



**The
Castle**

418 FOURTH STREET
MARIETTA, OHIO

Notes for our Food History Virtual Cooking Class

In this virtual cooking class, you'll be able to observe the key steps to preparing the following menu or you can just enjoy the program as we take what is now American picnic fair back to its German roots and learn some history along the way.

Please note, this will run like a cooking show where menu items will be demonstrated and aspects of the program will have menu items cooked in stages with some things for the class prepared in advance. We want to give you the knowledge of how to prepare these items within the time frame, which may mean that all attendees may not be able to complete the full menu during the class time, but will have the skills to complete this menu from home either the same evening as the class or whenever they may like to do so.

Make-at-home menu includes:

- Bratwurst from scratch
- Sauerkraut
- Warm Potato Salad w. Onion & Bacon

Here's a couple tips if you want to prepare the full menu during the class:

- The bratwurst will be for demonstration, as noted in its recipe. We'd suggest having this prepared in advance *or* purchasing already made bratwurst to cook during the class (see bratwurst cooking instructions.)
- Have your recipes handy.
- Have all your supplies and ingredients laid out.
- For the potato salad:
 - ◇ Have your potatoes peeled, cut, and started to boil by time the class starts at 5:30pm. Habitually check the potatoes for doneness during the class.
 - ◇ Dice your onion and bacon in advance and keep them on the side until we are ready for that stage of the recipe.

Lastly, just as a reminder, please be sure you have registered via Zoom to join the cooking class on Monday, Sept. 21 5:30-6:30pm.

If you have any questions, please reach out to:

- Kyle Yoho, The Castle | kyle@mariettacastle.org | 740-373-4180
- Dagmar Kupsche, The Cook's Shop | dagmar@thecooksshop.com | 740-538-6003

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Bratwurst from Scratch

Use these instruction to follow along with us online!

This recipe comes from Minnesota. A state which famously received heavy German immigration. The recipe's contributor speculates that it is traditional German wurst, but cannot be certain if it had been adulterated from how it may have been made in the Fatherland by the immigrants who brought it over.

Suggestion: If you want to prepare bratwurst for the evening of the presentation, we would recommend purchasing authentic bratwurst. We would suggest the Deutsche Küche brand of "Uncured Bavarian Bratwurst" or the "Original Bratwurst" both available at your local Aldis.

Source: Let's Make Sausage <http://www.lets-make-sausage.com/meat-grinders.html>

Supplies:

1 ¼ inch natural hog or collagen casings (These are easier to get than maybe anticipated. We're using these casings from Amazon. [Click here.](#))

Meat grinder or food processor *

Sausage stuffer* (You may need to plan ahead to have one of these available.)

Knives and cutting board

Mixing bowls

Cup, teaspoon, and tablespoon measures

*Available for purchase at The Cook's Shop

Ingredients:

3 lbs 75% lean pork shoulder

2 lbs lean beef

2 tablespoons kosher salt

1 tablespoon ground black pepper

1 tablespoon marjoram

2 tablespoons granulated onion

2 teaspoons ground celery seed

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1 1/2 teaspoons ground nutmeg

1/2 teaspoon cardamon

1/2 teaspoon mace

1/2 teaspoon ground ginger

1 cup ice water

Sausage Preparation Instructions:

Trim the pork and beef, cut the meat into 1 inch cubes, and grind it through the fine (3/16") plate of your meat grinder.

Combine the spices in a small container and mix with the 1 cup of ice water.

Pour the spice and water combination into the ground meat and mix thoroughly for at least 2 minutes. Use your hands for mixing to assure even distribution.

Put the mixed sausage into a covered bowl and refrigerate for up to 8 hours.

Grind the chilled and rested mixture once more through your fine grinding plate.

Stuff the sausage immediately into 1 1/4 inch natural hog or collagen casings.

Allow the sausage links to air dry for up to an hour, then refrigerate for immediate use or package and freeze for up to 3 months.

Sausage Cooking Instructions:

One favored method of cooking is to simmer it in beer (we'd recommend a lager beer) for 10 minutes . Next, brown it on the grill.



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Boiled Sauerkraut

Use these instructions to follow along with us online!

This is a traditional German preparation of sauerkraut that we feel nicely complements the authentic taste of the bratwurst.

Source: *53 Orchard: An Edible History of Five Immigrant Families in One New York Tenement*

Supplies:

Saucepan

Cup and tablespoon measures

Ingredients:

3 cups Sauerkraut

1 cup water

1 cup white wine (we'd suggest chardonnay)

2 tablespoons peppercorns

2 tablespoons butter

Salt to taste

Instructions:

Bring to a boil one cup water and one cup white wine.

Add the sauerkraut and a few peppercorns and a little salt.

Simmer until tender.

Shortly before serving, pour off the broth and stir in a few tablespoons butter.



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Warm Potato Salad

Use these instruction to follow along with us online!

This may be a departure from the potato salad served at your July 4th barbeque, but it's an iconic German-style preparation. This recipe comes from one of the first German-American cookbooks published in the US. You can find it available for free viewing in man online book depositories.

Source: *German National Cookery for American Kitchens: A Practical Book of the Art of Cooking as Performed in Germany* – By Henriette Davidis

Supplies:

Large pot

Serving bowl

Fork

Large skillet

Vegetable knife

Whisk

Large spoon

Cup, tablespoon, and teaspoon measures

Ingredients:

4 cups new potatoes

6 slices bacon, cut into ¼ inch slices

1 small onion, finely chopped

¼ cup vinegar

2 tablespoons water

¼ teaspoon pepper

1 teaspoon salt

2 tablespoons sugar

2 tablespoons sour cream

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Instructions:

Instructions:

In a large pot, cover potatoes with water and season with salt. Boil until potatoes are easily pierced with a knife, 15 – 20 minutes. Drain and cool. Peel and dice potatoes once cool and place in a serving bowl.

In a large skillet over medium heat, cook bacon until crispy and remove to a plate covered with paper towels. Reserve grease in the pan. When cool add to diced potatoes.

Over medium heat, add onion to the skillet and cook until soft.

Whisk in vinegar, water, pepper, salt, and sugar. Bring to a simmer, then remove from heat. Stir in sour cream.

Pour the sauce over the diced potatoes to incorporate.

Best to allow to sit 1 to 2 hours before serving for the vinegar sauce to settle.