Oktoberfest Cooking Class

September 30, 12-2pm with Katharina Riess



Pretzels (for 6)

Ingredients

250 g	bread flour (2 cups)
20 g	yeast
½ teaspoon	sugar
.15 Liters	water (about 0.6 cups)
1/5 Teaspoon	salt
10 g	butter, room temperature (1 tablespoon)
1 liter	water (4.2 cups)
1 teaspoon	baking soda
½ tablespoon	coarse salt

Preparation

1) Place flour into a bowl.

2) Place yeast and sugar in 150 ML lukewarm water until it dissolves then add to flour.

3) Add salt and butter and knead into a dough.

4) Place dough on a lightly floured workspace and form into a long roll.

5) Cut into 6 pieces, and then roll even more so that each is thick in the middle and thin on the ends and about 40 cm long.

6) Form the pretzels, and cover with a towel and let rise for 10 minutes.

7) Bring 1 liter of water to boil with the baking soda.

8) Reduce heat to medium, and submerge the pretzels for 30 seconds each, one at a time, and let them dry off.

9) Allow to sit for 30 minutes, switch oven to 260 degrees Fahrenheit (225 C) and bake pretzels for 20 minutes.

10) Brush with water and then sprinkle salt on top.



Bavarian Creme for 6 people

Ingredients

17 fl oz	milk
1	vanilla bean
6 pieces/0,3 oz	gelatin or 1 teaspoon agar-agar (we take this because of vegetarians)
5	Egg yolks
4 oz	Sugar
6 fl oz	Cream

Preparation

1) Heat up milk and vanilla bean in a pot.

2) Soak gelatin in cold water.

3) Stir egg yolks and sugar till creamy and stir in the hot milk (without the vanilla bean) in the egg yolk mass. Stir it till creamy over a double boiler/ hot water bath (do not beat it, there should be no air stirred in) until it sticks to the cooking spoon.

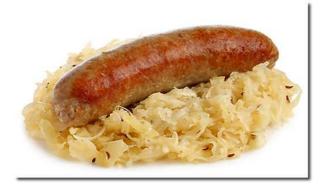
4) Press gelatin or add agar-agar and dissolve it in the warm cream while constantly stirring it.

5) Stir in a double boiler/ cold water bath until cold.

6) Whip the cream and add it to the creme, just before it gels.

7) Fill into a mold and put it into the refrigerator for 2-3 hours.

The cream tastes wonderful with all kinds of fruit sauces and compote!



Bratwurst with Sauerkraut for 6 people

Ingredients

1,4 oz	butter or goose fat for onions
4	big onions
50 oz	sauerkraut
16 oz	white wine
20 g	butter for Bratwurst
6	Bratwurst
1 teaspoon	pepper, salt, caraway

Preparation

1) Chop onions into little pieces and braise them lightly in butter or goose fat.

2) Add the sauerkraut and and braise it.

3) Season it with ½ teaspoon of pepper, salt and caraway.

4) Add the white wine by and by and let it braise with middle heat for half an hour until most of the liquid is boiled away.

5) Heat butter in a pan.

6) Put in the Bratwurst and prick the sausages wit a fork twice on every side, so that they won't burst when cooked. Fry them with middle heat for 5-7minutes.

Serve them together with the sauerkraut and enjoy.