

Oktoberfest

October in Texas brings thoughts of cooler weather, changing leaves and Oktoberfest! This festival of German culture began in Munich in 1810 as a celebration of the marriage of Crown Prince Ludwig and Princess Therese of Saxony-Hildburghausen. Forty thousand attendees ate, drank and made merry ... they had so much



fun, they decided to make a tradition of it. That tradition was brought to Texas with German immigrants and continues today, not only in Hill Country German enclaves like New Braunfels and Fredericksburg, but also in Del Rio, Galveston, Grand Prairie and other towns. German beer, food and music fuel the festivities. For an Oktoberfest-inspired recipe, I went to the German Agricultural Marketing Board (www.germanfoods.org). The recipe features dark German beer in the marinade, which makes for a flavorful barbecued chicken.

German food is something I know

almost nothing about. My Alabama-born mother never cooked sauerkraut or bratwurst or any kind of schnitzel. Then, I married an Oelrich. My husband's family has a strong German heritage. His mother is a fantastic cook, as is he, and I'm starting to learn a little more. My husband makes the best hot German potato salad (see second recipe). His mother makes beautiful *springerle*, an anise-flavored cookie with charming designs stamped into them. His grandmother sends the family a large, elaborately decorated metal box of *lebkuchen*, an assortment of gingerbread/honey cookies, every Christmas. I'll someday know my *sauerbraten* from my *schweinebraten*, but until then, I'd better keep eating!

Dark Beer-Marinated BBQ Chicken

- 1/2 cup peanut oil
- 1 teaspoon German mustard, preferably Düsseldorf-style
- 1 cup dark German beer
- 1/4 cup lemon juice
- 4 cloves garlic, minced
- 1 1/2 teaspoons salt
- 1 teaspoon black pepper
- 1 teaspoon minced fresh basil
- 1 teaspoon fresh thyme leaves
- 3 1/2 to 4 1/2 pounds chicken parts
- Nonstick cooking spray

Whisk together peanut oil and mustard in large bowl.

Whisk in beer and lemon juice until mixture is smooth. Stir in garlic, salt, pepper, basil and thyme. Add chicken pieces and turn to coat well. Cover and refrigerate 2 to 12 hours.

In a charcoal grill, heat about 5 dozen charcoal briquettes until covered with white ash. Drain chicken and discard marinade.

Use large tongs to push hot briquettes to one side of the grill. Away from the grill, spray grill rack evenly with nonstick cooking spray; place on grill. Place chicken parts on grill rack, on the coals side. Cook uncovered until skin is crisp, about 10

minutes, moving and turning as needed with clean tongs to prevent charring. Move chicken parts to the cool side of the grill; cover and cook until meat is opaque throughout and juices run clear, about 10 to 15 minutes more. Serve with German sauerkraut and mustard.

Serving size: 1 piece chicken. Per serving: 368 calories, 29 grams protein, 27 grams fat, 1 grams carbohydrates, 245 milligrams sodium, 141 milligrams cholesterol

Hot German Potato Salad

- 3 pounds potatoes (red, white or gold)
- 4 slices of thick-sliced bacon
- 1 medium yellow onion, chopped
- 1/2 cup apple cider vinegar
- 1/2 cup honey
- Freshly ground black pepper
- Kosher salt

Boil salted water in a large pot. Clean potatoes (do not peel) and cut into 1/2-inch pieces. Place potatoes into boiling water for about 15 to 20 minutes (until half-cooked), drain and set aside.

Fry bacon in large skillet. Remove bacon to drain; retain all grease in the skillet. Sauté onion in bacon grease until translucent. Add potatoes to skillet and mix to evenly coat them in bacon grease. Sauté on medium high heat until potatoes start to get a light crust on most sides. Add 1/4 cup cider vinegar to potatoes. Add 1/4 cup honey to potatoes and mix thoroughly. Chop bacon, add to potatoes, and mix again. Cover skillet, reduce heat to low, and cook for 30 minutes, stirring occasionally.

Uncover potatoes and stir in half the remaining cider vinegar and honey (1/8 cup each). Add salt and pepper to taste. If you care for either more honey or vinegar to balance the flavor, make sure to allow potatoes to cook for an additional 5 minutes before adding the rest. This will allow the flavors to mellow so you won't overdo it. Serve hot. Serves 8 as a side dish.

Serving size: 1 serving spoonful. Per serving: 302 calories, 6 grams protein, 10 grams fat, 50 grams carbohydrates, 415 milligrams sodium, 12 milligrams cholesterol

The subject for January's recipe contest is **Recipes for Diabetics**. Do you or one of your family members have diabetes? What are your favorite recipes or cooking tips to help maintain a healthy lifestyle? Send entries to Home Cooking, 2550 S. IH-35, Austin, TX 78704. You can also fax them to (512) 486-6254 or e-mail them to recipes@texas-ec.org. Be sure to include your name, address and phone number, as well as the name of your electric co-op. The deadline is October 10. The top winner will receive a copy of the *Texas Co-op Power Cookbook* and a selection of flavor extracts from Adams. Others whose recipes are published will also receive a selection from Adams.

PAT ESSNER, a member of Central Texas EC, sent in this month's winning recipe, Goulash Soup. She wrote, "I learned this recipe while living in Germany in the 1980s. It is a rich soup, excellent for cold weather, served with a salad and a hearty bread."

Goulash Soup

1 pound beef, boneless round tip or lean stew meat
 2 medium onions, finely chopped
 1 clove garlic, minced
 1 teaspoon salad oil
 1 tablespoon sweet Hungarian paprika
 ½ teaspoon dry marjoram
 5 cups water
 2 tablespoons flour
 1 can beef broth
 3 tablespoons tomato paste
 ½ cup each red bell pepper and green bell pepper, finely diced
 2 small potatoes, cubed
 ¼ cup parsley, chopped
 Salt and pepper

Cut beef into ½-inch cubes. In a 4-quart pan combine beef, onions, garlic, oil, paprika, marjoram and ½ cup water. Cover and simmer over medium-low heat for 30 minutes. Uncover and increase heat to medium; cook, stirring often until liquid has evaporated and onions are

browned, 20-25 minutes. Stir in flour until smoothly blended. Add 1 cup more of the water, beef broth and tomato paste, stirring to loosen any browned bits in pan. Gradually add in remaining 3½ cups water and bring to a boil. Add potatoes and peppers. Reduce heat and cover until meat is very tender (1 to 2 hours). Skim and discard surface fat, if necessary. Season to taste. Stir in parsley.

Serving size: 1 bowl. Per serving: 241 calories, 19 grams protein, 13 grams fat, 13 grams carbohydrates, 517 milligrams sodium, 57 milligrams cholesterol

Oma's German Potato Cake

1 cup butter or shortening
 2 cups sugar
 4 eggs, yolks and whites separated
 3 squares unsweetened chocolate, melted
 1 cup mashed potatoes
 Grated rind of ½ lemon
 1 teaspoon vanilla
 2 cups flour
 2 teaspoons baking powder
 1 teaspoon cinnamon
 ½ teaspoon cloves
 ½ teaspoon nutmeg
 ½ cup milk
 1½ cups lightly toasted, chopped pecans

Heat oven to 350 degrees. Grease and flour a bundt pan. Cream butter and sugar together. Add egg yolks one at a time until well blended. Stir in melted chocolate, mashed potatoes, lemon rind and vanilla. Sift flour, baking powder, cinnamon, cloves and nutmeg together. Add flour mixture to rest of batter alternately with milk. Fold in pecans. Beat egg whites and carefully fold them in. Bake 45-50 minutes or until toothpick in center comes out clean. Cool 15 minutes in pan, then turn out to cool completely.

Serving size: 1 slice. Per serving: 391 calories, 5 grams protein, 24 grams fat, 43 grams carbohydrates, 228 milligrams sodium, 79 milligrams cholesterol

PATSY STEWART, Central Texas EC

For more recipes, visit www.texascooppower.com and click on "More German Food Recipes."

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