

## Post 60 Recipes

### **Cooking Measurement Equivalents**

16 tablespoons = 1 cup	12 tablespoons = 3/4 cup
10 tablespoons + 2 teaspoons = 2/3 cup	8 tablespoons = 1/2 cup
6 tablespoons = 3/8 cup	5 tablespoons + 1 teaspoon = 1/3 cup
4 tablespoons = 1/4 cup	2 tablespoons = 1/8 cup
2 tablespoons + 2 teaspoons = 1/6 cup	1 tablespoon = 1/16 cup
2 cups = 1 pint	2 pints = 1 quart
3 teaspoons = 1 tablespoon	48 teaspoons = 1 cup

### **Deviled Eggs                      Chef: Phil Jorgensen**

6 dozen eggs	1 small onion	1 celery
hot sauce	horse radish	mustard
pickle relish	mayonnaise	Worcestershire sauce

- Boil the 6 dozen eggs in salty water
- While the eggs are boiling dice/slice/ grate, the celery and onion into itty bitty pieces put them in the bowl.
- Eggs get cooled best with lots of ice and more salt
- Peel and half the eggs.
- Drop the yokes in the bowl with onion / celery add mustard, mayo, relish
- Begin whupping then add some pepper 1/4 hand and 1 teaspoon of salt.
- Add some Worcestershire sauce 2-4 shakes
- Add some hot sauce 2-3 shakes.
- Add about 1/4 to 1/2 cup of horse radish.
- Keep whupping till thoroughly mixed then stuff eggs as usual.

### **Ham Salad                      Chef: Brenda Kearns**

mayonnaise	sweet pickle relish	ground black pepper
salt	smoked boneless ham	1 small onion
2 celery stalks		

- Dice 2 to 4 lbs smoked boneless ham.
- Dice 2 stalks of celery and 1 small onion.
- Mix ham, celery and onion with 1 to 2 cups mayonnaise.
- Add 1/2 teaspoon of freshly ground black pepper and 1 1/2 teaspoons salt add more to taste.
- Start with 1/2 cup sweet pickle relish then add more as needed up to 1 cup.
- Mix contents thoroughly then refrigerate until ready to use.

## Memphis Rub Pulled Pork

Chef: Don Disharoon

### Memphis Rub:

1/4 cup paprika	1 tablespoon firmly packed brown sugar
1 tablespoon granulated sugar	2 teaspoons salt
2 teaspoons Worcester pepper -- optional	1 teaspoon celery salt
1 teaspoon freshly ground black pepper	1 teaspoon dry mustard
1 teaspoon garlic powder	1 teaspoon onion powder
1 to 3 teaspoons cayenne	

Combine all ingredients. in a jar; twist the lid on airtight and shake to mix. Store away from heat and light for as long as 6 months. Makes about 1/2 cup, enough for 6-8 lbs. of meat, poultry or seafood.

### Memphis Magic BBQ Sauce (from the Internet):

3 tablespoons butter	1/4 cup minced onion
1 cup white vinegar	1 cup tomato sauce
1/4 cup Worcestershire sauce	2 teaspoons sugar
1 teaspoon salt	1/2 teaspoon fresh ground black pepper
1/8 teaspoon cayenne	a dash of Tabasco sauce

In a saucepan, melt the butter over medium heat. Add the onions and sauté for 6 to 8 minutes, or until the onions begin to turn golden. Stir in the remaining ingredients, reduce the heat to low, and cook until the mixture thickens, approximately 20 minutes. Stir frequently.

Use the sauce warm. It keeps, refrigerated, for a couple of weeks.

### Memphis Style No Vinegar Pulled Pork:

1 Boston butt or pork shoulder roast	1/2 cup of Memphis Rub
1 large onion, quartered and sliced	1 cup Memphis Magic BBQ Sauce
garlic powder	1-2 teaspoons of liquid smoke

Wash pork roast then apply the Memphis rub. Refrigerate overnight. Place pork roast in a crockpot; add chopped and a generous sprinkling of garlic powder. Cover and cook on low for about 9 to 11 hours, or until very tender and shreddable. Drain all juices off and shred or chop pork; add BBQ sauce and liquid smoke. Continue cooking on high for about 1 hour. Serve with buns and tangy coleslaw for topping.

About 8 to 10 generous servings.

## Slow Cooked Corned Beef for Sandwiches

Chef: Don Disharoon

3 (48 oz)	corned beef brisket with spice packets
1/2 cup	peppercorns
3 (12 oz) bottles	beer
3	bay leaves
1 head	garlic, bulbs separated and peeled
Spread	mayonnaise
Spread	brown deli mustard
Spread	thousand island dressing
2-3 loaves	rye, wheat, pumpernickel bread or a mix of loaves
**1-2 cans	sauerkraut if you want Rubeen style sandwiches **Optional

Place the corned beef briskets into a large pot. Sprinkle in all spice packets. Pour in the beer, and fill the pot with enough water to cover the briskets by 1 inch. Add the bay leaves, peppercorns and garlic cloves. Cover, and bring to a boil.

Once the liquid comes to a boil, reduce the heat to medium-low, and simmer for 4 to 5 hours, checking hourly, and adding more water if necessary to keep the meat covered.

Carefully remove the meat from the pot, as it will be extremely tender. Set on a cutting board, and allow it to rest until it firms up a bit, about 10 minutes. Slice or shred to serve. Discard the cooking liquid.

Spread the mayo on both bread slices on 1/3 of the sandwiches, mustard on another 1/3 and 1/3 thousand island dressing. Cut sandwiches into quarters. Separate the mayo, mustard and thousand island dressing that are on the sandwiches on separated trays and mark.

Recipe serves 25-30, but slicing the sandwiches in quarters for finger sandwiches extends the serving size.

## Crab Feast for 280 People

- 44 bushels of crab
- 20 dozen ears of sweet corn
- 6 cans of green beans
- 200 lbs of frying chicken
- 1 case (6 bags) of chicken fry seasoning
- 25 lbs of butter
- 2 bags of lemons
- 1 large container of Old Bay seasoning
- 5 5-lb packages of meatballs
- 1 can of ketchup.
- 1 large or 2 medium jars of grape jelly
- 2 large pans of potato salad
- 140 rolls white dinner rolls; 140 rolls of wheat dinner rolls
- 4 full sheet cakes

## German Cuisine Recipes

### German Mustard (2 Recipes)

**Question:** What makes mustard hot?

**Answer:** The mustard seeds are not hot nor pungent at all until they are cracked or ground and mixed with a cold liquid.

It is the chemical reaction between two compounds, *myrosin* and *sinigrin*, that combines to turn up the heat when the cells of the seeds are broken and mixed with cold water. This combination results in mustard oil that can actually cause burning or blistering when it comes in contact with the skin, so be careful when making your own mustard.

The combination reaches its peak in fire and flavor about fifteen minutes after mixing and will quickly decline from that point on. The addition of an acidic element (vinegar) is added to prepared mustard to delay or stop the decline. However, the acidic agent often masks the true flavor of the mustard. Heat inhibits mustard's potency and flavor, so be sure the mixing liquid is unheated if you want a hotter mustard.

The white mustard seed variety is merely hot and tangy to the tongue, while the black and brown varieties carry their heat and pungency up to the nose, eyes, and forehead. The latter two have a more intense, longer-lasting flavor and pungency than the white. This is why the mild yellow mustard is made from the white seeds, and stronger mustards from darker seeds.

### Spicy Warm & Sweet Mustard

**Chef: Don Disharoon**

#### INGREDIENTS:

- \* 1/4 cup yellow mustard seed
- \* 2 Tbsp. black or brown mustard seed, heaping
- \* 1/4 cup dry mustard powder
- \* 1/2 cup water
- \* 1 1/2 cups cider vinegar
- \* 1 small onion chopped
- \* 2 Tbsp. firmly packed brown sugar
- \* 1 tsp. salt
- \* 2 garlic gloves, minced or pressed
- \* 1/2 tsp. ground cinnamon
- \* 1/4 tsp. ground allspice
- \* 1/4 tsp. dried tarragon leaves
- \* 1/8 tsp. turmeric

#### PREPARATION:

In a small bowl, combine mustard seed and dry mustard. In a 1- to 2-quart stainless steel or nonreactive saucepan, combine remaining ingredients. Simmer, uncovered, on medium heat until reduced by half, 10-15 minutes. Pour the mixture into the mustard mixture. Let mixture stand, covered, at room temperature for 24 hours, adding additional vinegar if necessary in order to maintain enough liquid to cover seeds. Process the seeds and mixture in a blender or food processor until pureed to the texture you like --this can take at least 3 or 4 minutes. Some prefer whole seeds remaining, others a smooth paste. The mixture will continue to thicken. If it gets too thick after a few days, stir in additional vinegar. Scrape mustard into clean, dry jars; cover tightly and age at least 3 days in the refrigerator before using. Makes about 1 1/2 -2 cups.

## **Spicy Hot & Sweet German Mustard**

**Chef: Don Disharoon**

### Ingredients

- 16 cups brown mustard seeds
- 2 cups of cold water
- 7 1/16 cups apple cider vinegar
- 3 1/16 cups olive oil
- 1/4 cup honey
- 2 1/2 teaspoons dried tarragon
- 2 teaspoons turmeric
- 1- 2 cups horseradish (optional)

### Directions

1. Grind mustard seeds in spice grinder or food processor.
2. In small bowl, combine mustard seeds and cold water, vinegar, oil, honey, turmeric and tarragon and stir until smooth and paste-like.
3. You can "cool down" the mustard by adding more oil or honey.
4. You can "up the heat" by adding the horseradish
5. Store in refrigerator in tightly lidded jar overnight.
6. Makes 1 - 1 1/4 gallon

## **Pork Schwenkbraten Steaks**

**Chef: Don Disharoon**

Traditionally these pork steaks are cooked on a swinging grill over beechwood coals. It is very hard to find beechwood here in the United States. I read that oak chips with charcoal briquettes is an acceptable substitute.

4 pounds boneless pork roast ( boneless pork loin would work well)

1 cup oil

10 small onions, cut into strips

4 cloves garlic, crushed or 1/4 cup of minced (wet) garlic

7 crushed juniper berries

1 tbsp. German mustard

1 tsp each of Thyme, Oregano, Curry, Paprika, Cayenne or Crushed Red Pepper and Black Pepper

Place your onions into a bowl and pound them slightly to release their wonderful flavor. Add the remaining ingredients (oil, garlic, juniper berries, mustard and spices) and mix well.

Cut the Pork Roast into about 8 slices. Place a pork roast steak into a dish and then cover with some of the onion mixture, being sure to mash the onions into the meat; add another pork roast steak and more onion mixture. Continue until all of the pork roast steaks have been covered with the onion mixture.

Marinate for at least 24 hours, covered, in the refrigerator.

When ready to grill, remove the pork roast steaks from the refrigerator and let them come to room temperature. In the meantime, prepare your fire. The wood should be brought to hot coals. Oil your grill surface before placing the meat onto the grill. Grill the pork roast steaks and onions slowly over the hot coals for 10-15 minutes on each side (depending on how you like the steaks).

Serve with Kartoffelsalat (German Potato Salad), Tomaten Salat (Tomato & Basil Salad) or Gurken Salat (Cucumber Salad) and Baguette (or Brotchen, if you can find some).

## German Bratwurst in Beer and Grilled

Chef: Ron Keesee

20 bratwurst  
4 cans (12 oz.) beer  
16 oz of Zesty Italian dressing  
10 shakes of Worcestershire sauce  
1 1/2 teaspoons of minced garlic (wet in jar)  
2 cans (16 oz.) sauerkraut, drained  
hot dog buns or sliced hard rolls/brotchen  
hot German mustard or deli mustard

Combine bratwurst, 2 cans of beer, Worcestershire sauce, Italian dressing and garlic in a big enough dish or pot to cover the brats then marinate overnight. In a large enough pot to cover the bratwurst, bring the water to a boil then add 2 cans of beer with the bratwurst. Bring bratwursts back to a boil and cook for 12 minutes. Brown on grill before serving. Serve with sauerkraut and mustard on a bun or sliced hard roll.

## Gurken Salat (German Cucumber Salad)

Chef: Don Disharoon

### Start with:

3 large Cucumbers, sliced thin  
1/4 Red or purple onion sliced into 1/4" thick thin rings  
1 tsp. salt

### Preparing the Gurken Salat:

Mature cucumbers have large tough with a pulpy center with tough seeds. These still are good. Peel the cucumber and cut in half lengthwise. Scoop the pulp out with a spoon and then slice into half rings.

**Salt the Cucumbers:** This process makes the cucumbers crispier. Sometimes if the cucumber is over mature and bitter it can draw out that bitter flavor.

After the cucumbers are sliced and in a bowl, add a 1/2 teaspoon of salt per cucumber and mix well. Let it sit for a hour then drain them in a colander. Rinse with water to remove the excess salt. Slice the onion rings into 1 - 1,1/2 inch long strips.

**Dressing (Marinade) for Cucumber Salad:** There are hundreds of variations. You can use packaged *Knorr Salat-Kronug Dill-Krauter* dressing mix and/ *Alba Salat-Krauter* seasoning mix if available in the grocery store if you do not want to make the dressings and seasoning from scratch.

### One thing you want to ask yourself first: How sweet do you like it?

If you like a real sour tangy dressing don't add any honey. If you like a sweet dressing you can add a bit at a time to find out how sweet you like it. The dressing can be used for potato salad, tomato salad or cucumber salad.

### Marinade for Creamy Cucumber Salad: (If not using commercial dressing mix)

1/2 cup cider vinegar  
1/2 cup water  
1/4 cup honey  
2Tbsp. Vegetable Oil

1/4 cup yogurt or sour cream. Or, up to 1/8 cup yogurt or sour cream and 1/8 cup of mayonnaise (add this to the commercial dressing as well)

### **For the Seasoning:**

Add 1/2 Tbsp. dill weed  
Add 1/4 tsp. black pepper

Mix the marinade and seasoning. Gently fold the marinade and seasoning to combine with the cucumbers and onions. Let sit for approximately 30 minutes. Fold the salad then lift out from the dressing and drain them. Beware of leaving too much or the salad will be a gloppy mess. Save the excess dressing for additional cucumber salads. Serve chilled. If stored overnight, fold the drain the salad again before serving. **Servings:** 8.

## **Kartoffelsalat (Hot German Potato Salad)      Chef: Don Disharoon**

**Prep Time:** 30 minutes      **Cook Time:** 20-30 minutes      **Servings:** 8

### **Ingredients:**

8 medium red potatoes, unpeeled & quartered	6 slices of bacon
1/2 cup sweet onion, chopped	1/2 cup celery, chopped
3 tablespoons all purpose flour	1/4 cup sugar
2 teaspoons salt	1/4 teaspoon celery seed
1/2 teaspoon black pepper	1/2 cup cider vinegar
1/2 cup water	

### **Directions:**

- Fill a large sauce pan 3/4 full of water and add 1 teaspoon salt. Add unpeeled, quartered potatoes. Cook until tender (20-30 minutes), then drain, and cube potatoes.
- While potatoes are cooking, fry the bacon over medium high heat until golden brown. Place cooked bacon on a paper towel to absorb excess drippings.
- Reserve remaining bacon drippings in the pan.
- Sautee onions and celery in bacon grease over medium heat
- Add flour, sugar, the rest of the salt, pepper and celery seed to bacon drippings in the pan and blend.
- Cook over low heat, stirring until mixture becomes bubbly. Add vinegar and water. Constantly stirring mixture, heat to a boil. Allow to boil for 1 minute while continuing to stir.
- Stir in cubed potatoes and crumbled bacon. Serve warm or cold.

## **Brötchen (German Hard Rolls)      Chef: Don Disharoon**

1 lb. bread flour	1 tsp. salt	1 pkg. yeast (rapid rise)
1 1/2 cups (about) lukewarm milk	1/2 oz. butter or margarine	grease for the pan
5 tsp. milk mixed with 1/2 tsp. sugar or honey for coating		

Mix the flour and salt. Dissolve yeast in 1/2 cup milk and stir in some of the flour/salt mix to make a fluid batter. Cover and let rise for about 20 minutes. Dissolve the butter or margarine in the milk. Add the rest of the flour and milk.

Knead the dough until it comes away easily from the side of the bowl. Flour the bowl and let the dough rise for about 1 1/2 hours.

Form the dough into about 12 rolls and set them on a greased baking sheet. Let rise for about 10 minutes.

With the back of a knife, make a long indentation in every roll. Brush with water and bake in a preheated 400 degree oven for about 20-25 minutes. Brush with sweet milk as soon as rolls are removed from the oven.

NOTE: Brötchen is very hard to make and is time consuming. It does not freeze well and should be eaten within a day. If you do not want to make it, you can use any club, Kaiser, sweet roll, etc., that is been previously baked by preheating an oven to 325 degrees. While the oven is preheating, double the amount of sweet milk from this recipe and brush onto the rolls, Reheat rolls for 7-10 minutes, checking every 2-3 minutes to ensure the rolls do not burn. Once reheated, again brush sweet milk on the rolls. Let stand for 30 minutes then serve.