Dining Dining Dining

It's Oktoberfest in Germany

But we eat the rest of the year, too

By Linda U. Foley



Peter and Kirsten in front of the Oktoberfest entrance erman food is considered by many to be heavy and there-

fore, more of a cold weather fare. While this may be true especially in California, curiously, much of what we cook could be mistaken for Italian, a cuisine most welcome any time of year.

Where Germans like to cook with goose fat (don't knock it if you haven't tried it) or butter, use smoked bacon, almonds, potatoes, and horseradish, Italians like to use olive oil, pine nuts, tomatoes, prosciutto and lots of garlic. And, one thing we definitely agree on is lots

Photo Andy Scheck

of red wine. We like to marinate, incorporate into sauces and, of course, drink it. If short on wine to marinate, substitute beer. If short on both for marinating venison or rabbit, use buttermilk.

For Rouladen: Rouladen (a.k.a. 'Braciole' in Italian) A great company dish to make ahead.

Ingredients:

8 thin slices of top round or beef,

about 7 oz. each, inch thick

Have butcher tenderize or pound thin with mallet Mustard (Dijon or French's) and/or horseradish

8 strips of lean bacon or prosciutto 8 slices of lengthwise quartered dill pickles

marjoram

1 large onion sliced thinly 1 stick unsalted butter

4 large mushrooms

(I love mushrooms, so I add quite a few more)

2 medium carrots 1 medium onion

sprig of parsley

6 Ts flour (or crème fraiche or sour cream)

3 cups heated beef broth

1 cup red robust wine

2 bay leaves

minutes or until it smells really good.

Accompaniement: Red cabbage or Sauerkraut

Both can be purchased in glass jars at the supermarket. The best brand, in my view, and every bit as good as homemade, is Gundelsheim. (Try their barrel pickles.) Nonetheless, I tend to add either a diced apple and/or grated raw potato, caraway seeds, and some cloves or bay leaf to the sauerkraut. Sometimes, I add some beer or white wine. Simmer for about 40

Dining

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Accompaniement: Raw or cooked potato dumplings

A Panni product and available in specialty aisles in supermarkets, or at Lunardi's. I prefer the raw (they still need to be boiled but have more fiber). Instructions are painless. If you like dumplings, these are very good. Great with the gravy.

Or: Potato & Celeriac salad

Bavarians do not make warm potato salad. We do like to add celeriac which is the celery root—cooked, peeled and diced just like a potato. Add to cooked/sliced potatoes and add vinaigrette. I don't use ready-made dressing. Instead, salt, pepper, vinegar (flavored rice or white vinegar) extra virgin olive oil, onions or capers and maybe chives or parsley across the top.

Or: Cucumber and radish salad

The colors look great together. Make with vinaigrette mentioned earlier but cut back on olive oil and add crème fraiche and dill.

Serve with slices of black bread and a nice Sterling or Rombauer red or a Sankt Pauli beer. I like Bamberger smoked beer, not always available.

Dessert suggestions:

Linzer Torte

Bavarian Apple Cake

Windbeutel (filled puff pastry)

Kaffee mit Schlag (a Viennese specialty)

Strong coffee topped with real whipped cream

(cream is actually whipped—done ahead of time, some sugar added to keep stiff) I add some grated orange peel and sometimes a jigger of Cognac.

Moraga Pear Festival 2008 - A Success!



Spread each meat slice with mustard (and/or horseradish)

Mound on each beef end: bacon, pickle, marjoram, onion, parsley sprig

Roll up from filled end. Secure with toothpicks, skewers or string

For Sauce:

Melt butter in 5-qt. casserole or Dutch oven; medium heat. Add beef rolls 3 at a time. Sauté until brown, approx. 2-1/2 min. per side. Transfer to a plate.

Add mushrooms, onions, carrots until slightly browned.

Stir in flour (crème fraiche or sour cream) slowly to thicken.

Slowly whisk in broth and wine; add bay

Heat to boiling. Reduce heat. Add beef rolls. Simmer over low heat approx. one hour. Transfer to ovenproof casserole, straining gravy into it. (I like texture in my food, and don't strain) Can be refrigerated at this point for next day.

Reheat over medium heat for 30 minutes.

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