

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 $\frac{1}{2}$ 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.