drain on paper towels. **7.** Reheat the iron in the hot oil and repeat the process until all the batter is used. **8.** Sprinkle Rosettes with powdered sugar.



COOKIES



Grandma Block loved to knit, and there was never a time in her life when she didn't have something to "pick up" during otherwise idle times. Stockings, sweaters, afghans, and other useful items flowed from her knitting-basket and into our lives, just as batch after batch of wonderful cookies found their way from her fragrant kitchen into our fingers.

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Some of the children's most vivid memories are of Grandma Block's cookies, especially those that appeared during the Christmas holidays. Her kitchen counter was stacked with round tin containers filled with a variety of wonderful German cookies. Some were buttery and tender; others were crisp or chewy. Some were harder, like the Springerle, which became delicious "dunkers" as the days went by. Still others were made with ground almonds or hazelnuts. And some even tasted of brandy! Any cookies that didn't get eaten in the next two or three weeks got crumbled and made into a wonderful Cookie Pudding.

LEBKUCHEN

There are numerous recipes for Lebkuchen (Life-cakes); most of them called for honey. This one uses brown sugar, which is much easier to work with.

Oven: 350°

2 ½ C. brown sugar

3 large eggs or 4 medium eggs, beaten

¼ lb. chopped citron

1 ½ C. chopped almonds or walnuts

2 tsp. cinnamon

1 tsp. cloves

3 C. flour

¼ tsp. soda

(or 2 tsp. baking powder)

Sift flour with the spices and soda or baking powder. Add the brown sugar to the beaten eggs and beat well. Stir in the flour mixture, and add citron and nuts. Roll the dough out to a square ½ inch thick. Place on a greased baking sheet or other baking pan. Bake at 350° for 20-25 minutes, or until done. When half-cooled, cut into squares. Ice with plain or lemon-flavored glaze.

BRAUNE LEBKUCHEN

(Brown Christmas Cookies)

These have molasses in them instead of honey or brown sugar, and were truly baked in the old-fashioned German way. The dough, which had to sit for 3 weeks, high in the Blocks' top kitchen cupboard, was made early in December so the cookies would be ready by the Christmas holidays. It would be a challenge to try to find all these ingredients, these days, but it can be done.

3 lbs. Flour (about 6 cups)**1 lb. sugar (about 2 cups)****1 ½ lb. molasses (about 3 cups)****5 oz. Butter****5 oz. Lard or shortening****2 oz. Citron****¼ oz. Ammonium carbonate** (may use baking powder)**1 C. rose water** (or 1 C. water)**½ oz. Cloves****½ oz. Cinnamon****1 grated lemon rind****1 C. almonds, blanched and split in halves**

It is better to take again as much butter and lard.

Cook molasses and sugar for a little. Let cool. Stir everything else in. Then add flour. Leave dough stand for three weeks. Roll out fairly thin, cut into rectangles with a fluted cutting wheel, brush with beaten egg to make them glossy, decorate each with ½ slice of almond, and bake. This recipe makes lots of cookies, but they keep well if kept in a tightly covered tin.

BRAUNE LEBKUCHEN (2)

Here is a similar—but simpler—version that has been adapted from a Pennsylvania Dutch Recipe:

- 1 C. sugar**
- 5/8 C. butter or shortening;** (may use half butter and half shortening)
- 1 egg, beaten**
- 2 C. molasses**
- 4 TB citron, cut fine**
- 1TB grated lemon rind**
- 6 C. flour**
- 2 tsp. soda**
- ½ tsp. ground cloves**
- ½ tsp. ground nutmeg**
- 1 tsp. cinnamon**
- ½ tsp coriander or cardamom (optional)**
- ¾ C. buttermilk**
- C. almonds, blanched and split into halves (for decoration)**

1. Cream sugar and butter or shortening. 2. Stir in beaten egg, molasses, and citron. 3. Sift together the flour, soda and spices. 4. Combine dry ingredients alternately with milk to molasses mixture. 5. Store overnight in the refrigerator. 6. Next morning, roll out on floured board to ¼ inch thickness. Using fluted cutting wheel if possible, cut into 2 x 3 inch rectangles. Decorate the top of each one with an almond slice. 7. Place on greased cookie sheets and bake at 375 ° for 10 minutes. This recipe will make dozens of cookies.

PFEFFERNUSSE

(Pepper-nuts)

Some recipes actually call for a very small amount of ground black pepper to be added to the dough. We recommend that the pepper be used at the discretion of the cook! Since these cookies contain no shortening, they become rather hard; they may need to be “dunked” in milk or coffee.

1 lb. brown sugar**5 eggs****¼ tsp. cardamom****¼ tsp. cloves****1 tsp. cinnamon****½ tsp. baking powder****3 TB citron, cut fine****Grated rind of 1 lemon****1 lb. flour**

Beat the sugar and eggs thoroughly. Sift flour with baking powder and spices; add to sugar and egg mixture. Add lemon rind and citron. Mix well and set in a cool place overnight. Make little balls and place them on greased cookie sheets. Bake in oven about 350° to 375° for 10 to 12 minutes. Glaze while hot with powdered-sugar icing.

PFEFFERNUSSE (2)

This version, created by Steve, is softer than the old-world variety. These will freeze well in a tightly covered container, and will become more mellow as they age.

Oven: 300°

½ lb. butter**½ C. sugar****2 ¾ C. flour****1 C. walnuts or almonds (ground in nut grinder or food processor)****½ C. candied orange peel or mixed candied fruit****1 lemon rind, grated, plus the juice****2 tsp. cinnamon**

½ tsp. cloves
1 tsp. freshly ground pepper (optional)
1 tsp. Cardamom

Mix all ingredients together. Either roll into 3/4-inch balls or drop by scant teaspoon onto a cookie sheet. Bake in 300° oven for about 15 minutes. Roll them in powdered sugar while hot.
 (Optional)

.BRANDY BALLS

We don't know whether this recipe originated in Germany or not, but Grandma and the Block family were very fond of them. They made their appearance every Christmas, along with all the other Holiday cookies, and didn't last very long. These need no baking.

2 ½ C. crushed vanilla wafers (1 box)
1 C. walnuts
1 cup powdered sugar
3 T light corn syrup
1/3 C. brandy
3 T powdered cocoa
Powdered sugar

(There are two good ways to crush the vanilla wafers; put them in a food processor or blender, or put them into a zip-lock bag and crush them with a rolling pin.)

1.Put the crushed cookies, nuts, and cocoa, into a mixing bowl and mix well. **2.** Add brandy and corn syrup and mix well again. (An electric mixer with a paddle, if you have one, will be a great help. We feel sure that before electric mixers were in common use, people such as Grandma Block used their hands to mix this stiff dough.) **3.** Make 1-inch marble-like balls of dough in your palms and roll in powdered sugar that you have placed in a large bowl. Keep the brandy balls in a tightly covered container. This will keep them fresh for at least a few weeks.. They freeze well indefinitely.

SNOWBALLS

These nutty little cookies will melt in your mouth, like sweet snow, only not as cold! Like Brandy Balls, Snowballs aren't particularly German, but are very popular everywhere.

Oven: 300°

½ Lb. butter

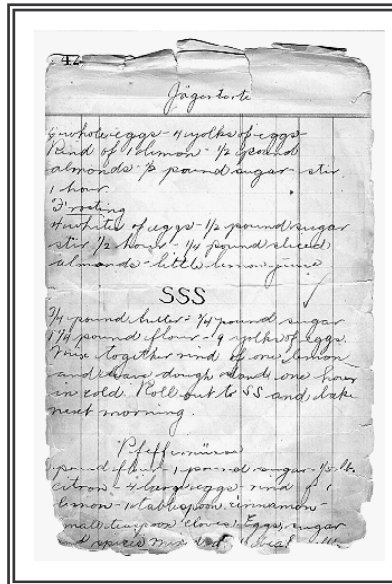
½ C. sugar

2 C. flour

1 C. nuts (ground in nut grinder or food processor)

Mix with hands, make into 1 inch balls. Bake in 300° oven for about 15 minutes. Roll in powdered sugar while still warm.

Grandma's recipes were often just loose pages, sandwiched between the leaves of a cookbook. In spite of the many hours Louise spent typing her favorites onto notebook pages and file cards so she could find them more easily, Grandma never completely gave up her familiar old bits and pieces.



HAZELNUT COOKIES

Oven: 325°

1 ¼ lbs. of hazelnut meats

1 C. egg whites (about 10 eggs)

1 tsp. Cream of Tartar

2 tsp. Vanilla

2 C. powdered sugar

1. Prepare meringue by whipping the egg whites in a large 3 qt. Stainless steel mixing bowl. (Be sure it is very clean and cool.) Add the egg whites, Cream of Tartar, Vanilla, and powdered sugar. Whip until the meringue peaks.

2. Set aside 48 nuts for garnish. 3. Grind the remainder of the nuts in a hand-cranked grinder (one that is made for nuts). Otherwise use a food processor. Add only a small amount of nuts at a time, so the grinds are consistent. They should be a little larger than the size of grated Parmesan. 4. In another mixing bowl, fold 4-5 cups of the meringue into the grated nuts. The consistency should be similar to a play-dough. It holds together very nicely, and is pliable. 5. Make into 1½-inch balls, and place 1 inch apart on a greased cookie sheet. Place remaining meringue in a pastry bag or a 1-qt. Zip-lock bag with one of the corners snipped off. 6. Dip your finger in water and make a dimple in each cookie. Top each with a dab of meringue squeezed through the corner hole in the Zip-lock bag, and place a hazelnut on top. 7. Bake in a 325° oven for 20 to 25 minutes, until the meringue just starts to brown slightly. You should get from 20 to 25 cookies.

MANDELSCHNITTEN

(Almond Cookies)

These are everyone's favorite cookies.

OVEN 350°

1 lb. ground almonds**1 C. sugar****1 C. Butter (2 sticks)****3 eggs (separate 1 egg white and keep for later use.)****½ tsp. salt****2 ½ to 3 C. flour**

1. Beat butter until soft, add sugar gradually. Blend until very light and creamy. 2. Beat in, one at a time, 2 eggs and 1 egg yolk. 3. Add salt and ½ to ¾ lb. ground almonds. (Reserve surplus for coating tops.) 4. Add enough flour to make dough the right consistency to roll. (May chill till ready to roll.) 5. Roll out 1/8 inch thick; cut into 1" x 2" rectangles. 6. Brush with slightly beaten egg-white and invert each cookie into a pie-plate with ground almonds, to coat top of each cookie. Place on cookie sheets; bake at 350° for about 12 to 13 minutes, or until brown around edges. Makes 7 dozen.

SPRINGERLE

(You will need a wooden Springerle mold or carved rolling pin to make the designs in the dough.)

Stephen writes: "Of all the German Christmas cookies I have made, I have done the most experimenting on the Springerle. They are actually very easy and quick to mix, roll out, stamp, and cut. Since I was never able to watch Grandma make the cookies, I just had ask my Dad about all the little steps that Grandma took from start to finish. I also had to go through trial and error to find my mistakes. One modern innovation is the use of non-stick spray to keep the dough from sticking to the rolling pin or wooden mold."

We always remember these Springerle as being great when dunked in coffee!

This recipe makes about 2 dozen cookies. (*Continued on next page*)

SPRINGERLE, *continued***4 cups flour****3 cups white sugar****5 eggs****1 tsp. baking powder****1 tsp. salt****2 Tbs. Anise seed**

1. Whip the eggs until they are light and fluffy, either with an electric mixer or by hand, in a large mixing bowl. Use your favorite mixing bowl, one that's large enough to really mix ingredients in, so you can "get into it" without feeling that food will fly out the sides.
2. Mix in all the dry ingredients, (except the Anise seed) one cup at a time, until the dough is sticky and shiny-looking. The dough looks very pretty, almost like wood that has been well sanded and varnished.
3. Put the dough, still in the mixing bowl, in the refrigerator and chill thoroughly for at least 2 hours.
4. Sprinkle a little flour on the bread-board, take a piece of dough about the size of a tennis ball, and shape it into a rectangle about 2" by 3" and 1" thick.
5. Either roll out with a design-carved Springerle rolling pin, or press into shape with a similarly carved wooden mold. Spray the rolling pin or mold with a non-stick spray. (I prefer the mold. My grandma preferred the rolling pin.)
6. Rolling or pressing the dough, squash it down to about ½ inch thick. When you lift up the mold or rolling pin, the dough will have nice-looking imprints.
7. Cut the cookies apart and place them on a cookie sheet that has been buttered or sprayed with non-stick spray and sprinkled with some Anise seeds. Set the cookies an inch apart.
8. The leftover scraps of dough can be reworked nicely a couple of times, as long as you don't get too much flour in the dough.
9. Now find a cool place to let the cookies sit and dry. Cover them with a dish towel, and let them sit for 24 hours but not too much longer. What you are aiming for is to dry them enough to keep the imprint distinct, but not so dry that the surface cracks. The towel helps to keep this from happening.

10. Pre-heat the oven to 300° and bake for about 30 minutes, or until the surface of the cookie turns a very light beige color.

11. Cool, and store in an airtight container.

Suggestion: Before baking the entire batch, try baking one cookie just to see whether the imprint stays visible after baking. If not, let the unbaked Springerle dry a little longer before baking.

MADAME SCHUMANN-HEINK COOKIES

These were named after a famous singer who liked them very much. Grandma was fond of them too, and made them often when we came to visit. We never got tired of them.

½ lb. butter

1 1/3 C. sugar

1/3 C. orange juice

1 tsp. orange rind (or more)

1 tsp. baking powder

½ tsp. baking soda

2 to 3 C. flour

Pinch of salt

Mix together, roll out, and cut in rounds. Bake at about 350° until light brown. Frost with any butter icing. Here's our favorite:

Orange Icing

2 C. powdered sugar

¼ C. (4 TB) softened butter

1 to 2 TB liquid (orange juice, milk, water or orange juice concentrate)

1 tsp. grated orange peel, or a few drops orange extract —1 or 2 TB Jello powder plus water works well.

Cream together softened butter and powdered sugar. Add grated peel and/or flavoring. Add liquid, a few drops at a time, mixing until the icing has a nice spreading consistency. Ice the cooled cookies.

SSS (Esses)

“S”-shaped cookies

These cookies were part of Grandma Block's Christmas repertoire. They were a good way to use up the yolks after baking something requiring a lot of egg-whites, such as the Hazelnut cookies.

Oven: 375°

¾ lb. butter

¾ lb. sugar

1¼ lb. flour

9 yolks of eggs, beaten

Grated rind of 1 lemon

1. Cream the butter and sugar together well. 2. Add beaten eggs and lemon rind, mix well together. 3. Add flour and mix till smooth. 4. Chill the dough for one hour. 5. Roll it out on a lightly floured bread board and make into "S" shapes by pinching off a piece of dough, rolling it quickly between your hands, and shaping it on a cookie sheet; continue till all dough is made up. 6. These are best when put in a cool place overnight and baked the next day, but chilling them in the freezer for a while should work. 7. Bake in 375° oven for just a few minutes, (8-10) until they are golden but not brown.

BERLINER PRETZELS

The name "Pretzel" came from an imagined shape of arms crossed over the heart while praying.

1 C. butter

2 beaten eggs

½ C. sugar

2 yolks of hard-boiled eggs

2 C. flour

Add sugar, butter, and flour, and riced egg-yolks together. Take by spoonfuls and roll between hands, as for S-Cookies; bend into pretzel shapes. Put on greased baking sheet, and bake as for S-Cookies.

FILBERT CRESCENTS

Oven: 275°-300°

Cream together:

1 C. butter

2 C. flour

½ C. white sugar

1/2 tsp. vanilla

Add:

½ tsp. almond extract

¼ C. ground filberts

(optional)

Mix well, using fingers. Make little balls and shape like crescents. Bake till firm but not brown. Roll in powdered sugar while warm.

ALMOND CRESCENTS

These are similar to Filbert Crescents, but many families prefer the subtle almond flavor.

Oven: 375°

½ C. powdered sugar	2 ½ C. flour
1 C. butter, creamed until soft	½ Lb. almonds, blanched and chopped
1 egg yolk	½ tsp. vanilla extract

1. Beat powdered sugar gradually into butter. Beat until light and creamy. 2. Add and beat in the egg yolk. 3. Stir in the flour and add the chopped almonds. 4. Chill the dough till it is stiff enough to roll, then roll it to ¼ inch thickness. 5. Cut into crescent shapes. (If you don't have a crescent shaped cookie cutter, you might use a round one and cut the circles in half. These would then be "Half-Moon" cookies.) Or they may be shaped by hand as for Filbert Crescents. 6. Bake on a greased tin in a moderate oven, 375°. They may then be dipped or rolled in sugar while still warm.

THUMBPRINT COOKIES

Oven: 325°

½ C. soft butter
½ C. shortening
2/3 C. brown sugar, packed
 (May use white sugar if preferred)
2 egg yolks
½ tsp. salt
1 tsp. vanilla
½ tsp. almond extract (optional)
2 C. sifted flour
2 egg whites, unbeaten
1 C. finely chopped nuts (optional)
Jelly, jam, or candied cherries

1. Beat butter, sugar, egg yolks, salt and flavorings together until fluffy. 2. Add sifted flour and mix to a moderately stiff dough. 3. Using a level tablespoon of dough for each cookie, roll dough between palms of hands into small balls about 1 inch in diameter. 4. Dip the balls into unbeaten egg white. If desired, roll in chopped nuts. 5. Place about 2 inches apart, on ungreased baking sheets. Using thumb, make a depression in center of each ball. Fill with jelly, jam, or a piece of candied cherry. Bake in moderately slow oven, 325° for 20-25 minutes. Makes 2 ½ -3 dozen cookies.

ANISE COOKIES

Cousin Helena sent us this recipe, which her mother and aunt (Emma's sisters Barbara and Carrie) were fond of making. She writes, "These were always rather tricky, as they were supposed to come out, after being baked, with a white top on a flat surface." It appears that the many hours of drying before baking are crucial in this recipe.

3 eggs

1 C. sugar

1½ to 2 cups flour

½ to 1 tsp. baking powder

1 to 1½ TB. Anise seed, rolled till finely crushed

Eggs should be at room temperature. With electric mixer, beat eggs and sugar on low speed for 20 minutes. Add remaining ingredients and beat for 3 more minutes. Drop by teaspoonfuls onto greased and floured cookie sheets, at least 1 inch apart. Let stand to dry overnight, or at least 10 hours, at room temperature. Bake at 350° for 10 to 15 minutes.

ZIMMT STERNEN

(Cinnamon Stars)

This was another Christmas Cookie recipe. The oldest one, which probably came from Germany, uses measurements that would be hard for most modern cooks to follow, so we also include some other versions of this old favorite. She had several of them in her collection.

3 whites of eggs**250 grams sugar**

Stir ½ hour.

Add: **250 grams almonds ground fine****3 knife-points cinnamon**

Roll out to a finger's thickness, cut into stars, and bake a little slower than bread heat.

CINNAMON STARS (2)

Oven: 275° - 300°

1½ lb. powdered sugar**8 egg-whites****½ lb. shelled almonds, grated, or ground in nut-grinder****Juice of 1 lemon****2 TB Cinnamon****½ tsp. Cloves****1 TB Kirschwasser (Optional)**

Beat egg whites till very stiff. Add powdered sugar and juice of lemon; beat until very thick. Add grated almonds with cloves, cinnamon, and Kirschwasser (optional). Dust board with powdered sugar, roll out 1/2 inch thick. Cut with star-shaped cookie-cutter. Let stand overnight in cold place. Bake till firm and slightly golden .

CINNAMON STARS (3)

Here is yet another recipe, contributed by Louise, for this old favorite. These are like spicy sugar-cookies.

Oven: 350°

1 C. flour

1 ½ tsp. ground cinnamon

Pinch of salt

½ C. (1 stick) unsalted butter

½ C. brown sugar, firmly packed

1 large egg yolk

2 TB. granulated sugar

1. Sift flour, cinnamon, and salt together onto a sheet of waxed paper. 2. In a large mixing bowl, cream butter and sugar together until light and fluffy. Add egg yolk and beat until light. 3. Add flour mixture and blend well. 4. Cover and chill dough for at least 1 hour or overnight. 5. Preheat oven to 350°. 6. On a lightly floured surface, roll out half the dough 1/8 inch thick. Use a star-shaped cookie-cutter to cut out cookies; place them 2 in. apart on a lightly greased cookie sheet. 7. Repeat with second half of dough. Bake in center of oven for 7 to 8 min, till edges are slightly brown. Makes about 30 cookies.

FRUIT CAKE BARS

Louise gave us this great recipe for those who want just a taste of fruitcake, but don't want to take on a big project.

½ C. shortening

1 C. sugar

2 eggs

2 C. chopped dates

1 C. walnuts (or pecans)

1/2 C. cut-up candied cherries

1 tsp. vanilla

2/3 C. sifted flour

1 tsp. baking powder

Blend shortening and sugar, beat in eggs and vanilla. Stir in flour, baking powder, nuts and fruit. Bake in a greased 9" x9" pan, at 350° for 40-45 min. Cut into squares while warm, and roll in powdered sugar (optional.)



The back yard of Emma's old home in Steinsfurt had a multitude of uses.

There they had a vegetable garden, some berry vines, and clotheslines for drying the laundry. The fruit trees grew there, too, and some years they were so heavy with pears and apples that the branches had to be braced up with wooden props, as in this picture.

This pear tree was the only one in the village, and the neighbor children made a hole in the hedge so they could sneak into the yard and steal pears. (There was no hazelnut tree, as wild hazelnuts for the many cakes and cookies that they baked were gathered out in the forest. There were usually plenty of them that had fallen on the ground, and the children were allowed to pick these up.)

Since there was no running water in the house, they had a well with a hand-pump in the back yard. Most of the water they needed for bathing, cooking, and drinking came from this well. The laundry, however, was taken to a nearby spring to be rinsed.



DUMPLINGS & NOODLES



While Grandma was cooking dinner, the children enjoyed playing in the Blocks' beautiful back yard. They always hoped that when they were called to the table, there would be Kartoffel-Kloesse (Potato-Dumplings) or a big bowl of steaming "Spaetzles" (tiny dumpling-noodles) topped with brown buttered crumbs.

DUMPLINGS AND NOODLES

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Noodles, in many variations, were a mainstay of the German family meal. Made mainly from flour and eggs, they were cheap, easy to make, filling, and nutritious. The Streibs grew their own wheat, on a strip of farmland outside the village. After the harvest, they took the grain to the local grist-mill to be ground into flour.

Emma remarked, “You had to watch closely while they ground it so that they would give you back the flour from your own wheat, as it would be easy for them to cheat you and give you someone else’s flour—and we knew ours was better!”

As for eggs, they had plenty of them from their own chickens. Emma told about helping with the hens:

“I really enjoyed feeding the chickens. My sisters and I got to feed them and gather the eggs each day. And when it was time for a new brood of chicks to be started, it was my job to climb up into the hen-house to find a “broody” hen that was anxious to start a family. I had to pick the hen up and carry her through the house, up into the attic, where there was straw all prepared for her to nest and hatch the chicks. The attic was warm and quiet—just the kind of place she needed. Of course, we girls had to climb up there and feed her, and clean up, every day.”

In this way, the family was assured of an almost constant supply of eggs for cooking and baking, as well as for breakfast fare.

CREAM OF WHEAT DUMPLINGS for SOUP

When any of us were not well and didn't feel much like eating, Grandma Block would make us little bowls of broth with tiny dumplings in them. This soup invariably tasted good and helped us get over our illness. It is quickly made, with ingredients readily available.

1 C. water or milk

1tsp. Butter

1 beaten egg

½ C. Cream of Wheat

Dash of salt

Dash of nutmeg (if desired)

Soup broth (Usually Bouillon cubes dissolved in boiling water)

1. Combine 1 C. water or milk, butter, salt, and cream of wheat in a saucepan and cook until thick. 2. Cool till barely warm and add beaten egg, mixing well. 3. Drop these by ½ teaspoonfuls into boiling broth. 4. Cook for 5 minutes, or until done.

KARTOFFEL-KLOESSE

(Potato dumplings)

6 medium potatoes, peeled, boiled, and cooled

½ Cup flour

1 ½ Tsp. Salt

2 eggs

1. Grate the potatoes fine, or put them through a ricer. 2. Add the eggs, flour, and salt, and mix well together. 3. Roll this dough into 1-inch balls, and drop them into boiling water. 4. Gently boil them for 10 minutes. 5. Lift them out with a slotted spoon and put them into a warmed serving bowl; keep them warm while making crumb topping or gravy.

BUTTER-CRUMB TOPPING

(This is the same topping Grandma used for Spaetzles, noodles, and vegetables such as cauliflower and Brussels sprouts.)

1/2 C. butter (1 stick)

3/4 C. dry bread crumbs

1.Melt the butter in a small skillet, add the crumbs, and stir over medium heat till both butter and crumbs are lightly browned. **2.** Pour the topping over the dumplings before serving them.

GRANDMA'S HOMEMADE NOODLES

Add **2 jumbo eggs + 2 half-shells of water.** to about **1 ½ to 2 Cups flour.** mix well, knead lightly. Roll out on floured board and cut in thin strips; boil in salted water. Serve with Crumb topping.

SPAETZLES

(Spatzen: Tiny Dumplings)

The German plural word for “Spaetzle” is “Spatzen.” But Grandma always called them “Spaetzles,” and so we do too. These little batter-noodles were made whenever Grandma Block cooked a Pot Roast or Sauerbraten. She started the Spaetzle batter about an hour ahead of time, beat the batter with a wooden paddle for a minute or two, then let the batter “rest” for a little while. Then it would be beaten some more. In fact, whenever anyone headed for the kitchen, they’d be asked to “Give the spaetzles a stir!” By the time it was ready to use, the batter was elastic, shiny and slightly thick. (The batter works well even without all that beating!)

(Continued on following page)

SPAETZLES (*continued from preceding page*)

You will need a colander or a special Spaetzle-maker—a pan with 3/8-inch holes in the bottom. Or, cutting bits of the batter from a spoon into the boiling water works well—it's just slower. Here is Grandma's method:

4 eggs (or more)

½ egg-shell of water for each egg used

Enough flour to make a thick batter

A pinch of salt

Whisk the eggs and water together, and add flour gradually, beating well. Let batter "rest" after beating, repeat beating and resting several times, then push through Spaetzle-maker with wooden spoon into boiling water. When all the Spaetzles are floating, lift them out into a serving dish and cover with Buttered Crumb Topping.

For those who prefer more exact measurements, Louise suggests the following: To make about 4 cups, use

3 cups all-purpose flour

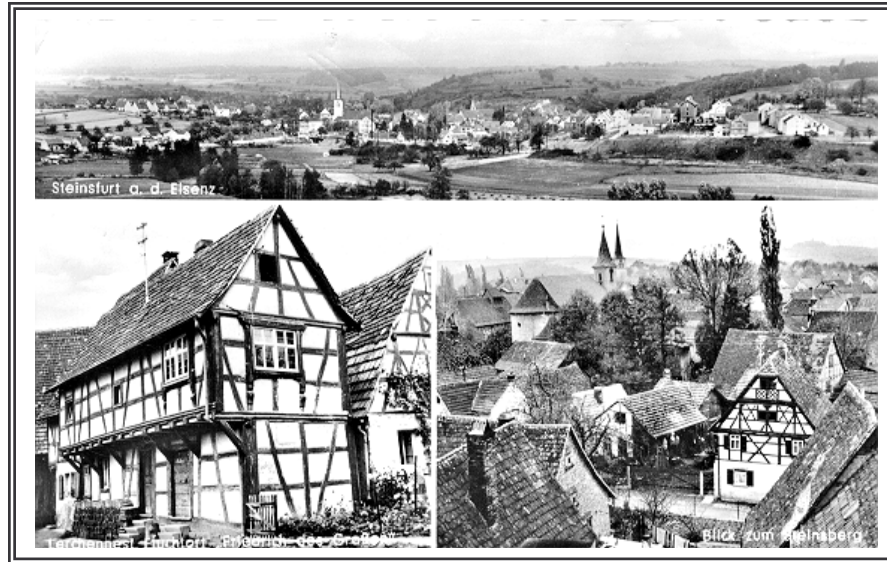
1 teaspoon salt

4 eggs

1 cup water or milk

1. In a large mixing bowl, combine the flour, 1/2 teaspoon of the salt. 2. Break up the eggs with a fork and beat them into the flour mixture. 3. Pour in the water in a thin stream, stirring constantly with a large spoon, and continue to stir until the dough is smooth. 4. Bring 2 quarts of water and the remaining ½ tsp. of salt to a boil in a heavy 4- to 5-quart saucepan. 5. Set a large colander, preferably one with large holes, over the saucepan. 6. With a wooden (or other) spoon, press the dough a few tablespoons at a time through the colander directly into the boiling water. 7. Stir the Spaetzles gently to prevent them from sticking to each other, then boil briskly for 5 to 8 minutes, or until they are tender. Taste to make sure that they're done. 8. Drain the Spaetzles thoroughly in a sieve or colander, or lift out with a slotted spoon into serving bowl. Top with Buttered Crumbs. (Preceding page.)

*A postcard from Steinsfurt shows typical scenes from
Grandma's old-world village.*





MAIN DISHES



Grandma Block on her way home from Church. Sunday dinner might be Pot Roast, to be cooked after she got back.

Chef Stephen says: “We can all remember the familiar smell of beef and onions and red wine cooking together when we walked into Grandma Block’s house before dinner. The full-bodied aroma was so rich that a great deal of my professional cooking is characterized by this flavor.”

MAIN DISHES

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In the days before World War II, the German-speaking communities in Portland had social groups that provided a setting for celebrations, visiting, dancing, and family-style meals. There were German, Swiss, and Austrian families who attended the gatherings. They had a large building, the “Swiss Hall,” spacious enough to accommodate the group of about two hundred. At one end of the hall was a stage, which had a fancy curtain with a large mural of William Tell painted on it. At parties, there was always dancing—mostly round dances—done to the music of a real German “Oom-pa-pa” band.

The children were always brought along when there were parties, and they enjoyed the experience of getting to know other young people who had the same heritage. The standard fare for the meals consisted of Goulash, simmered for hours, then served with home-style noodles. Dessert was invariably warm, freshly-baked Strudel, both the apple and cheese varieties, brought out on huge trays.

Because these families were all patriotic Americans, such groups were disbanded when Hitler started the war in Europe. They missed their gatherings, but the children (who all have grandchildren of their own now) can still remember the warmth and fun of the parties.

BOCKWURST or OTHER GERMAN SAUSAGES

Bockwurst are Veal sausages, but these directions work well for almost any kind of German sausage.

Buy enough Bockwurst or other sausages to go around—at least 1 per person. Anyone with a hearty appetite will want “seconds.”

1. Prick each sausage with a sharp fork, to keep them from bursting during cooking. **2.** Put into a skillet with about $\frac{1}{2}$ inch of water, and cover. **3.** Cook over medium heat till water is evaporated. **4.** Uncover and brown a bit, over low heat, in the small amount of fat left in the skillet. These are very good with Sauerkraut or Sweet-and-sour red cabbage. Potato pancakes are a perfect accompaniment, also.

Note: Bockwurst may be cooked in a saucepan: Prick them with a sharp-tined “granny fork” and put them into boiling water, then turn off the heat. Allow them to heat through thoroughly.

They may also be cooked in the microwave oven, in a microwave-safe dish. As for the boiling method, be sure to prick them first to keep them from bursting. However you cook or serve them, they taste especially good with Dijon mustard.

GOULASH, GERMAN STYLE

When the German families had their great get-togethers, Goulash and Strudel meals were among the memorable events. Grandma Block sometimes made Goulash at home, too, but she didn't need a recipe. This is the way she made it:

2 lbs. round steak

1 large onion, chopped

Beef stock (May use Bouillon cubes or granules)

Red wine (optional)

Flour for dredging

Salt

Pepper

2 Tbs. Paprika

4 Tbs. Oil or other fat

1. Cut round steak into small strips, dredge in flour and brown in fat or oil in a heavy kettle. 2. Lower heat, add chopped onion, stir into the meat and continue till onion is slightly brown. (Do not allow onion to burn.) 3. Add seasonings to taste. 4. Add 1 cup of the beef stock and stir well. 5. Allow meat and liquid to simmer over low heat, adding stock or wine when necessary, for about 1 hour, or until quite tender. 6. Add enough liquid to make the amount of gravy desired, thicken with flour or cornstarch, and serve over noodles.

POT ROAST

Grandpa Block kept a healthy supply of home-made wine on hand. He grew and pressed his own grapes, pruning and tending the vines that covered the backyard arbor. Since he made many gallons of wine each year, Grandma always had plenty of it to cook with. One place she used it liberally was in the preparation of Pot Roast, which was always tender and flavorful.

You will need a “Dutch Oven” or other heavy, covered pan.

3-5 lb. beef pot roast

4 Tbs. Fat or cooking oil

4-5 C. water or beef stock (may be made with bouillon cubes or granules)

2 C. red wine (optional)

2 Bay leaves

Salt

Pepper, either ground or whole peppercorns

2 cloves garlic, peeled

1 large onion, sliced

1. Cut garlic cloves into several pieces; make a few slits in the roast and insert the garlic pieces well below the surface. 2. Dredge or sprinkle the roast with flour. 3. Sear it in the fat or oil on all sides to seal in the juices. 4. Add liquid to the depth of about ½ inch. 5. Add sliced onion, bay leaves, peppercorns, and other seasonings as desired. 6. Cover and simmer, adding liquid as needed, until meat is tender—about 2 or 3 hours. 7. If there is enough liquid, vegetables (Carrots, onions, celery, potatoes) may be cooked with the roast for the last ½ hour. However, since the vegetables will soak up some of the gravy liquid, you may want to cook them in a separate pan, boiling them in beef stock. 8. Remove the roast and cover with foil to keep it warm. 9. Thicken the gravy with flour or cornstarch.

Pot Roast is good served with Spaetzles, noodles, potato dumplings, or just with vegetables and potatoes. Quite often, Grandma Block would serve it with Spaetzles, so when we smelled the Pot Roast cooking, we looked forward to Spaetzles and pot-roast gravy.

ROULADEN
(Beef Roll-ups)

These are a wonderfully tasty main dish, and were always one of our favorites. They take some preparation and cooking time, but are worth it!

1 round steak, cut thin (not more than 1/3 inch thick)

6 (about) slices of bacon, cut in small pieces

3/4 C. chopped onion

Dijon mustard

1 large or 2 small Dill Pickles, cut in narrow strips

String or toothpicks for securing rolls

Flour for dredging

Beef stock plus red wine, (Optional)

Oil or shortening for browning

1. Cut the steak into pieces about 2" by 4". Pound the strips with a mallet or meat tenderizing tool until very thin and pliable; they will also be a little larger. 2. Season the strips with salt and pepper, spread thinly with mustard. 3. Place crosswise on each strip: 1 TB of bacon pieces, about 1 TB. chopped onion; and 1 strip of dill pickle. 4. Roll the strips, tying them with string or securing them with toothpicks. 5. Dredge them in flour. 6. Brown the rolls in oil or shortening. 7. Add liquid (beef stock and a little red wine, or just water) to a depth of about 1/2 inch in skillet. 8. Cover the pan and simmer, adding liquid as needed. Cook them for about 1 hour, or until the Rouladen are tender. 9. Remove the rolls to a heated plate. 10. Thicken the gravy with flour or cornstarch. Sour cream or yogurt may be added. Rouladen are good served with Spaetzels, noodles, or mashed potatoes.

SAUERBRATEN

In Germany, the Sauerbraten method was often used in cooking Venison or other game, as the spices and vinegar took away the “wild” taste of the meat. Most of us make it with beef, these days, and so did Grandma Block.

She often prepared this when children and grandchildren were coming to visit. We all loved it. She bought a lean roast, not too big to fit into her marinating crock, poured the spices and wine over it, and let it sit on a shelf in her cool basement for several days, turning the roast each day to be sure all sides of it were well “soaked.”

You will need:

A large crock or bowl for marinating the roast

A large, tightly-covered kettle or Dutch Oven for cooking

4-pound lean beef roast (Preferably rump or eye of round)

Mix together in saucepan:

2 C. red wine vinegar

2 C. red wine

2 C. water

1 large onion, sliced

2 bay leaves, 3 cloves, 10 peppercorns

(Or ¼ C, pickling spice)

1. Heat marinating mixture to a simmer, then turn off heat.
2. Pour mixture over meat in a large bowl, and allow it to cool. Cover and refrigerate for 3-5 days.
3. Remove meat from marinade and drain fully. Strain and keep the marinade.
4. Brown the roast in enough oil to cover the bottom of the Dutch Oven. (Dredging the roast in flour before browning will help keep the oil from spattering.)
5. Slowly add 2 cups of the marinating liquid. (Save 1 C. of the liquid for the gravy.)
6. Reduce heat, cover the kettle and allow to simmer for 2 ½ hours, or until roast is tender.
7. Remove it to a large platter, keeping it warm.

8. To make the gravy, thicken the cooking liquid with flour, cornstarch, or crushed gingersnaps. If more flavor is needed, add some beef base or bouillon cubes.

The Sauerbraten should be sliced and served with Spaetzles, Potato Dumplings, or mashed potatoes.

WEINERSCHNITZEL

(Veal Cutlets, Grandma's Style)

We usually think of Veal Cutlets as being breaded, fried, and served crispy with cream gravy. Grandma Block preferred to bread and brown them, then braise them with lots of onion.

That was her German style, and is quite good.*

1 lb. (or more) veal round Steak, about ½ in. thick

1 egg, beaten with 2 Tbs. water

Flour

Bread crumbs or cracker meal

Cooking oil or butter

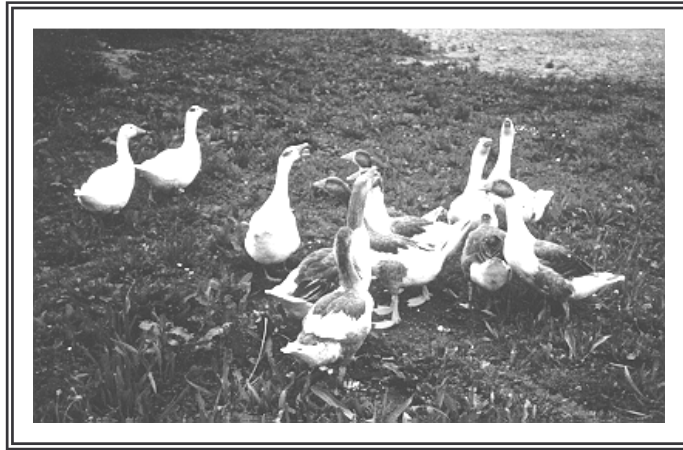
1 large onion, sliced

1 C. or more of beef broth or water

1. The veal steak will have a white edge around it. Trim this off or make several slits in it. 2. Score the steak lightly and pound with a mallet to tenderize, salt and pepper it if desired. Cut it in serving pieces. 3. Dredge the pieces in flour, then dip them in the egg, and cover with crumbs. 4. Brown the pieces on both sides in a skillet, cover with sliced onions, and add ½ C. of the broth. 5. Cover the skillet and cook at very low heat until the veal is tender, turning once or twice, about ½ hour. Add more broth as needed, to keep moisture in the skillet. 6. Make a gravy of the drippings.

She usually served noodles or mashed potatoes with the Wienerschnitzel.

**Since Veal is often unavailable, pork slices are a good substitute.*



Poultry played a large part in the Old-Country life. Geese were good for many purposes—eggs, meat, feathers, and goose-fat. The goose-down filled feather beds and pillows, and the fat was used to cook with, as a spread on bread, and to waterproof boots and shoes.

Some Steinsfurt geese are shown here, on “Goose Island” in the river, where they were taken, each day to feed on the lush grass. Roast Goose was the main dish at many a Christmas dinner—Emma preferred turkey or chicken, and so do we.

ROAST CHICKEN DINNER--A TRADITION

On Sundays, when the Blocks and their relatives gathered, Roast Chicken was often on the menu. When several of the families were there, it usually took two chickens to serve the whole clan. Grandma had a large oven, so it served well for preparing these large meals. She also had a stove in the basement, which came in handy for extra pans of stuffing, or other baked dishes.

In those days, chicken might be roasted, pan-fried, or simmered for soup, tender meat, and gravy, to be served with noodles or dumplings. Often, the chicken had been freshly killed, and had to have quite a bit done to it before it could be eaten. It had to be de-feathered; dipped in scalding water to loosen the feathers, plucked, singed over an open flame to burn off the pin-feathers, and the “innards” taken out. The giblets were set aside for use in the gravy or stuffing. The chicken was then thoroughly washed, inside and out. If it was to be roasted, the cavity was rubbed with butter and seasonings, stuffed, sewn up with strong thread or string, before going into the oven.

The stuffing was the same bread, onion and celery mixture we commonly use, except that Grandma always added some ground sausage meat—well browned and thoroughly cooked. This added flavor and fat to both stuffing and chicken. The stuffing was not highly spiced, and had very little sage in it.

Sometimes potatoes were baked in the oven with the chicken. More often, the potatoes were boiled and mashed. Peas or spinach were often the accompaniment of choice, along with a simple green salad of lettuce, chopped onions, and homemade vinaigrette dressing.

Cranberry sauce, in season, was homemade, too. Grandma cut each berry in half, washed the seeds out with running water, and stewed them with sugar until the juice was thickened. (If they were not in season, we had home-canned Cranberry sauce that she’d made earlier and put while hot into pint jars and sealed.)

ROASTED CHICKEN

Stephen says:

“Chicken can be bland and lack flavor, as we all know. On the other hand, a roasted chicken is, to me, one of the most savory and satisfying flavors I’ve ever experienced. Slow roasting releases the fat in the skin, basting it and causing it to brown, and gently coaxing out the flavors and juices. It’s best not to try to hurry the process—patience is a critical part of great cooking.”

You’ll need a good roasting pan large enough to hold the juices that come from the bird while it’s roasting. (The principles in this recipe also apply to the Thanksgiving turkey.)

One 4 to 5 lb. chicken.

Seasoning salt

1 medium onion, chopped

Flour or cornstarch for thickening gravy

A roasting hen is great, but any large chicken will do. It is important to rinse the chicken thoroughly, inside and out. Place in the roasting pan, breast up. Season the skin and cavity with any good seasoning salt. Add a medium sized onion that has been coarsely chopped. Next, insert a meat thermometer and bake uncovered in a 300° oven. Slow roasting is best. Roast a 4 lb. chicken for about 2 hours, to an internal temperature of 145° . It will keep cooking for a little while even after it comes out of the oven, so leave the meat thermometer in place, and after about 15 minutes it should read 160°. Thicken the juices with either flour or cornstarch, and add water to make gravy.

The dinner wouldn’t be complete without stuffing to go with the chicken. These days, we feel that it’s better not to bake the stuffing inside the chicken, but to bake it separately in a pan or casserole.

Stephen’s recipe for the bread stuffing follows.

STUFFING FOR CHICKEN OR TURKEY

2 C. Chopped onions diced to ¼” cubes
2 C. celery dice ¼”
½ stick margarine
2 TB poultry seasoning
1 C. water seasoned with chicken bouillon
2 qt. bread cubes
6 eggs, whipped
½ C. milk

1. In a large frying pan, sauté onions and celery in melted margarine till onions are soft. Add poultry seasonings and cook 2 more minutes. **2.** Add water and chicken bouillon and bring to a simmer. **3.** Put the bread cubes in a large mixing bowl. Pour the vegetable and broth mixture over the cubes, then add the whipped eggs and milk. Gently toss with a rubber spatula until cubes are coated. You want this mixture very moist, but not mushy. The bread cubes should keep their shape. So if it appears dry add some more milk. If it gets too moist it will just take longer to bake. **4.** Put mix in a large casserole dish cover with foil, and bake for 30 min. at 325 degrees. **5.** Remove foil and bake for 15 more minutes until top is lightly browned.

BAKED HAM (SCHINKEN)

When Grandma took a notion to bake a ham, she used generous amounts of Grandpa’s homemade wine to baste it with while it was cooking. The spicy aroma of the ham, wine, cloves, and brown sugar baking in the oven left no doubt about what was for dinner! In the old days, she’d buy a real smoked ham, with the bone in and skin on. After having the skin taken off, it was boiled to get some of the salt out of the meat, then covered with brown sugar and cloves, and baked in wine. Those hams were truly memorable!

Chef Stephen discusses hams, then gives his own recipe:

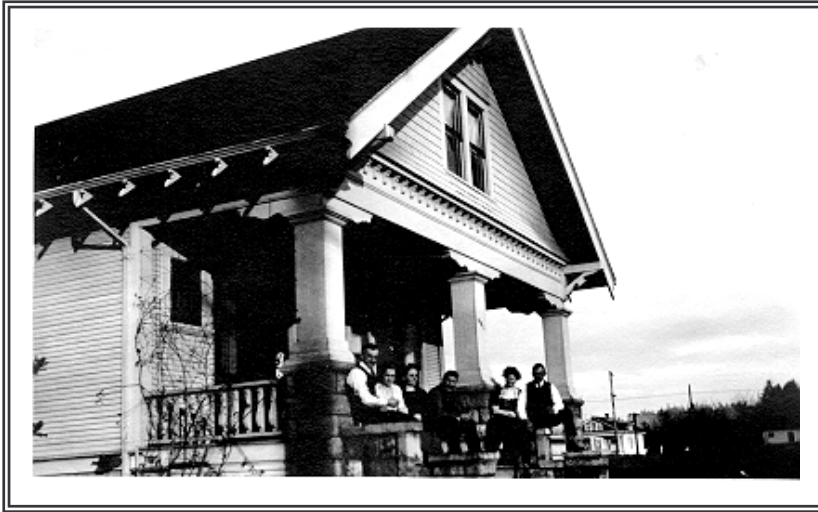
“The old-fashioned gourmet hams are cold-smoked and cured, sometimes for up to 6 years. Most of the hams on the market today are not cured at all. They are injected with water and liquid smoke. They taste okay to me, though the flavor is sort of like jellied lunch meat, compared with the taste of a real cured ham, which has a chewy but tender texture and a mellow, lingering smoky flavor that keeps getting better with each bite. These hams are difficult to find, but can be ordered. Also, most supermarkets sell what they call a “Cure 81” ham; this is a great product.

“We’ve all seen the beautiful magazine and recipe-book pictures of hams that have been scored with a crisscross pattern, then studded with whole cloves. They do look pretty, but I haven’t found that the whole cloves add much flavor. I use ground cloves. The amounts of each ingredient will vary according to the size of ham—half or whole, boned or bone-in—that you are baking. As in all roasting, the ham is done best at a low temperature.”

1 ham, whole or half **½ cup of brown sugar**
½ cup of prepared mustard **Pineapple rings or pieces.**

2 to 3 teaspoons of ground cloves **1-2 C. red wine**

1. Spread the mustard over the top of the ham with a rubber spatula. **2.** I sprinkle the cloves over the mustard. **3.** Top it with the brown sugar and pineapple rings or sections. **4.** Pour some red wine into the roasting pan, as this will make a great basting liquid. **5.** Slow-roast the ham for 2-3 hours at 300°, basting lightly so you don’t wash the glaze off. Bake it to an internal temperature of 145°



On many occasions, the family and their relatives gathered at Frank and Emma Block's home for a visit and a lunch or dinner. The women would work together in the kitchen to prepare a hearty meal, while the men visited over a glass of home-made wine. The front porch was a good place to sit and visit afterward. This picture, showing some of the family, was taken in the early 1920's, before any other houses had been built on the lots next to theirs.



SOUPS & CASSEROLES



One of the family's favorite German dishes was "Gefulte-noodles," a hearty combination of large noodles filled with meat, onions and parsley, then boiled in beef broth. The recipe can be adjusted to satisfy a large family, with plenty left over.

SOUPS AND CASSEROLES

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Quick Potato Soup	96
(For Cream-of-Wheat Dumpling Soup, see “Dumplings & Noodles, p. 86-97	

Aileen remembers: “Upon looking at the varied collection of mugs and cups in my cupboard, Grandma burst out laughing, and exclaimed, “You’ve got a ‘dog from every town’, as we’d say in Germany!”

Her own collection of recipes fits that description, also, as she had acquired many of them from friends of different ethnic backgrounds. Supplementing her extensive store of German recipes are such intruders as Goulash from Hungary, Ravioli and Lasagne from Italy, Corned Beef and Cabbage from Ireland, and Chow Mein from China. Besides all these, she had recipes for an abundance of American casseroles, cookies, desserts, preserves, and soups. She was always most comfortable, though, using the ingredients and methods she’d been trained to regard as the proper and traditional German ways of cooking for her family.

BARLEY AND ALMOND CASSEROLE
Gerste-Mandel Kasserole

This hearty and delicious casserole recipe came to Grandma from Louise.

In many German homes, a stew made of barley was a Christmas Eve tradition. It was served in recognition of the friendly farm animals that came to the Manger to visit the Christ Child. It was thought that the barley would be a pleasing kind of grain to offer them. This delicious recipe is a somewhat dressed-up version of the barley tradition. It serves a large family generously, and Grandma loved to make it.

1/4 lb. butter or margarine

1-3/4 C. barley

1 or 2 chopped onions

2, 4-oz. cans mushrooms

1 can mushroom juice (add water to make 1 can)

3 C. beef bouillon (canned or cubes)

1 C. slivered almonds

Chopped red bell peppers or 1 can pimientos

1. Put barley in large buttered casserole with 1 C. bouillon and the mushrooms, butter and chopped red bell peppers, if not using pimientos. Cover and bake 45 min. at 350°.

2. Add 1 more cup bouillon, plus 1 can of mushroom juice and stir. Bake 45 min. longer at 350°.

3. Pour in last C. bouillon and 1/2 can water, stir and bake 30 min. longer.

4. Toss in slivered almonds and pimientos (if not using chopped red bell peppers), just before serving.

(If the above looks dry, you can add a little more water.

Half of this recipe serves 4, with some left over!)

GEFULTE-NOODLES

(Filled Noodles)

This is a hearty cold-weather dish, consisting of large squares or triangles of noodle dough, filled with a meat and parsley mixture, folded over and sealed, then boiled in beef broth.

FILLING:

1 or 2 bunches fresh parsley, washed, drained, and heavy stems removed. (Should have about 2 qts.)

1 large or 2 small onions

Chop parsley and onions (or put through a grinder or food-processor.) Put into a large skillet with

2 Tbs. Oil

Simmer until heated through, stirring frequently. Remove into a large bowl.

2 slices bread; put to soak in about $\frac{1}{2}$ cup milk.

1 lb. lean ground beef ; Brown lightly in skillet.

Add to the green mixture in bowl; squeeze the milk out of the soaked bread, crumble bread up and add to the mixture. (May add a little salt.)

1 egg Break into mixture and mix all together. If filling seems too soft, add a few bread crumbs.

NOODLE DOUGH

5 eggs, plus $\frac{1}{2}$ shell of water for each egg used.

Beat lightly with a fork.

1 tsp. Salt (Optional)

Flour Add, a little at a time, enough to make a moderately stiff dough. Turn out onto well-floured board. Knead, working more flour into dough, until it is smooth and elastic. (May use Kitchen-Aid mixer for this.) Allow dough to “rest” for 10-15 minutes, while preparing broth.

Fill a large pot—or two of them—about $\frac{2}{3}$ full of water; bring to a boil. Add enough bouillon cubes or other beef base to make a good broth. Keep simmering while getting noodles filled.

Keeping board well floured, cut off, with metal spatula, a piece about the size of a large potato. Roll with floured rolling pin until about 1/8 in. thick. Cut into squares or rectangles about 3" or 4" on each side. Put a spoonful (about 1 TB) of filling in center of each; fold over and seal well. Drop a few at a time into boiling broth. Repeat until dough is used up. If there is extra filling, put it into the broth. Simmer at least an hour. (Two hours will be even better. If some of the noodles break up and spill their filling into the broth, it's okay. These noodles are not things of beauty, but they are delicious!) Grandma Block used to lift out a few nice filled noodles, dry them a bit, and then keep them in the refrigerator to fry in butter for the next day's breakfast!

FOR SMALLER BATCH: Use **2 jumbo eggs + 2 half-shells of water**. Add **1 ½ to 2 Cups flour**; this will make about 12 noodles. Cut filling recipe and broth about in half.

LINSENSUPPE

(Lentil Soup)

8 servings

Ham bone or diced ham, or diced and fried bacon

1 Med. Onion, peeled & chopped

2 C. Lentils, washed & drained

1 Clove Garlic, crushed

1 Bay Leaf

1 Med. Carrot (scraped and chopped)

1½ tsp. salt or 2 TB chicken base

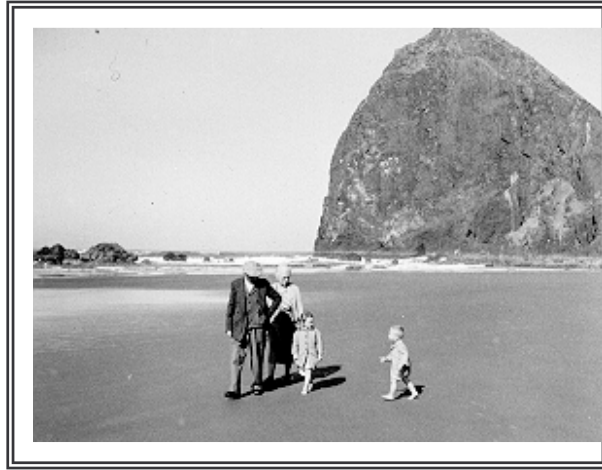
1 Stalk Celery (cleaned and chopped)

1/4 tsp. Pepper

2 TB Salad Oil

8 C. Water

1. Sauté onions, garlic, carrots, and celery in a large kettle for 5 minutes. 2. Add water, lentils, bay leaf, salt, and pepper, and ham bone, diced ham, or browned bacon. Bring to a boil. 3. Lower heat and cook slowly, covered, about 30 minutes, until lentils are tender.



*Days spent at the beach were the highlights of the summer.
Here, Grandma and Grandpa Block explore the sand near
Haystack Rock, but in the old days, the whole family gathered at
Long Beach, Washington, and dug for clams.*

Frank and Louise tell this story from their childhood: “When we were young, the whole clan (Emma’s sisters, brothers, and their families) would spend some time together at Washington’s Cranberry Station, near Long Beach, Washington. Some family friends always let us use their huge vacation house (which they called a “cabin”) overlooking the beach. The women had packed many boxes of clean canning jars and lids to take along. While the men dug clams down on the beach, the children would hurry the clams, by the bucketful, up to the house.

While this was going on, the women were busy in the kitchen, shucking the clams, grinding them and canning them in the jars they’d brought. The big old wood-stove had a roaring fire in it, keeping the kettles of jars steaming in a “hot bath” which both cooked the clams right in the jars and sealed the lids properly. Emma and her sisters always enjoyed being together and putting up the clams. “The chowder will sure taste good this winter!” was a comment heard often. The chowder tasted good right there and then, too, as they always had plenty of clams to cook up a big kettle of chowder for lunch.

GRANDMA'S CLAM CHOWDER

This was not a German dish, at all, but was adopted with enthusiasm and enjoyed by Emma and all of her relatives. Since Grandma didn't write her recipe down, it isn't possible to duplicate it exactly; however, this comes close to her way of making chowder.

½ lb. bacon, chopped
4 large potatoes, peeled and diced
2 Tbs. butter
1 ½ C. chopped onions
2 cans chopped clams
3 to 4 cups milk
½ to 1 C. water
3-4 Tbs. cornstarch, or 5 Tbs. flour
Salt and pepper to taste.

1. Brown the bacon in a large dutch-oven sized pan. Remove bacon, leaving drippings in pan. **2.** Add onions, simmering them in drippings to partially cook. **3.** Add potatoes, liquid from the 2 cans of clams (reserve clams to be added later, as they toughen with cooking). ½ C water, 2 Tbs. Butter, salt and pepper. **4.** Stir over medium heat till potatoes are tender. **5.** Add milk, clams, and bacon. **6.** Mix a thin paste of cornstarch (or flour) and water; stir into chowder. **7.** Let simmer, stirring, until thickened. Grandma Block always served it with extra butter floating on top.

QUICK CHOWDER

For the diced potatoes and chopped onions, substitute:

1 pkg. (32 oz.) frozen cube-style Hash Brown Potatoes
1 Pkg. (12 oz.) frozen chopped onions.

Follow the above directions for Clam Chowder, substituting the frozen ingredients for the fresh ones.

POTATO SOUP

Frank says that Grandma Block's Potato Soup was one of his favorites when he was growing up. She made it much the same way they often had served it at her home in Germany; hearty and fragrant, with celery, onion, and bacon. Some may prefer the soup made without bacon; in that case, use a little more butter.

**3 large potatoes, peeled
and diced**

Salt

Pepper

1 large onion, chopped

2 ribs of celery, chopped

Flour or cornstarch

**3 slices bacon, cut into
small pieces (optional)**

Butter (1-2 Tbs.)

Milk

Cook the bacon pieces until crisp. Add onion, potatoes, and celery; salt to taste. Add water enough to cover the vegetables, and simmer till potatoes and celery are very tender. Add butter and pepper. Add enough milk to make soup the consistency you like it. Flour or cornstarch, mixed to a smooth paste with a small amount of milk, may be added for thickening. Simmer until thickened, stirring often. An extra bit of butter may be added to each bowl as the soup is served; freshly ground pepper makes a nice garnish, also.

QUICK POTATO SOUP

Follow the above method, but substitute for preparing potatoes and onions:

1 package frozen cube-style hash-brown potatoes

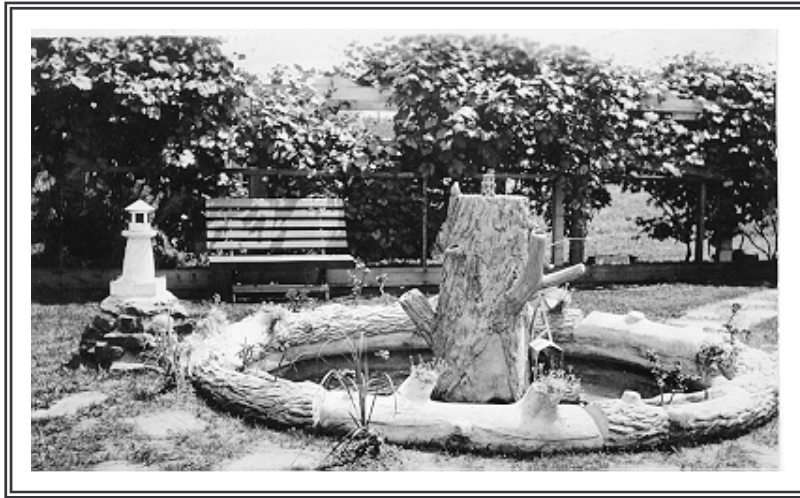
1 package frozen chopped onions

Chop the celery extra-fine so it will cook in a short time.

Skip the bacon if you want an even shorter cooking time, and use some butter in the pan to keep the potatoes from sticking and to give the soup a smoother texture.



VEGETABLES & SIDE DISHES



The Blocks' back yard was decorated with unique concrete log planters around a large goldfish pond. In the background is Grandpa's luxuriant grape arbor, which supplied the grapes for his fall wine-making tradition, as well as a generous vegetable garden.

VEGETABLES and SIDE DISHES

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In the Blocks’ vegetable garden, they grew most of the usual vegetables—peas, string beans, carrots, tomatoes, cabbage, cauliflower, radishes, onions, parsley and lettuce. When zucchinis became popular, they grew those in abundance. Leaf lettuce (not head lettuce) was planted at various times during the growing season, so as to have a continuous supply for the table. And there were potatoes, enjoyed most as “new potatoes,” these were Grandma’s favorite vegetable.

Baking potatoes were bought in quantity, by the burlap bag. Like many other foods, potatoes needed to be stored in the cool basement for winter. One of the children’s jobs was to go down and “sprout the potatoes.” This meant to pick off the sprouts, otherwise all the food in the potato would go to the sprout and the potato would shrivel.

There was horseradish in the garden, too. Grandma would wait until the root was good-sized, then pull it up. After washing it and peeling off the outer layer, she grated it. This was done on the back porch, where the ventilation was good—but the aroma was so pungent that she had tears running down her cheeks! Then she mixed the grated horseradish with a little vinegar and salad oil, put it into a glass jar with a tightly closed lid, and dried her eyes. The sooner the horseradish was used, the stronger it was. She also used horseradish as a cooked vegetable—grated, boiled, and served with a cream sauce. It was delicious, and added variety to the family’s table, but we didn’t ask her for her recipe.

POTATO PANCAKES

Grandma would write down a recipe on whatever paper she could find, and slip it into the pages of her cookbook. This illustration is a recipe written on a “time card” from the leather-working shop where Grandpa Block had been an apprentice. That was in the early 1900’s, before he decided that harness-making was not for him, and started a tug-boat business.

TIME CARD			
P. SHARKEY & SON			
			190
AMOUNT	STOCK	HOURS	MINUTE
6	large potatoes grated		
4	eggs well beaten		
2	tablespoons sour milk		
1	teaspoon full soda		
3	tablespoons full flour		
	add salt to taste.		
Signature			

6 large potatoes, peeled and grated

4 eggs, well beaten

2 tablespoons milk

3 TB flour

¼ tsp. baking powder

1 tsp. salt

1 TB finely chopped onion (optional)

Mix all together; drop by large spoonfuls into skillet. Sauté in hot oil till undersides are brown; turn and fry other sides.

Remove first batch onto warm plate. Keep these in a warm oven while frying the rest of the pancakes. Serve with applesauce—sour cream is a good garnish, too.

HOT BACON DRESSING

Stephen remembers this as a special treat:

“Grandma Block often made this dressing when her children and grandchildren came to visit. When lettuce was plentiful (preferably leaf-lettuce) she would make “Wilted Lettuce.” The dark-green leaves were put into a large bowl to be mixed with the hot dressing, then served in small hand-turned wooden salad bowls that Grandpa Block had made in his workshop. The bowls were stacked, pyramid-style, on the kitchen counter well before dinner-time. When I went through the kitchen on my way to play in the back yard, I would see them there and look forward to that tangy salad. Much later on, when I had my own restaurant, I used the same dressing, modified just a little, as my House Dressing. It was the most-requested recipe I had. I preferred to serve it with Romaine lettuce or fresh raw spinach. It also makes a good dressing for German potato salad.”

Of course, Grandma didn't use any standardized recipe. She left the bacon drippings in the pan with the fried bacon pieces, added a bit of vinegar, a splash of water, a generous sprinkling of sugar, and let the ingredients simmer to blend the flavors. Somehow, it always tasted exactly right!

¼ lb. diced bacon	¼ C. sugar
¼ onion, chopped	Salt and Pepper, if
½ C. cider vinegar	desired.
½ C. water	

In a skillet, fry the bacon until almost crisp, then add the diced onions and cook until the onions are clear. Add water, vinegar, and sugar. Bring to a boil, reduce heat and simmer for a few minutes. Excess dressing keeps well in the refrigerator.

Stephen's modifications for his restaurant are as follows: Discard most of the bacon drippings, follow the above directions, then stir in a mixture of **1 TB cornstarch and ¼ C. water***; simmer about 15 minutes. Dressing should cover a spoon with a nice glaze.

* May add **½ tsp. Paprika** and **½ tsp. Dijon mustard** at this point, if you want them.

WILTED LETTUCE

1 large bowl of washed and dried lettuce leaves, torn in pieces

Hot bacon dressing

Pour enough of the dressing over the lettuce to coat the leaves and stir until the lettuce has become less crisp. Serve immediately. Save extra dressing in a covered jar in the refrigerator.

HEISS KARTOFFEL SALAT

(German Hot Potato Salad)

Boil in their jackets, peel and slice:

4 large potatoes

Dice: **5 thick slices of bacon**

Prepare: **1 Cup chopped onion**

Mix dressing ingredients in measuring cup:

¼ Cup wine vinegar

¼ Cup water

¼ Cup sugar

Use to taste: **salt and pepper**

1. Fry the diced bacon in a large skillet over medium heat, stirring often, until almost crisp. **2.** Add chopped onion and continue stirring until onion is cooked and turns slightly golden brown. **3.** Add mixed dressing ingredients, heat and stir until mixture boils and sugar is dissolved. **4.** Add sliced potatoes, mixing everything together well. **5.** Season with salt and pepper. **6.** Continue cooking, stirring frequently, for at least 10 minutes, or until the potatoes have absorbed all the liquid and are heated through. Continue heating and turning the mixture over for another 5 to 10 minutes. May allow to stand for additional 10-15 minutes to let the flavors blend completely.

SAUERKRAUT

Traditionally German, this form of pickled cabbage was used in many ways. It could just be heated and served as a vegetable, or cooked with meat (preferably pork or pork sausage.) Cooked in its natural brine, it could be so “sharp” that it made your jaws ache. Rinsed and drained, or with a grated potato or apple added during the cooking, it tasted better to some of us. Each cook had her own way with it, and that’s probably still the case. Here’s a good starter:

Oven:325°

1 qt. sauerkraut, fresh or canned

4 slices thick bacon

1 tsp. caraway seed (optional)

1 apple, peeled and grated (optional)

Put the sauerkraut into a casserole. (If desired, drain and rinse the kraut first., reserving some liquid.) Dice and fry the bacon; add this and caraway seed to the sauerkraut, mixing well. If it seems dry, add some of the reserved liquid. Cover and bake in a moderate oven for 1 hour, replenishing liquid as necessary. Pork chops or sausage, browned first, may be cooked with it in the covered casserole.

MAKING SAUERKRAUT THE “OLD COUNTRY” WAY

At Grandma Block’s house, sauerkraut was made “from scratch” each fall. First, the fresh, solid heads of cabbage were shredded, using a special sauerkraut-cutter. Grandma had her own “cutter,” but back in her village in Germany, only one person in the town had one. The owner of the cutter went from house to house, hiring himself out to do each family’s cabbage-slicing for the season.

The shredded cabbage was put into large stoneware crocks, and was well salted as each layer went in. When each crock was almost full, a clean cloth was spread over the cabbage, a dinner-plate was set upside-down on the cloth, and a large, smooth,

clean rock* was put on top of the plate to keep it all weighted down. The cabbage would soon start to ferment, and took perhaps two weeks or longer to complete the process. After the fermentation was finished, the kraut was ready to use.

In Germany, the kraut was used directly from the crocks, all winter. It was thoroughly pickled, and kept quite well in the cool cellar. But Grandma usually put most of it up in glass jars, just as she did for other vegetables or pickles—it was the American way!

When she was growing up in Steinsfurt, things were done the same way they'd been done for hundreds of years. Green beans were salted down in crocks to be pickled in the same process used for the cabbage. Carrots, potatoes, turnips and apples were stored in the cellar, also. Cured meats, such as hams, sausages and bacon, were hung in cloth bags from the ceiling to protect them from mice. It was always cool down in the cellar, which provided the only refrigeration available.

**During the summers in Portland, when our family went on picnics near a stream, Grandma would always tell the children to keep their eyes open for a good "sauerkraut rock"—round and smooth, and of the proper size to use for weighting down the sauerkraut in the crocks.*

SWEET AND SOUR RED CABBAGE

(Rotkohl)

This was a dish that Grandma Block really liked a lot. Once, when she was eating at someone else's table, her plate came with a serving of what looked like red cabbage. She could hardly wait to sample it, and when the "cabbage" turned out to be shredded beets, she was terribly disappointed. The incident ruined her whole day! Soon after that, we made sure that she got some real German-style red cabbage.

For 4 Servings:

6 cups red cabbage, shredded

2 tablespoons chopped onion

3 tablespoons brown sugar

1/3 Cup vinegar

1/3 cup red wine

1 chopped or grated apple

1/4 Tsp. Ground cloves

1. Combine ingredients in large pan or casserole. **2.** Simmer, bake or microwave until cabbage is tender. Stir occasionally.

3. Taste the cabbage some time during the process, and add vinegar or sugar to adjust the seasoning, if desired.

Red Cabbage is traditionally served with Sauerbraten or Pot Roast, but is good with almost any kind of meat. Sour cream is sometimes used as a garnish.

GREEN BEANS, GERMAN STYLE

2 lb. fresh green beans

4 slices bacon

1/2 C. chopped onion

Salt and Pepper

Wash, string and snap beans into pieces about 2 inches long.

Boil until tender. Cut bacon into small pieces and brown in skillet, adding onion, stirring well. Add the bacon-onion

mixture to the drained beans, add salt and pepper to taste. If

you prefer, the cooked bacon and onions may be added to the

raw beans in a casserole, seasoned, water added, then covered

and microwaved until beans are tender. Frozen or canned green

beans may be substituted for fresh ones, adjusting other

ingredients to the number of servings.

CREAMED CELERY

The use of celery wasn't confined to salads. Chopped and stewed till tender, it was mixed with a cream sauce and served as a hot vegetable.

CELERY ROOT SALAD

Grandma would buy a homely celery-root (Celeriac) and peel it, boil it till tender, then dice it, mix it with a dressing made of vinegar, oil, sugar, salt and pepper. It was chilled and served as a salad. By then it was beautiful!

SPINACH, EMMA'S WAY

Fresh spinach, whether from the garden or from the market, was liked by the whole family—even by the children. Grandma would wash a large bowlful of the leaves, swishing them well through lots of water several times to be sure every grain of the sandy soil was gone. She put the wet spinach into a large cooking pan with a little salted water, and let it simmer gently until it was tender. By this time, the big batch of leaves had condensed to a much smaller amount. She then put the cooked spinach into a large wooden chopping-bowl, (resembling a big salad-bowl) and chopped it up very fine. The chopping tool had a handle on the top, holding two sharp, curved blades, and made short work of the process.

While this was going on, several slices of bacon, diced, were slowly cooking on the stove. An onion, chopped into small pieces, was added to the bacon and cooked just a little bit. Then a bit of flour was stirred into the bacon-onion mixture to make a sort of roux, and a little liquid (sometimes cream, but usually bouillon and boiling water) was added to make a small amount of thickened sauce. The spinach was added to this and mixed, with salt and pepper to taste. At the table, it was always accompanied by gravy of some kind, either from the meat being served, or with leftover gravy from a former meal.

(Continued on next page)

(Spinach, Emma's Way, Continued)

Frozen chopped spinach is readily available in the supermarket. Although it is not chopped nearly as fine as in Grandma's method, it can still give some of the same flavor we enjoyed in the old days.

1 package frozen chopped spinach

2 slices thick-cut bacon, chopped

¼ C. chopped onion

Amounts of added liquid and flour will vary with the amount of liquid left in the spinach:

2 TB flour (Approximately)

¼ C broth or cream (Approximately)

Salt and pepper to taste

Cook the thawed spinach with a small amount of water until it is tender. (This may be done in a microwave oven.) Meanwhile, brown the bacon, add chopped onion to it and cook just till transparent. Stir in flour and allow to cook for a minute or two. Add liquid and stir till mixture is smooth and thickened. Mix with spinach, and add salt and pepper as needed. This is best when served with gravy from Pot Roast or other meat.



PRESERVES & PICKLES



Grandma and Grandpa in the back yard with grandchildren Stephen and Emily.

In the basement of their house, Grandpa Block had built a “Rattskeller,” (German for a small basement hideaway) which doubled as a canned-food storage room. Because it was dark and cool and totally silent, it seemed an ominous place to the grandchildren. Going in there seemed like creeping into a cave. But when the light was switched on, it was transformed into a cheerful little den—cool and pleasant on even the hottest summer days. It had colorful curtains covering the shelves where Grandma kept her home-canned pickles, jellies and jams, fruits and vegetables. These were labeled, dated and displayed with pride to her family and friends. The room was also furnished with a counter and sink, chairs, and a small table, for times when Grandpa and a friend or two might want to enjoy a glass of homemade wine. It got a lot of use.

PRESERVES AND PICKLES

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Grandma loved to preserve fruits and vegetables, in a variety of ways. She made the usual jams and jellies, but our favorite was always the Prune Conserve, made with Italian plums, that she put up in pint jars each fall. She canned garden produce—mainly string beans and tomatoes. She even made Ketchup if there were lots of tomatoes available. And, of course, she put up different kinds of pickles and relishes, too.

Stephen recalls: “When I was a small boy, I remember that Grandpa Block used to tease me because I liked pickles so much. He would laugh and say ‘Steve, one of these days I’m going to make you a Pickle Pie!’ I am still waiting.”

DILL PICKLES

We all liked these, but Steve was the real pickle-gourmet. This recipe makes 4 quarts of pickles. If you prefer to use pint jars, plan on having 8 pint jars ready.

To make the pickling brine: In a large saucepan, heat these ingredients to boiling.

2 qt. vinegar

1 qt. water

1 C. coarse salt

Keep hot while doing the next steps.

1 gallon 3-inch cucumbers

4 cloves garlic (more if you like a lot of garlic flavor in your pickles)

24 peppercorns

4 whole cloves

4 flowers fresh dill

4 1-qt. canning jars, sterilized

Scrub and dry the cucumbers. Into each jar, put 1 clove garlic, 6 peppercorns, 1 clove, and 1 flower of dill. Pack the cucumbers closely into the jars. Fill the jars with the brine.

While the filled jars are still very hot, seal them. The pickles should "ripen" for at least a week before they are served. They keep almost indefinitely on the pantry shelf.

CHRISTMAS PEPPER RELISH

The mixed red and green peppers in this relish give it its festive name.

3 C. vinegar

4 even Tbsp. salt

2 C. sugar

1 dozen red peppers

1 dozen green peppers

1 dozen large onions

3 stalks of celery (not bunches)

Chop these or put through food chopper. Mix all together. Pour boiling water over and let stand 5 minutes, then drain. Put vinegar, salt and sugar in kettle, and heat. When hot, add vegetables. Let these come to a boil, put in jars and seal securely.

MUSTARD PICKLES

50 cucumbers

1 qt. onions, small and peeled

6 green peppers

2 qt. Green tomatoes

2 heads cauliflower

Cut the above into small pieces and let stand in salt water overnight. In the morning, cook in the same water until tender, and drain.

Sauce:

2oz. powdered mustard (1/2can)

2 qt. vinegar

2 cups sugar (or more, to taste)

1 tsp. Celery seed (or more)

$\frac{3}{4}$ C. flour

$\frac{1}{4}$ C. turmeric

Dissolve sugar, flour, mustard, turmeric, and celery seed in vinegar. Bring to a boil and cook till thickened and smooth. Stir constantly to prevent burning. Add salt if needed. Combine with the vegetables and seal in pint jars. Or pack hot vegetables in hot jars, pour sauce over them, stir to eliminate bubbles, and seal the jars.

PRUNE CONSERVE

Grandma Block made this thick, jam-like conserve each fall, as it was a great family favorite. Neighbors would give her lots of Italian Plums (known as “prunes” among those folks). She was always glad to get them, as she could use them for Schwetckekuchen (prune or plum cake, similar to Apfelkuchen) or for this delicious Prune Conserve.

4 lbs. fresh ripe prunes

4 lbs. Sugar

4 oranges; grate the peels and squeeze the juice

2 lemons; grate the peels and squeeze the juice

1 lb. raisins

1 lb. chopped walnuts

Grind the prunes into a large kettle. Add grated orange and lemon peel and juice. Add the other ingredients and boil 30 minutes, or until thick enough. Ladle out into ½ pint jam jars and seal while hot, with lids and rings that have been heated in simmering water.

CANDIED ORANGE PEEL

An old-fashioned confection, this was used both as a sort of special candy and as an ingredient in various breads and cookies. Since it is difficult to find in stores, here’s how to make it at home:

1 C. orange peel, sliced into very thin strips

3 C. water

1 C. sugar

Boil the peel in 1 cup of water, for 5 minutes. Strain the peel, discarding the water. Add 1 cup of fresh water, and repeat boiling and straining.

Add 1 cup of water along with the 1 cup of sugar, turn heat to low, and simmer until sugar water has been absorbed. Cool and store in a glass jar or plastic container. When using the candied peel in a baking recipe, chop the strips into small pieces.

THIELE'S KITCHEN BOUQUET

A well-known Portland restaurateur, Henry Thiele, had his own original seasoning mix for meats, fish, poultry, and other foods, too. Grandma managed to get the recipe, and always kept a jar of this seasoning around—often using it when she roasted chicken or turkey. It called for:

¼ lb. garlic

1 lb. salt (rub these two together)

1/8 lb. ginger

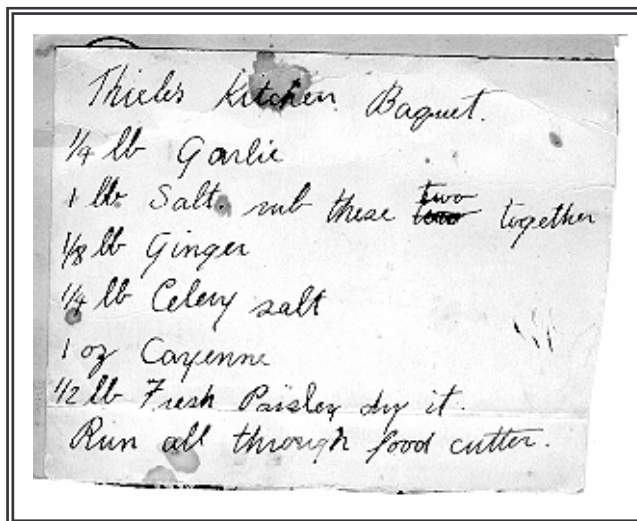
¼ lb. celery salt

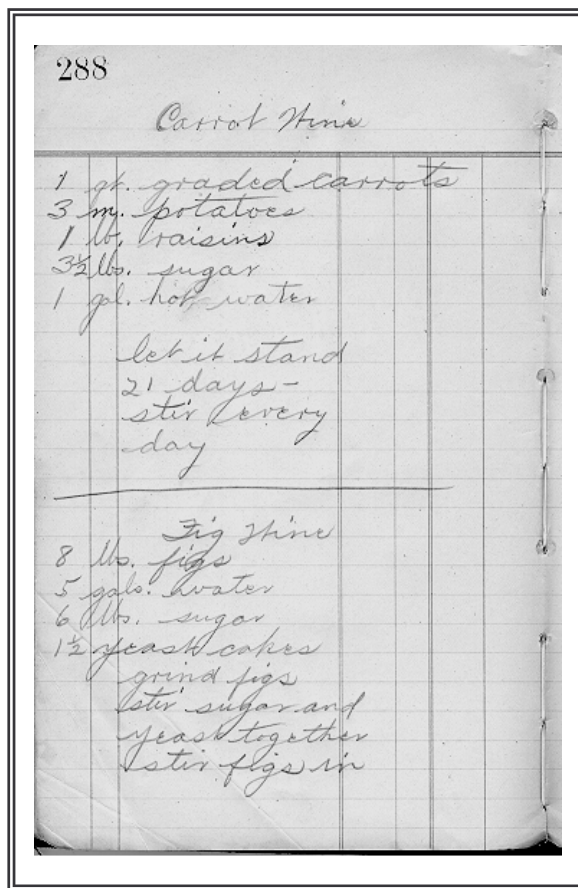
1 oz. cayenne pepper

½ lb. fresh parsley (wash it well and dry all moisture off it)

Run all this through a food cutter. (grinder or food processor)

Put it in tightly closed jars for storage. This recipe makes a lot.





These interesting recipes may have been kept as a curiosity, but we doubt that they were used very often!

When Grandma first started learning to keep house in Germany, the family's cook-stove was a wood-fired one. She liked the cozy smell of wood-smoke, and was used to the many variations in heat that a wood fire would produce. Her stove in the Portland home had a combination of wood and gas features. If she wanted to heat the oven with wood, she could do that.

Efficient Baking



Thousands of housewives *can* and *will* testify to the efficiency of Gas for baking. Its cleanliness, economy and easy control make it decidedly superior to all other fuels. High winds or sluggish drafts make no difference, as a Gas Range is not dependent upon weather conditions to give perfect results. Just regulate a valve—nothing more—and you can have a slow or quick baking oven at will. **Success** is within reach of all.

An advertisement for Gas cooking, from Grandma's 1914 edition of "The Neighborhood Cookbook."

On cool mornings, the wood fire heated the kitchen, making breakfast more pleasant. If she preferred the convenience of gas, as she generally did, it was there to be used. Lighting the oven was sometimes a real adventure, as it occasionally made a fearsome noise when the match was applied. At least once, she got her eyebrows singed!



SOAP & HOME REMEDIES

How Our Grandparents Kept Us Clean and Healthy



*Grandma, in the Block's basement laundry area, bathing
"Pal."*

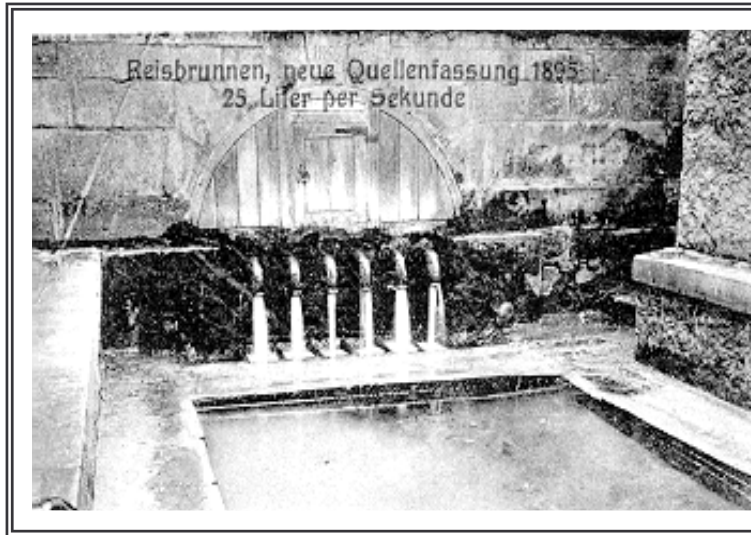
Pets had to keep clean, too!

SOAP & HOME REMEDIES

Keeping Clean the Hard Way 111
Home Medicine in Grandma's Day 113

The Streib girls washed the family's clothes and linens at home, carrying all the water from the hand-operated pump in their back yard. They heated the water on the kitchen's wood-burning stove, poured it into old-fashioned washtubs, and scrubbed the stains out on a washboard with their home-made soap. After wringing it all out by hand, they carried the laundry in wicker wash-baskets to the nearby "Reisbrunnen" pool to rinse out the soap. Fresh water ran from the pipes at one end of the concrete enclosure, and drained out at the other. Grandma said—"It was so clear that we could rinse out the laundry and then go get a drink!"

One of the first prayers the children were taught to say at the table was "Brenndele Wasser Fiele, Amen." (May the well-spring always be full of water.)



The “Reisbrunnen,” the spring near Grandma’s house in Steinsfurt

KEEPING CLEAN THE HARD WAY

The Mighty Homemade Soap

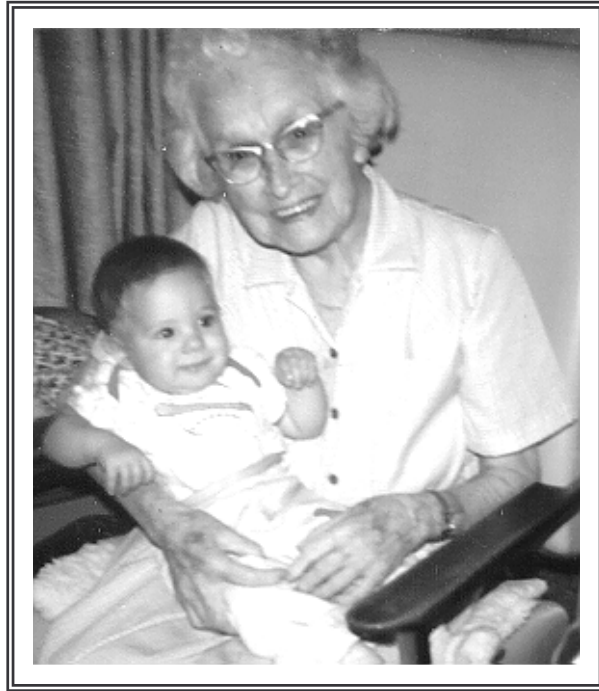
While the folks were growing up in Germany, keeping clean wasn’t easy. The village market had the usual household necessities and food staples at affordable prices, but soap—nice soap—was very expensive. Most of the villagers made their own soap. All the unused drippings or extra fat trimmed from meat were saved, the fat was rendered, boiled in water until very clean, skimmed, and cooled. It was then set aside until enough had accumulated for a batch of soap to be made.

A large cast-iron kettle, set over an open fire in the back yard, was used for this process. The fat was melted in the big pot, then lye and sometimes other ingredients were added. As the mixture heated and was stirred with a long wooden spoon, it thickened. When it was the right consistency, it was ladled or poured into pans to harden. After it was solid, it was cut into

cakes of the right size for household use. (Why did it have to be made outside? It smelled awful while it was “cooking.”)

When the family moved to Oregon and bought the farm at Milwaukie, most of the traditions of life in the Old Country—including the soap-making—continued. The soap didn’t look or act like the fragrant, white, floating “Ivory” most of us grew up with. It was hard, yellow, harsh, and sank like a rock to the bottom of the tub, but it had great cleaning potential. For laundry, it was “shaved” into the washtub or copper boiler. Rubbed vigorously over soiled clothing on a washboard, it took out the most stubborn of smudges and stains. It was used for scrubbing floors, washing dishes—and for bathing the kids, too. Housewives had plenty to complain about when their hands became red, rough, and painful from frequent exposure to the potent dirt-banisher, and homemade glycerin-and-rosewater lotion was the usual remedy.

As the gentler store-bought soaps became less expensive, and detergents were introduced for laundry and dishwashing, they largely took the place of the homemade soap. But old habits die hard, and our folks refused to part with the remnants of the old yellow soap. A few bars were kept and put to use for some really tough cleaning jobs, perhaps more for nostalgia than for necessity. Modern ways did not replace all of our family’s traditions, but in the case of the skin-eating soap, the folks admitted that the newer way was better. Thank goodness!



Grandma Block holds a healthy and happy grandchild.

HOME MEDICINE IN GRANDMA'S DAY

Old-time recipes for tried (and mostly true) do-it-yourself remedies. *

The fact that so many of the family's children, born and raised before the age of antibiotics, lived to grow up may be due to the often effective home remedies put to use by our Grandparents. Or perhaps we just had strong genes and a will to live, which helped us survive those procedures!

**We do not offer any guarantees that these will work for you, but most of them seemed to work for the "Old Folks."*

In German families, the moderate use of wine and whiskey was considered a healthy practice. Since Grandpa Block made a lot of wine every fall, there was always plenty on hand to use for medicinal purposes as well as for a beverage at the dinner table. Small amounts of alcohol were thought to kill germs as well as pain, relaxing the patient and allowing more restful sleep. In this respect, it did the job. Neither of us children ever got “hooked” on the small amounts of alcohol we were given.

When one of us caught a cold, hot spiced wine was the first thing we got. It was half wine and half water, with lemon juice, sugar, and spices added.

Then the chest rubs began. The really old-time standard was a mixture of camphorated oil and lard or goose-grease, heated and rubbed into the chest. When Vick’s VapoRub and “Mentholatum” became popular, they were used instead of the messy traditional mixture. They were rubbed liberally on chest and neck. A cool cloth was wrapped around the neck, covered with another wrap of cotton flannel secured with safety pins. Inhaling the pungent fumes emanating from these applications was probably an added benefit.

Upon the recommendation of an old-fashioned doctor, Grandma tried a mustard-plaster when one of us had a bad chest-cold. Moistened cloths, liberally loaded with potent dry mustard, were applied to the patient’s chest. In the one case when this was tried, the kid’s skin was badly burned and caused more pain and grief than the cold. This was one remedy she discarded forever, and that doctor was never called again.

For really bad, feverish colds, there was the highly effective “sweat-it-out” procedure. The patient was dosed with the spiced wine and lemon juice prescription, or sometimes just a big glass of hot lemonade, then put to bed, wearing warm pajamas and covered with several blankets or wool-filled comforters. This resulted in copious amounts of perspiration soaking the pajamas and sheets; having them changed several times during the night

was necessary. By morning, the fever would have broken, and a return to normal health often came in a few days.

The bedrooms were usually quite cool, and the beds had to be warmed before a feverish patient crawled in. Grandma used a corked earthenware bottle, filled with very hot water, to warm the bed and place at the patient's feet. This, too, aided the sweating process, as well as helping to induce sleep.

To "feed the cold," Chicken soup and crackers were the standard fare. The soup usually was home-made, and contained alphabet noodles, rice, or Cream-of-Wheat dumplings. As a short-cut when the chicken soup wasn't available, a broth made with Steero bouillon cubes, and with the little dumplings floating in it, served the purpose. When a bad cough and sore throat accompanied the cold, the patient was given a sip of whiskey to soothe the throat as well as the child. These days, this practice would be frowned upon and reserved for older children and teenagers; however, the child probably got no more alcohol than is contained in a liberal dose of cough syrup. Anyway, it worked.

When we had stomach upsets, we were given a teaspoon of whiskey, mixed in a shot-glass with a teaspoon of hot water and sprinkled with nutmeg. If we occasionally feigned a stomach-ache, who could blame us? She'd have caught on if we tried it too often. Constipation was treated with the early version of Ex-Lax—not the chocolate kind, but small cubes of compressed figs with a very active chemical in them.

Skinny kids were considered frail and unhealthy; a chubby appearance was the delight of all and a credit to the child's parents. Cod Liver Oil was given as a tonic to "build up" the system, and the skinny one was urged to eat a lot of butter and cream, as well as the fat on the meat served at dinner. "Fat macht wieder fat" (fat makes more fat) was the German idea.

A toothache was treated by applying whiskey to the tooth with a cotton swab, and fussy teething babies got whiskey rubbed on their gums. It generally worked, at least temporarily.

Bee-stings brought out the soda-box, and a paste was made of the moistened soda and applied to the sting. Grandpa had a sure cure for the sting; he chewed up a wad of chewing tobacco and stuck it on the sore spot!

If we got warts on our hands, especially “seed-warts,” we had to soak them in a solution of Bluestone (Copper Sulfate.) This was actually a mild Sulfuric Acid solution. We did this for 30 minutes every day until the warts were gone. Grandma’s principal weapon against infection was one she learned from German friend, Mr. Konigshofer. The infected place was soaked in a solution of Ubermangansauers Kali—Potassium Permanganate. Ringworm got this purple solution as a treatment, too. Sometimes Grandpa would fetch a bit of tar to cover the sore spot with, and the tar would stay on until a scab had formed underneath—then the tar fell off.

If we got a cut or abrasion, Grandma got out the Iodine bottle and painted the solution liberally on the raw spot. It really stung—and that, she felt, showed it was killing the germs. If it didn’t sting, it wasn’t much good.

For boils and carbuncles, the remedy was the “Hot Bottle” treatment. When the affected spot was at its worst, a small bottle was heated and the opening applied to the eruption. As the bottle cooled, the suction created inside it caused the bump to break, drawing the poison out. Then drainage would begin, and healing would follow. (Not a nice topic, but boils were quite common among us in the days before antibiotics.)

Our neighborhood went through spells of the usual contagious diseases—Measles, Mumps, Chickenpox, Whooping cough, and worst of all, Scarlet Fever. Not a lot could be done, in many cases—the disease just ran its course. When we had

Measles, our rooms were darkened to prevent eye damage. We ate a lot of chicken soup, whatever the illness. Since the only way to stop an epidemic was to isolate the sick kids. A white flag hanging outside the door of a home meant that someone had measles—a warning to stay away because of contagion. A yellow flag meant the dreaded Scarlet Fever.

From Aileen's side of the family came Grandma Richey's favorite remedies. For colds, sore throats and coughs, she made "onion syrup." An onion was peeled, a few thin slices cut from it, placed in a shallow bowl along with the rest of the onion, and covered with sugar. This sat on the warming shelf above the wood-burning range. As the onion juice melted the sugar, small amounts of liquid "syrup" were formed. Dosage was one or two teaspoonfuls when required. It may sound awful, but the kids liked it and firmly believed that it helped.

Onions were also the first aid of choice when bee-stings occurred. The onion was peeled and a small amount grated, applied to the sting, and covered with a bandage. Scrapes and sores were often treated by rubbing Zinc Oxide Ointment on them. If the skin was broken, Iodine or Mercurochrome were painted on.

Constipation was the signal for the "Fletcher's Castoria" bottle to come down from the shelf. Sage tea was a dependable remedy for almost any interior problem. We all hated the taste of it, and we got better in a hurry when we were threatened with it.

Great-grandmother Seley possessed considerable lore, too. The Sage tea lore was learned from her. Ginger tea for an upset stomach was one of her standbys, also. Another was the use of flax-seed to remove foreign bodies from a smarting eye. One seed was carefully put under the lower lid of the eye, and somehow it helped to remove the irritant. She had learned this, probably, from her own grandmother. It was a common practice back in the days of coal-fired trains, when passengers

or by-standers often got cinders in their eyes. She never traveled without her little agate-topped snuffbox with a supply of flax-seeds in it for such emergencies.

Another cure belonged in the medicine chest—Red Clover Tea, made by picking blossoms of red clover and steeping them in hot water. This was used (by some members of the family) to cure colds and hangovers—and probably is good for other ailments too.

These examples, from both sides of the family, are just a smattering of the lore of the Old Folks. They knew a lot more than they got credit for. And they never got sued for malpractice!

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