

# January

## Bratwurst

Bratwurst originally came from Germany. Now it is eaten a lot in different countries. Even the English word for it is in fact German. We fry it in a pan or have it at barbecues. It is a fast snack you get in rolls with mustard or a dish with sauerkraut and potatoes.

We Germans love our Bratwurst.



## January 2011

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# February



## Mineralquellen Niederlichtenau

In this food-processing factory they make mineral water and different kinds of lemonade. They found large resources of water rich of minerals in the area. That is why they built a new processing factory in this place. So far they have enlarged their production a lot.

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## February 2011

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# March



## Potato Salad

Potato salad is loved in Germany. It goes well with a variety of dishes, including Schnitzel, seafood and other meat dishes. Contrary to what you have probably heard about German potato salad, there is no one "typical" recipe. There are as many varieties of potato salad in Germany as there are people with the last names Schmidt, Meier, and Müller. The only important thing is cooked potatoes. From here, recipes differ in type of potatoes used, freshly boiled potatoes vs. potatoes boiled the day before, temperature of the salad when served, and ingredients. Some recipes use mayonnaise, some use a vinaigrette, some use chicken broth, and some use a combination of these. In addition to the potatoes, other ingredients could include pickles, cucumbers, mustard, leek, garlic, onions, apples, cabbage, eggs, bacon, seafood - anything is possible.

March 2011

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# April

At Easter lots of Germans colour boiled eggs. Often they make egg salad from these eggs. It is eaten on sandwiches of wheat bread.

Recipe:

Cut the boiled eggs into small pieces.  
Add mayonnaise, mustard, sugar, salt and pepper as you like.  
You can use chives for decoration.



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April 2011

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# May

Project meeting at the cooking studio Leipzig



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May 2011

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# June

The Pasta-producing Factory in Riesa

The food-processing factory in Riesa produces a variety of different pasta just as macaroni or spaghetti. You can make a tour and see the production process. Moreover, you can try different pasta recipes in a cooking studio there.



June 2011

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# July

## Ingredients

|       |                     |
|-------|---------------------|
| 150g  | plain chocolate     |
| 450g  | full milk chocolate |
| 150g  | coconut fat         |
| 200ml | whipped crème       |
|       | 7/8 cup             |
| 2pkg  | vanilla sugar       |
| 250g  | butter biscuits     |



## Method

1. Line a rectangular tin or bread tin with a freezer bag cut open for the purpose.
2. To make the chocolate mixture, coarsely chop the milk and plain chocolate. Finally chop the coconut fat, put it into a pan with the chocolate and cream and melt, stirring well. Finally, stir in the vanilla sugar.
3. Line the prepared tin with a layer of butter biscuits, breaking the biscuits into pieces if necessary. Spread some of the chocolate mixture on top, just enough to cover the biscuits. Fill the tin with alternate layers of chocolate mixture and biscuits (7-8 layers).
4. Refridgerate the tin for about 5 hours or, even better, overnight so that the chocolate mixture sets properly.
5. Remove from the tin by loosening with a knife and pulling gently at the freezer bag. Place it very gently on a plate and carefully pull off the freezer bag. It is best served chilled and cut in slices.

## July 2011

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# August



## Potato Pancakes

Potato pancakes are known and loved in Saxony. They are typically made from potatoes (either raw or cooked depending on the regional recipe), eggs, flour, oil or butter, salt, and pepper. Some regional recipes include additional ingredients, such as onions, yeast, milk, lemon juice, etc. The pancakes are pan-fried in oil until crispy and golden brown. Potato pancakes go well with sweet as well as savory foods. They are often served with apple sauce, peaches, pears, and other fruits. Likewise, they also go well with meats with sauces (such as roasts, Sauerbraten, and Gulasch), smoked salmon, caviar and smoked trout.

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August 2011

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# September



Eierschecke

This is a very traditional Saxon cake made of pastry, a quark layer in the middle and a top layer made of a mixture of eggs, milk, butter etc.



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September 2011

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# October

## Potato Soup

Potato soup is a traditional soup enjoyed throughout Germany. As with many potato dishes, recipes vary by region and family, so there is no one typical German potato soup. Of course, the main ingredient in this soup is potato, which is cooked in broth or salt water along with other vegetables, such as carrots, celery, onions. Once the vegetables are cooked, the potatoes are usually mashed or pureed. Crispy bacon pieces or grilled onions are added to the soup, along with various herbs and spices. This soup is most often served with wurst (sausages), such as Bockwurst, Frankfurter



October 2011

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# November

## Sauerbraten

Red wine vinegar, wine, and/or water typically forms the basis of the marinade, which also includes earthy aromatic spices such as peppercorns, juniper berries, cloves, nutmeg, and bay leaves and less commonly coriander, mustard seed, laurel leaves, cinnamon, mace, ginger, and thyme. The marinade may also include vegetables such as onions, celery, and carrots. The acidic marinade helps tenderize the meat (which is typically a tougher cut) before it cooks. Buttermilk is also used as a marinade in certain regional varieties. It is frequently advised to marinate the meat in an earthenware, glass, plastic, or enamel container rather than one made of metal, so the acidic marinade does not react with the vessel during the extended marinating process. After the meat is removed from the marinade and dried, it is first browned in oil or lard and then braised with the strained marinade in a covered dish in a medium oven or on the stovetop. After simmering for four hours or more, depending on the size of the roast, the marinade will continue to flavour the roast, and as the meat cooks, its juices will also be released resulting in a very tender roast.



After the roast is cooked, the marinade is strained and returned to a saucepan where it is thickened (often with crushed gingerbread, debouche, or gingersnaps, flour, sour cream, brown sugar, and/or roux) which brings both body and flavour to the sauce. Before it closed its doors in 1982, Venison or other game are often prepared as sauerbraten as the spices and vinegar take away the “wild” taste of the meat.

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## November 2011

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# Let's eat together

**Martin-Luther-Gymnasium  
Frankenberg/Sa.**

