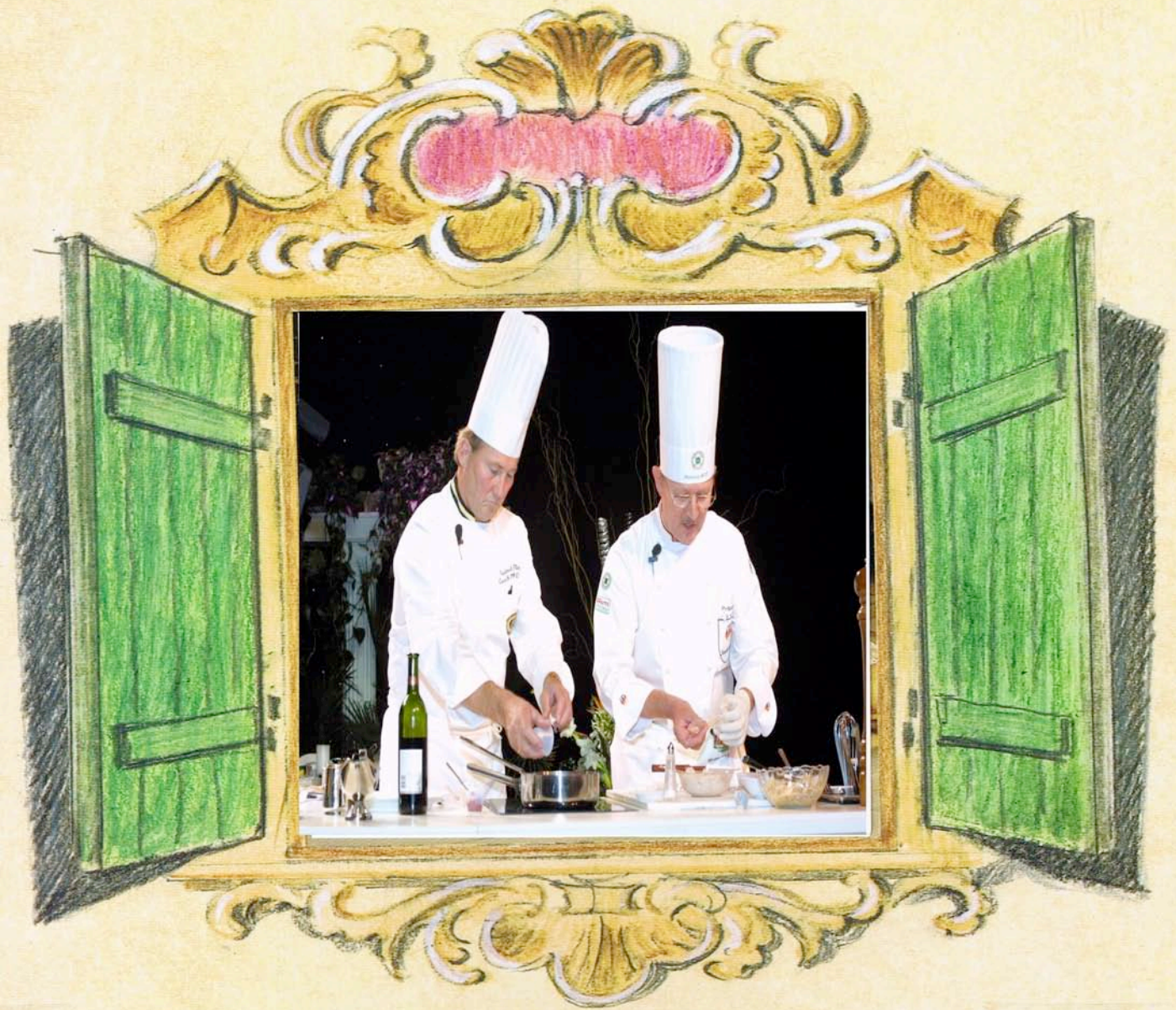


# Allgäuer Küche



**Metz Brothers' Cooking Demonstration**  
At the ACF Convention in July 15, 2006

*Recipes*

## Perch in Sauerkraut Potato Crust with Dark Beer Beurre Blanc, Swiss Chard and Carrots

INGREDIENTS	PROCEDURE
<p>1 lb perch, portioned into 8 fillets, skinned            2 Idaho potatoes            1 lb. Sauerkraut (see recipe below)            1 egg or 1/2 c beer batter (see recipe below)            8 leaves Swiss chard, blanched, shocked and drained            1 c malt beer (=dark brown, sweet, low-alcohol beer brewed like regular beer but without fermentation; the German brand is <i>Vitamalz</i>; the Hispanic version is <i>Malta Regular</i> by Goya)            1/4 c diced COLD butter            1/4 c fish fumet            1 large carrot            5 scallions            1 bunch parsley            oil, salt, pepper            Saran Wrap</p>	<ol style="list-style-type: none"> <li>1. Prepare beer batter.</li> <li>2. Peel and coarsely grate potatoes (use Box grater).</li> <li>3. Blend sauerkraut and beer batter.</li> <li>4. On a sheet of plastic wrap, spread potatoes in a thin layer.</li> <li>5. Top the potato layer with the sauerkraut-beer batter mixture.</li> <li>6. Butterfly each perch fillet and place it on a leaf of Swiss chard. Bring one edge of the Swiss chard toward the center of the fish fillet, fold the fish and wrap it with remainder of the leaf. Place the fish on the sauerkraut-beer batter mixture top it with a little Sauerkraut and put a second wrapped fish fillet on top of the first one. Fold the edges of the saran wrap in such a way that the fish is completely encased by the sauerkraut and potato coat.</li> <li>7. Heat oil in a pan and with the help of the saran wrap move the fish into the pan, removing the wrap. Brown the fish on both sides and transfer it to a 375°F oven and bake it for a few minutes.</li> <li>8. For the sauce, combine fish fumet and malt beer in a saucepan, reduce the liquid and finish by whisking in cold butter.</li> <li>9. Serve the fish on a pool of the Dark Beer Beurre Blanc, garnished with glazed carrots, blanched scallions and deep-fried parsley.</li> </ol>

## Braised Sauerkraut

1 lb Sauerkraut  
2 Tbs fat (e.g. Duck fat or Vegetable oil)  
7 oz Bacon, minced  
1 Onion, minced  
1 Granny Smith Apple, grated  
1 c white wine or Apple cider  
1 1/2 c Chicken broth  
Sachet:  
5 Juniper berries  
1 Bay leaves  
1/2 tsp of Caraway Seeds  
10 Black Peppercorns

- ↑ First taste the Sauerkraut; if it is too salty, rinse and drain it well.
- ↑ Sauté bacon in duck fat, add onions and caramelize them lightly.
- ↑ Sauté the Sauerkraut separately and add it to the Onions, along with the apples.
- ↑ Add the wine or Cider along with the sachet to the Sauerkraut.
- ↑ Cover and braise it in the oven at 350°F for 1 hour.

## Beer batter (Bierteig)

1/2 lb flour 1/2 c beer 1 egg 1 Tbs oil, salt	Blend the flour and beer with salt, oil and egg yolk until smooth. Beat the egg white to medium peaks and fold it gently under the batter
--	---

## Bavarian Pizza (Sauerkrautfladen)

3 portions

INGREDIENTS	PROCEDURE
1 lb cooked sauerkraut (see recipe above) _ c bacon, minced 1 onion, minced 2 Tbs chopped parsley 1 Tbs minced chives  1 _ lbs pizza dough 1 tsp caraway seeds  1 oz melted butter about _ lb Gruyere, shredded	Render bacon until crisp and discard excess fat. Add and sauté minced onions. Add parsley and chives. Remove from heat and blend with cooked sauerkraut. Cool mixture.  Blend caraway seeds into pizza dough. Roll out to desired size. Place on buttered pizza pan and top with smaller pan. Blind bake at 550°F for 5-7 minutes to set the dough and get a crisp bottom.  Remove the top pan, sprinkle the pizza with shredded Gruyere cheese and bake for another 3 minutes.

	<p>Distribute the sauerkraut mixture on the parbaked pizza, brush the edge with melted butter and bake for 7 minutes at 550°F. Top with shredded Gruyere cheese and bake for another 3 minutes.</p> <p>Serve Bavarian Pizza with Mache Salad tossed with Vinaigrette, a light beer or Gewürztraminer.</p>
--	---

**Bavarian Apple Muffin with two Elderberry Sauces  
(Apfel-Pfizzauf mit Holundersaucen)**

4 Portions

<p>4.5 oz Flour 1 pt plain Yogurt 2 Eggs Salt, Vanilla bean 1 Tbs Walnut oil 2 Tbs Honey 1 Apple Butter and bread crumbs 4.5 fl.oz Elderberry Juice (blue) 2 Tbs Honey 1 tsp Potato starch 5 fl.oz Elder blossom syrup (clear) 3 Egg yolks 3 Tbs Apple juice 4 Crab apples, poached oven dried Apple chips</p>	<p>Prepare a smooth batter from eggs, flour, honey, yogurt, salt and, if desired, 1 tsp baking powder.</p> <p>Cut half of the apple in cubes and the other half in segments. Mix the cubes under the batter and pour it in muffin pan, coated with butter and bread crumbs.</p> <p>Preheat the oven to 350°F and bake the muffins for about 20 minutes.</p> <p>Poach the Apple segments in apple juice.</p> <p>Sauce 1: Boil the elderberry juice with honey, and bind it with potato starch.</p> <p>Sauce 2: Make a sabayon from elderberry syrup, apple juice and egg yolk.</p> <p>Plate the warm muffins with each of the sauces and garnish with poached crab apples and apple segments, as well as apple chips</p>
--	---

**Handmade Noodles Sautéed with Sauerkraut  
(Kraut-Schupfnudeln)**

<p>Noodle dough: 9 oz Flour 2 Eggs 2 oz Water Salt, Nutmeg</p> <p>1 lb Sauerkraut (see recipe above)</p>	<p>Prepare a smooth noodle dough, cover it with foil or a bowl and let it rest.</p> <p>Portion the dough like you would for gnocchi. Shape the individual gnocchi into small finger-size with tapered ends. Boil them in salted water, strain, and lightly sauté them with the sauerkraut.</p>
--	--

## Sauerkraut Strudel (Kraut-Krapfen)

<p>Noodle dough: 9 oz Flour 2 Eggs 2 oz Water Salt, Nutmeg</p> <p>1 lb Sauerkraut with Bacon Butter and bread crumbs Cleared butter Bacon pieces</p>	<p>Prepare a smooth noodle dough, cover it with foil or a bowl and let it rest. Toast the bread crumbs in butter. Roll out and stretch the noodle dough on a floured towel. Brush it with melted butter, top it first with sauerkraut, then with bread crumbs and roll up like a jelly roll. Cut the Kraut Strudel in 1.5 inch slices, and place them upright on a buttered deep baking and bake in a 350°F oven until golden brown.</p>
--	--

## Allgäuer Cheese Spätzle with Caramelized Onions (Allgäuer Käsespätzle und geschmolzenen Zwiebeln)

<p>10 oz Flour 2 Eggs 4.5 fl.oz Water 4.5 fl.oz Milk Salt, Nutmeg, 5 oz grated Mountain Cheese (e.g. Gruyere) 2 Onions, sliced 3 fl.oz melted Butter</p>	<p>Roast the onions in butter until golden brown. Make a smooth of the first 6 ingredients. Push the dough through a perforated spätzle shaper into boiling salted water. Let the spätzle briefly cook, and then remove them from the water with a skimmer. Layer them in a serving dish with grated cheese and top them with the onion.</p>
--	--

### Note:

For variations you can use (instead of water and milk) purées of spinach or pumpkin or red beets also chopped herbs or ceps dust and ceps brunoise.

*The above recipes are the sole property of Reinhold and Ferdinand Metz and are intended for personal use only. Any publication, reproduction and use of these recipes, without the written consent of Ferdinand and Reinhold Metz, is strictly prohibited.*